



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

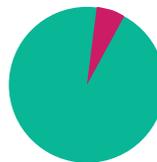


On average, men are physically stronger than women.³³

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



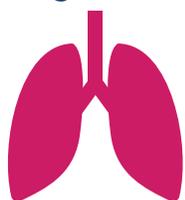
There is a **10%** performance gap between male and female athletes in most sports and it hasn't narrowed as women train harder.³⁵



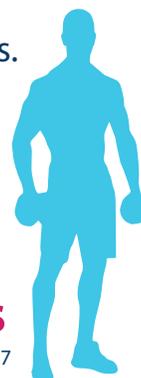
Men have **higher hemoglobin levels**, allowing their body to oxygenate muscles more quickly and efficiently.³⁶



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.



- ²⁸ "Biological sex differences: bones & muscles," *Fair Play For Women*, July 7, 2017, https://fairplayforwomen.com/biological-sex-differences/?fbclid=IwAR0CVB7UYNjIUJO2edQfDnuWWDkqc9nNOuvk5sPW7Wh5AgVojD_hemUEE1o.
- ²⁹ Doriane Lambelet Coleman, "Sex, Sport, and Why Track and Field's New Rules on Intersex Athletes Are Essential," *New York Times*, April 30, 2018, <https://www.nytimes.com/2018/04/30/sports/track-gender-rules.html>.
- ³⁰ "Biological sex differences: bones & muscles," *Fair Play For Women*, July 7, 2017, https://fairplayforwomen.com/biological-sex-differences/?fbclid=IwAR0CVB7UYNjIUJO2edQfDnuWWDkqc9nNOuvk5sPW7Wh5AgVojD_hemUEE1o.
- ³¹ "The Anatomical and Physiological Reasons for Differences in Performance Between Female and Male Athletes," *Femuscle Blog*, October 15, 2015, <https://femuscleblog.wordpress.com/2015/10/15/the-anatomical-and-physiological-reasons-for-differences-in-performance-between-female-and-male-athletes/>.
- ³² "Harder, better, faster, stronger: why we must protect female sports," *FondofBeetles*, accessed on March 26, 2019, <https://fondofbeetles.wordpress.com/2018/10/01/harder-better-faster-stronger-why-we-must-protect-female-sports/>.
- ³³ Tia Ghose, "Women in Combat: Physical Differences May Mean Uphill Battle," *Live Science* December 7, 2015, <https://www.livescience.com/52998-women-combat-gender-differences.html>.
- ³⁴ "Biological sex differences: bones & muscles," *Fair Play For Women*, July 7, 2017, https://fairplayforwomen.com/biological-sex-differences/?fbclid=IwAR0CVB7UYNjIUJO2edQfDnuWWDkqc9nNOuvk5sPW7Wh5AgVojD_hemUEE1o.
- ³⁵ "Harder, better, faster, stronger: why we must protect female sports," *FondofBeetles*, accessed on March 26, 2019, <https://fondofbeetles.wordpress.com/2018/10/01/harder-better-faster-stronger-why-we-must-protect-female-sports/>.
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- ³⁷ "The Anatomical and Physiological Reasons for Differences in Performance Between Female and Male Athletes," *Femuscle Blog*, October 15, 2015, <https://femuscleblog.wordpress.com/2015/10/15/the-anatomical-and-physiological-reasons-for-differences-in-performance-between-female-and-male-athletes/>.