

2022

PARTICIPATION TRENDS

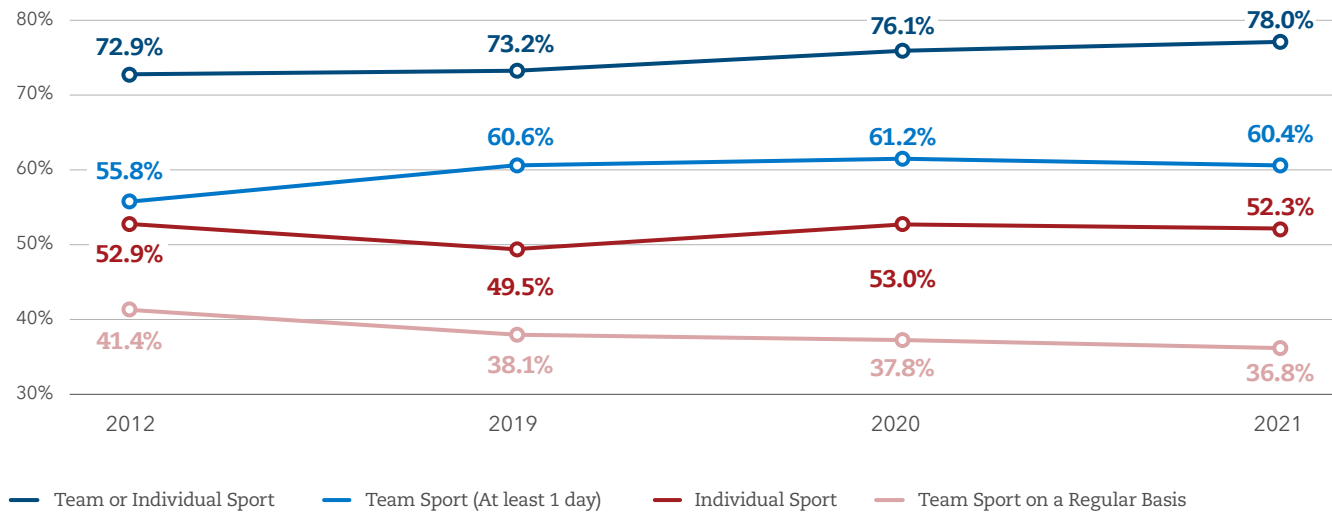
STATE OF PLAY

Our annual report on trends in youth sports and how leaders can mobilize for action.



Total Sport Participation Rates

Percentage of children ages 6-12



Source: Sports & Fitness Industry Association, 2021

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.

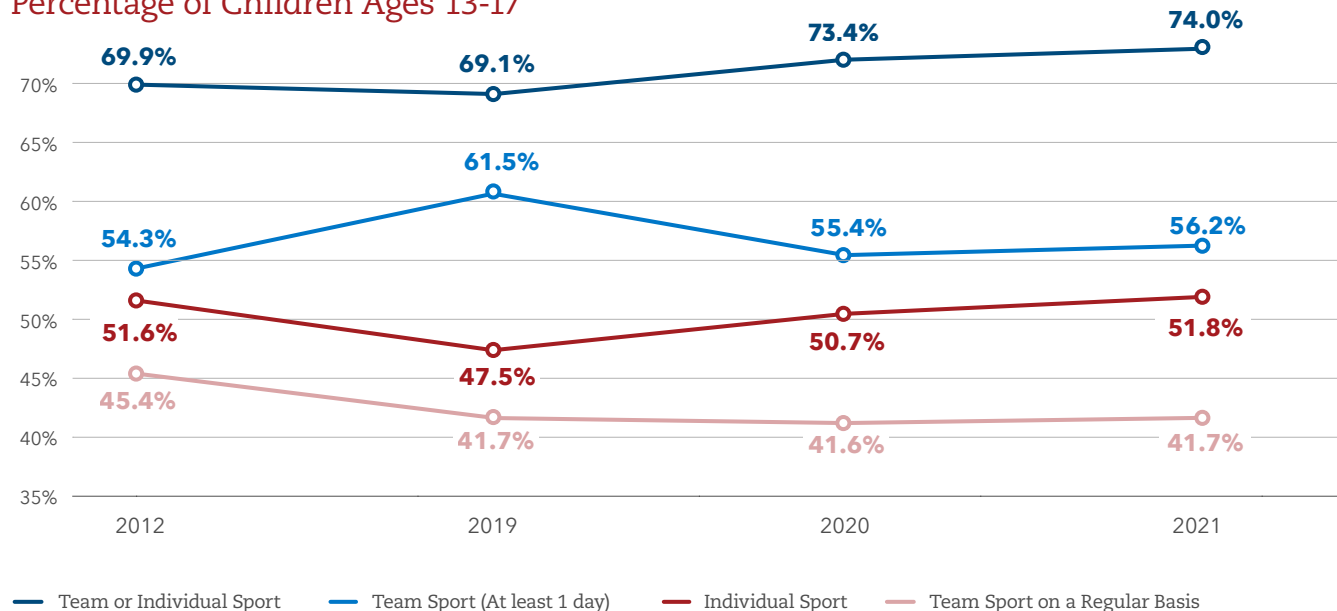
Individual sports include: tennis, golf, martial arts, roller skating, skateboarding, running, and cycling (road, BMX, mountain bike).

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

A participant who played on a regular basis (also known as "core participant") is defined by the number of times played per year. The number varies by sport. This type of participation includes a level of organized play.

Total Sport Participation Rates

Percentage of Children Ages 13-17



Source: Sports & Fitness Industry Association, 2021

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 in Select Sports

Percentage of children ages 6-12 who participated on a regular basis in 2021
(number of days varies by sport)

Sport	2008	2019	2020	2021	2020-2021 Change	# Kids in 2021
 Baseball	16.5%	14.4%	12.2%	12.6%	3.0%	3,670,506
 Basketball	16.6%	14.0%	14.8%	14.5%	-2.3%	4,208,369
 Bicycling	27.7%	17.0%	18.2%	18.0%	-0.9%	5,243,326
 Cheerleading	2.4%	2.9%	2.3%	2.2%	-2.6%	649,347
 Flag Football	4.5%	3.5%	3.4%	3.4%	1.5%	1,000,296
 Tackle Football	3.7%	2.9%	2.8%	2.3%	-17.9%	677,872
 Golf	5.0%	4.6%	5.3%	5.2%	-1.9%	1,500,000
 Gymnastics	2.3%	3.6%	2.9%	3.0%	4.2%	881,905
 Ice Hockey	0.5%	1.2%	1.0%	0.9%	-10.5%	272,662
 Lacrosse	0.4%	1.0%	0.9%	0.7%	-23.7%	200,509
 Soccer (Outdoor)	10.4%	7.7%	6.2%	7.4%	19.5%	2,160,186
 Softball (Fast-Pitch)	1.0%	1.4%	1.2%	1.2%	-0.1%	348,575
 Swimming (Team)	N/A	1.3%	1.0%	1.1%	11.9%	334,394
 Tennis	4.3%	4.3%	5.9%	5.8%	-2.9%	1,681,717
 Track and Field	1.0%	1.1%	1.2%	1.1%	-7.3%	322,862
 Volleyball (Court)	2.9%	2.9%	2.5%	2.6%	4.8%	751,197
 Wrestling	1.1%	0.7%	0.6%	0.6%	-11.5%	162,157

Source: Sports & Fitness Industry Association, 2021

Core Participation in Select Sports

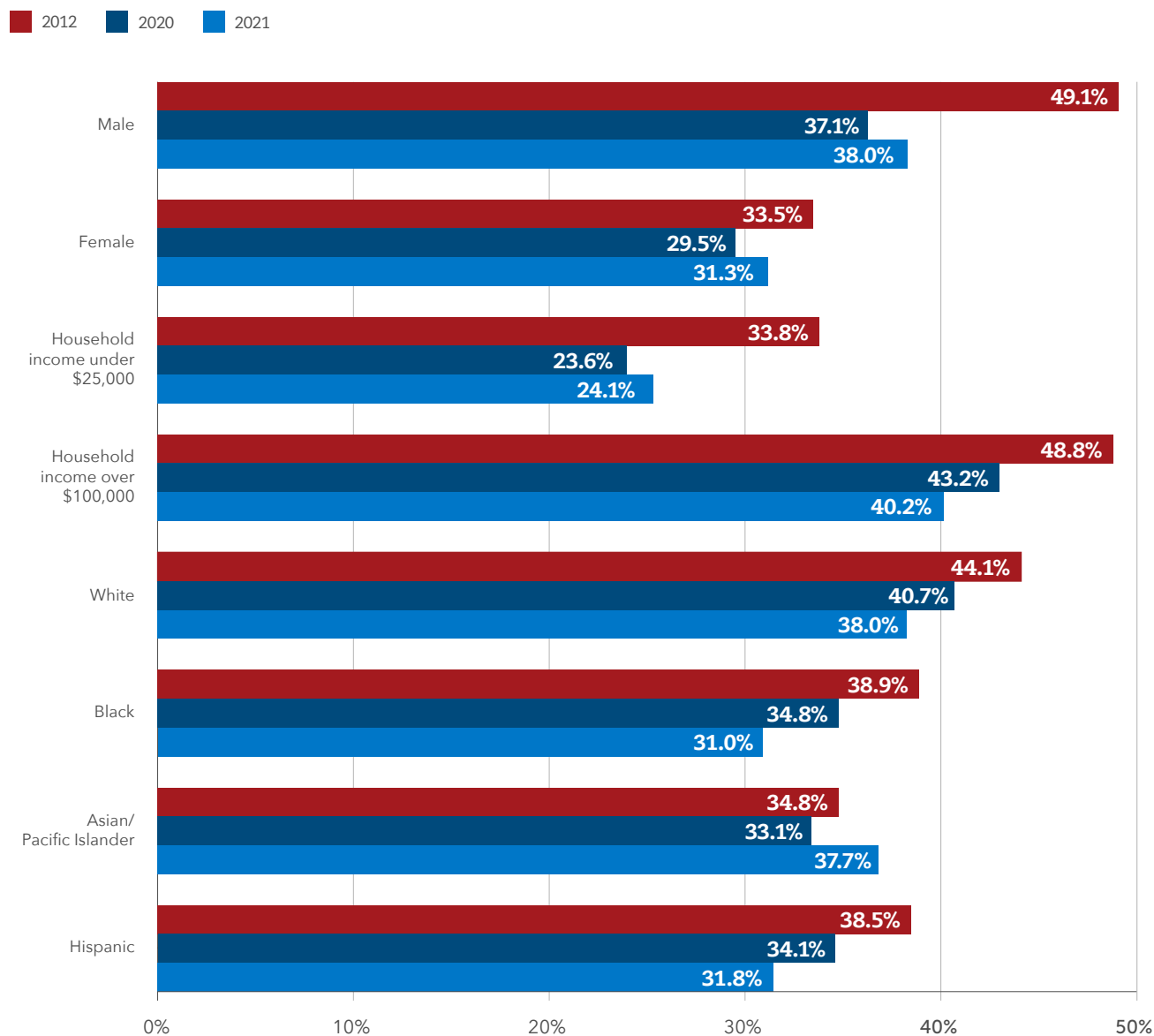
Percentage of children ages 13-17 who participated on a regular basis in 2021
(number of days varies by sport)

Sport	2008	2019	2020	2021	2020-21 Change	# Kids in 2021
 Baseball	8.2%	10.4%	8.7%	9.5%	9.5%	1,980,057
 Basketball	18.3%	16.5%	16.9%	17.5%	4.0%	3,657,654
 Bicycling	16.8%	20.6%	21.8%	21.0%	-3.5%	4,379,888
 Cheerleading	3.2%	3.0%	2.2%	2.4%	9.5%	496,189
 Flag Football	8.6%	2.7%	2.4%	2.8%	15.8%	573,354
 Tackle Football	3.3%	7.0%	6.8%	6.9%	1.7%	1,432,020
 Golf	6.4%	5.3%	7.2%	6.8%	-5.6%	1,600,000
 Gymnastics	1.8%	1.5%	1.2%	1.2%	7.0%	259,291
 Ice Hockey	0.8%	1.3%	1.1%	1.2%	1.5%	241,660
 Lacrosse	1.2%	2.2%	2.0%	1.9%	-4.1%	395,604
 Soccer (Outdoor)	7.9%	7.1%	5.7%	6.7%	18.6%	1,403,949
 Softball (Fast-Pitch)	2.1%	2.0%	1.7%	1.8%	6.8%	369,298
 Swimming (Team)	N/A	2.8%	2.3%	2.2%	-3.6%	461,918
 Tennis	6.0%	6.8%	7.9%	8.0%	0.9%	1,659,298
 Track and Field	6.3%	5.5%	5.2%	4.9%	-6.0%	1,026,422
 Volleyball (Court)	7.3%	5.6%	5.0%	5.2%	5.0%	1,086,800
 Wrestling	2.6%	1.2%	1.9%	1.0%	-6.4%	200,828

Source: Sports & Fitness Industry Association, 2021

Core Sport Participation by Demographic

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

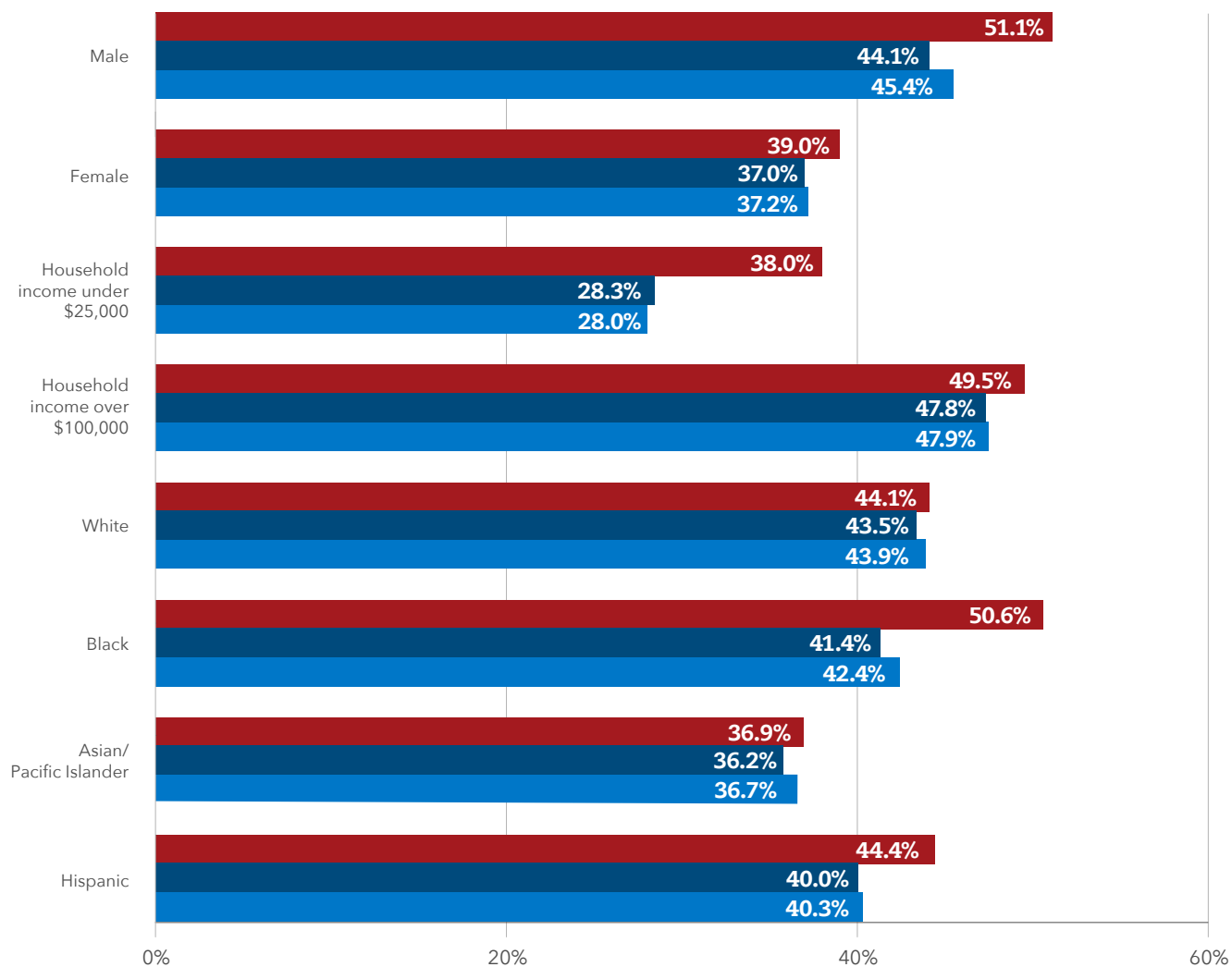


Source: Sports & Fitness Industry Association, 2021

Core Sport Participation by Demographic

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














■ 2012 ■ 2020 ■ 2021



Source: Sports & Fitness Industry Association, 2021

Churn Rate in Youth Sports

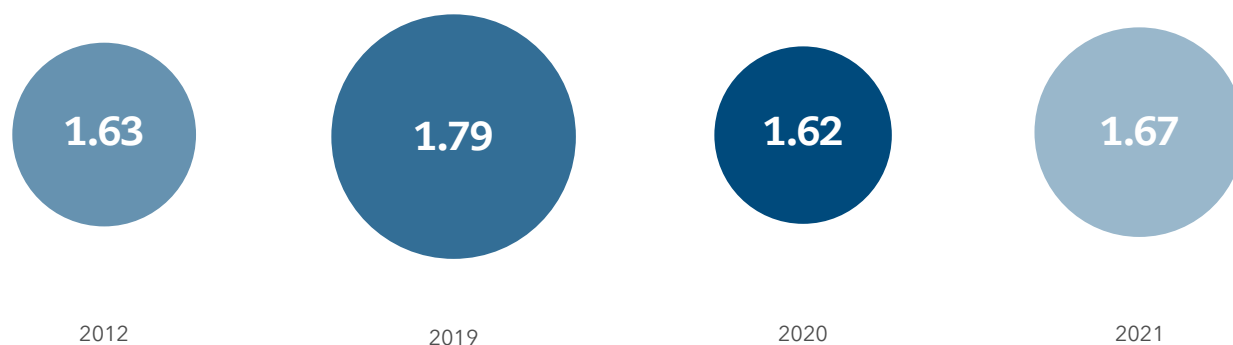
Youth ages 6-17 who stopped playing a sport (churn rate)
vs. children who returned or started playing

Sport		Churn Rate	Newcomers/Returners	Net
	Swimming	-42.9%	54.3%	11.4%
	Volleyball	-33.5%	44.2%	10.7%
	Gymnastics	-41.7%	51.8%	10.1%
	Flag Football	-31.8%	40.2%	8.4%
	Ice Hockey	-38.6%	45.3%	6.7%
	Cheerleading	-34.4%	40.0%	5.6%
	Soccer	-31.1%	32.0%	0.9%
	Wrestling	-49.9%	50.7%	0.7%
	Track and Field	-47.6%	47.9%	-0.4%
	Basketball	-32.1%	31.0%	-1.1%
	Lacrosse	-50.9%	49.6%	-1.3%
	Baseball	-33.1%	31.8%	-1.3%
	Tackle Football	-27.0%	23.7%	-3.2%

Source: Sports & Fitness Industry Association, 2021

Average Number of Sports Played on a Regular Basis

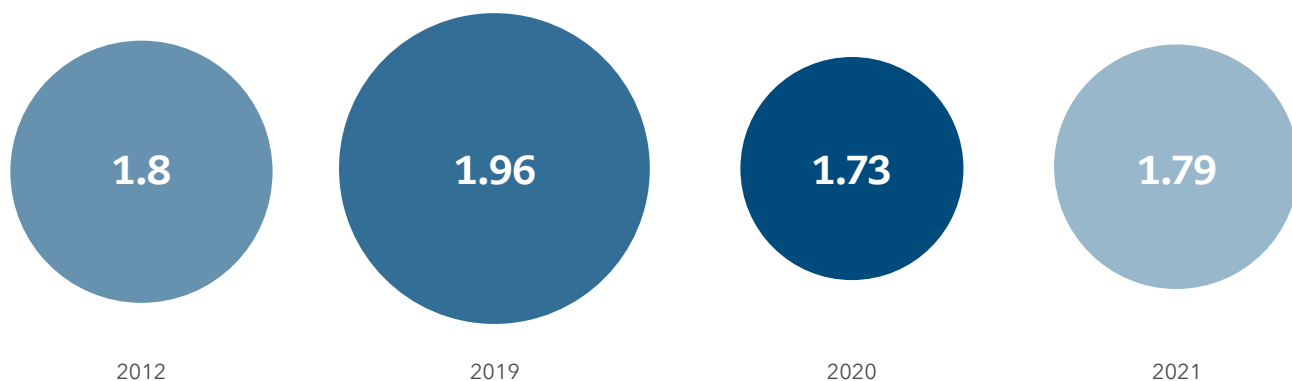
Ages 6-12



Source: Sports & Fitness Industry Association, 2021

Average Number of Sports Played on a Regular Basis

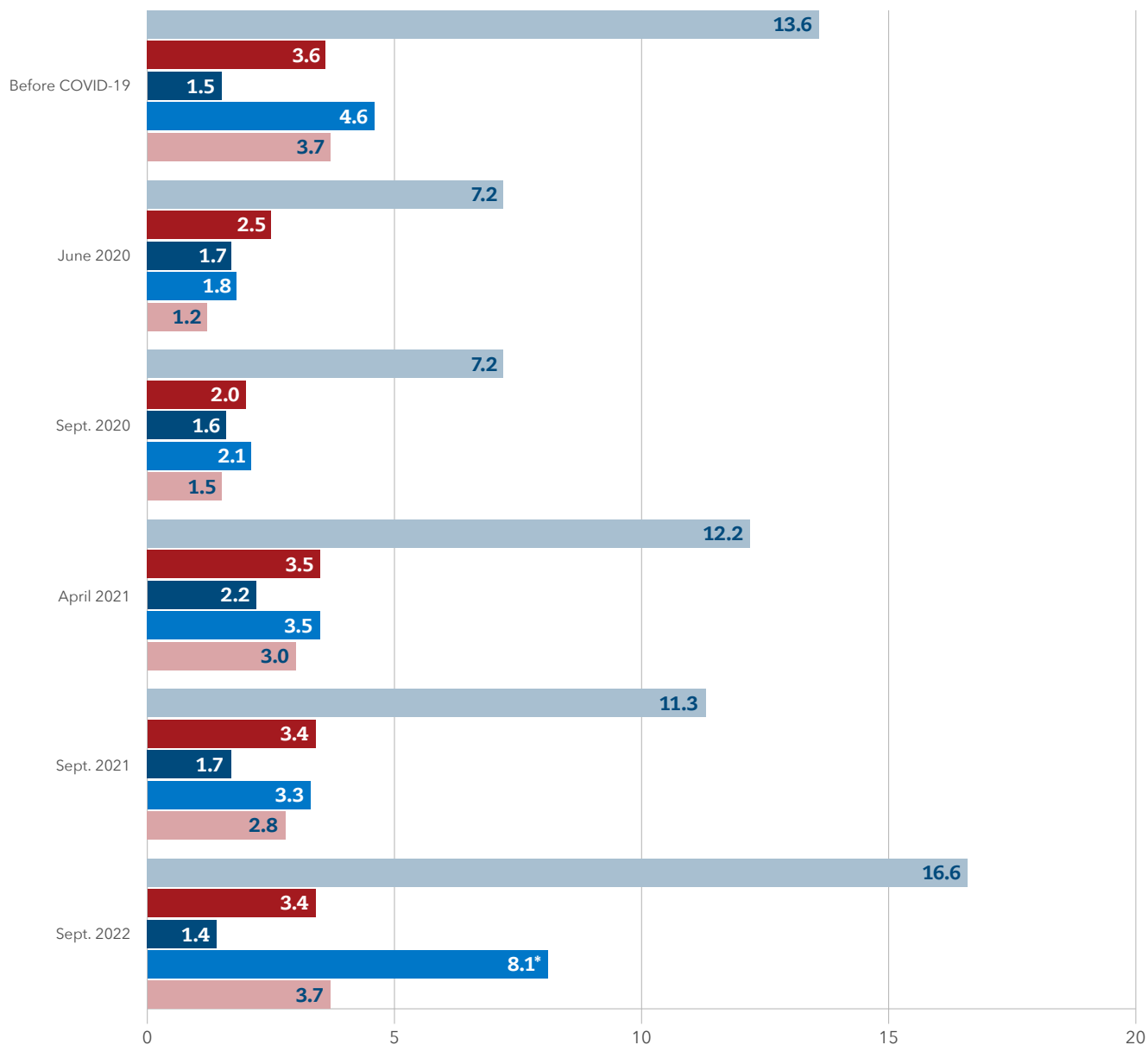
Ages 13-17



Source: Sports & Fitness Industry Association, 2021

Hours Spent Playing Sports per Week by Youth Ages 6-18

■ Total
 ■ Free Play
 ■ Virtual
 ■ Practice
 ■ Competition

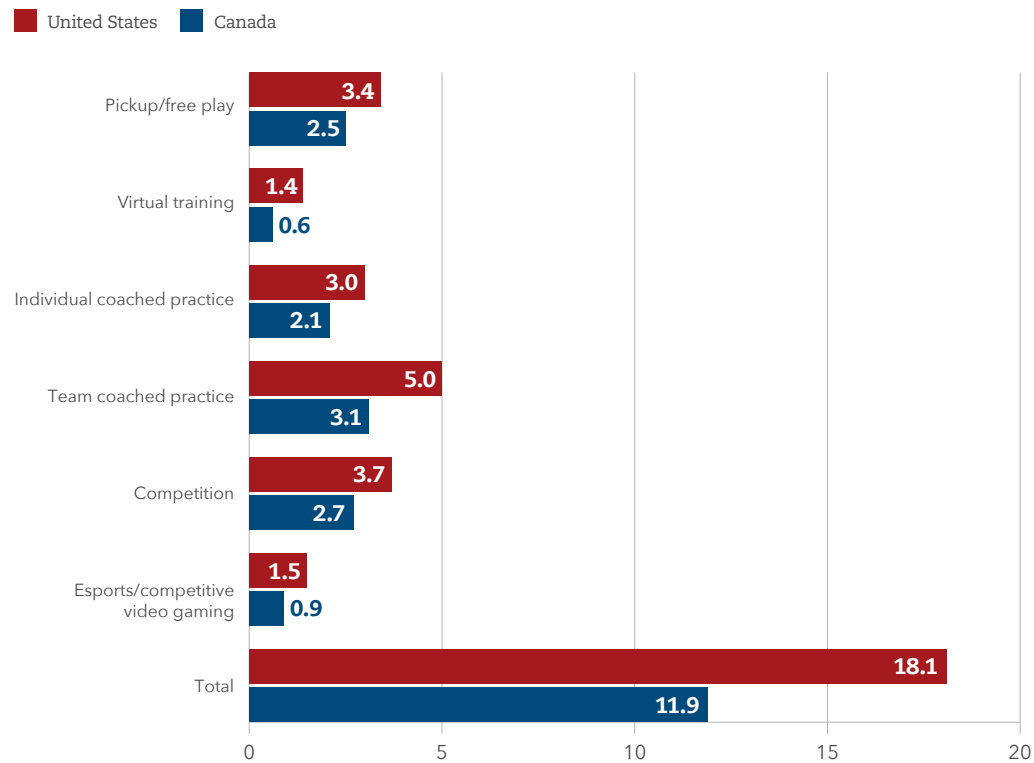


Source: Aspen Institute, Utah State University, Louisiana Tech University, TeamSnap youth sports parent surveys, 2021 and 2022

* September 2022 survey counted the Practice category differently than previous surveys. Practice time in 2022 was separately collected for both individual and team practices with a coach.

U.S. vs. Canada Hours Playing Sports

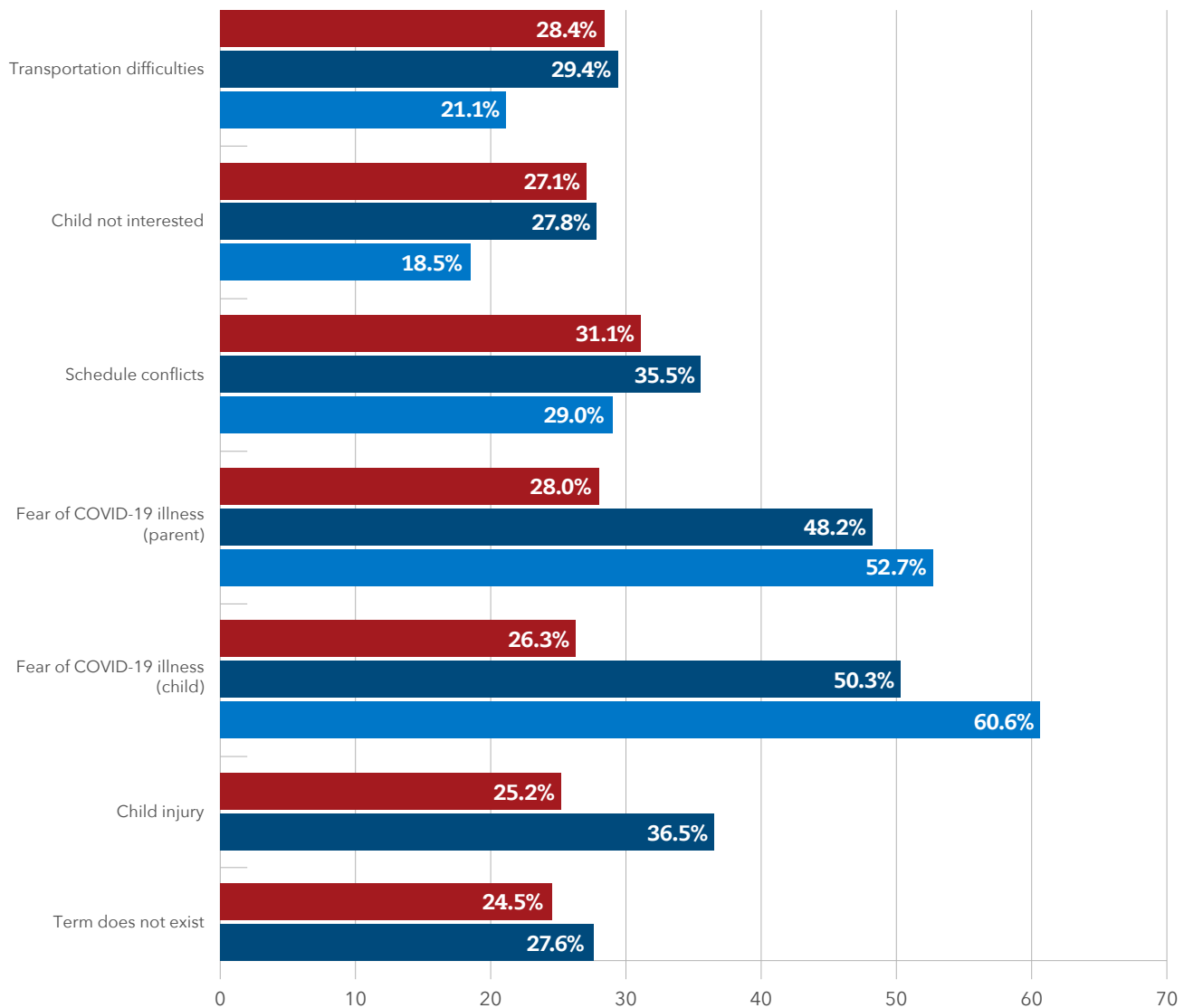
Weekly hours children engaged in organized play for their primary sport



Source: Aspen Institute, Utah State University, Louisiana Tech University, TeamSnap youth sports parent surveys, 2021 and 2022

Barriers to Sports Participation (Strongly Agree or Agree)

■ Fall 2022 ■ Fall 2021 ■ June 2020



Source: Aspen Institute, Utah State University, Louisiana Tech University, TeamSnap youth sports parent surveys, 2020, 2021 and 2022

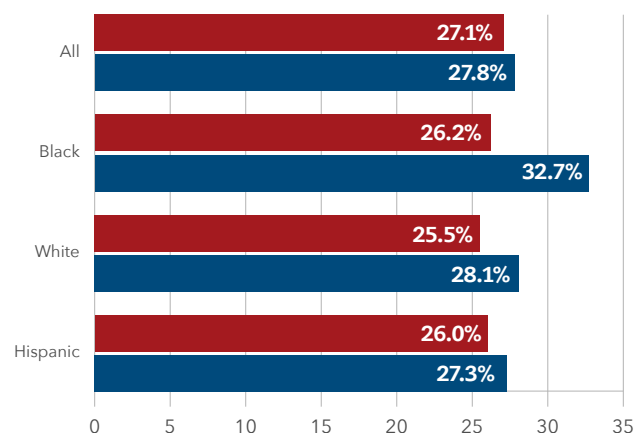
Note: The responses labeled "Child injury" and "Team does not exist" were not asked in June 2020 survey.

Youth Who Have Lost Interest in Sports

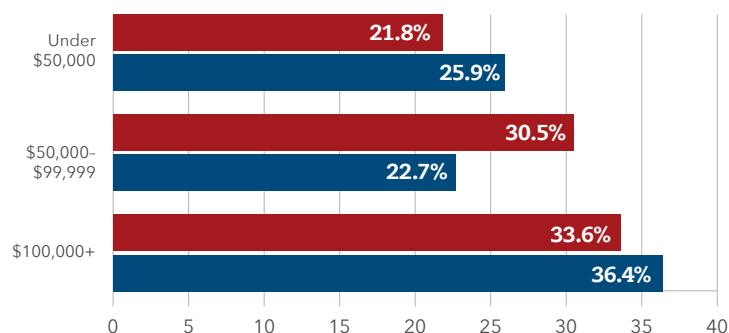
Percentage of youth sports parents who say their child lost interest in the past year

Fall 2022 Fall 2021

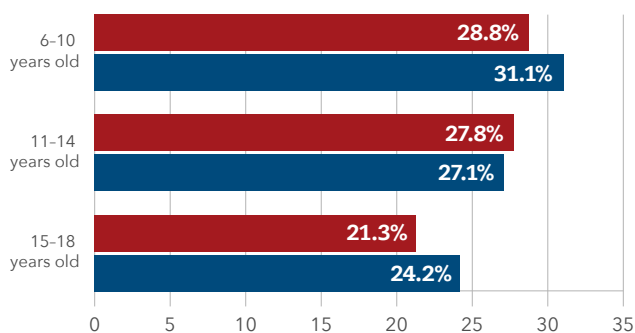
Race/Ethnicity



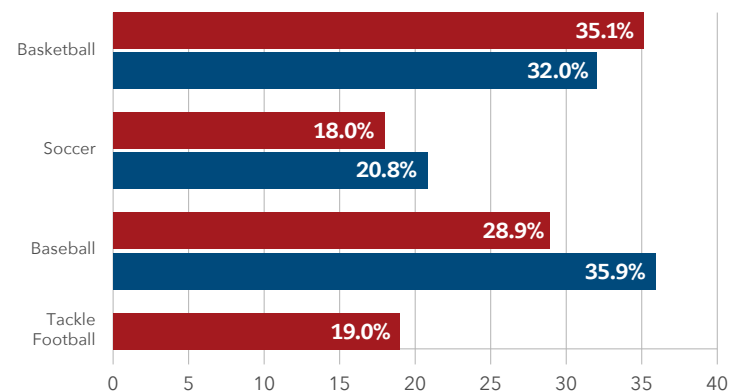
Household Income



Age



Sport

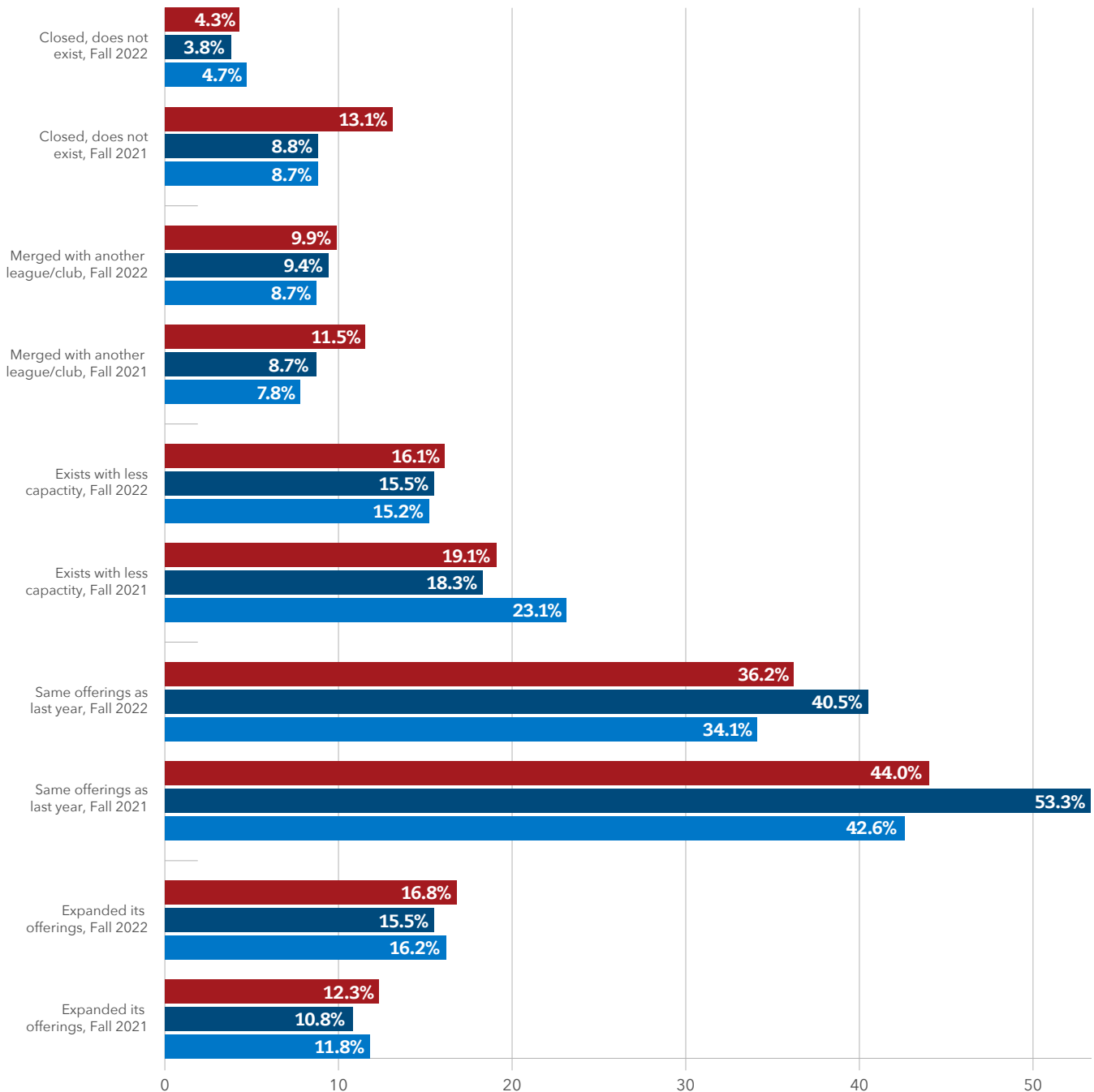


Source: Aspen Institute, Utah State University, Louisiana Tech University, TeamSnap youth sports parent surveys, 2021 and 2022

Note: Smaller sample sizes prevented analysis of additional races/ethnicities and sports. Tackle football did not have a large enough sample size to be evaluated in Fall 2021.

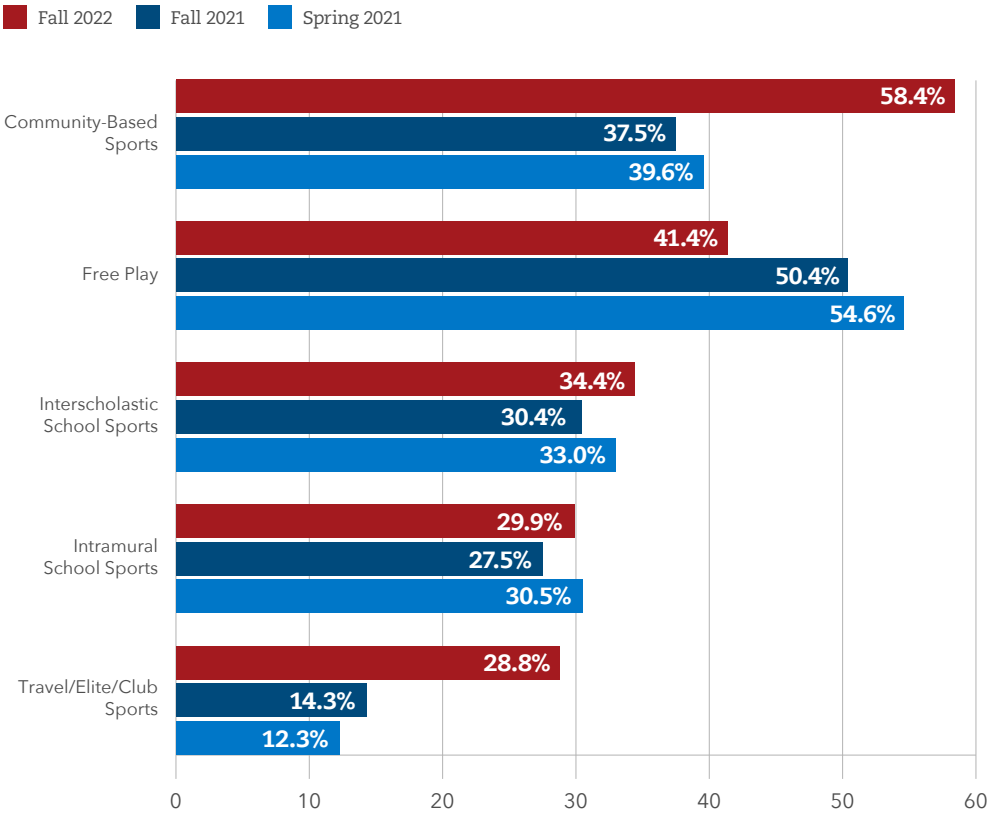
Current Status of Youth Sports Clubs, Teams, and Organizations vs. 1 Year Ago

Community-Based School-Based Travel-Based



Source: Aspen Institute, Utah State University, Louisiana Tech University, TeamSnap youth sports parent surveys, 2021 and 2022

Where Youth Play Sports During Pandemic

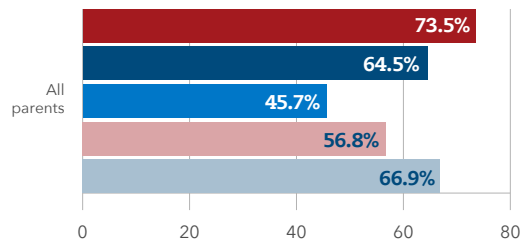


Source: Aspen Institute, Utah State University, Louisiana Tech University, TeamSnap youth sports parent surveys, 2021 and 2022

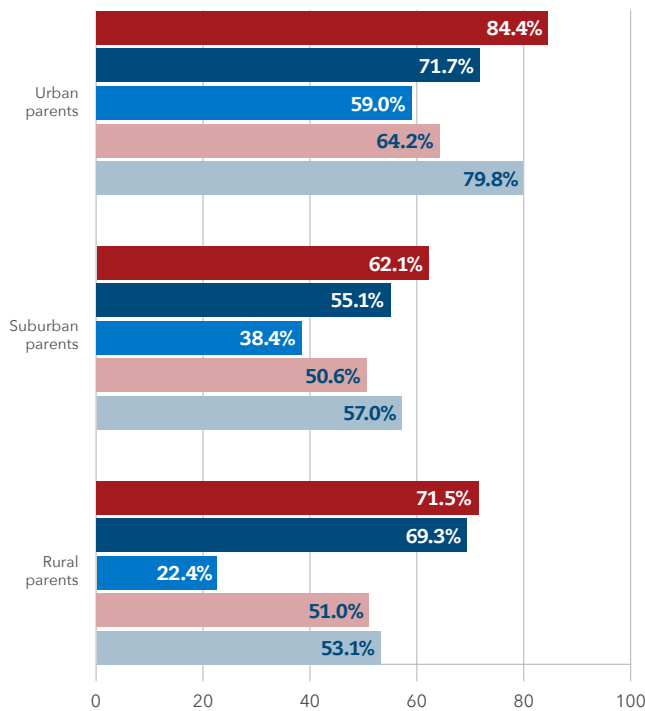
How Parents Prioritize Community Sports

Factors that could convince travel sports families to stay local (Very Important or Important)

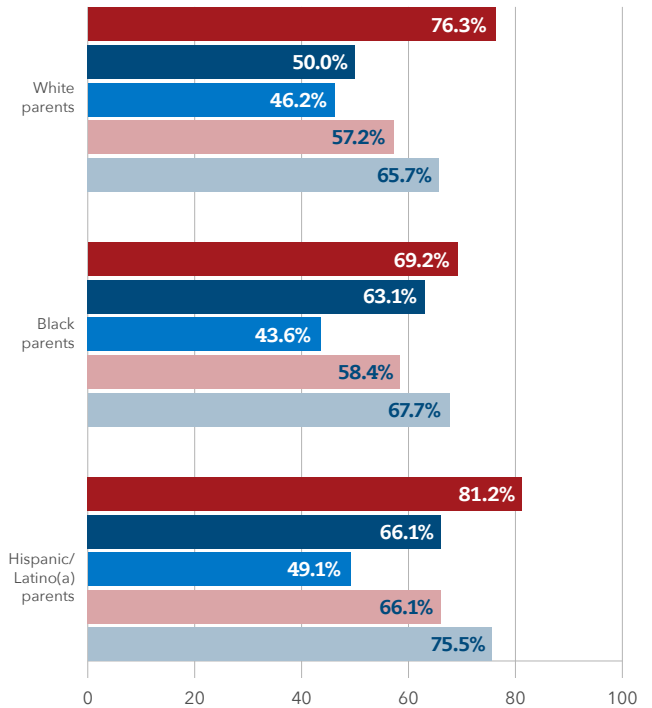
More Playing Time Lower Costs Less Time Commitment Less Pressure More Inclusive Environment



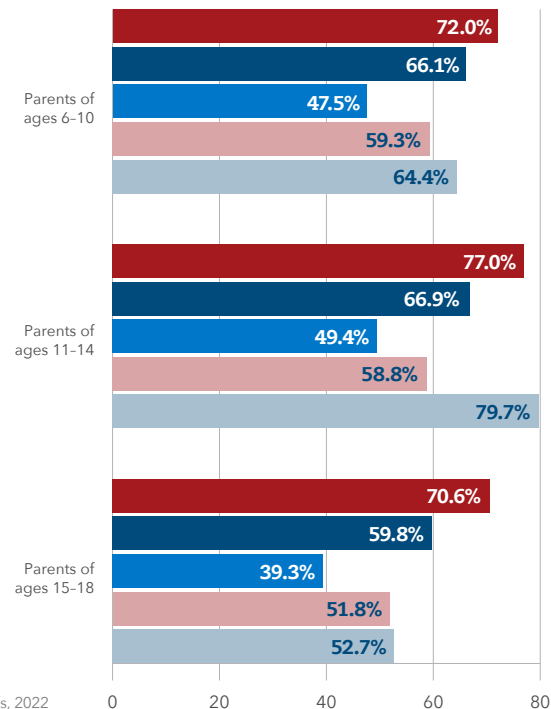
Location



Race/Ethnicity

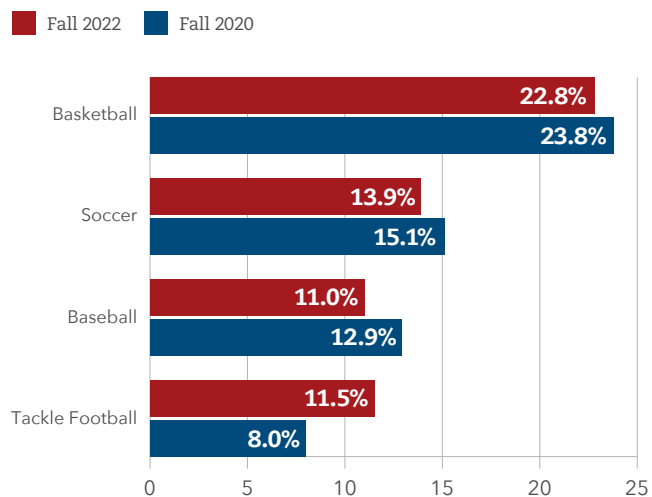


Age



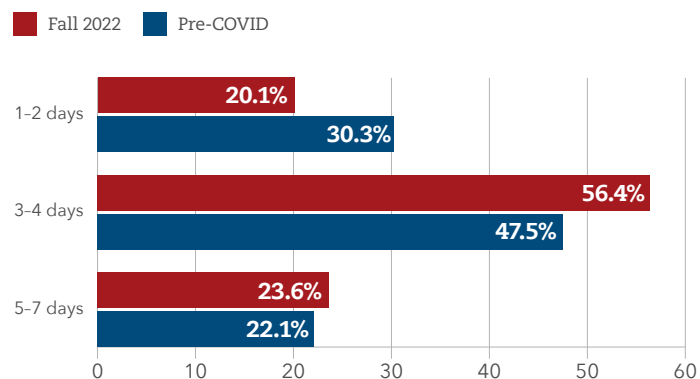
Source: Aspen Institute, Utah State University, Louisiana Tech University, TeamSnap youth sports parent surveys, 2022

Children's Primary Sport



Source: Aspen Institute, Utah State University, Louisiana Tech University, TeamSnap youth sports parent surveys, 2020 and 2022

Days per Week Children Played Organized Sports

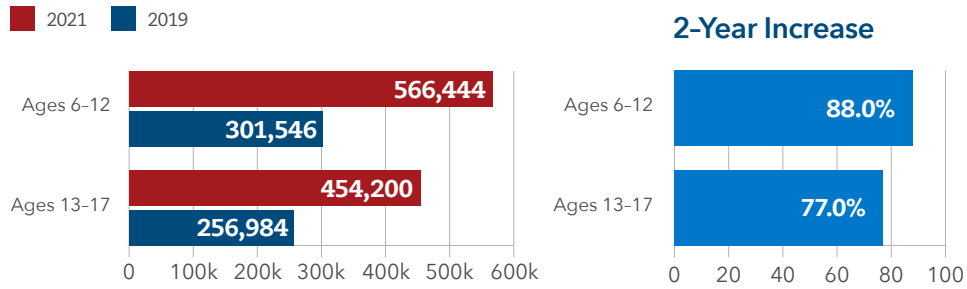


Source: Aspen Institute, Utah State University, Louisiana Tech University, TeamSnap parent surveys, 2020 and 2022

Note: Pre-COVID data came from June 2020 survey asking parents how many days their child played before the pandemic. All results are only for youth who play sports, not all children.

Rise of Pickleball

Youth who played the fast-growing sport at least once

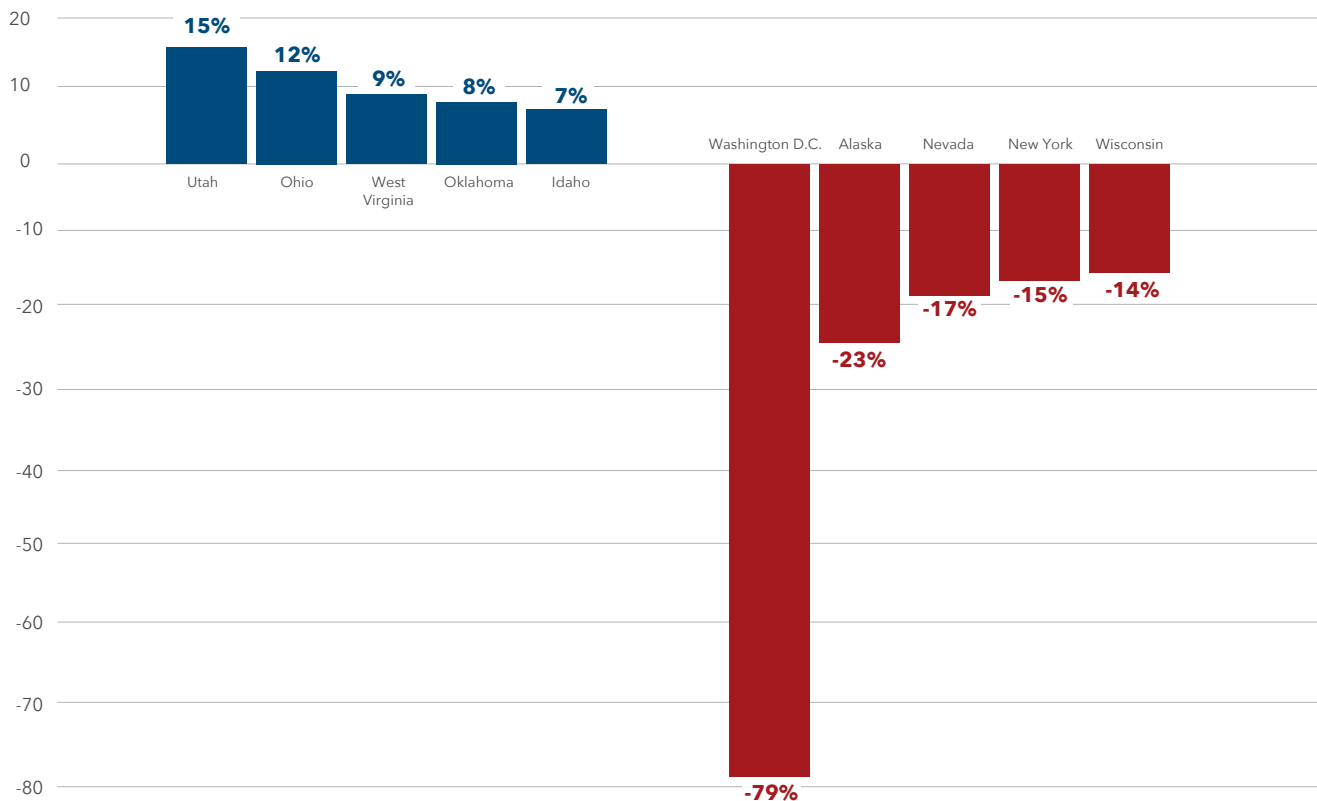


Source: Sports & Fitness Industry Association, 2021

High School Sports Participation by Geography

2018-19 vs. 2021-22















■ Largest Increases ■ Largest Decreases



Source: National Federation of State High School Associations, 2022

Growth Potential in High School Sports

Among lesser-played sports, these activities had the largest participation increases from 2018-19 to 2021-22

Sport		Additional Participants
	Martial Arts	13,027
	Bocce	10,682
	Unified Softball	10,357
	Unified Cheer	9,294
	Bass Fishing	8,894
	Unified Basketball	7,126
	Equestrian	5,843
	Unified Tennis	4,862
	Unified Bowling	4,657
	Beach Volleyball	4,287
	Flag Football	4,247
	Unified Track and Field	3,714
	Rock Climbing	3,505
	Boys Volleyball	2,924

Source: National Federation of State High School Associations, 2022