



TRANS WOMEN IN SPORTS

What are people saying about it? What are some arguments?

Americans are split

- 62% of Americans say that trans athletes should only be allowed to play on sports teams that match their birth gender. 34% should play on teams that match their gender identity. Post-UMD 2021 GALLUP Poll (McCarthy, 2021)
- 59% say they oppose banning transgender girls from participating in k-12 girls sports, 41% support a ban. (1000 Americans 2022 SSRS) (Bahrapour, T. et al)
- 55 % opposed to allow transgender women and girls compete with other women and girls in high school 58% opposed to it for college and professional. Washington Post 2022 (Bahrapour, T., et al)



Renee Richard- 1977 US Open first transgender woman to play in a professional tennis tournament.



Transgender weightlifter Laurel Hubbard finally got to compete at the 2021 Tokyo Olympics.



Perspectives on TGW in female organized sports vary. How people think now may be different tomorrow, with an idea of what is portrayed in the media we may get better insight of what is going on.

- A trans woman or a transgender woman is a woman who was assigned male at birth
- Gender identity is one's own internal sense of self and their gender, whether that is man, woman, neither or both.



Perspectives



Arguments that we can observe that **oppose trans women athletes** in playing in categorized female sports.

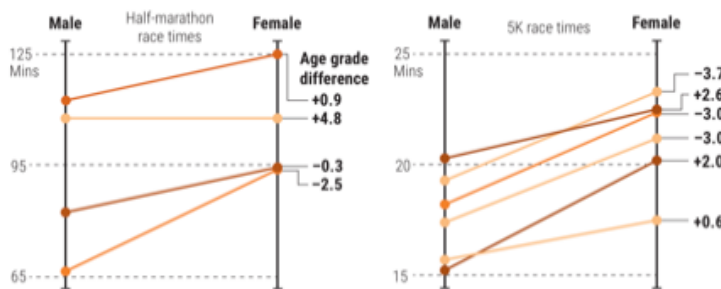
People argue that...

- not fair, TGW have an irrefutable advantage of females in sports
- Males are stronger than females, so it is harmful to women
- female athletes already receive second class treatment in sports, some will have to give up those opportunities
- Can't compete, unless they get rid of their male-puberty advantage.
- having sex reassignment surgery does not change your gender

There is a biological advantage in sports that have to do with muscle mass and strength, it is minimally reduced by testosterone suppressants (Hilton & Lundberg).

Different, but same

A study of transgender women found their race times slowed after transitioning, but their age grades, which compare people to the best runners of the same sex and age, hardly changed, suggesting they have no advantage over non-transgender women.



(GRAPHIC) N. DESAI/SCIENCE; (DATA) J. HARPER, JOURNAL OF SPORTING CULTURES AND IDENTITIES, 6, 1, (2015)

Different sports show advantages and disadvantages. Trans women take hormone suppressants aiming for more feminine features to match their perceived gender identity, they do not want certain advantages (Kornei, 2018).

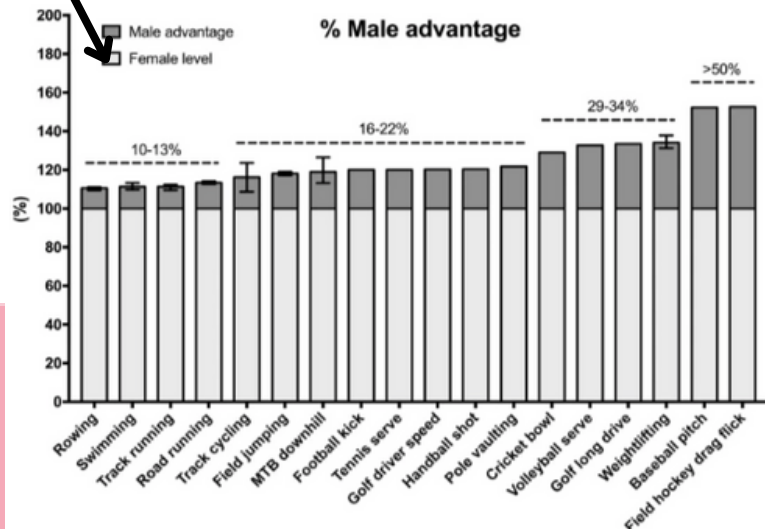
Hormone suppressants for trans women show modest change in muscle mass and strength, 5% after 12 months of treatment. Other hormone therapies unsuccessfully decrease strength, lean body mass, and muscle area, but can decrease hemoglobin levels in TGW (Reynolds & Jahromi).



Arguments that we can observe that **support trans women athletes** in playing in categorized female sports.

People argue that...

- There is a small amount of TGW athletes
 - Only 2 TGW made to the olympics
 - No evidence of diminished opportunities for others (Goldberg, 2021)
- Females hold advantages in different forms, all women have ranges of different physical characteristics.
- Advantages ignores the actual conditions of their lives, discrimination and violence
 - Barrier to participation: lack of environment that is inclusive and comfortable, sports clothing, strongly segregated spaces.
 - Transgender stigma, limited opportunities and has negative effects on mental and physical health. (Goldberg, 2021)



Male vs. female performance gaps in sports, this shows mens upper body superiority (Hilton & Lundberg)



Tiffany Abreu the first trans woman to play in the Brazilian Women's Volleyball Superliga

At the youth and professional level of sports we see policies and laws in place to further exclude and/or include TGW.



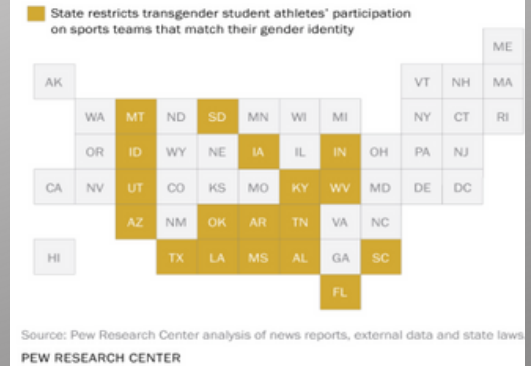
PRESIDENT BIDEN

“children should be able to learn without worrying about whether they will be denied access to the restroom, the locker room, or school sports”

Sports Federations pave the way...

- 2020- 20 bills introduced to ban trans people from participating in athletics
- 2020-Biden prohibits discrimination based on sexual orientation and gender identity.
- 2021- 11 state legislatures advancing bills banning trans sports participation in accordance to gender identity. (Blazina & Baronavski)

At least 18 states limit transgender student athletes from competing on teams that match their gender identity



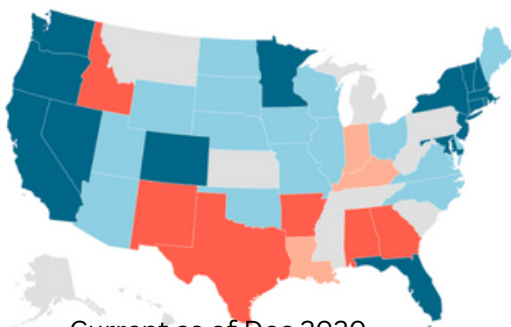
International Olympic Committee

- 2015 required transgender athletes to undergo sex reassignment surgery to qualify.
- 2019 required testosterone levels under 5nmol/L for 12 months
- In Nov/Dec 2021 require athletes to remain under capped level of testosterone in order to compete, established new framework (Cretaz, 2022)
- USA Swim now requires testosterone levels to be less than 5nmol/L for 36 months before competing



State athletic association policies regarding transgender, nonbinary, and gender-nonconforming student participation in school sports, by state

Fully-inclusive transgender policy Transgender participation allowed with restrictions Surgery-required guidance Transgender-exclusive guidance No state policy



Current as of Dec 2020

IOC has paved the way for other organizations to change their policies. Although they have changed to be more open and inclusive, it will be interesting to see how they will further impact or be able to change the damage already done.

Proposed solutions & necessary directions for the future

- Having a separate team for those that do not identify with male or female
 - harmful for youth that transition socially, and it divides and excludes
 - Some countries have legal 3rd gender, but not everyone may identify with
- Having universal guidelines
 - individual sports vary, sports federation need to evaluate their own conditions for inclusivity, fairness, and safety (Hilton & Lundberg)
- Lack of consensus, athletic policy restrictions lead to decrease in participation
- Lack of data on high testosterone levels correlation with improved athletic performance
- Proposed methods for categorization for what is deemed a women and man have not been scientifically based, used common sense (Reynolds & Jahromi).
 - subject women to invasive tests and accusations

The amount of people that support or oppose will continue to change, however understanding what perspectives people hold and why, are very important. Important take aways are that organizations must make policies that are specific and inclusive for their communities, and must be based on research in order to avoid rules that may be harmful and unnecessary.

WIAA: PHILOSOPHY OF GENDER IDENTITY PARTICIPATION

The WIAA encourages participation for all students regardless of their gender identity or expression. Further, most local, state and federal rules and regulations require schools to provide transgender and other gender-diverse student-athletes with equal opportunities to participate in athletics. The purpose of this policy is to offer clarity with respect to the participation of trans and gender-diverse student-athletes. Additionally, this policy encourages a culture in which student-athletes can compete in a safe and supportive environment, free of discrimination.

Washington state has already begun to take action. For further information you can find their handbook that go through how one should approach new situations in being more inclusive with every student. Like we have learned, each persons situation and experience may be unique, that is why it is important for organizations to address and set policies that prepare them early on.



Annotated Bibliography

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- At the time of studies used in this article, it seems that most Americans oppose tgw participating in female categorized sports. Provides polls with different wording regarding social acceptance, opinions on involvement in sports, and consensus on who knows a trans gender person. Also provides input of people that were asked for their personal opinion on the topic.
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- This article provides information on states that have worked against transgender youth and what kind of policies that were made to stop them from being included. Also, talks about how states have taken away access to health care. Finally, they highlight how Washington has worked to protect transgender rights. Here I want to pull information about this perspective of states that are anti-LGBTQ.
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- Very informative article about Americans views about policies on transgenders. Wide range expanding on all issues regarding discriminations. Use graph from page 3
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- Focused on the new framework that IOC put out, since IOC is a very influential organization it's important to look at how it impacts others. The framework has become very inclusive but the article points out the damage that has already been done.