

# GETTING INTO THE GAME IS IMPORTANT FOR GIRLS!



Studies find that girls who play sports do better in school, are healthier, feel better about their bodies, and have greater self-confidence than girls who don't play sports.



Girls who play sports learn important skills—like leadership, self-discipline, goal orientation, and teamwork—that last for a lifetime.



Girls who play sports succeed at work as adults. In fact, girls who played high school sports make 7% higher wages later in life on the job, compared to non-athletes!



# THINGS DON'T SEEM EQUAL AT MY SCHOOL—WHAT DO I DO?

- **Contact Fair Play** – see information below.
- **Write a letter or email to your school principal, superintendent and/or Title IX coordinator regarding inequities to ask for change.**

Title IX requires each District to have a Title IX Coordinator and to publicize the Coordinator's contact information. The Coordinator at the District should know about Title IX and is responsible for ensuring your school and the District meet Title IX requirements.

- **Contact the Department of Education, Office for Civil Rights at [www.edu.gov/ocr](http://www.edu.gov/ocr)**

### We are Fair Play for Girls in Sports, a project of Legal Aid at Work.

We spur schools and park and recreation departments to treat girls equally on and off the field, through litigation, technical assistance, training, and legislative advocacy.

#### Contact us

- [facebook.com/fairplay4girlsinsports](https://facebook.com/fairplay4girlsinsports)
- [@fairplay4girls](https://twitter.com/fairplay4girls)
- [fairplay4girlsinsports](https://instagram.com/fairplay4girlsinsports)
- [fairplay@legalaidatwork.org](mailto:fairplay@legalaidatwork.org)
- 877-593-0074

[legalaidatwork.org/fair-play](http://legalaidatwork.org/fair-play)

180 Montgomery Street, Suite 600  
San Francisco, CA 94104



© 2017 Fair Play for Girls in Sports, Legal Aid at Work

LEGAL AID AT WORK



Students, Parents, Guardians, Coaches, and Community Members:

# KNOW AND EXERCISE YOUR RIGHTS

With Fair Play for Girls in Sports

Title IX Athletics Primer



Gender equity in federally-funded elementary, middle, and high school sports is required by law

## WHAT IS TITLE IX? AND HOW CAN IT HELP ME?

Title IX is a United States federal law passed in 1972 ensuring the right of females to participate equally in sports. It applies to ALL schools (grades K-12), colleges, and universities that accept any federal funding, even just a dollar! State gender equity laws may apply to your school too.

### Title IX requires that:

- (1) girls have **equal opportunities** to play school sports (as in number of team slots filled by girls);
- (2) girls have **equal treatment and benefits** in school sports programs (such as facilities);
- (3) girls and others **cannot be retaliated against** for making a complaint about inequalities.

## IN SHORT, TITLE IX SUPPORTS GIRLS IN SPORTS

Schools can't discriminate between boys' and girls' sports programs, treating girls worse than boys.

**Note:** Title IX requires a *program-wide* analysis, looking at all girls' teams and all boys' teams together.

# TITLE IX HAS 3 KEY COMPONENTS

## EQUAL OPPORTUNITIES FOR YOU TO PLAY

A school has to make sure girls have equal opportunity to play sports – which means actual athletes playing on various teams.

Spots available for girls on competitive school sports teams have to be “proportionate” to the number of girls in the school.

For example, in a school of 1,000 students with 500 boys and 500 girls, girls must make up 50% of all athletes participating on sports teams.

### EXAMPLE: 200 athletes playing sports?

That means there have to be 100 female athletes and 100 male athletes—an even 50%



If a school cannot show proportionality, it must show a history and continuing practice of growing athletic opportunities for girls and/or that girls do not wish to play in greater numbers (yet they usually do!).

**Note:** If you want to play on a team that is not offered at your school (at an additional level of an existing sport, or in a brand new sport), ask your school to add the sport! If you are lacking opportunities, **contact Fair Play.**



## EQUAL TREATMENT AND BENEFITS

Schools have to treat boys' and girls' sports equally and provide equal benefits.

### What does equal “treatment and benefits” mean under Title IX at my school?

Treatment and benefits are what the school provides to support the sports of boys and girls, including things brought in through private donors and boosters.



### Equipment & Supplies

Are girls on teams using older/inferior equipment than the boys?



### Scheduling of Games & Practice Times

Are girls scheduled to practice and play at fewer and worse times than boys?



### Locker Rooms, Practice & Competitive Facilities

Do girls have lower quality facilities than boys, or less access?



### Coaching

Are girls afforded fewer and less experienced coaches than boys?



### Travel

Are girls less able to travel to their practices (when off campus) and/or away competitions and is travel unequal in terms of quality?



### Publicity

Are girls' sports less publicized and promoted in comparison with boys' sports?



### Medical and Training Facilities & Services

Do girls receive equal medical and training attention for sports injury prevention and treatment?



### Funding & Fundraising

Are girls' sports less able to fundraise in comparison with boys' sports? Boosters and outside donor activity counts!

**If you notice unequal or unfair practices in any of the above athletic program components, contact Fair Play for help!**

## NO BACKLASH FOR COMPLAINTS



**Retaliation for Title IX / gender inequity complaints is not allowed!**

You shouldn't get in trouble for complaining that girls' sports aren't being treated equally or that not enough teams and programs for girls are offered. For example, players shouldn't get benched and coaches shouldn't get fired for making a complaint or talking to someone at the school about your rights. If that happens, **contact Fair Play.**

