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Trump's New Order Bans Transgender Athletes from Women's Sports Nationwide

On National Girls and Women in Sports Day, President Trump signed an order barring transgender women from competing in federally funded women's sports, directing the Department of Education to enforce Title IX based on biological sex at birth.

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Trump signs executive order banning transgender women from competing in women's sports at the White House on Feb. 6, 2025, National Girls and Women in Sports Day, surrounded by young girls and female supporters.

On Wednesday, President Donald Trump signed an executive order titled "Keeping Men Out of Women's Sports," which effectively bans transgender women and girls from participating in

women's sports at any level that receives federal funding. This action was taken on National Girls and Women in Sports Day, highlighting the administration's stance on the matter.

The executive order directs the Department of Education to enforce compliance with Title IX, a law that prohibits sex discrimination in education, by interpreting "sex" as the gender assigned at birth. This interpretation seeks to ensure that only those designated female at birth can participate in women's sports teams. Trump stated at the signing ceremony, "With this executive order, the war on women's sports is over."

The order also extends its influence beyond domestic sports. Trump has instructed the U.S. Department of State, led by Secretary Marco Rubio, to pressure the International Olympic Committee to align with this policy for future events, including the 2028 Olympics in Los Angeles. Furthermore, Homeland Security Secretary Kristi Noem has been tasked with denying visa applications for those attempting to enter the U.S. under the guise of competing as women athletes if they were born male.

Critics of the order argue it infringes on the rights of transgender individuals, with the Human Rights Campaign President Kelley Robinson stating, "This order exposes young people to harassment and discrimination, emboldening people to question the gender of kids who don't fit a narrow view of how they're supposed to dress or look." On the other hand, supporters like former collegiate swimmer Riley Gaines, who attended the signing ceremony, see it as a move to protect the integrity and safety of women's sports.

The executive order has been described by the White House as a step to uphold the original intent of Title IX, ensuring women's sports remain exclusive to biological females. White House Press Secretary Karoline Leavitt mentioned, "The order upholds the promise of Title IX and will require immediate action, including enforcement actions, against schools and athletic associations that deny women single-sex sports and single-sex locker rooms."

Responses from sports organizations have been varied. The NCAA, under President Charlie Baker, indicated a willingness to adapt its policies to comply with the federal directive, stating, "The NCAA Board of Governors is reviewing the executive order and will take necessary steps to align NCAA policy in the coming days, subject to further guidance from the administration."

This is not the first executive action by Trump targeting transgender rights. Since resuming office, he has signed multiple orders, including one to limit transgender service in the military and another to restrict access to gender-affirming care for minors. These actions have faced legal challenges, with some courts blocking enforcement on specific grounds.

The order also calls for meetings with private sporting bodies to discuss the implications and gather firsthand accounts from female athletes who feel their sports have been compromised by transgender participation.

Legislatively, the House of Representatives recently passed the "Protection of Women and Girls in Sports Act," which aligns with Trump's executive order by amending Title IX to define sex based on birth biology. However, this bill still requires Senate approval, where Republicans hold a slight majority.