



STATE OF PLAY 2020

How COVID-19 Stopped Youth Sports
and What Recovery Could Look Like

Charts & Graphs

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2020

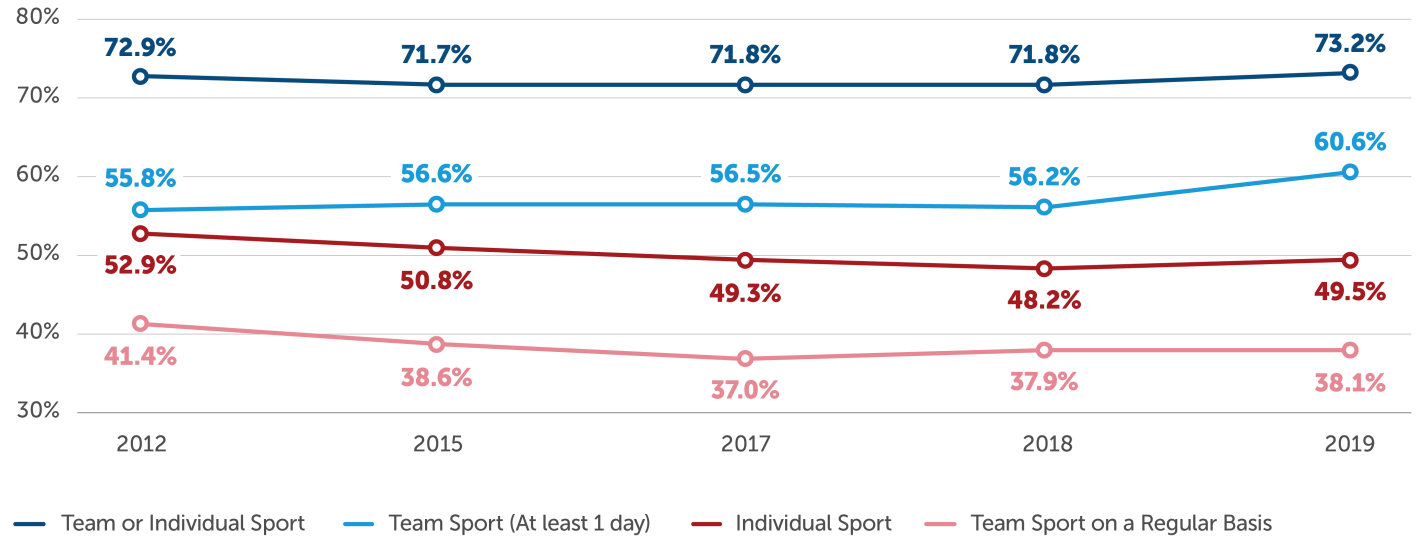


THE ASPEN INSTITUTE
PROJECT PLAY



Total Sport Participation Rates

Percentage of children ages 6-12



Source: Sports & Fitness Industry Association, 2019

Team sports include: baseball, basketball, cheerleading, field hockey, football (flag, touch, tackle), gymnastics, ice hockey, paintball, roller hockey, rugby, soccer (indoor, outdoor), softball (slow-pitch, fast-pitch), swimming on a team, track and field, Ultimate frisbee, volleyball (court, grass, sand), and wrestling.

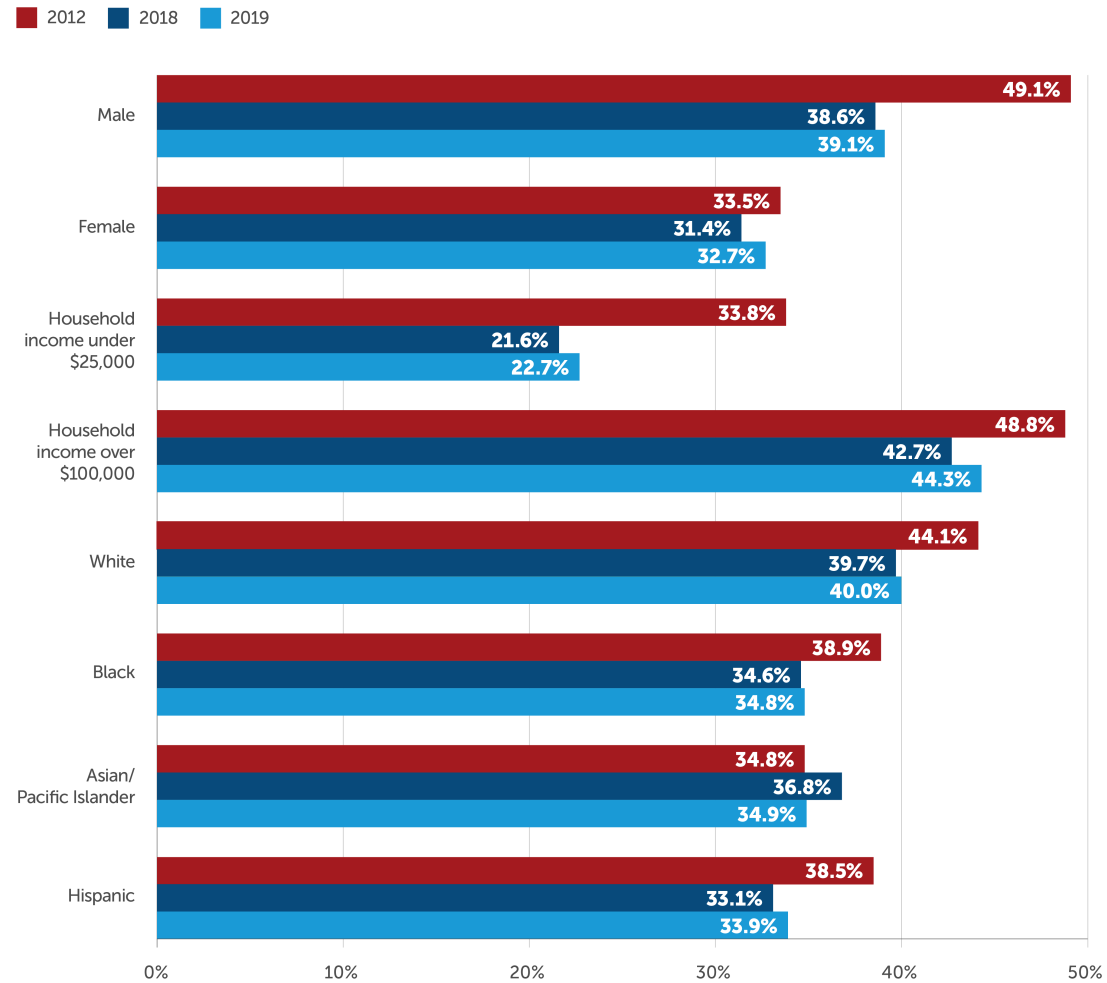
Individual sports include: tennis, golf, martial arts, roller skating, skateboarding, running, and cycling (road, BMX, mountain bike).

A participant is anyone who played a sport at least one day during the year, in any form, and either organized or unorganized or unstructured.

A "core" participant is anyone who participated on a regular basis for a certain number of times per year. The number varies by sport, as defined by SFIA. A "core" participant includes a level of organized play.

Core Sport Participation by Demographic

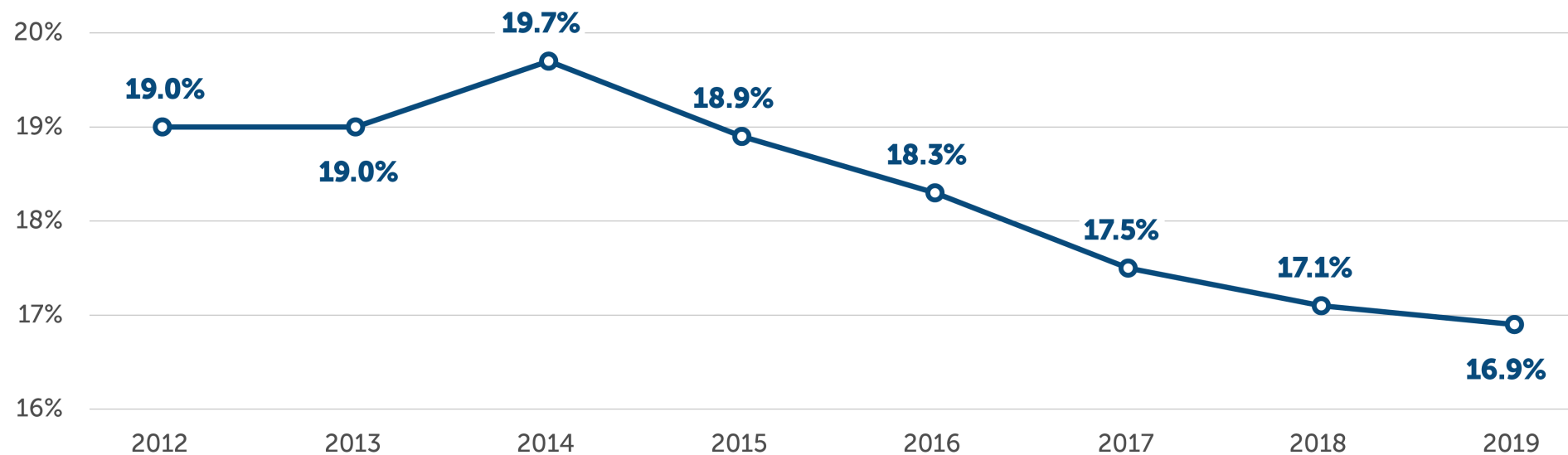
Percentage of children ages 6-12 who played a sport on a regular basis



Source: Sports & Fitness Industry Association, 2019

Physically Inactive Children

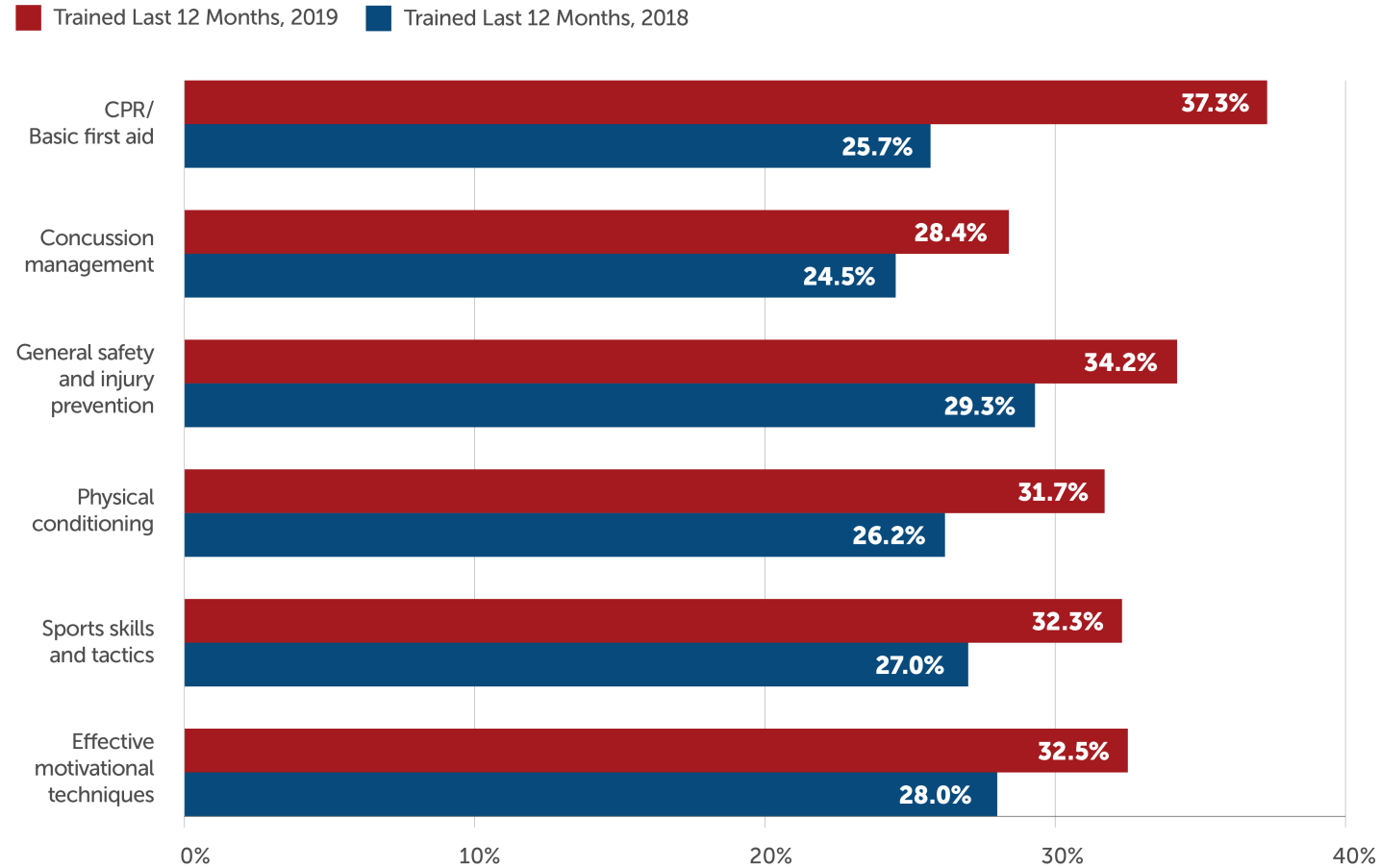
Percentage of kids ages 6-12 who engaged in no sport activity during the year



Source: Sports & Fitness Industry Association, 2019

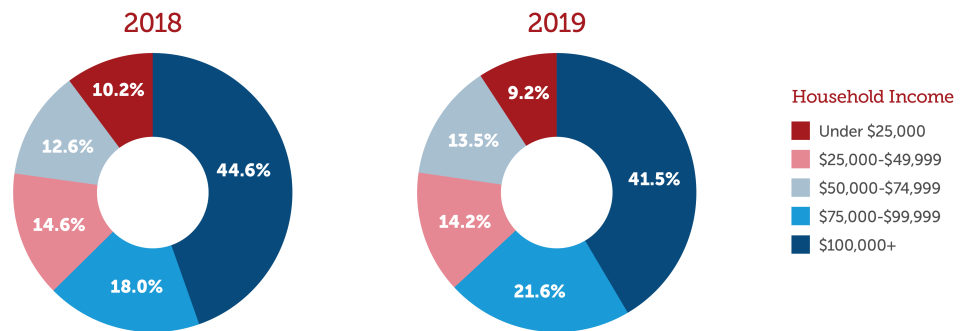
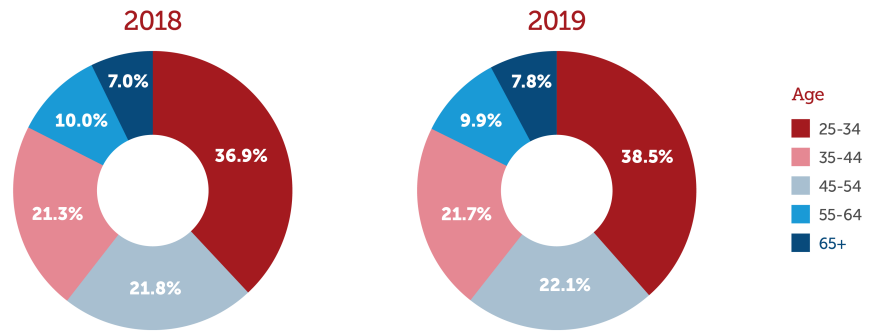
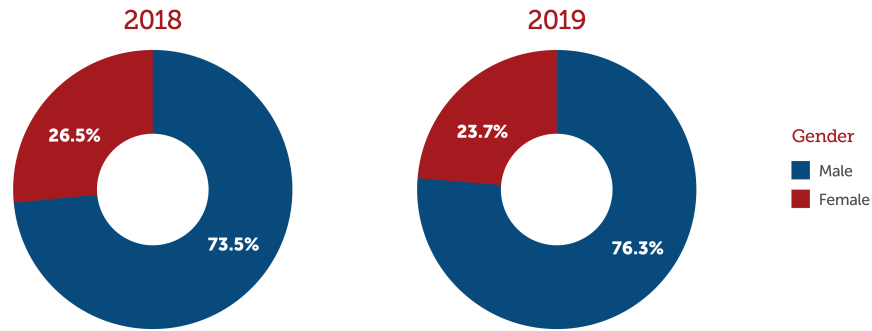
Youth Coaches With Training by Subject

Percentage of 2019 coaches who say they received specified training



Source: Sports & Fitness Industry Association, 2019

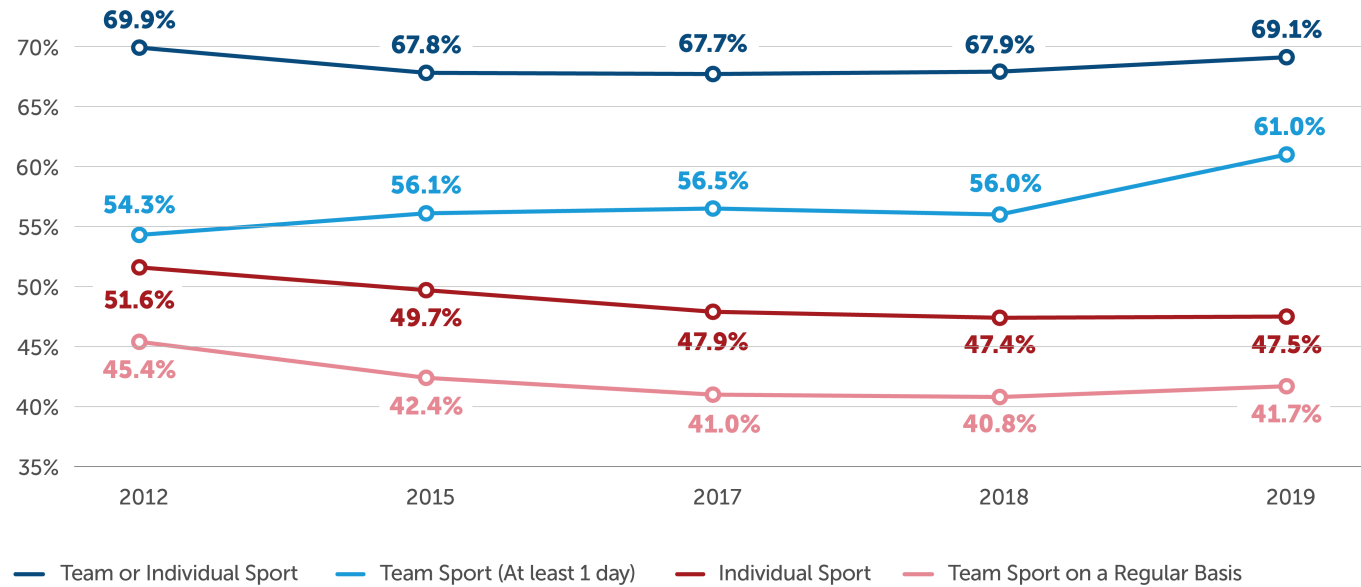
Youth Head Coaches by Demographics



Source: Sports & Fitness Industry Association, 2019

Total Sport Participation Rates

Percentage of children ages 13-17



Source: Sports & Fitness Industry Association, 2019

Team sports include: baseball, basketball, cheerleading, field hockey, football (flag, touch, tackle), gymnastics, ice hockey, paintball, roller hockey, rugby, soccer (indoor, outdoor), softball (slow-pitch, fast-pitch), swimming on a team, track and field, Ultimate frisbee, volleyball (court, grass, sand), and wrestling.

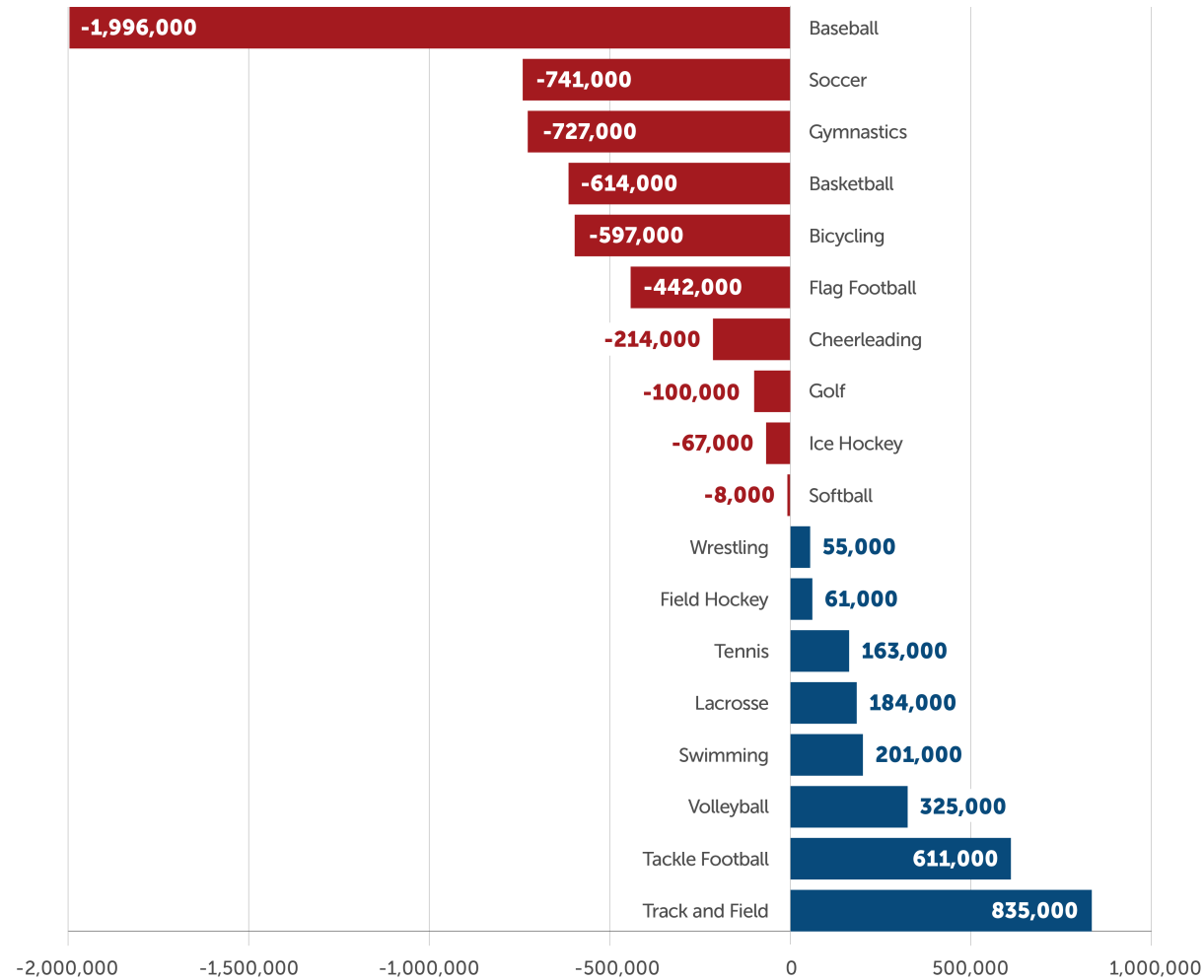
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Core Participation Changes by Middle School

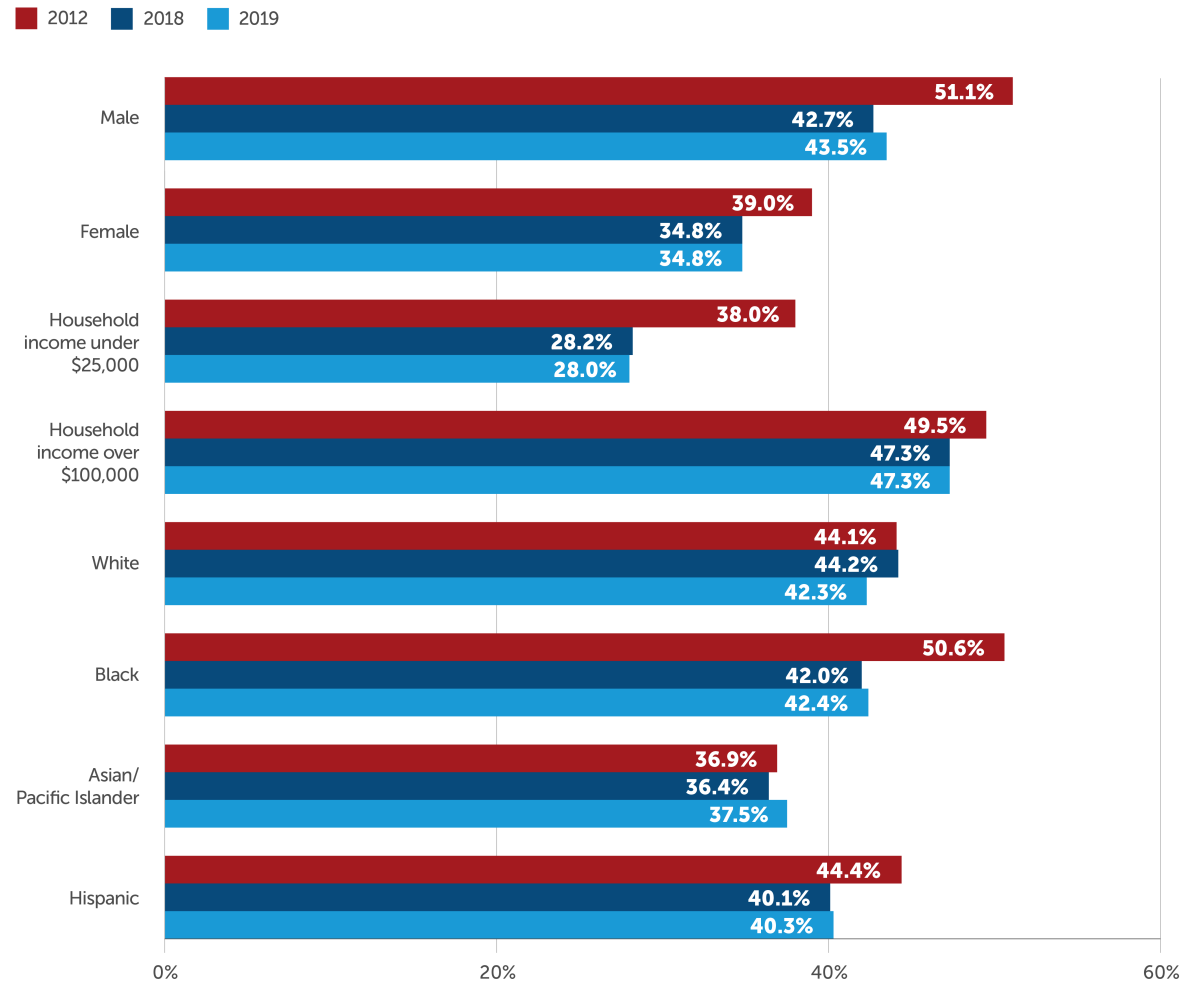
Number of children ages 13-17 who decreased or increased participation in 2019



Source: Sports & Fitness Industry Association, 2019

Core Sport Participation by Demographic

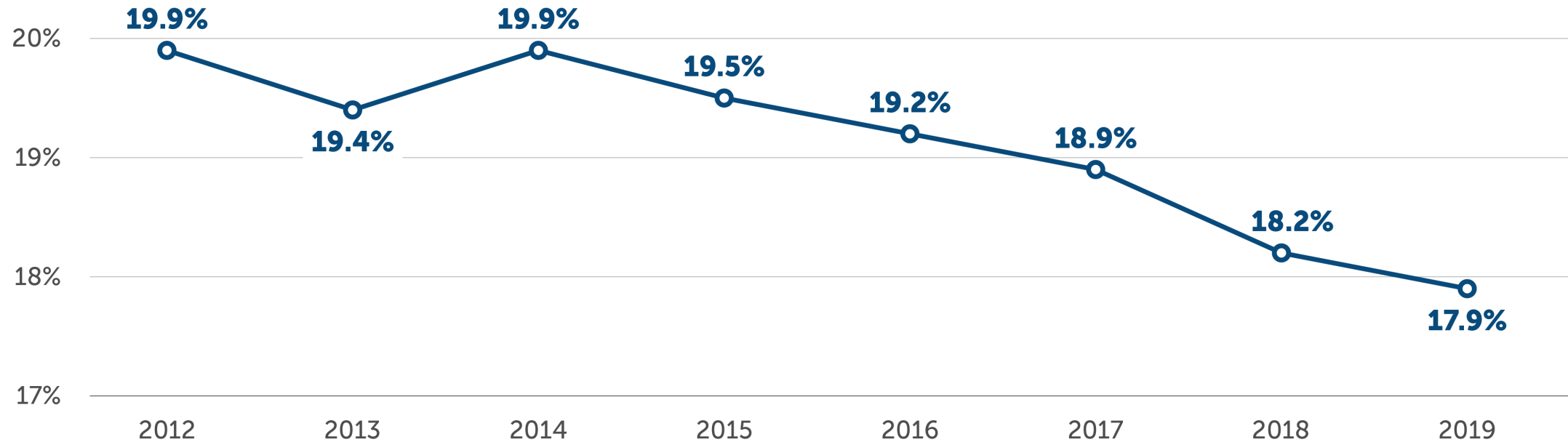
Children ages 13-17 who played a sport on a regular basis



Source: Sports & Fitness Industry Association, 2019

Physically Inactive Children

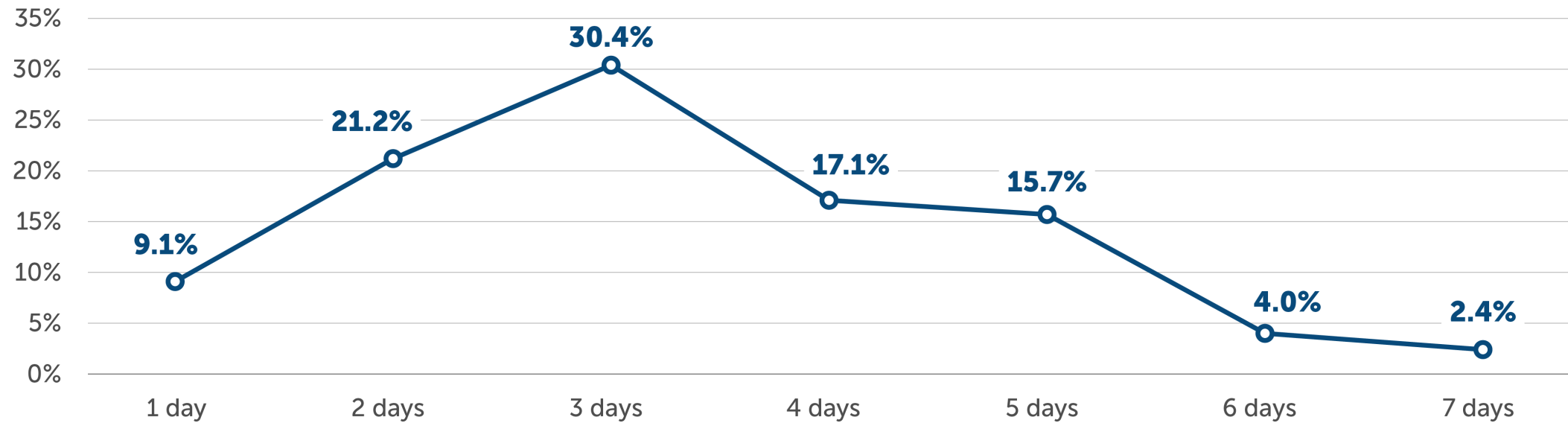
Percentage of youth ages 13-17 who engaged in no sport activity during the year



Source: Sports & Fitness Industry Association, 2019

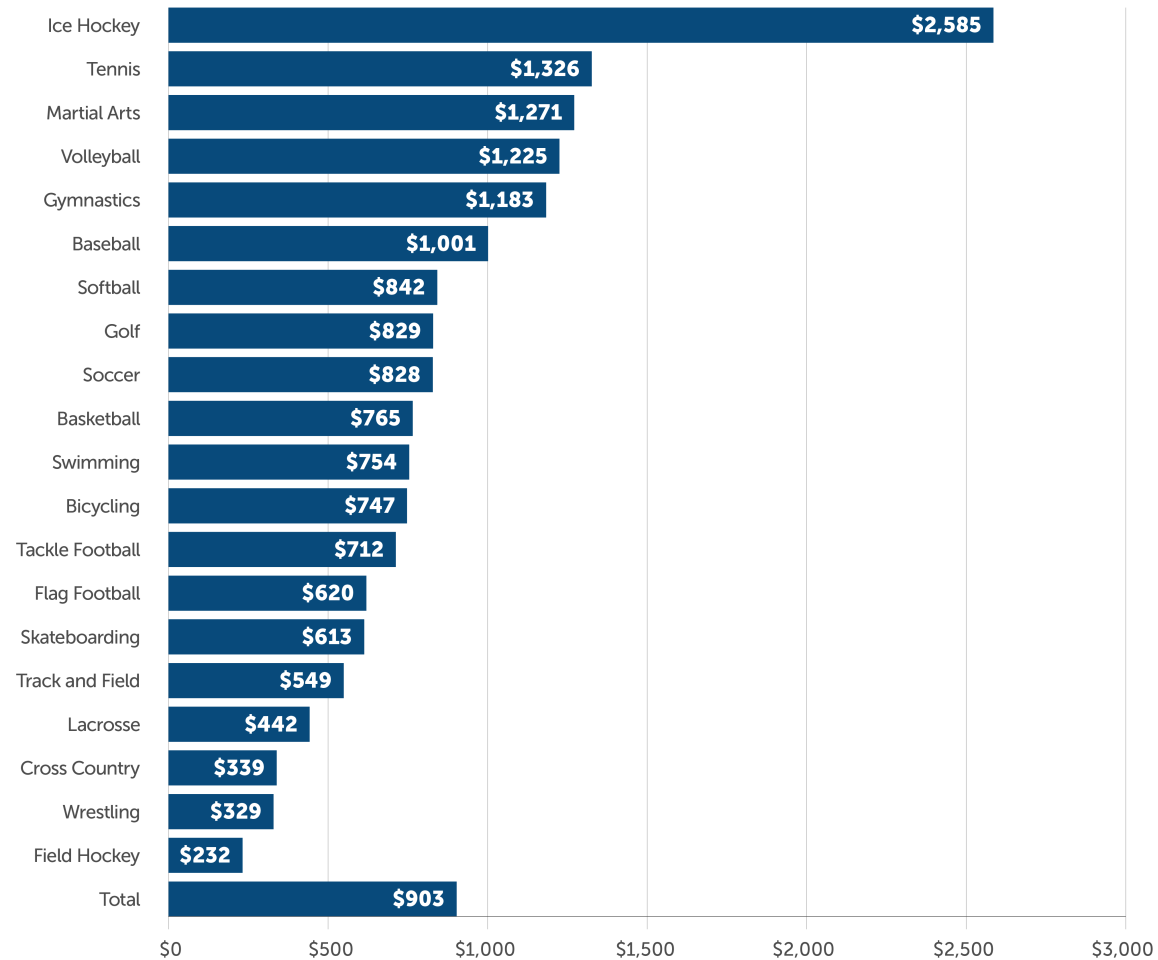
How Often Youth Play Their Primary Sport

Days per week children ages 6-18 played their primary sport before COVID-19



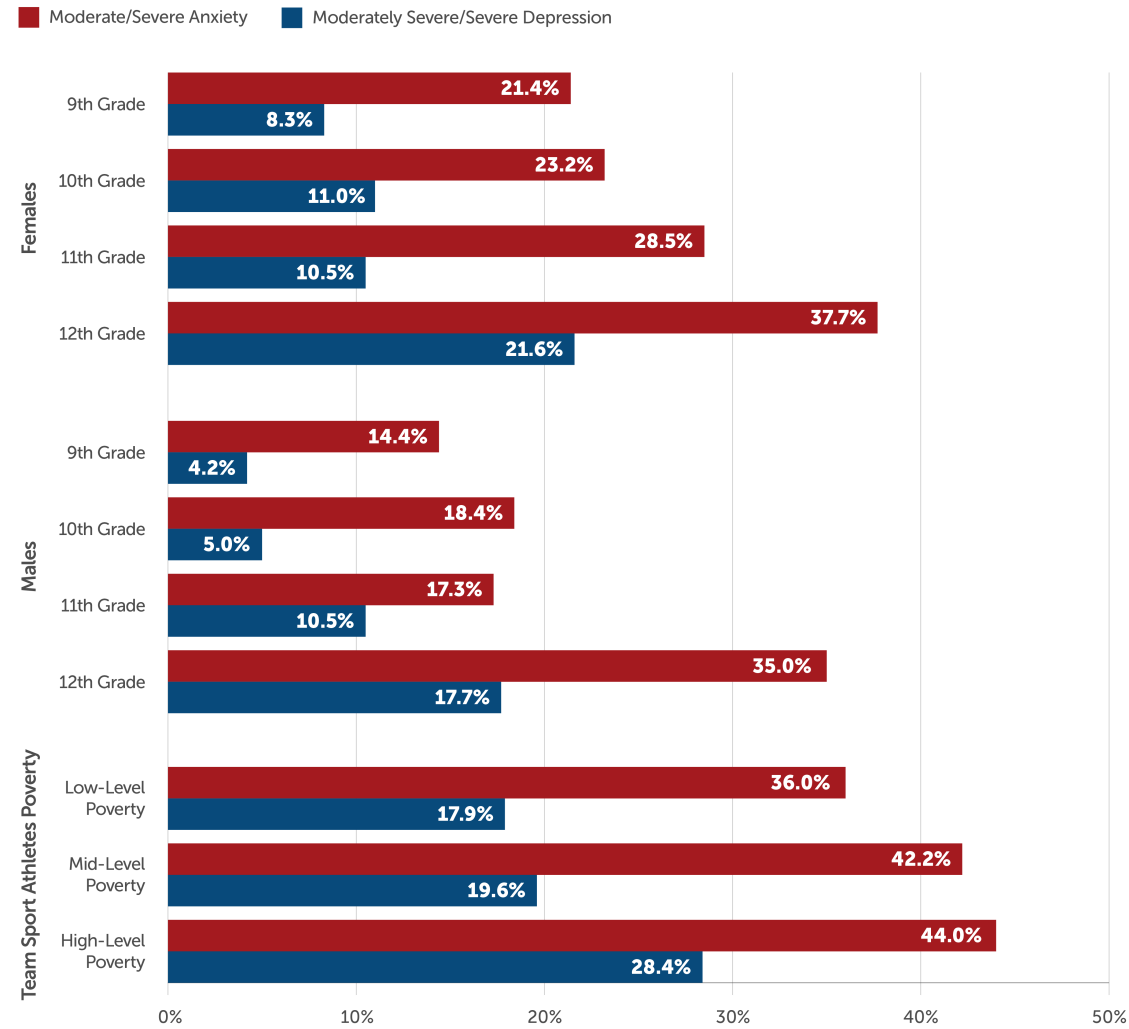
Source: Aspen Institute/Utah State University survey, June 2020

Average Family Annual Sports Spending Prior to COVID-19 (Ages 6-18)



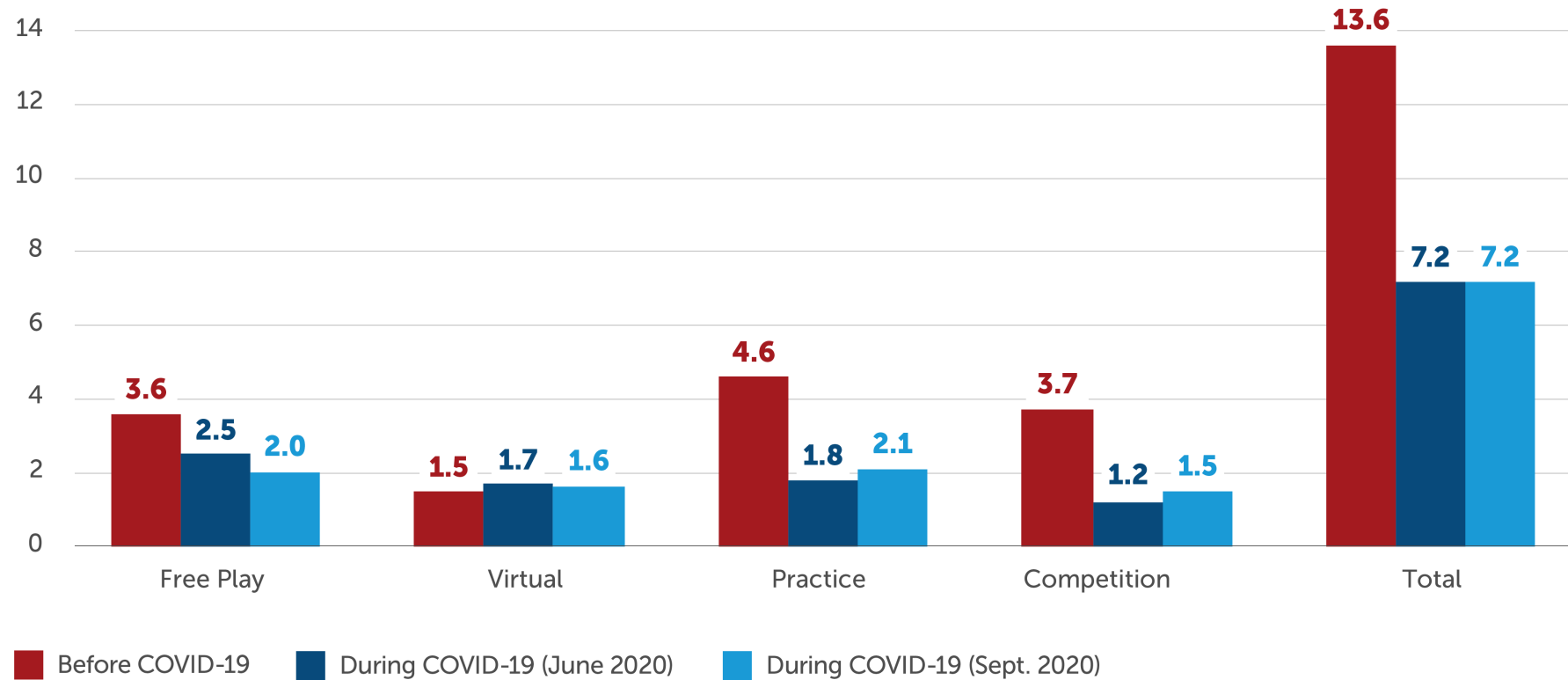
Source: Aspen Institute/Utah State University survey, June 2020

Anxiety and Depression Symptoms by Adolescent Athletes During COVID-19



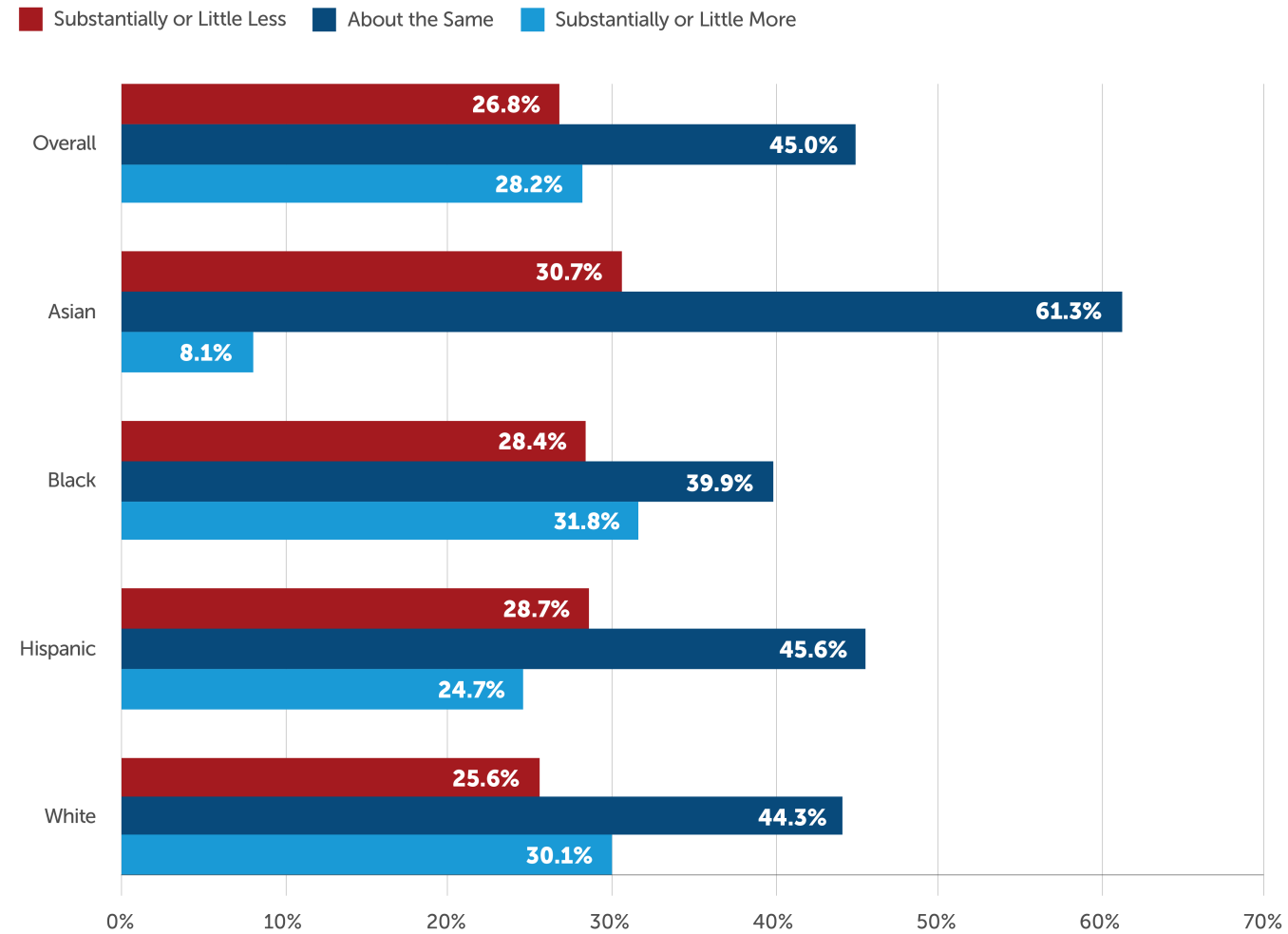
Source: "COVID-19 Related School and Sport Cancellations in the U.S.: A Report on the Health of Adolescent," University of Wisconsin School of Medicine, May 2020

Hours Spent Playing Sport per Week by Youth Ages 6–18



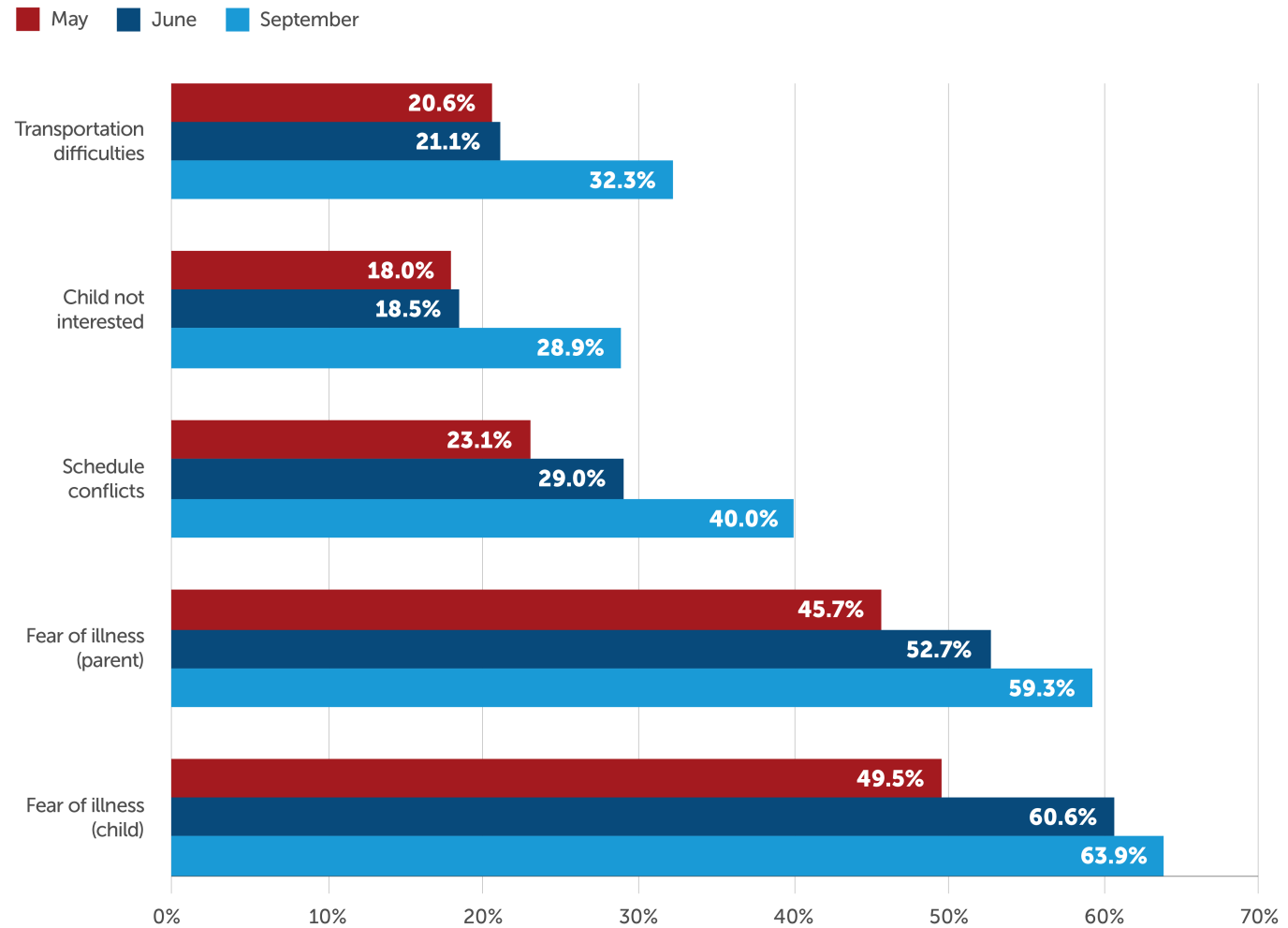
Source: Aspen Institute/Utah State University surveys, June and September 2020

Likelihood Parents Will Spend Money on Youth Sports vs. Before COVID-19



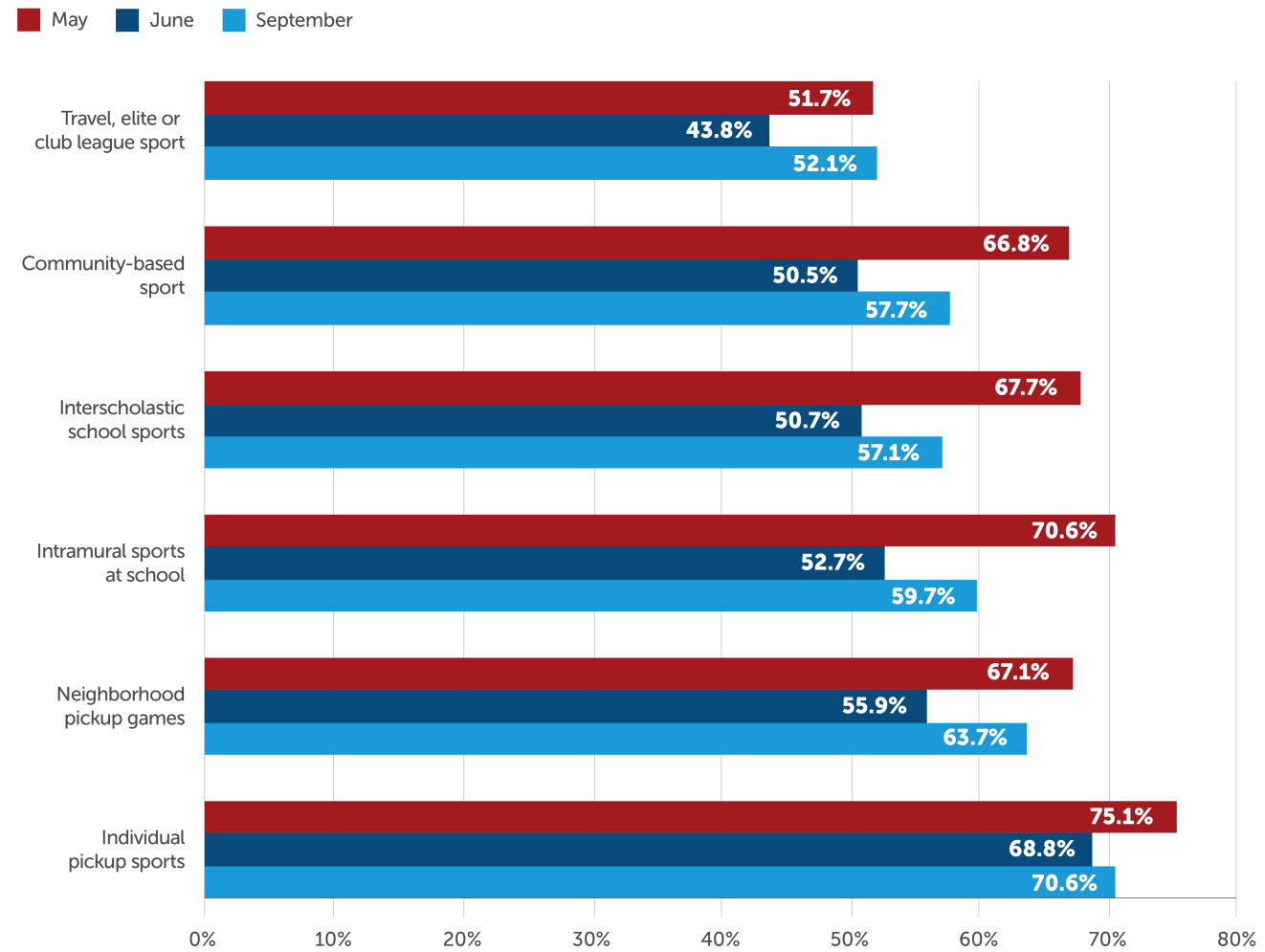
Source: Aspen Institute/Utah State University survey, September 2020

Potential Barriers to Resume Sports When Restrictions are Lifted (Strongly Agree or Agree)



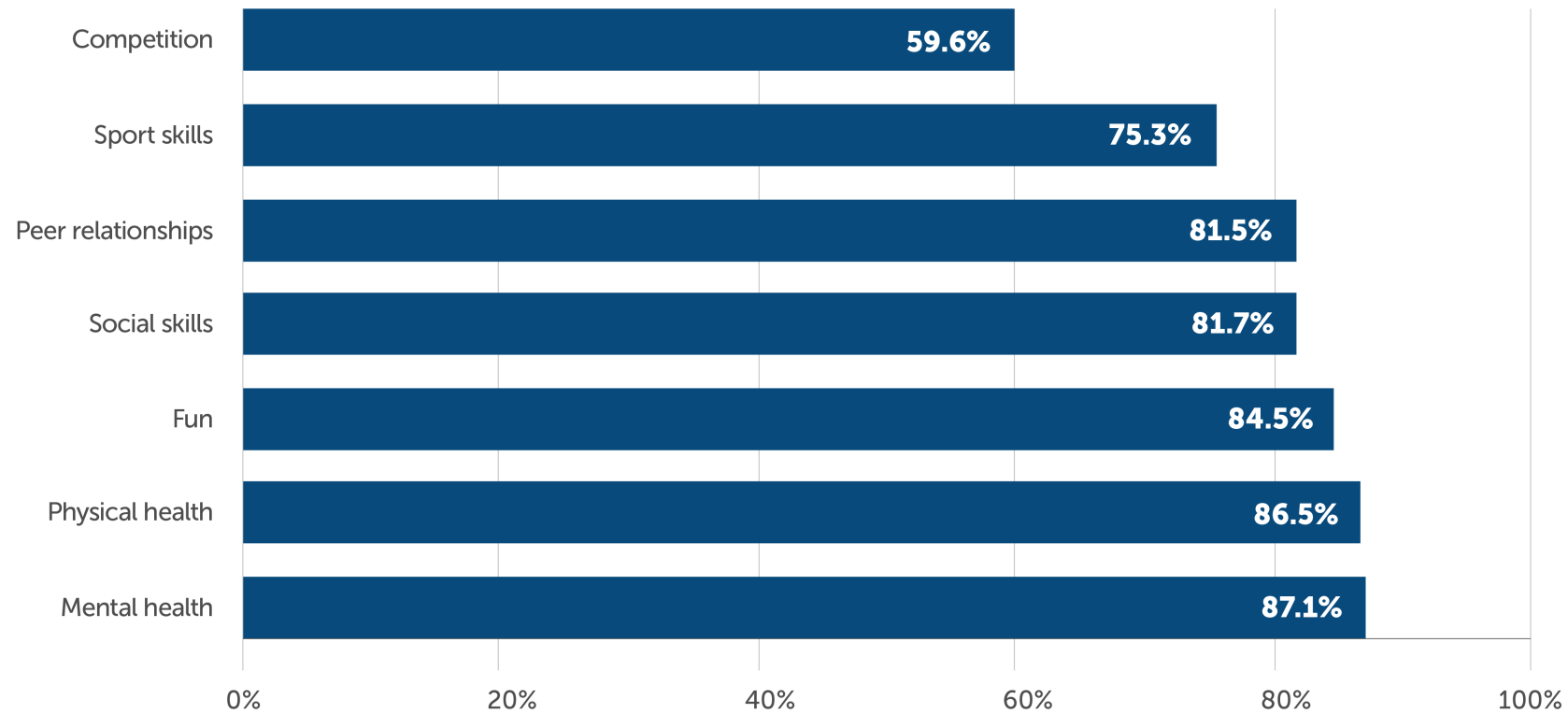
Source: Aspen Institute/Utah State/North Carolina State University surveys, May, June and September 2020

Parents Comfortable With Child Participating in Sports by Type (Extremely Comfortable or Slightly Comfortable)



Source: Aspen Institute/Utah State/North Carolina State University surveys, May, June and September 2020

Parents' Desired Outcomes for Their Child Playing Sports (Agree or Strongly Agree)



Source: Aspen Institute/Utah State University survey, June 2020

Core Participation in Select Sports

Percentage of children ages 6-12 who participated on a regular basis in 2019
(number of days varies by sport)

Sport	2008	2017	2018	2019	2018-19 Change	# Kids in 2019
 Baseball	16.5%	13.1%	13.6%	14.4%	6.4%	4,176,000
 Basketball	16.6%	14.1%	14.1%	14.0%	-0.2%	4,056,000
 Bicycling	27.7%	16.0%	15.7%	17.0%	8.5%	4,915,000
 Cheerleading	2.4%	2.2%	2.6%	2.9%	12.6%	839,000
 Field Hockey	0.4%	0.4%	0.4%	0.5%	19.6%	136,000
 Flag Football	4.5%	3.3%	3.3%	3.5%	6.8%	1,016,000
 Tackle Football	3.7%	2.9%	2.8%	2.9%	5.3%	850,000
 Golf	5.0%	4.9%	4.9%	4.6%	-6.1%	1,300,000
 Gymnastics	2.3%	3.1%	3.4%	3.6%	6.4%	1,040,000
 Ice Hockey	0.5%	1.2%	1.1%	1.2%	7.8%	336,000
 Lacrosse	0.4%	0.9%	1.0%	1.0%	-0.9%	282,000
 Soccer (Outdoor)	10.4%	7.7%	7.4%	7.7%	3.2%	2,216,000
 Softball (Fast-Pitch)	1.0%	1.1%	1.2%	1.4%	20.4%	416,000
 Swimming (Team)	N/A	1.4%	1.4%	1.3%	-3.2%	389,000
 Tennis	4.3%	4.1%	4.3%	4.3%	-0.1%	1,249,000
 Track and Field	1.0%	1.1%	1.0%	1.1%	10.1%	325,000
 Volleyball (Court)	2.9%	2.7%	2.8%	2.9%	3.5%	842,000
 Wrestling	1.1%	0.6%	0.7%	0.7%	-8.8%	191,000

Source: Sports & Fitness Industry Association, 2019

Core Participation in Select Sports

Percentage of youth ages 13-17 who participated on a regular basis in 2019
(number of days varies by sport)

Sport	2008	2017	2018	2019	2018-19 Change	# Kids in 2019
 Baseball	8.2%	10.4%	10.4%	10.4%	0.3%	2,180,000
 Basketball	18.3%	17.0%	16.2%	16.5%	1.6%	3,442,000
 Bicycling	16.8%	21.0%	20.1%	20.6%	3.0%	4,318,000
 Cheerleading	3.2%	2.9%	3.1%	3.0%	-3.8%	625,000
 Field Hockey	0.9%	0.7%	0.9%	0.9%	7.6%	197,000
 Flag Football	8.6%	2.7%	2.7%	2.7%	0.6%	574,000
 Tackle Football	3.3%	7.2%	7.0%	7.0%	-0.6%	1,461,000
 Golf	6.4%	5.3%	5.7%	4.9%	8.2%	1,200,000
 Gymnastics	1.8%	1.5%	1.5%	1.5%	-1.0%	313,000
 Ice Hockey	0.8%	1.1%	1.2%	1.3%	5.0%	269,000
 Lacrosse	1.2%	2.0%	2.1%	2.2%	7.8%	466,000
 Soccer (Outdoor)	7.9%	6.9%	6.8%	7.1%	3.1%	1,475,000
 Softball (Fast-Pitch)	2.1%	1.8%	1.7%	2.0%	12.1%	408,000
 Swimming (Team)	N/A	2.9%	2.9%	2.8%	-3.0%	590,000
 Tennis	6.0%	6.4%	7.1%	6.8%	-4.9%	1,412,000
 Track and Field	6.3%	5.6%	5.6%	5.5%	-1.2%	1,160,000
 Volleyball (Court)	7.3%	5.0%	5.2%	5.6%	7.5%	1,167,000
 Wrestling	2.6%	1.1%	1.2%	1.2%	0.7%	246,000

Source: Sports & Fitness Industry Association, 2019

Hours Per Week Spent by Youth Ages 6-18 Before and During COVID-19

Sport	Free Play		Virtual		Practices		Competition		Total	
	Before	During	Before	During	Before	During	Before	During	Before	During
 Tackle Football	4.2	2.7	1.8	2.1	6.5	3.0	4.2	1.8	16.6	9.5
 Wrestling	3.3	3.1	1.0	1.9	6.8	2.4	5.1	1.5	16.3	8.9
 Basketball	4.1	2.6	1.8	2.0	4.3	2.0	3.8	1.4	14.0	7.9
 Baseball	3.5	2.4	1.6	1.6	4.5	2.0	4.4	1.6	14.0	7.6
 Softball	3.4	2.3	1.1	1.3	5.2	1.9	4.2	0.8	13.7	6.3
 Flag Football	3.5	2.6	2.7	2.5	3.5	2.2	3.8	2.0	13.6	9.4
 Volleyball	3.2	2.2	1.0	1.6	5.2	1.9	3.9	1.2	13.3	6.9
 Swimming	3.0	2.2	2.0	2.4	4.3	2.1	3.2	2.0	12.5	8.7
 Ice Hockey	3.6	1.9	1.2	1.3	3.8	1.2	3.5	0.8	12.1	5.1
 Track and Field	2.2	1.5	1.0	1.4	5.1	2.0	3.4	0.5	11.8	5.3
 Skateboarding	6.1	3.1	1.9	1.9	1.9	2.3	1.8	1.4	11.7	8.7
 Field Hockey	2.4	1.1	2.0	2.4	2.8	1.4	4.4	2.9	11.5	7.9
 Soccer	3.1	2.1	1.1	1.3	3.7	1.7	3.2	1.0	11.1	6.2
 Gymnastics	3.1	2.2	0.9	1.6	4.2	1.2	2.6	0.9	10.8	5.9
 Tennis	2.9	2.1	1.4	1.6	3.4	1.9	2.9	1.4	10.6	6.9
 Bicycling	2.8	2.1	2.5	2.7	2.4	2.0	2.7	2.3	10.5	9.1
 Golf	3.3	2.4	2.1	2.1	2.5	2.0	2.6	1.9	10.4	8.4
 Skiing/Snowboarding	2.3	2.3	2.1	2.6	3.4	2.1	2.6	1.3	10.4	8.3
 Martial Arts	3.0	2.1	0.8	1.2	3.8	1.4	2.2	0.9	9.8	5.5
 Cross Country	1.8	1.8	0.8	0.6	5.1	2.5	1.7	0.6	9.4	5.5
 Lacrosse	1.6	1.8	1.1	0.5	4.3	0.9	2.0	0.3	9.0	3.5

Source: Aspen Institute/Utah State University Survey, June 6 September 2020