



Title IX is a federal law that requires schools to treat girls fairly in athletics programs.

Know Your Rights!



Frequently Asked Questions

Does Title IX require schools to offer the same sports to girls? Schools must accommodate the interests and abilities of their female students, but they do not have to provide the same sports teams to boys and girls.

Does Title IX address how coaches treat individual athletes? Generally not. Title IX focuses on the overall fairness of athletics programs for girls and boys within a school and does not guarantee any individual player a spot on a team or a certain amount of playing time. But the school cannot engage in sex discrimination and must offer equal athletics opportunities to boys and girls as a whole. And the law prevents retaliation against an individual who complains about a Title IX violation.

Does Title IX mean that girls' teams must get the same funding as boys' teams? No, as long as the benefits are equal. Benefits include things like equipment, uniforms and coaching. These may cost more for one type of team than another, but the point is that a school can't give a boys' team new uniforms and equipment every year and make the girls' teams use the same uniforms and equipment year after year.

Does Title IX require cutting boys' athletics programs? No. Schools are not required to cut programs in order to increase opportunities for girls. Since Title IX was passed, athletic opportunities have been increasing for both males and females.

get
in the
game



Title IX
Fairness for girls in
high school athletics

Southwest Women's Law Center
www.swwomenslaw.org



What is Title IX?

The Right to Equal Athletic Opportunities

With so many female athletes today, it may be hard to imagine a time when girls were discouraged from playing sports. In 1972, Congress passed a [ground-breaking law](#) called "Title IX" to outlaw sex discrimination in educational programs. One of the [biggest successes](#) under Title IX has been the creation of more [athletics opportunities for girls](#), but some schools still have unequal athletics programs. Under Title IX, it is [against the law for high schools to discriminate in athletics](#). Schools must support girls as athletes, offer equal athletics opportunities to girls and boys, and treat boys' and girls' teams fairly. You have the right to fair treatment.

Be an Advocate for Girls in Sports!

Girls who play sports know it's a great way to [stay fit and have fun](#)! Studies also show that teenage girls who are physically active are more likely to [feel good](#) about themselves, [do well in school](#), and [stay healthy](#).

Is Your School Playing By the Rules?

Title IX requires schools to offer equal opportunities for girls to play sports, and to distribute benefits and services to girls' and boys' teams fairly.

Your school may be violating the law if:

- 1 The percentage of girls among all the athletes at the school is less than the percentage of girls enrolled at the school, and the school has not taken recent steps to expand team athletics opportunities for girls or find out about their interests in playing sports.
- 2 Your team gets fewer benefits than the boys' teams in one or more of the following areas:
 - ✓ Equipment and supplies
 - ✓ Facilities and locker rooms
 - ✓ Scheduling of games and practices
 - ✓ Travel, housing and dining
 - ✓ Coaching and academic tutoring
 - ✓ Medical and training services
 - ✓ Publicity
- 3 Your high school is not giving female athletes as much help in obtaining athletic scholarships to college as it gives male athletes at the school.



Contact Us

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Take Action!

If you think your high school athletics program is violating the law, there are several ways you can take action. Every school should have a Title IX Compliance Officer. Often school officials do not know what Title IX requires or that the school may not be following the law. The school may be willing to voluntarily make significant changes. You can make a difference.

Investigate: It is important to get the facts before approaching your school officials. The Southwest Women's Law Center has tools to help you assess your school's athletics programs and can help you get the information you need.

Organize a Group of Supporters to Ask for Changes: It is often easier to get your school to make important changes if you have support from other students, parents and coaches in your community. You don't have to act alone.

Make a Plan: Evaluate the facts you have gathered and decide exactly what changes you seek. The Southwest Women's Law Center can help you with this.

Talk with Your School Officials: Decide who at your school is likely to be most supportive of your request. You can contact your school's Principal, the Athletics Director, the Title IX Compliance Officer or someone else with authority to address the changes you seek. Bring other supporters with you.

File a Formal Grievance with the School or the School District, or File a Complaint with the Office of Civil Rights of the U.S. Department of Education. The Office of Civil Rights can investigate complaints under Title IX and help resolve any violations of law it finds.

File a Lawsuit: Although a last resort, filing a lawsuit can be an effective way to address unlawful discrimination.