



February 2, 2026

The Honorable Jheanelle Wilkins, Chair  
Ways and Means Committee  
Maryland House of Delegates  
Annapolis, Maryland

RE: **HB0063 – Interscholastic and Intramural Junior Varsity and Varsity Teams and Locker Rooms – Designation Based on Sex (Fairness in Girls' Sports Act) – FAVORABLE**

Dear Chair Wilkins and Committee Members,

According to the U.S. Census' *Quick Facts* at July 1, 2024, females are 51% of Maryland's population. Trans people are estimated to make up just 1-2% of the U.S. population. Yet opponents of this bill have chosen to prioritize the emotional wellbeing of the 1% over the [physical safety](#) of the 51%.

The 1,300 members of the Maryland Federation of Republican Women **strongly support HB0063** for the following reasons:

- The [Maryland General Assembly's 2015 report](#) of the Task Force to Study Sports Injuries in High School Female Athletes stated that “**differences between the female and male athletes can place the female at higher risk of certain injuries when competing in high school athletics.**”
- Boys exhibit [athletic performance advantages](#) before puberty.
- There is an average 10-12% [performance gap](#) between elite males and elite females. The gap is smaller between elite females and non-elite males, but still insurmountable.
- Women athletes are less strong and powerful than equally trained men, with [muscle strength](#) typically reported for women in the range of 40-75% that of men.

Additional information and our sources can be found later in this submission by following the hyperlinks above. Science and statistical documentation support passage of this bill.

Please give **HB0063** a **FAVORABLE** report.

Sincerely,

Ella Ennis  
Legislative Co-Chair  
(443) 295-3989

Sharon Carrick  
Legislative Co-Chair  
(301) 464-1954

## **DIFFERENCES IN BODIES AND STRENGTH**

### Boys Exhibit Athletic Performance Advantages BEFORE puberty.

A White Paper by Gregory A. Brown, Ph.D. (U. Nebraska) reported data that, even at age 6, young males have significant advantages over females in cardiovascular endurance, muscular strength, speed/agility & power tests.

**SOURCE:** Gregory A. Brown, Ph.D.

*White Paper Concerning Male Physiological and Performance Advantages in Athletic Competition and The Effect of Testosterone Suppression on Male Athletic Advantage (12/14/21, pages 20-23).*

There is an average 10-12% performance gap between elite males and elite females. The gap is smaller between elite females and non-elite males, but still insurmountable.

In 2017, Olympic, World, and U.S. Champion Tori Bowie's 100 meters lifetime best of 10.78 was beaten 15,000 times by men and boys.

In 2017, men and boys around the world outperformed Olympic, World, and U.S. Champion Allyson Felix's 400 meters lifetime best of 49.26 more than 15,000 times.

*“The results make clear that sex determines win share. Female athletes – here defined as athletes with ovaries instead of testes and testosterone (T) levels capable of being produced by the female, non-androgenized body – are not competitive for the win against males—here defined as athletes with testes and T levels in the male range. The lowest end of the male range is three times higher than the highest end of the female range. Consistent with females’ far lower T levels, the female range is also very narrow, while the male range is broad.”*

Event	Best Women's Result	Best Boys' Result	Best Men's Result	# of Boys Outperforming	# of Men Outperforming	Instances of Men Outperforming
100 Meters	10.71	10.15	9.69	124+	2,474	10,009
200 Meters	21.77	20.51	19.77	182	2,920	8,993
400 Meters	49.46	45.38	43.62	285	4,341	13,898
800 Meters	1:55.16	1:46.3	1:43.10	201+	3,992	12,285
1500 Meters	3:56.14	3:37.43	3:28.80	101+	3,216	8,251
3000 Meters	8:23.14	7:38.90	7:28.73	30	1,307	1,784
5000 Meters	14:18.37	12:55.58	12:55.23	15	1,243	2,140
High Jump	2.06 meters	2.25 meters	2.40 meters	28	777	2,741
Pole Vault	4.91 meters	5.31 meters	6.00 meters	10	684	2,981
Long Jump	7.13 meters	7.88 meters	8.65 meters	74	1,652	4,801
Triple Jump	14.96 meters	17.30 meters	18.11 meters	47	969	3,440

Data above was drawn from the International Association of Athletics Federations (IAAF) website which provides complete, worldwide results for individuals and events, including on an annual and an all-time basis. The analysis was limited to those events where a direct performance comparison could be made. Not only did hundreds and thousands of males outperform the best results of the elite females, they did so thousands and tens of thousands of times.

Normal post-pubescent testosterone levels (nanomoles per liter) differ substantially:

Males — 7.7 to 29.4 nmol/L      Females — 0.12 to 1.76 nmol/L

**SOURCE:** Duke Law School

*Comparing Athletic Performances: The Best Elite Women to Boys and Men*

<https://law.duke.edu/sports/sex-sport/comparative-athletic-performance/>

Women athletes are less strong and powerful than equally trained men, with muscle strength typically reported for women in the range of 40-75% that of men.

- ◆ Women had lower maximal strength values when compared to men at bench press (- 59.2%), squat (-57.2%), deadlift (-56.3%), and mid-shin pull (-53.2%). Lower levels of power were detected in females in both the upper (-61.2%) and the lower body (-44.2%).
- ◆ Muscle thickness in male individuals was characterized by significantly higher values compared to females. Muscle fascicle length was significantly longer in males compared to females. These differences play an important role in determining the maximum contraction velocity of the muscle and the range of active force production.

**SOURCE:** *Journal of Functional Morphology and Kinesiology*

*A Comparison between Male and Female Athletes in Relative Strength and Power Performances (2/09/21)*

<https://www.mdpi.com/2411-5142/6/1/17>

## **HIGH SCHOOL INJURIES**

[The Maryland General Assembly's 2015 report of the Task Force to Study Sports Injuries in High School Female Athletes stated that "differences between the female and male athletes can place the female at higher risk of certain injuries when competing in high school athletics."](#)

**Page 63** — *Gender differences contributing to the higher risk of injury to females include anatomical, neuromuscular, hormonal, and developmental differences in comparison to their male counterparts.*

**Page 75** — *Disorders of relative energy deficiency (e.g. female athlete triad) are disproportionately seen in adolescent girls and emerging adult women. The irregular menstrual cycles, reduced bone density, and the disordered eating observed in affected female athletes are symptoms to be recognized given the association with observed adverse health outcomes (e.g. stress fractures).*

**SOURCE:** Maryland General Assembly

*Report of the Task Force to Study Sports Injuries in High School Female Athletes (12/15)*

<https://msa.maryland.gov/megafile/msa/speccol/sc5300/sc5339/000113/021000/021772/unrestricted/20160016e.pdf>

### **Examples of concussion injuries in females by male players:**

A North Carolina female high school volleyball player suffered a serious concussion and injuries to her neck and face when an opposing team male-to-female player spiked the ball. She did not return to sports in college.

In 2023, a Massachusetts high school girl experienced significant facial and dental injuries after being hit in the face on a shot from a male opponent. Kelsey Bain, a Field Hockey Captain, wrote a letter to the Massachusetts NCAA urging a separate league be established for males.

**Despite scientific evidence from many sources that clearly demonstrates physical superiority of biological males over biological females and greater susceptibility by females to certain sports injuries, opponents have chosen to emphasize the emotional wellbeing of transgender students rather than the physical safety of biological female athletes.**

- ◆ Discussion of sex-specific factors for sports injuries refers to biological differences. Sex differences relate to factors including hormones, anatomy, or X and Y chromosome gene expression. Gender expression is associated with societal behaviors and cultural factors.

- ◆ Teen girls are more prone than boys to some of the most common sports-related injuries, (i.e. ankle sprains, knee injuries, stress fractures.) These differences are credited, in general, to body function, hormones and bone density.
- ◆ Across all levels of play in basketball and soccer, female athletes are 2-8 times more likely to sustain injury to the anterior cruciate ligament (ACLs) than male athletes. The risk comes from many factors, including muscle im-balance in the thighs.
- ◆ Girls' quadriceps can overpower their hamstrings, which puts pressure on the knee.
- ◆ Biomechanical and anatomical risk factors for bone stress injuries (BSI) in female athletes include: reduced calf circumference, high rates of loading, increased tibial free moment, and femoral adduction.
  - ◇ Higher rates of concussions are observed in female athletes despite competition rules designed to reduce the level of contact between players. Female lacrosse is a noncontact sport; however, the relative risk of concussion in females is 64% higher than in males.
  - ◇ Females tend to have a reduced amount of neck girth and strength relative to head size and head-neck length compared to males. This may reduce the overall stability and stiffness of the head-neck segment such that it is less able to absorb externally applied forces. Decreased neck strength has been associated with an increased risk for concussion.
  - ◇ Most studies have found an increased duration of time loss for female athletes following a concussion, and that females are at an elevated risk for post-concussive syndrome compared to males.

**SOURCE:** National Library of Medicine  
*Sex Differences in Common Sports Injuries (3/14/18)*  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6138566/>

**SOURCE:** Yale New Haven Health  
*How Teen Girls Can Prevent Sports Injuries (6/19/23)*  
<https://www.ynhhs.org/articles/how-teen-girls-can-prevent-sports-injuries>

### **Physical injuries may lead to mental health problems for biological female athletes.**

A *Women's Health Magazine* article by Erin Strout (November 2, 2022) focused on the 2022 suicides of five female college athletes. Their stories were similar – injury, isolation, anxiety, and depression. It also reported on a Maryland high school teacher and lacrosse coach who had suffered a sports concussion in high school that led to mental health struggles including anxiety and depression. Her injury and learning of a former soccer teammate's death at 19 by suicide caused her to change her goals for sports in college and professionally.

**SOURCE:** *Women's Health Magazine*  
*Female College Athletes Are Facing A Mental Health Crisis -- So Why Isn't More Being Done?*  
<https://www.womenshealthmag.com/health/a41696886/female-college-athletes-mental-health-crisis/>