



# STATE OF PLAY 2020

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

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## Charts & Graphs



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## Charts & Graphs



2020



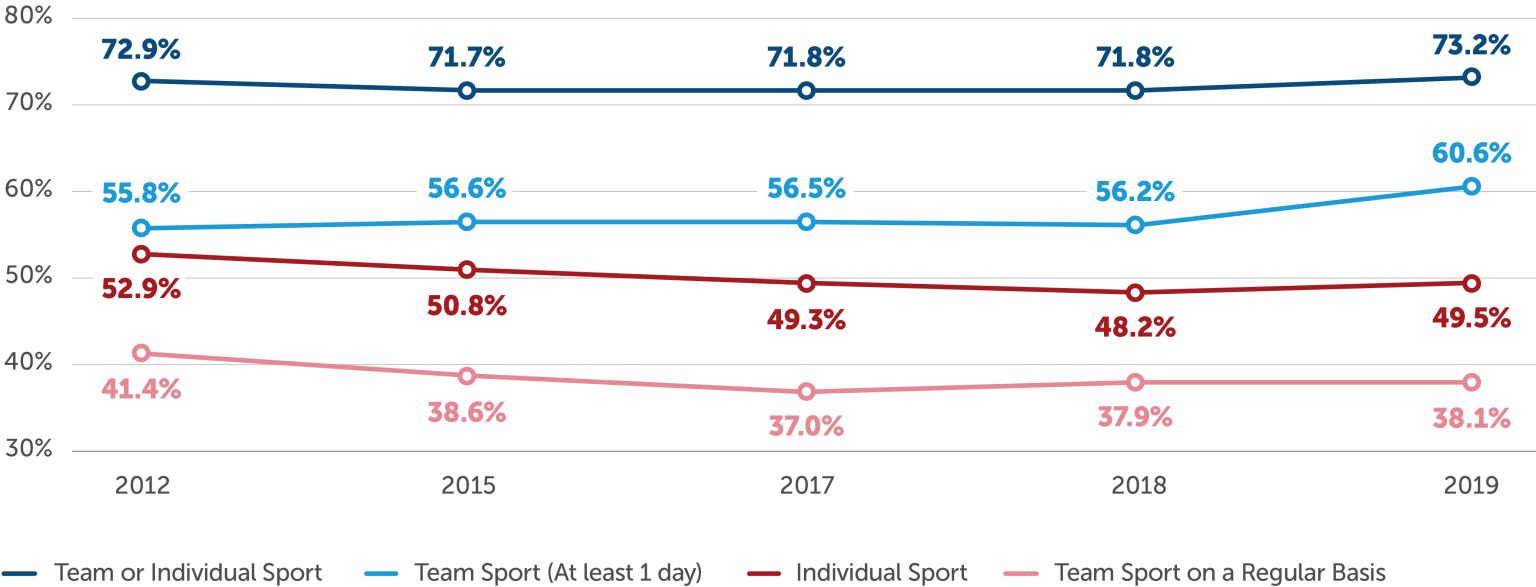
THE ASPEN INSTITUTE  
**PROJECT PLAY**





# Total Sport Participation Rates

Percentage of children ages 6-12



Source: Sports and 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.

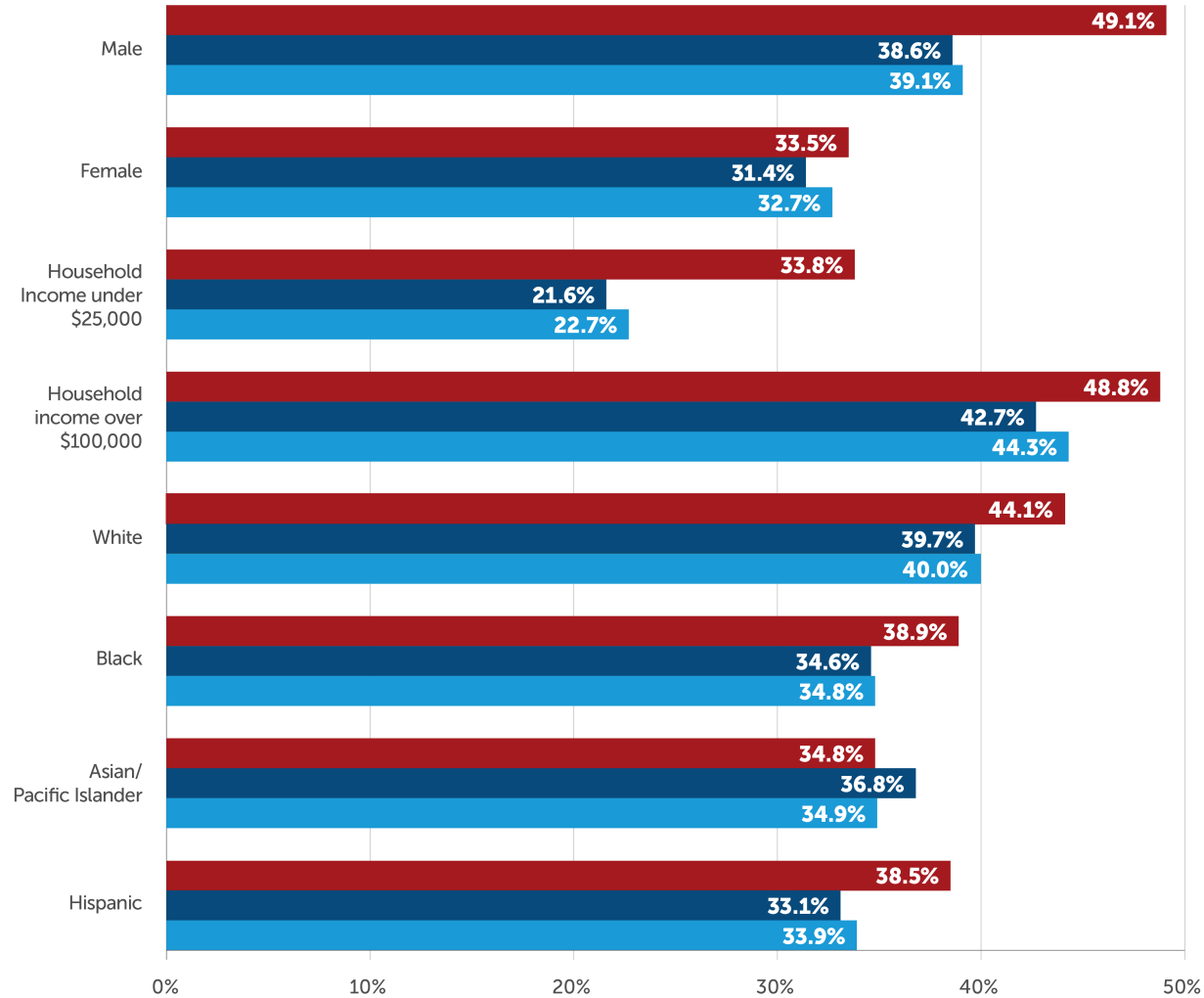
A "core" participant is anyone who participated on a regular basis for a certain number of times per year. The number varies by sport, as defined by SFIA. A "core" participant includes a level of organized play.



# Core Sport Participation by Demographic

Children ages 6 to 12 who played a sport on a regular basis

■ 2012 ■ 2018 ■ 2019

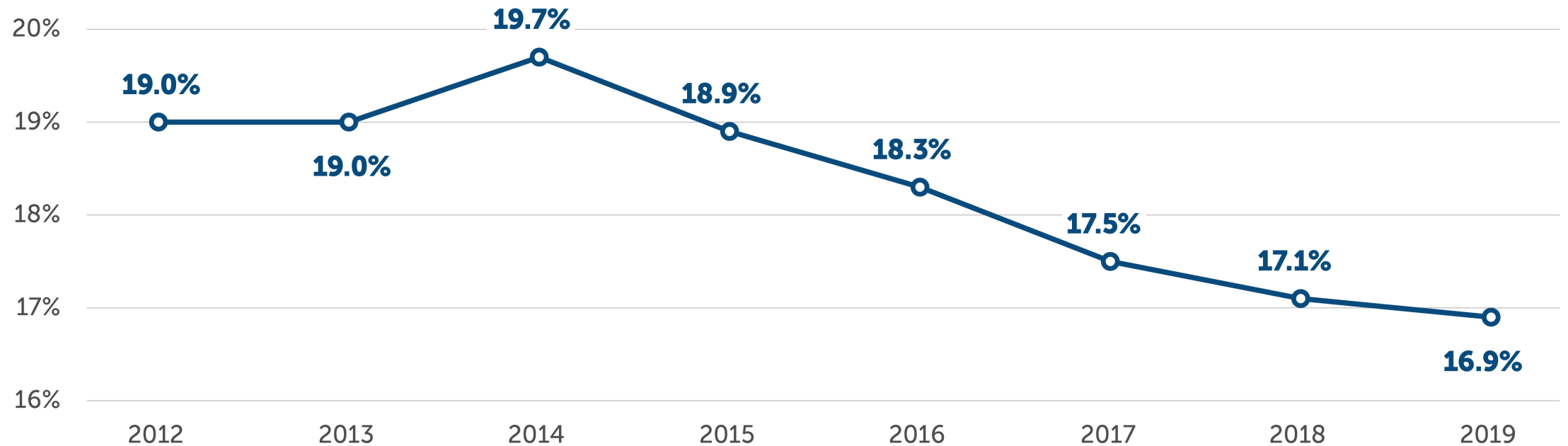


Source: Sports & Fitness Industry Association, 2019



# Physically Inactive Children

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

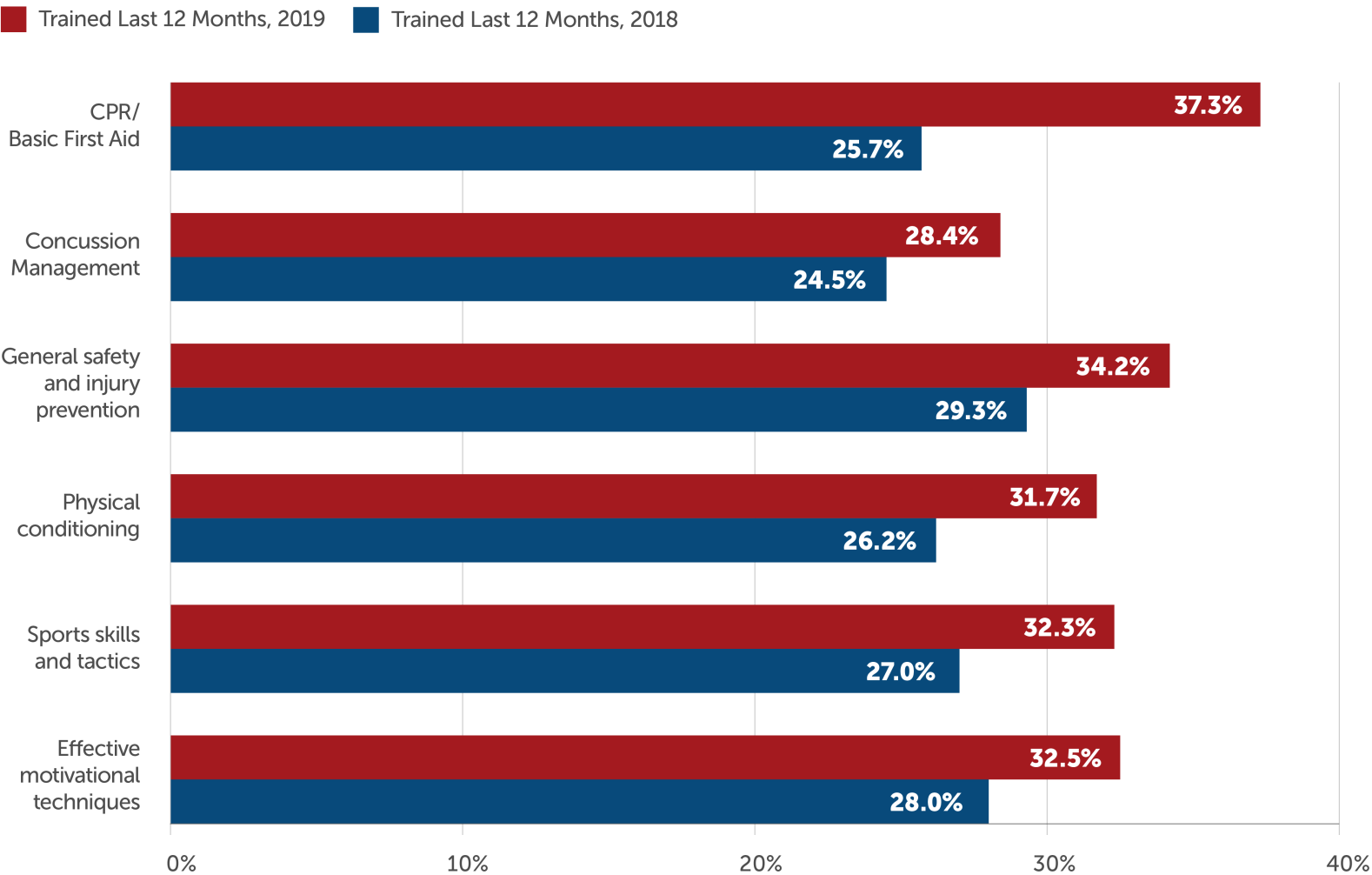


Source: Sports & Fitness Industry Association



# Youth Coaches With Training By Subject

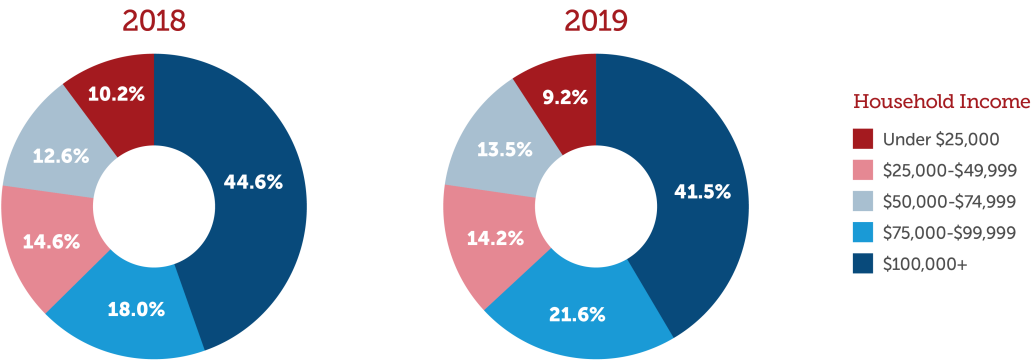
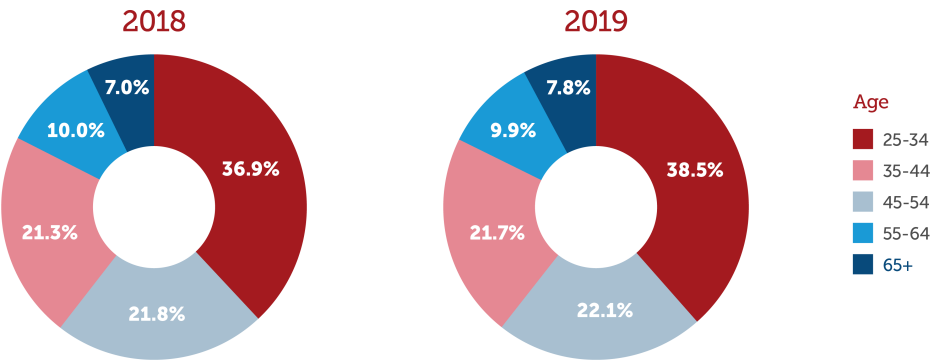
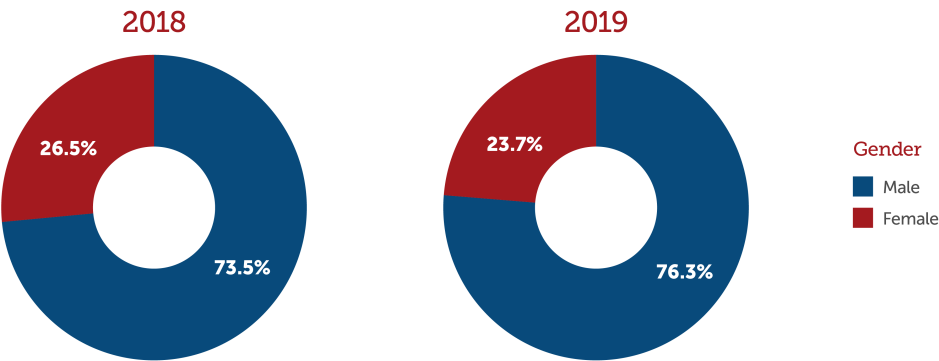
Percentage of 2019 coaches who say they received specified training



Source: Sports and Fitness Industry Association, 2019



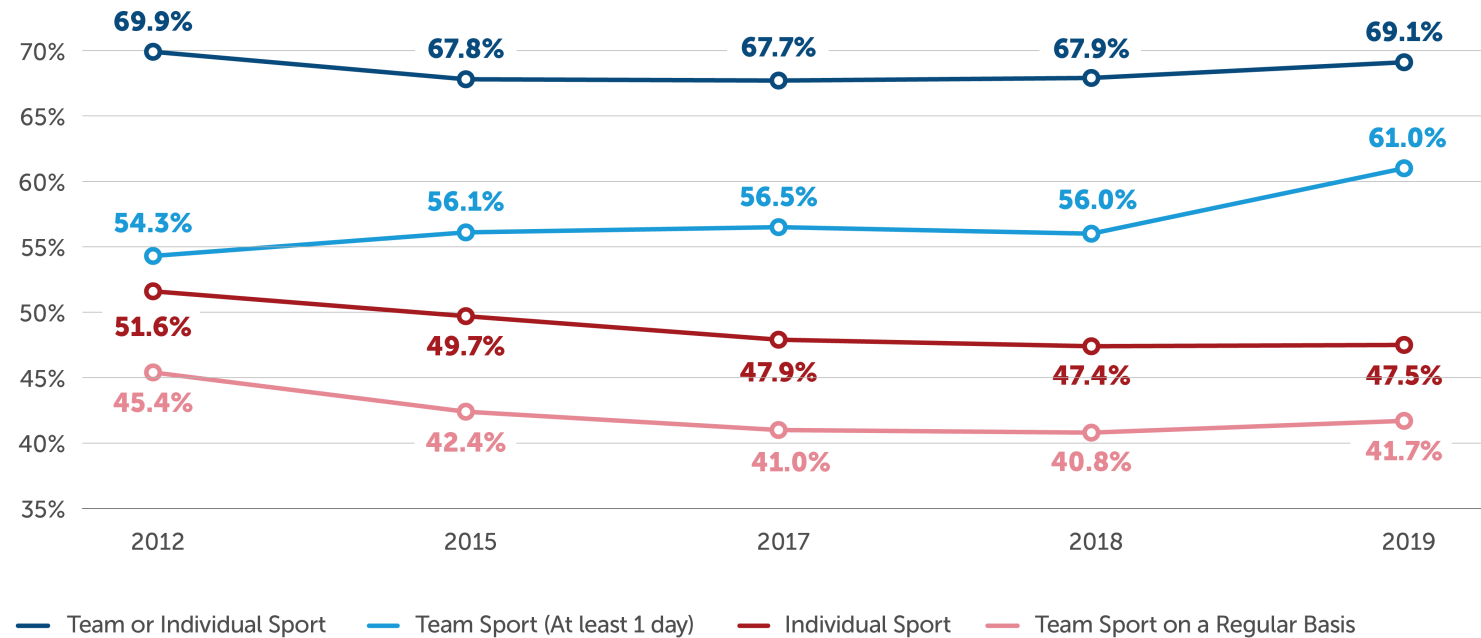
Youth Head Coaches by Demographics



Source: Sports & Fitness Industry Association, 2019

# Total Sport Participation Rates

Percentage of children ages 13-17



Source: Sports and 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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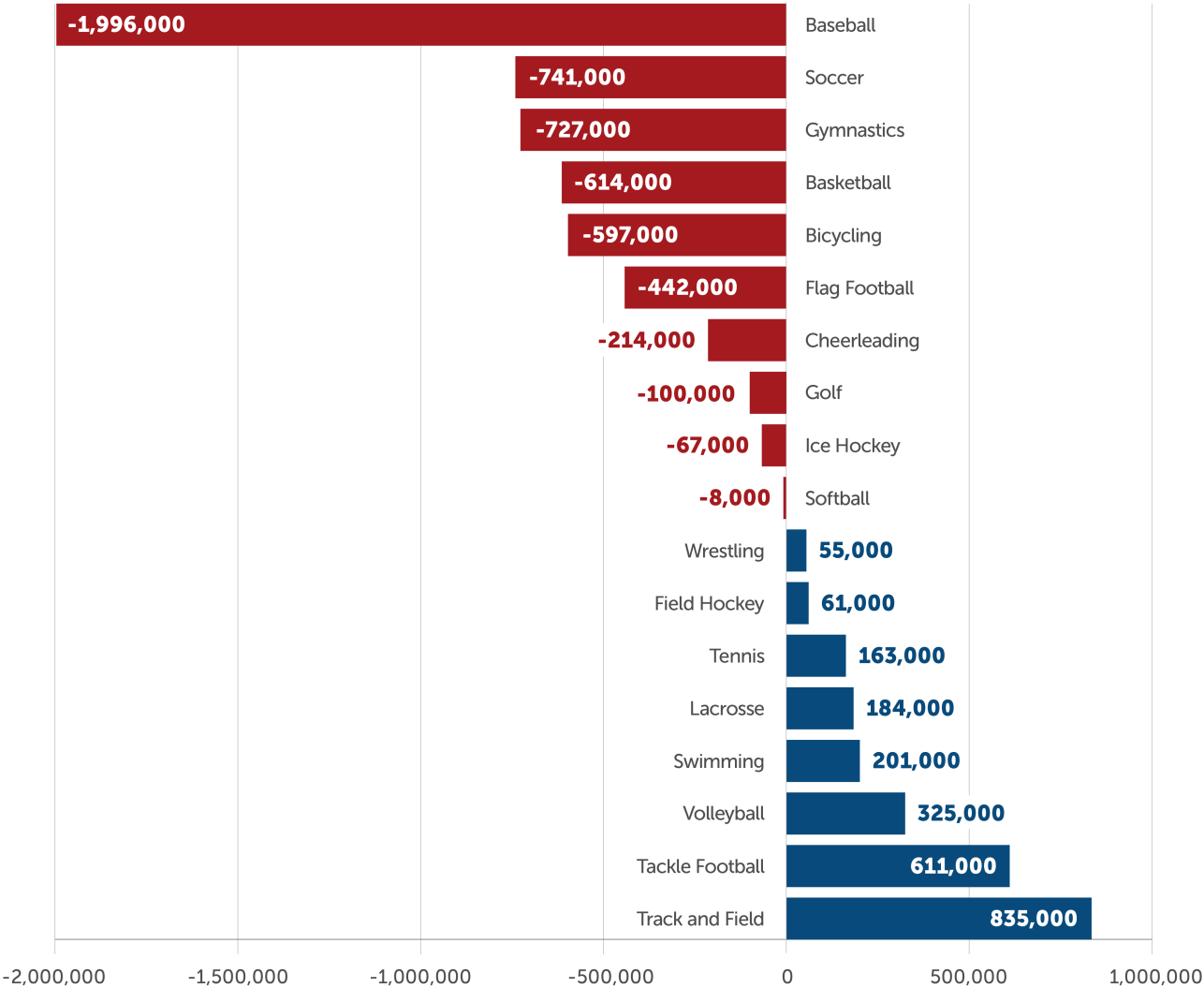
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# Core Participation Changes by Middle School

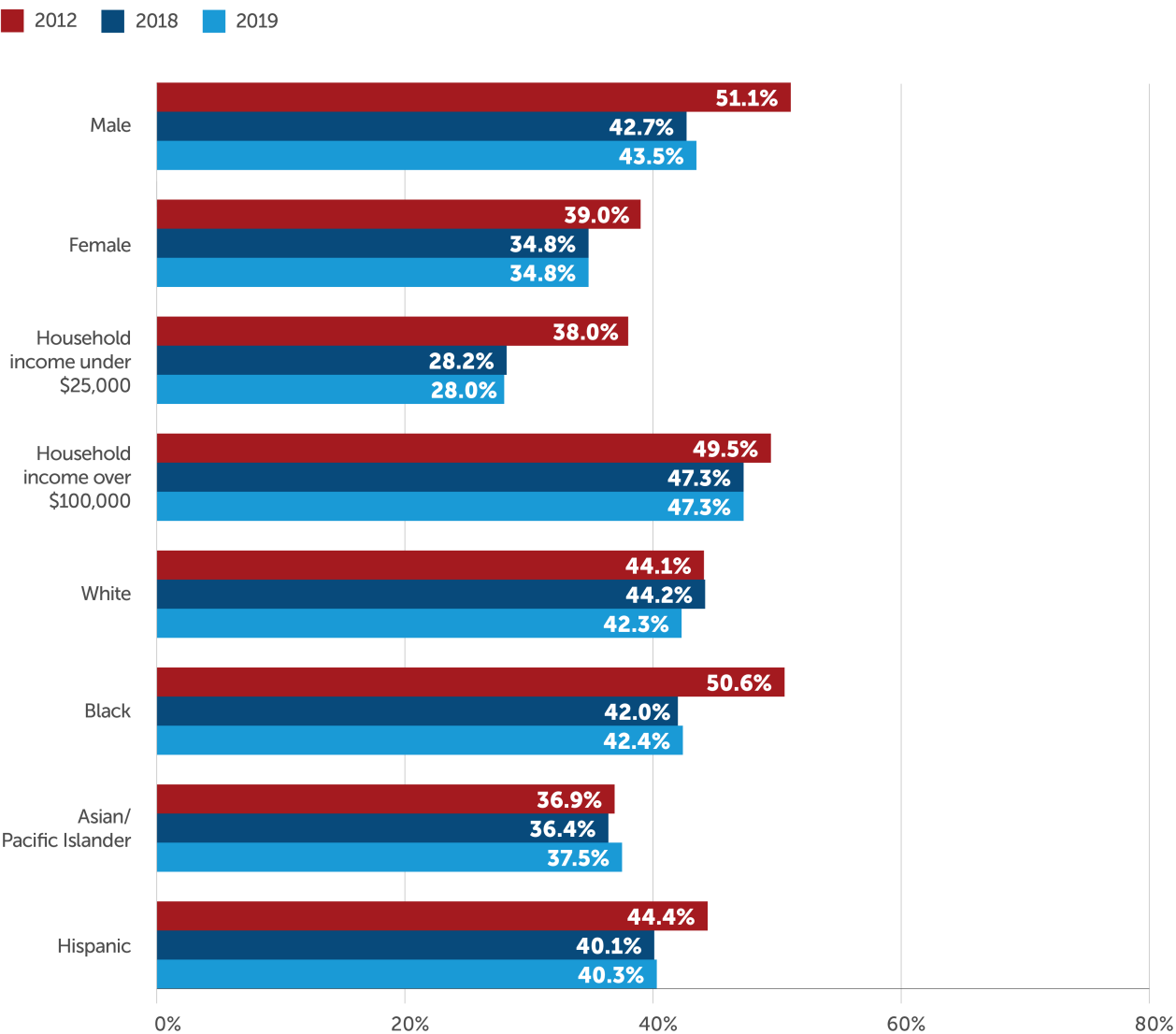
Number of kids who decreased or increased participation by ages 13-17 in 2019



Source: Sports and Fitness Industry Association, 2019

# Core Sport Participation by Demographic

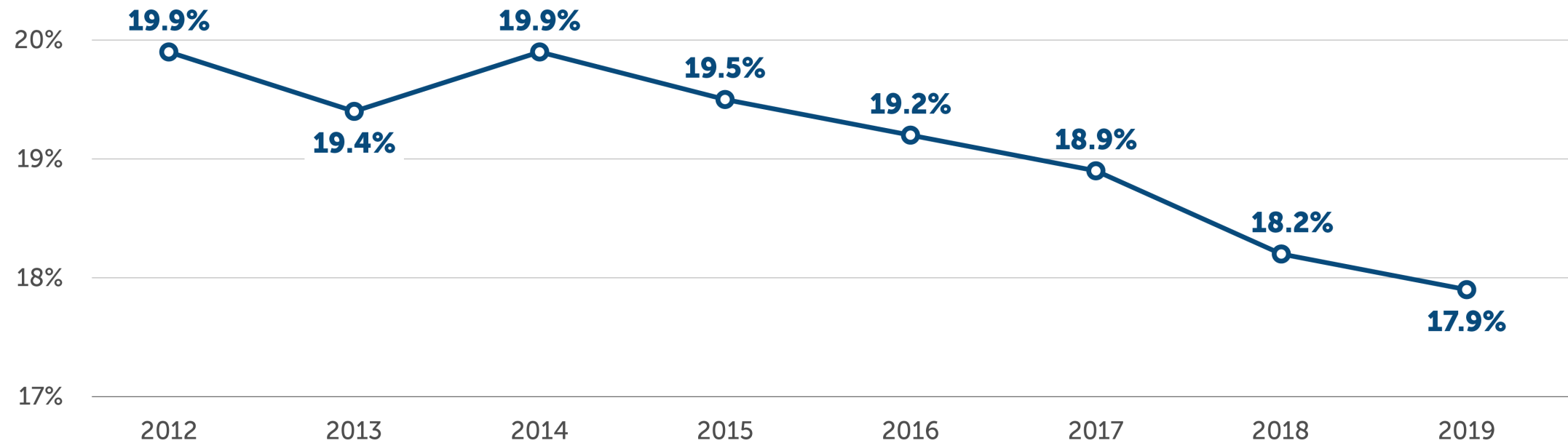
Children ages 13-17 who played a sport on a regular basis



Source: Sports and Fitness Industry Association, 2019

# Physically Inactive Children

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

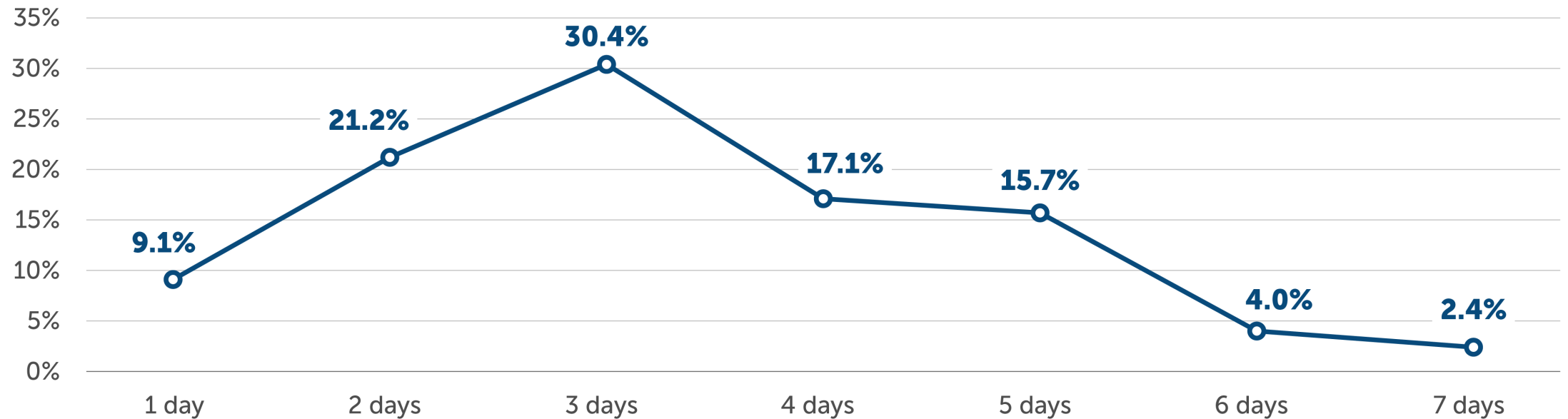


Source: Sports & Fitness Industry Association



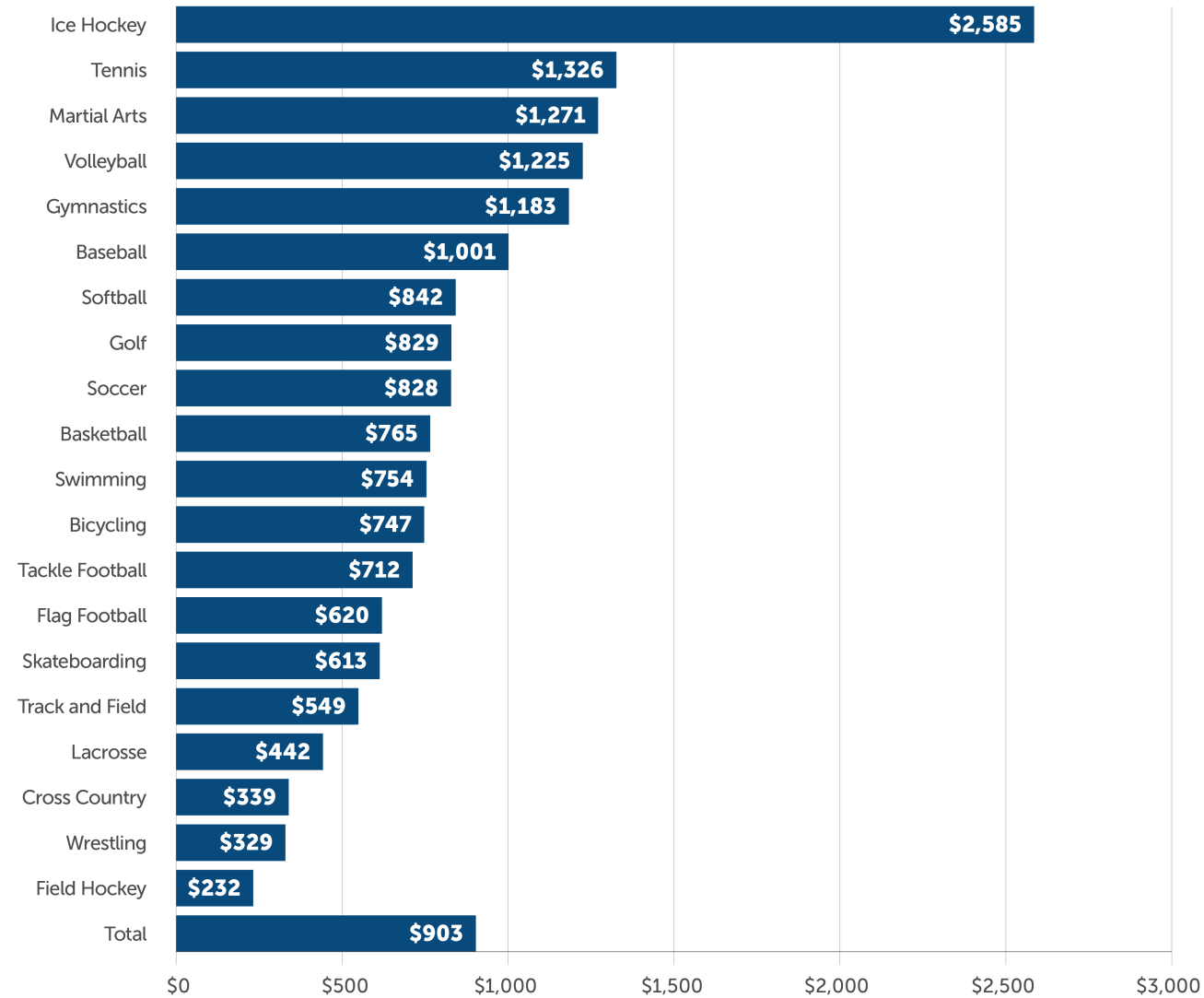
# How Often Youth Play Their Primary Sport

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



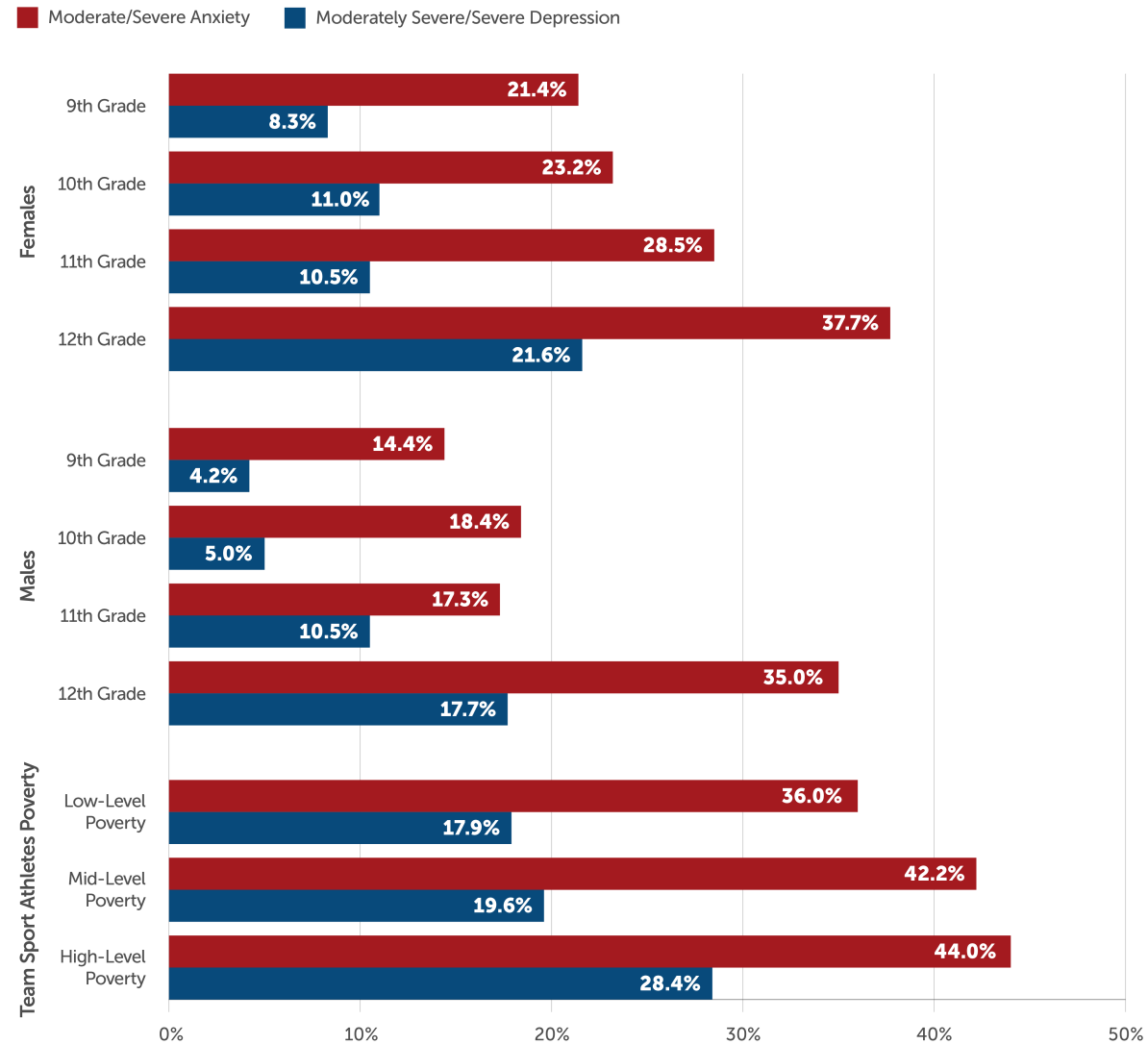
Source: Aspen Institute/Utah State University survey, June 2020

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



Source: Aspen Institute/Utah State survey, June 2020

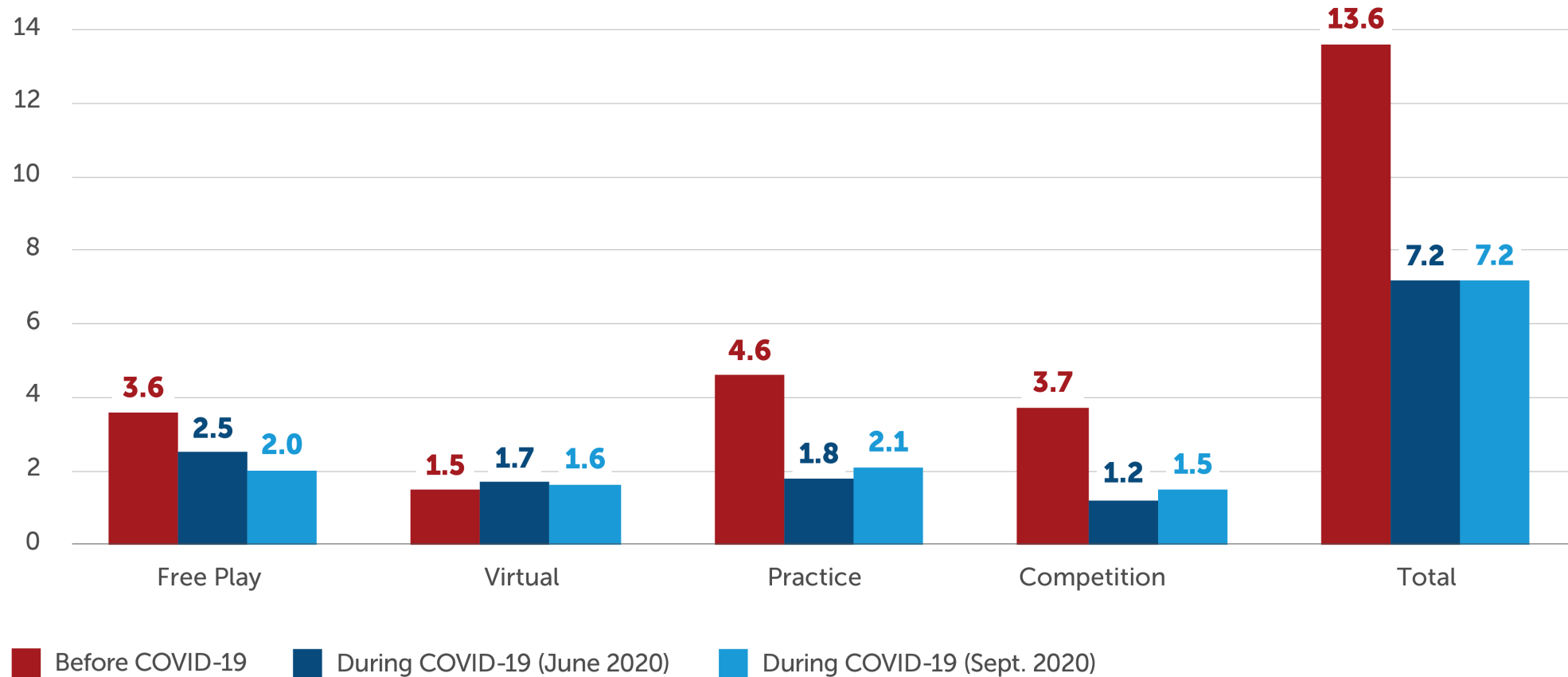
# Anxiety and Depression Symptoms by Adolescent Athletes During COVID-19



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

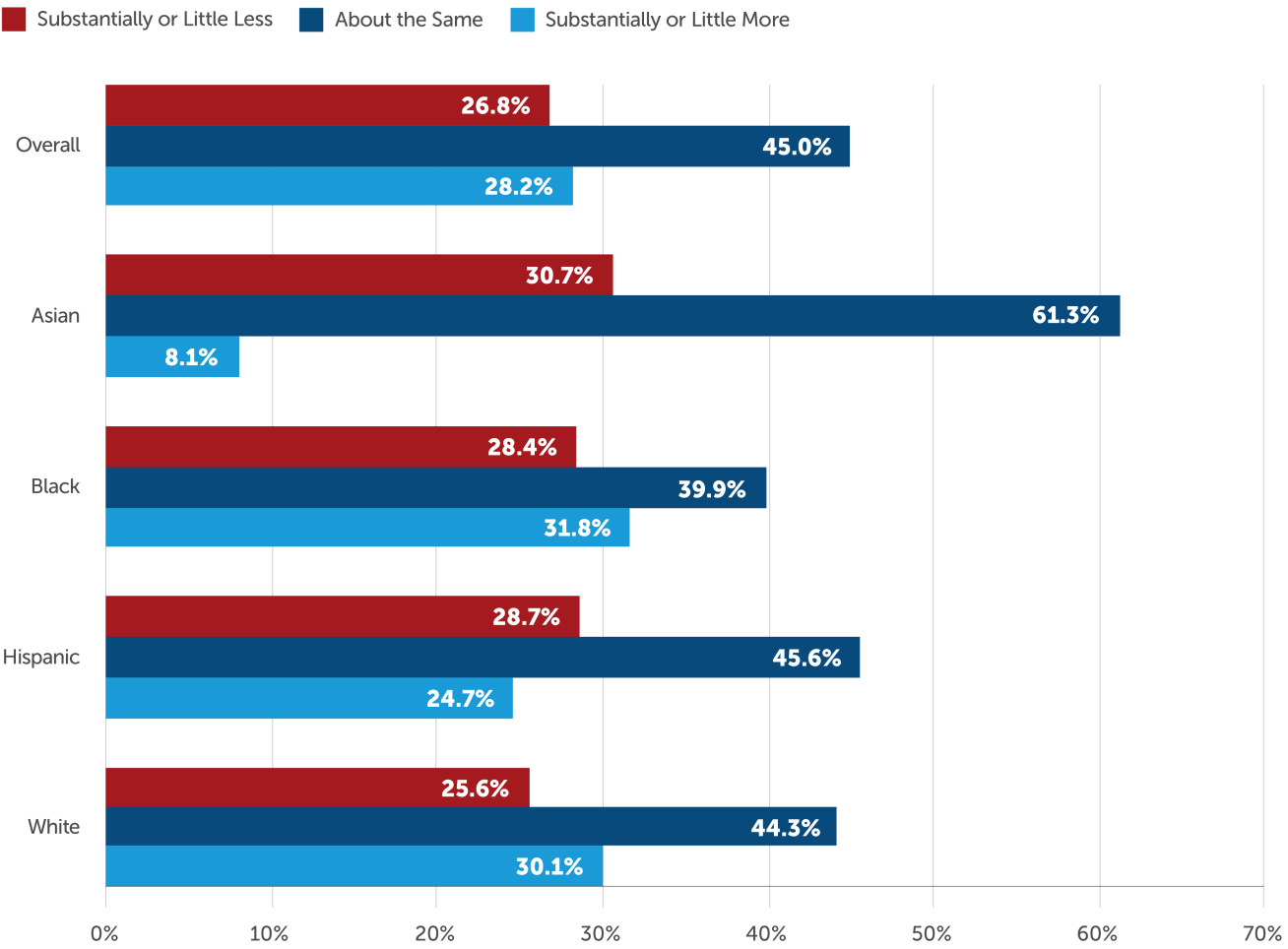


# Hours spent playing sport per week by youth ages 6–18



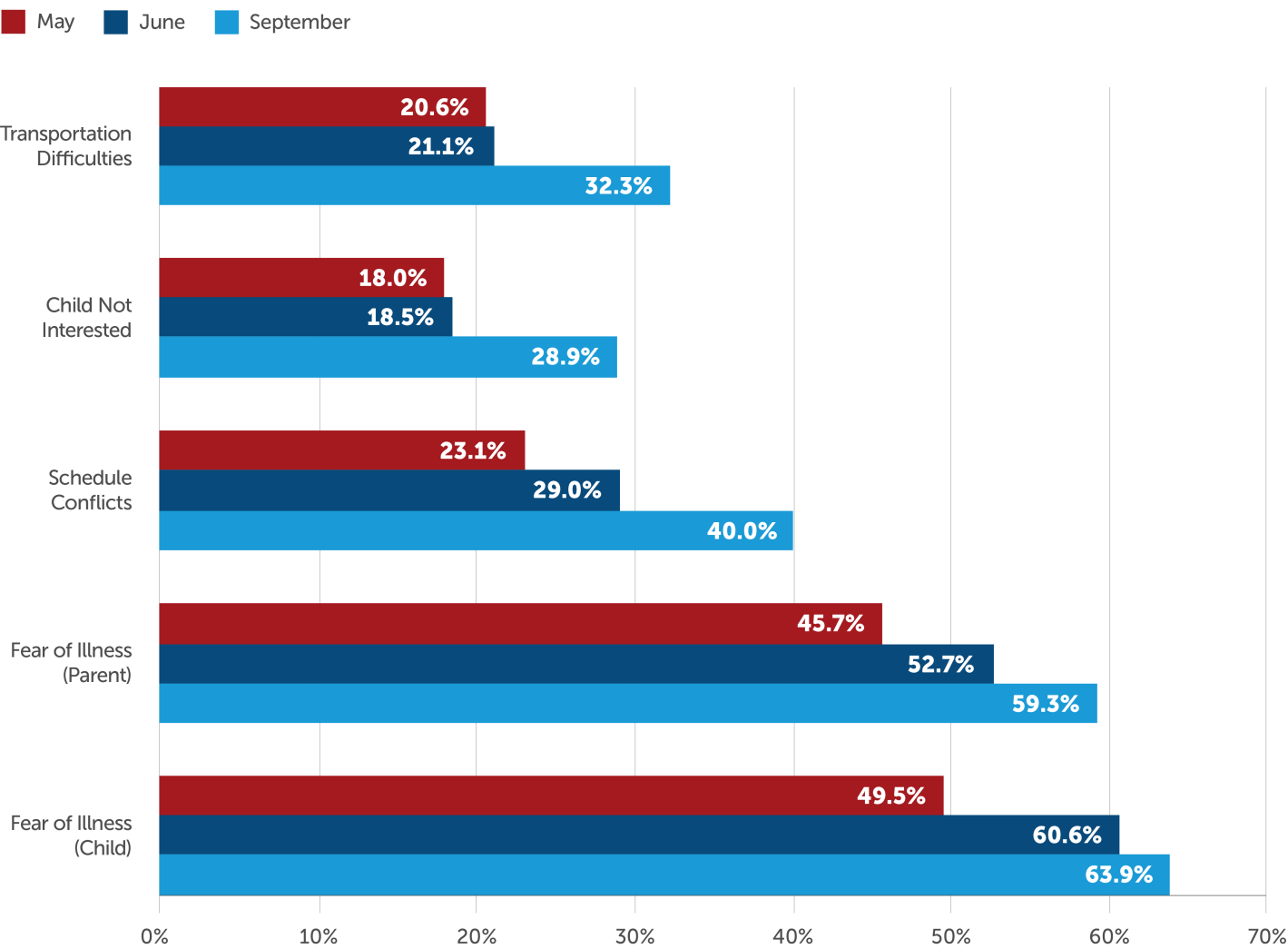
Source: Aspen Institute/Utah State surveys, June and September 2020

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



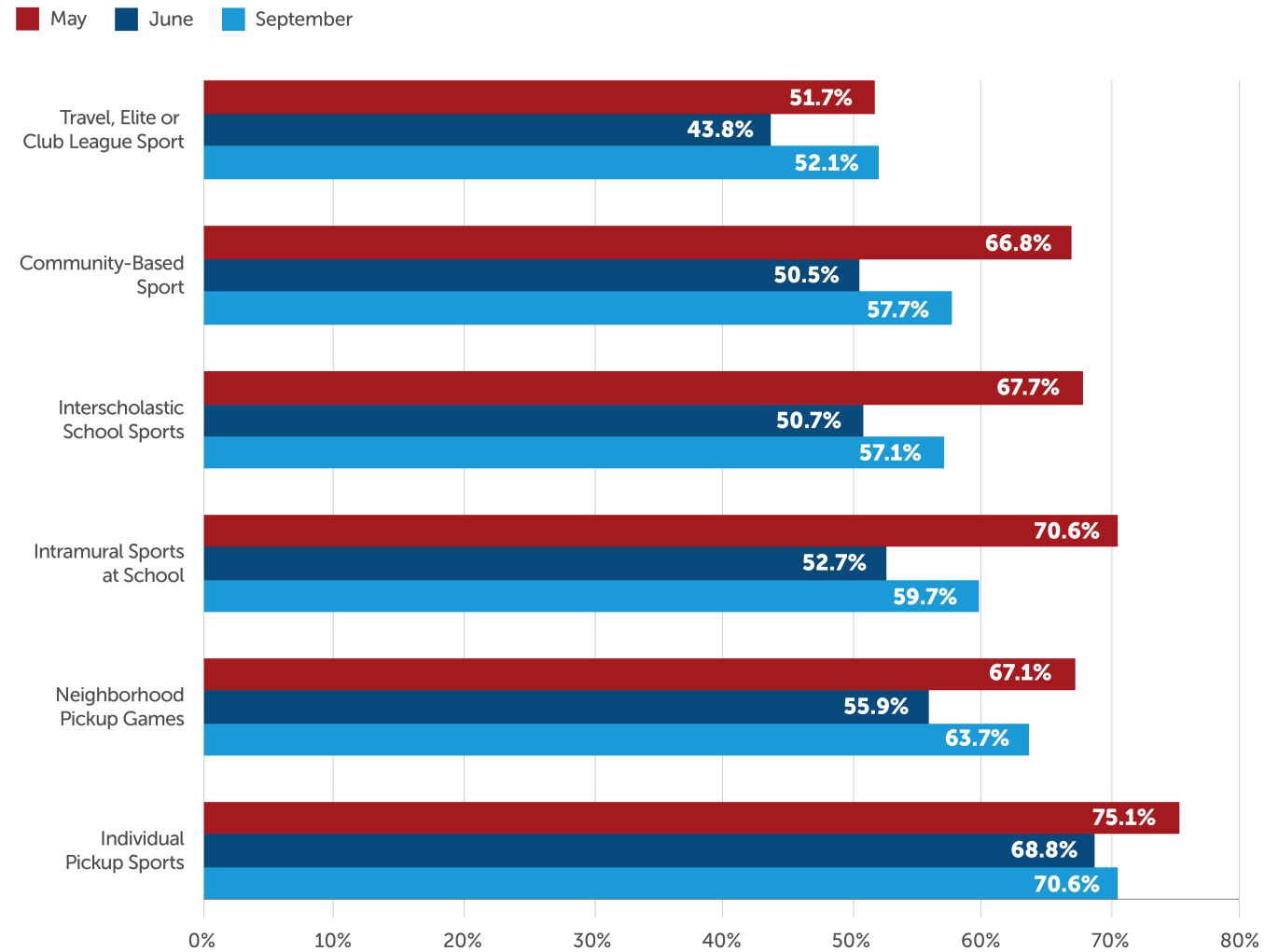
Source: Aspen Institute/Utah State survey, September 2020

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



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

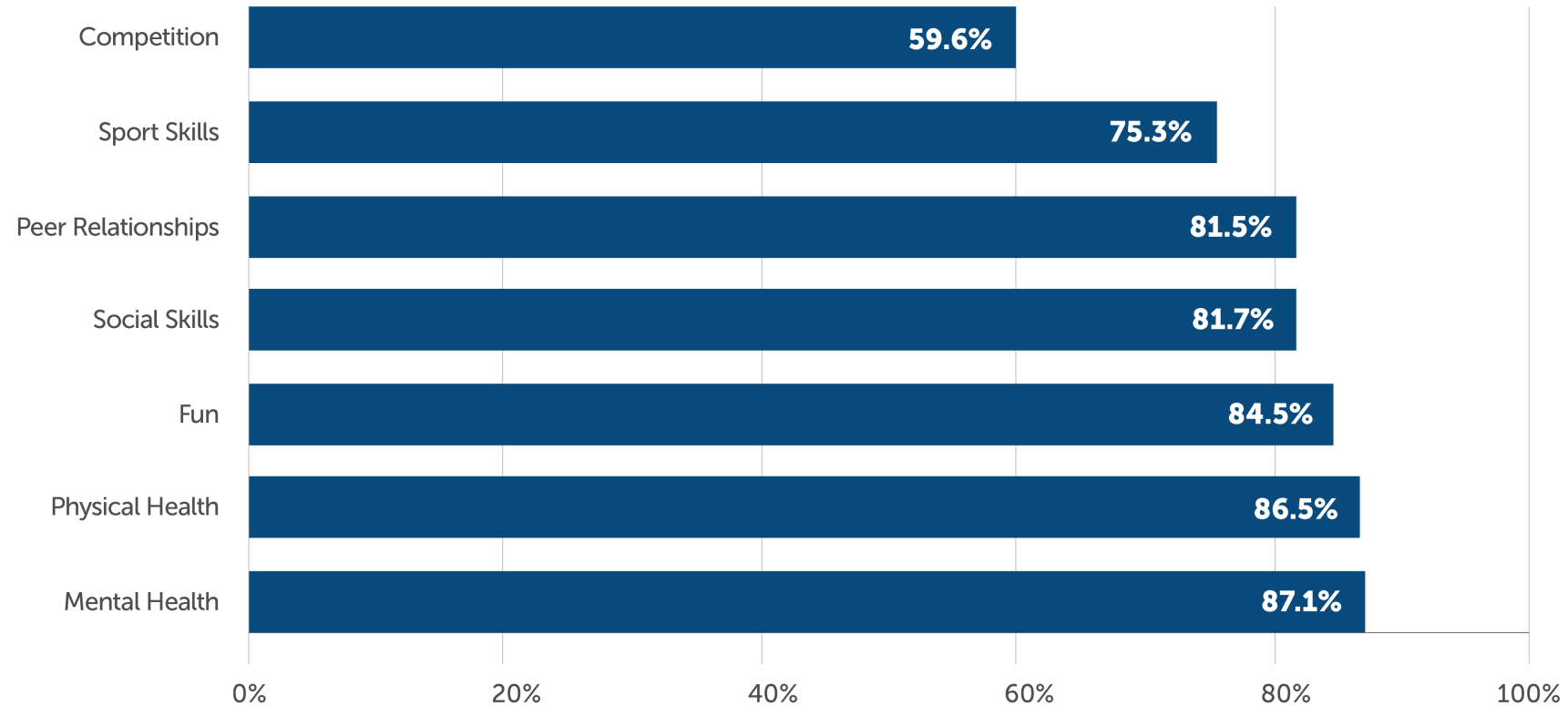
## Parents Comfortable with Child Participating in Sports by Type (Extremely Comfortable or Slightly Comfortable)



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



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



Source: Aspen Institute/Utah State survey, June 2020

## Core Participation in Select Sports

Percentage of kids ages 6 to 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
 <b>Baseball</b>	16.5%	13.1%	13.6%	14.4%	6.4%	4,176,000
 <b>Basketball</b>	16.6%	14.1%	14.1%	14.0%	-0.2%	4,056,000
 <b>Bicycling</b>	27.7%	16.0%	15.7%	17.0%	8.5%	4,915,000
 <b>Cheerleading</b>	2.4%	2.2%	2.6%	2.9%	12.6%	839,000
 <b>Field Hockey</b>	0.4%	0.4%	0.4%	0.5%	19.6%	136,000
 <b>Flag Football</b>	4.5%	3.3%	3.3%	3.5%	6.8%	1,016,000
 <b>Tackle Football</b>	3.7%	2.9%	2.8%	2.9%	5.3%	850,000
 <b>Golf</b>	5.0%	4.9%	4.9%	4.6%	-6.1%	1,300,000
 <b>Gymnastics</b>	2.3%	3.1%	3.4%	3.6%	6.4%	1,040,000
 <b>Ice Hockey</b>	0.5%	1.2%	1.1%	1.2%	7.8%	336,000
 <b>Lacrosse</b>	0.4%	0.9%	1.0%	1.0%	-0.9%	282,000
 <b>Soccer (Outdoor)</b>	10.4%	7.7%	7.4%	7.7%	3.2%	2,216,000
 <b>Softball (Fast-Pitch)</b>	1.0%	1.1%	1.2%	1.4%	20.4%	416,000
 <b>Swimming (Team)</b>	N/A	1.4%	1.4%	1.3%	-3.2%	389,000
 <b>Tennis</b>	4.3%	4.1%	4.3%	4.3%	-0.1%	1,249,000
 <b>Track and Field</b>	1.0%	1.1%	1.0%	1.1%	10.1%	325,000
 <b>Volleyball (Court)</b>	2.9%	2.7%	2.8%	2.9%	3.5%	842,000
 <b>Wrestling</b>	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 kids ages 13 to 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
 <b>Baseball</b>	8.2%	10.4%	10.4%	10.4%	0.3%	2,180,000
 <b>Basketball</b>	18.3%	17.0%	16.2%	16.5%	1.6%	3,442,000
 <b>Bicycling</b>	16.8%	21.0%	20.1%	20.6%	3.0%	4,318,000
 <b>Cheerleading</b>	3.2%	2.9%	3.1%	3.0%	-3.8%	625,000
 <b>Field Hockey</b>	0.9%	0.7%	0.9%	0.9%	7.6%	197,000
 <b>Flag Football</b>	8.6%	2.7%	2.7%	2.7%	0.6%	574,000
 <b>Tackle Football</b>	3.3%	7.2%	7.0%	7.0%	-0.6%	1,461,000
 <b>Golf</b>	6.4%	5.3%	5.7%	4.9%	8.2%	1,200,000
 <b>Gymnastics</b>	1.8%	1.5%	1.5%	1.5%	-1.0%	313,000
 <b>Ice Hockey</b>	0.8%	1.1%	1.2%	1.3%	5.0%	269,000
 <b>Lacrosse</b>	1.2%	2.0%	2.1%	2.2%	7.8%	466,000
 <b>Soccer (Outdoor)</b>	7.9%	6.9%	6.8%	7.1%	3.1%	1,475,000
 <b>Softball (Fast-Pitch)</b>	2.1%	1.8%	1.7%	2.0%	12.1%	408,000
 <b>Swimming (Team)</b>	N/A	2.9%	2.9%	2.8%	-3.0%	590,000
 <b>Tennis</b>	6.0%	6.4%	7.1%	6.8%	-4.9%	1,412,000
 <b>Track and Field</b>	6.3%	5.6%	5.6%	5.5%	-1.2%	1,160,000
 <b>Volleyball (Court)</b>	7.3%	5.0%	5.2%	5.6%	7.5%	1,167,000
 <b>Wrestling</b>	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