

FAIR SPORT FOR WOMEN



AUSSIE SPORT – FAIR OR NOT?

- **Did you know** that many Australian sporting bodies allow natal males to compete against natal females?
- **Did you know** that some policies allow men to simply self-identify as a woman to qualify for women's sports?
- **Did you know** that men's physical advantages over women are retained even after testosterone suppression?

SPORTS MUST BE FAIR

- **It is not fair** that men are competing against women in sporting competitions, clubs, and leagues across Australia.
- **It is not fair** that women risk physical harm by competing against men, who are on average physically larger and stronger.
- **It is not fair** that women miss out on podium finishes, prizes, and scholarships as men take their sporting opportunities.
- **It is not fair** that women and girls are expected to share sporting change rooms with natal males.
- **It is not fair** that the "women's category" of sport no longer protects the inclusion, safety, and dignity of women and girls



IS THIS FAIR?



SCAN TO KEEP WOMEN'S SPORT FAIR



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FAST FACTS SPORTS

The strongest 10% of females can only beat the bottom 10% of men in hand grip tests.²⁸ Hand grip is one of the most widely-used markers for **strength**.



Men are **faster** than women. In running, swimming, rowing, kayaking, and short distance and long distance, women's speed world records are all about 90% of their



men's speed world records.²⁹ Each year, **hundreds** of men easily beat the world's best time in the women's marathon.³⁰

Men have broader shoulders, and larger feet and hands, all of which grant an **advantage** in sports like volleyball, swimming, and basketball.



Male marathon runners have **lower body fat** percentages than female marathon runners.³¹



Men have a greater amount of **fast twitch muscle fibers**, which give men



explosive power.³²

On average, men are physically stronger than women.³³

Men have **66%** more upper-body muscle than women, and **50%** more lower-body muscle.³⁴



There is a **10% performance gap** between male and female athletes in most sports and it hasn't narrowed as women train harder.³⁵



Men have **higher hemoglobin levels**, allowing their body to oxygenate muscles more quickly and efficiently.³⁶



Men have **larger hearts and lungs**. A larger heart can pump more blood to the body and larger lungs allow for the body's tissues to receive more oxygen.



Men have bigger and stronger bones. A **larger skeletal structure** means men's bodies can hold **more muscle and larger bones** facilitate leverage.³⁷



Men are **taller**, giving them an advantage in sports like basketball or volleyball.



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