

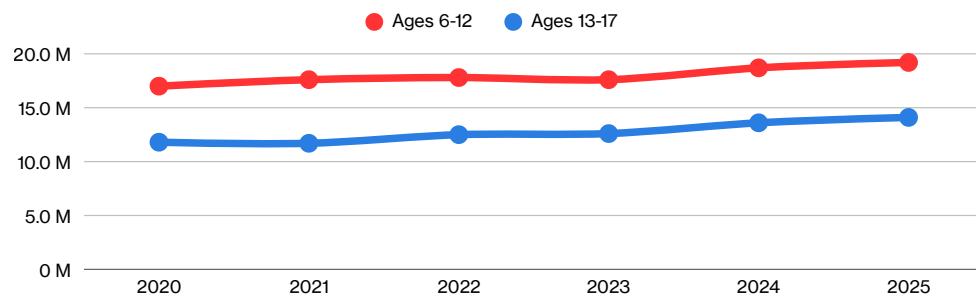
# KEY TAKEAWAYS FROM 2026 YOUTH TEAM SPORTS PARTICIPATION REPORT



## SFIA's 2026 U.S. Trends in Team Sports Report – Youth and Young Adult Participation

shows youth team sports participation reached a record high in 2025. Growth extended across many sports, while new age-by-age data highlights a critical opportunity: keeping young people engaged through their teens and into adulthood.

## YOUTH TEAM SPORTS PARTICIPATION REACHES NEW HIGH



## FASTEST-GROWING SPORTS BY AGE & GENDER (3-YR AVG)

### Boys

| 6-12                | 13-17               | 6-12          | 13-17          |
|---------------------|---------------------|---------------|----------------|
| Fast-pitch softball | Fast-pitch softball | Flag football | Rugby          |
| Indoor soccer       | Outdoor soccer      | Indoor soccer | Touch football |
| Flag football       | Indoor soccer       | Cheerleading  | Track & Field  |

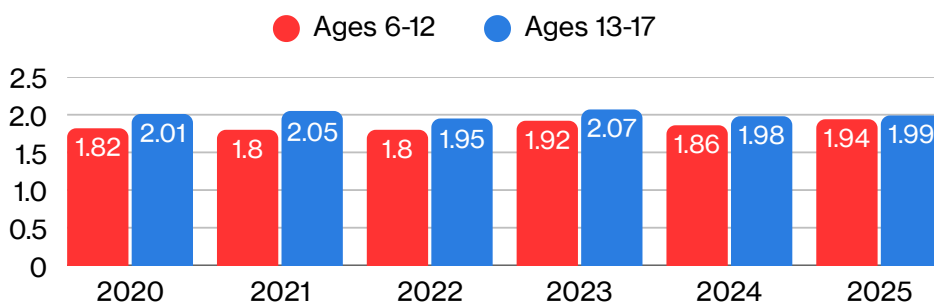
### Girls

## GROWTH ACROSS MANY SPORTS

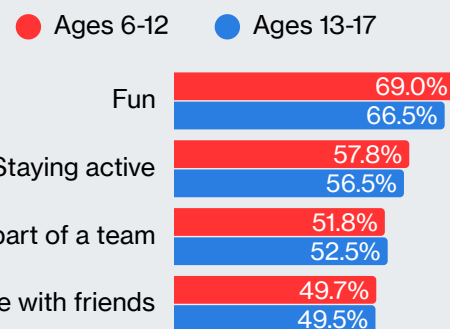
- 15 of 24 sports grew among ages 6-12
  - Flag football and both indoor and outdoor soccer each grew more than 17% year-over-year
- 13 of 24 sports grew among ages 13-17
  - Fast-pitch softball and track and field led growth

## YOUNG ATHLETES CONTINUE TO PLAY MULTIPLE SPORTS

Average number of sports per player stabilizing for teens, growing for youth



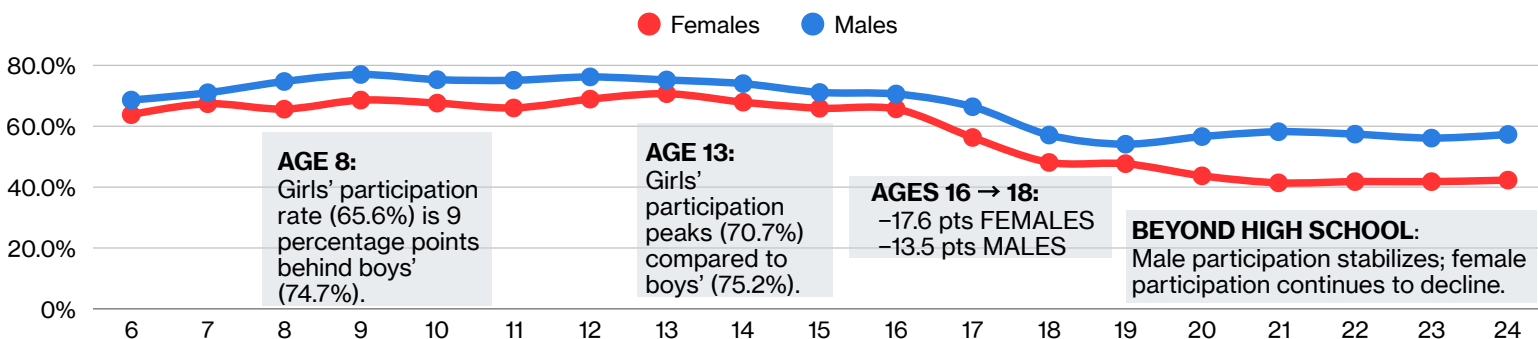
## WHY YOUNG PEOPLE PLAY



For teens, "competition" ranks fifth at 40.5%. For youth 6-12, it's ranked seventh at 31%.

## KEEPING THE NEXT GENERATION IN THE GAME

Team sports participation rates decline for both genders in the late teens, then their paths diverge in young adulthood



**U.S. Trends in Team Sports:**  
Youth & Young Adult Participation

Free for members  
\$400 for non-members

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