

From: Elise S.
Sent: Fri, 11 Jun 2021 16:28:28 -0400
To: T9PublicHearing
Subject: Please save women's sports!

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Male-bodied people should not be competing in sports against female people no matter how they identify. Male puberty conveys advantages of strength and speed that females simply do not get. And even when a male takes female hormones, they only lost a small part of these advantages. Emma Hilton, a British biologist, has published a study on this very thing. Here is the abstract of it:

“Males enjoy physical performance advantages over females within competitive sport. The sex-based segregation into male and female sporting categories does not account for transgender persons who experience incongruence between their biological sex and their experienced gender identity. Accordingly, the International Olympic Committee (IOC) determined criteria by which a transgender woman may be eligible to compete in the female category, requiring total serum testosterone levels to be suppressed below 10 nmol/L for at least 12 months prior to and during competition. Whether this regulation removes the male performance advantage has not been scrutinized. Here, we review how differences in biological characteristics between biological males and females affect sporting performance and assess whether evidence exists to support the assumption that testosterone suppression in transgender women removes the male performance advantage and thus delivers fair and safe competition. We report that the performance gap between males and females becomes significant at puberty and often amounts to 10–50% depending on sport. The performance gap is more pronounced in sporting activities relying on muscle mass and explosive strength, particularly in the upper body. Longitudinal studies examining the effects of testosterone suppression on muscle mass and strength in transgender women consistently show very modest changes, where the loss of lean body mass, muscle area and strength typically amounts to approximately 5% after 12 months of treatment. Thus, the muscular advantage enjoyed by transgender women is only minimally reduced when testosterone is suppressed. Sports organizations should consider this evidence when reassessing current policies regarding participation of transgender women in the female category of sport.”

The full study is here: <https://link.springer.com/article/10.1007/s40279-020-01389-3>

Women and girls should not be reduced to also-rans and spectators in their own sports. Males can compete as males no matter what their gender identity.

Please do the right thing.

Elise Snow

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