

Testimony Maryland Senate Bill 0050 "Fairness in Girls' Sports Act"
February 18, 2026

Dear Committee Members,

May it please the Committee, we are testifying in our capacities as an historian of medicine as well as a lawyer.

We testify in favor of Maryland Senate Bill 0050, the Fairness in Girls' Sports Act.

Title IX and Male Physiological Advantages in Sports

Title IX established the right of women and girls to have sex-based sports categories. Maryland needs to respect that Title IX was written to accommodate females who had long suffered discrimination against them in favor of males.

Male (XY chromosome individuals) sex-based advantages in sports are well known.¹ Indeed, challenging this common knowledge is perhaps fashionable among queer and trans-rights activists and yet completely fails to persuade. Evidence published this very month confirms the common sense perspective: male sex advantage in sports is established very early and endures.²

This common sense knowledge of male physiological advantages in sports is a strong reason why **Americans overwhelmingly oppose including natal males in girls' sports**. A January 2025 New York Times/Ipsos poll found that 79% of those polled, including 67% of Democrats, oppose inclusion of male athletes who "identify as female" in women's sports.³

¹ Sandra K. Hunter et al., "The biological basis of sex differences in athletic performance: consensus statement for the American College of Sports Medicine" *Medicine and Science in Sports and Exercise*, vol. 55, No. 12 (December 2023). See also Marianne Becker and Volker Hesse, "Minipuberty: why does it happen?", *Hormone Research in Paediatrics*, vol. 93, No. 2 (2020). See also, Fiona McAnena, "The flawed science of trans inclusion in women's sport," *The Critic*, 7 April 2022.

² Gregory A. Brown, Brandon S. Shaw, and Ina Shaw, "Sex-based differences in running performance among children aged 7–9 years in new South Wales track competition," *JSAMS Plus* online, print version will be: June 2026, Received 17 September 2025, Revised 22 December 2025, Accepted 26 January 2026, Available online 9 February 2026, Version of Record 9 February 2026, available at: <https://doi.org/10.1016/j.jsampl.2026.100136>

³ See these poll results at, <https://static01.nyt.com/newsgraphics/documenttools/f548560f100205ef/e656ddda-full.pdf> (accessed 2/16/26).

Testosterone Suppression does not Erase Male Sex Advantage in Sports

Even when testosterone is pharmaceutically suppressed, “retained male advantage” endures.⁴ However, testosterone often focuses inclusion guidelines. In an outrageous discriminatory manner, the testosterone guidelines for trans-XY individuals have been set at higher levels than for XX individuals.⁵ Neither does NCAA monitor testosterone levels in trans-XYs *even though it performs random drugs tests on women* (Gaines v. NCAA para 301-04). Blatant sex discrimination animates policies such as, e.g., the World Athletics Association, which only after the 2016 Olympics rescinded its previous policy of blanket inclusion of all male-to-females in the women’s category. After 2016, WAA decided to allow inclusion of XY individuals if their testosterone was 2.5 nmol/L. The former Canadian coach, Eriksson, stated, “If you had that level of testosterone as a woman, you’d get a life suspension ... 99% of women have under 1 nmol/L of testosterone. It is hypocrisy.”⁶

Harms to Girls

Lost opportunities, lost awards and moral injury:

Including natal males on female teams will reduce female participation in sports and reduce female achievements, while also exposing girls to increased injuries and assaults.

Girls know that they cannot successfully compete against males in most, if not all, athletics. Girls who have to compete against natal males lose competitions, lose places on teams, suffer physical injuries from male competitors.⁷ In confronting these predictable losses and injuries, girls lose morale. They know that this competition is unfair and cannot be won and yet laws and policies force them to continue to compete against males on teams nominally for females.

⁴ *Gaines v. NCAA Complaint, UNITED STATES DISTRICT COURT NORTHERN DISTRICT OF GEORGIA ATLANTA DIVISION, pp.75-79*, at, <https://drive.google.com/file/d/16ClcxSu2DvL1uPYfY8DcLWY90klGRK74/view> (accessed 2/16/26), note 1, p.5.

⁵ *Gaines v. NCAA Complaint, UNITED STATES DISTRICT COURT NORTHERN DISTRICT OF GEORGIA ATLANTA DIVISION, pp.75-79*, at, <https://drive.google.com/file/d/16ClcxSu2DvL1uPYfY8DcLWY90klGRK74/view> (accessed 2/16/26), para 228 - 290, 318, 344, 350 *passim*.

⁶ Alma, “Injustice.”

⁷ See [SheWon.org](https://www.shewon.org) for some insights on what girls lose when they lose single-sex sports. See also, Fair Play for Women, How ‘Inclusion’ in Sports is Harming Women and Girls, Jan. 2024, at <https://fairplayforwomen.com/wp-content/uploads/2024/01/How-inclusion-in-sport-is-harming-women-and-girls-by-Fair-Play-For-Women-14-Jan-2024.pdf> (accessed 2/16/26))

While the pro-trans policies in sports attempted to silence female athletes, the *omerta* of “no debate” has been challenged by repeated protests of female athletes. Heart-breaking spectacles of young girls protesting for the right to have girls’ only teams are met with school administered discipline.⁸ Aimee Staudt, Mother of Washington state student who refused to play against a biological male, stated to the Associated Press, “Well the fact of the matter is Frances was investigated by the WIAA and Tumwater school district for harassment and bullying for taking a stand, and not playing against this 18 year old man who was on the opposing team, also in her locker room. As a result, like I said, she was investigated because she mis-gendered this individual as a man, which in fact he is. So, that's what started this. It was a moment where I never expected my 15 year old daughter at the time, to be put into, put into the spotlight of the national attention. Receiving threats, hate like you wouldn't believe. But with her courage, she had the resolve to stand firm and take a stand and protect women's sports, which is something no girl should ever have to do. It just is wrong.”⁹

In the state of Washington in June 2025, “several biological male athletes won girls' high school state track and field championship.”¹⁰ Several girls from one team, Tumwater High School, wore “Keep Women's Sports Female” shirts during the trophy presentation. They protested again at their school, but to no avail.



Veronica Garcia winning WA state championship¹¹

⁸ See the AP Reporting, “Rally outside Supreme Court during hearing on battle over transgender athletes in school sports,” YouTube, Jan. 18, 2026, available at: https://www.youtube.com/watch?v=a5JXHv6kN_s .

⁹ *Id.*

¹⁰ Dan Zaksheske, “Washington High School Girls Stage Protest After Male Won State Title,” OutKick, June 2, 2025, available at: <https://www.outkick.com/sports/washington-high-school-girls-protest-transgender-state-title> .

¹¹ Image from Seattle Times, available at: <https://www.seattletimes.com/sports/high-school/wa-transgender-athlete-veronica-garcia-repeats-as-state-track-champion/>

Notably the protests in favor of girls' sports are not frequently reported in main-stream media and when the protests are reported, they are reported as "anti-trans" rather than protests in favor of girls and girls' rights. We must note that supporting the rights of girls is not hateful nor bigoted. It is not hateful to suggest that young males who identify as females should be accommodated in a manner that does not infringe the rights and safety of girls.

This refusal by those in power to support girls' sex rights is a shocking rejection of the hard-fought rights of girls as set forth via Title IX.

One Penn swimmer who competed against the natal male Lia Thomas said, "'I saw Thomas smash records — break all of our team records, was nationally ranked, ...,' she said. 'This university head came in and told us that Lia being on the team was non-negotiable. They also told us that if we ever spoke out about it, we would regret it, and we would spend the rest of our lives wishing that we hadn't. We would never be able to find a job ...' The college, Scanlan said, ***offered psychological services to teammates opposed to having Thomas on the team. ...***' she said. ***'... to tell us that we need therapy and we need mental help if we're uncomfortable undressing next to (Thomas), that is completely insane.'***"¹²

Increased Risk of Physical Injuries when Natal Males Participate on Girls' Teams:

In early February 2026 a female student wrestler allegedly suffered a sexual assault during competition with a male-who-identifies-as-female.¹³

Such an injury to a female athlete is not unexpected when laws and policies allow males (those with XY chromosomes) to compete with females (those with XX chromosomes).

¹² Vanessa Miller, "Former teammate of trans swimmer Lia Thomas: 'It's so important that we have laws,'" The Gazette, 3/26/24, available at <https://www.thegazette.com/higher-education/former-teammate-of-trans-swimmer-lia-thomas-its-so-important-that-we-have-laws/>

¹³ Isabela Lund, "Feds to investigate handling of Puyallup wrestler's sexual assault complaint," The News Tribune, Updated February 13, 2026, available at: <https://www.thenewstribune.com/news/local/article314691996.html#storylink=cpy>

Instances of girls harmed by males in girls' sports are proliferating in the U.S. and around the world.¹⁴ The complaint by Riley Gaines against the NCAA documents many such injuries.¹⁵

The UN Special Rapporteur on Violence Against Women issued a report that documents such increased injuries.¹⁶

Increased Risk of Sexual Assaults:

A female wrestler in the state of Washington in December 2025 filed a complaint against a male wrestler who was wrestling as a "girl" on the girls' team. Allegedly this male -girl-identified wrestler digitally penetrated the girl in an in-competition sexual assault.¹⁷

Notably: including natal boys on girls teams increases the risks of sexual assault not only within competitions, but because boys who identify as girls are included as "girls" in girls' facilities for using the toilets, for showering, and for changing clothes. Over-night lodging for away games or field days can cause natal males to be assigned to sleep in hotel rooms with natal girls.

¹⁴ "After Suffering Concussion at the Hands of Transgender Athlete, High School Volleyball Player Becomes Spokeswoman," Sports Litigation Alert, May 5, 2023, at <https://sportslitigationalert.com/after-suffering-concussion-at-the-hands-of-transgender-athlete-high-school-volleyball-player-becomes-spokeswoman/>. Abby Patkin, "Injuries involving trans basketball player at Mass. school spark controversy" Boston.com, 3/4/24, at <https://www.boston.com/news/high-school-sports/2024/03/01/injuries-involving-trans-basketball-player-at-mass-school-spark-controversy/>; Anna Slatz, "Trans-Identified Male Seen Injuring Female Player During Women's League Game," Reduuxx, 5/31/23, at <https://reduxx.info/exclusive-trans-identified-male-seen-injuring-female-player-during-womens-league-game/>; Matthew Impelli, "Shocking Field Hockey Injury Sparks Fight Over Transgender Athletes," Newsweek, 11/03/23. See also, Democrats for an Informed Approach to Gender, Women's Sports, at: <https://www.di-ag.org/womens-sports>

¹⁵ *Gaines v. NCAA Complaint, UNITED STATES DISTRICT COURT NORTHERN DISTRICT OF GEORGIA ATLANTA DIVISION*, pp.75-79, at, <https://drive.google.com/file/d/16ClcxSu2DvL1uPYfY8DcLWY90klGRK74/view> (accessed 2/16/26).

¹⁶ Rema Asaleem, Violence against Women and Girls; Its Causes and Consequences; Violence against Women and Girls in Sports, A/79/325, available at: <https://documents.un.org/doc/undoc/gen/n24/249/94/pdf/n2424994.pdf> , pp.10-11.

¹⁷ Isabela Lund, "Feds to investigate handling of Puyallup wrestler's sexual assault complaint," *The News Tribune*, Updated February 13, 2026, available at: <https://www.thenewstribune.com/news/local/article314691996.html#storylink=cpy> .

Only the most naive adult would overlook the dangers of such mixed-sex accommodations.

Conclusion

In 2026 we are fighting to regain terrain that women conquered in the 1970s via Title IX. Girls need their own teams. Girls need sex-based competitions and also sex-based privacy in bathrooms, locker-rooms, showers, and overnight accommodations.

We strongly support Maryland Senate Bill 50 and hope that you support it as well. The girls need your vote.

Finally: it is very strange that in 2026 advocating for the rights of girls is suddenly a radical act viewed by some with suspicion. We love our girls. We support our girls. We stand up for girls in sports. Join us.

Sincerely,

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