



Culture War Update

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The latest news and views of interest to Christians living in a hostile culture. My purpose is to provide fellow believers with information that helps them stand firm in the faith despite the culture wars raging around them.

Why Sex Differences Matter in Women's Sports

On January 13, 2026 the U.S. Supreme Court heard arguments on cases regarding state laws that prevent biological males from competing in women's sports. This article's central thesis is that biological sex differences are objective, well-established facts that directly impact athletic performance and fairness.

The key points of the argument include:

Biological Advantages: Males possess physiological traits—such as greater muscle mass, larger skeletal structures, greater height, and larger hearts and lungs—that confer significant advantages in strength, speed, and endurance. These differences are present even before puberty and become substantially magnified during it.

Performance Gaps: Research indicates that on average, boys and men run and swim faster, jump higher, and throw with greater speed than comparably trained females. These gaps are so significant that they cannot be overcome by training, nutrition, or desire.

Inadequacy of Testosterone Suppression: While lowering testosterone in males may reduce performance, it does not reverse structural and developmental advantages accrued through male physiology, such as bone size and cardiopulmonary capacity.

Purpose of Categories: Much like weight classes in wrestling or age categories in youth sports, sex-based categories are viewed as necessary to promote fairness and safety. Without these protections women would lose access to championships, records, and scholarships.

Legal Stakes: The Supreme Court is asked to determine if states may rely on these biological realities rather than subjective identity when crafting sports policies. Supporters of these bans conclude that protecting female sports is essential for maintaining a fair playing field for women.

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