

# SPORTS PARTICIPATION

**CROSS PARTICIPATION**

2023 EDITION

**A STATISTICAL STUDY OF SPORTS PARTICIPATION**

**FOR 51 SPORTS / RECREATIONAL ACTIVITIES**

**SPORTS PARTICIPATION:  
CROSS PARTICIPATION  
2023 EDITION**

ISSN: 0882-8210

Prepared for the

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## TABLE OF CONTENTS

I.	Introduction	4
II.	Methodology	5
III.	Statistical Notes	6
IV.	Data Indicated in This Report	6
V.	Cross Participation Snapshots	7

### Sports / Recreational Activities By Page Number:

Archery (Target)	9	In-Line Roller Skating	35
Backpacking/Wilderness Camping	10	Kayaking	36
Baseball	11	Lacrosse	37
Basketball	12	Martial Arts/MMA/Tae Kwon Do	38
Bicycle Riding	13	Mountain Biking (Off Road)	39
Billiards/Pool	14	Paintball Games	40
Boating (Motor/Power)	15	Pickleball	41
Bowling	16	Pilates	42
Boxing	17	Running/Jogging	43
Camping (Vacation/Overnight)	18	Skateboarding	44
Canoeing	19	Skiing (Alpine)	45
Dart Throwing	20	Snowboarding	46
Exercising Walking	21	Soccer	47
Exercising With Equipment	22	Softball	48
Fishing (Fresh Water)	23	Swimming	49
Fishing (Salt Water)	24	Table Tennis	50
Football (Flag)	25	Target Shooting (Airgun)	51
Football (Tackle)	26	Target Shooting (Live Ammunition)	52
Football (Touch)	27	Tennis	53
Golf	28	Volleyball	54
Gymnastics	29	Water Skiing	55
Hiking	30	Weightlifting	56
Hockey (Ice)	31	Work Out at Club/Gym/Fitness Studio	57
Hunting with Bow & Arrow	32	Wrestling	58
Hunting with Firearms	33	Yoga	59
Ice/Figure Skating	34		



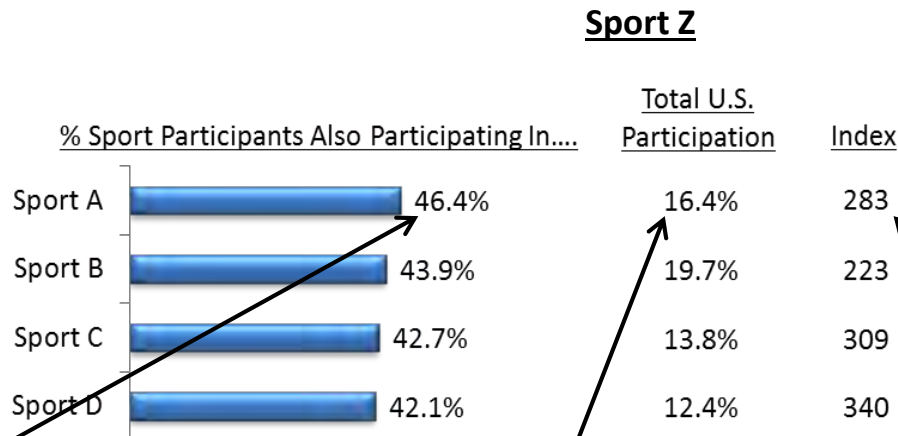
# *Cross Participation Snapshots*



# Cross Participation Snapshot: How to Read

## How to Read Cross Participation Data:

**Example  
Only**



46.4% of participants in Sport Z also participated in Sport A

16.4% of the U.S. population (7 years of age or older) participated in Sport A

The index of 283 indicates participants in Sport Z were almost 3 times more likely to also participate in Sport A.

The index is calculated in the following manner:  
 $46.4\% \div 16.4\% * 100 = 283$

An index of 100 represents the average as compared to the total U.S. population.



# Sport Participation Snapshot

## Sport X Cross Participation Including Index vs. Total U.S. Participation

**Sport X Participants = XX,XXX,XXX**

	% Participating In...	Total U.S. Participation	Index		% Participating In...	Total U.S. Participation	Index
Exercise Walking	59.8%	38.3%	156	Cross-Training	4.8%	3.2%	151
Exercising with Equipment	43.7%	18.1%	241	Hunting w/Firearms	4.6%	6.1%	76
Hiking	29.1%	16.8%	173	Canoeing	4.4%	2.6%	167
Bicycle Riding	28.7%	14.3%	201	Skiing (Alpine)	4.3%	2.1%	208
Weightlifting	27.7%	12.0%	230	Archery (Target)	4.1%	2.6%	157
Running/Jogging	27.4%	15.2%	180	Baseball	4.0%	3.9%	103
Yoga	22.6%	11.6%	196	Fishing (Salt Water)	3.8%	3.2%	120
Work Out At Club/Gym/Fitness...	21.6%	9.6%	225	Volleyball	3.8%	3.3%	113
Camping (Vacation/Overnight)	20.9%	13.2%	158	Ice/Figure Skating	3.7%	2.8%	136
Swimming	20.1%	13.9%	144	Football (Touch)	3.2%	2.6%	122
Bowling	13.3%	8.3%	160	Softball	2.6%	2.8%	93
In-Home Video Workout	11.4%	5.9%	191	Skateboarding	2.6%	2.3%	113
Fishing (Fresh Water)	10.4%	9.7%	107	Snowboarding	2.5%	1.4%	177
High Intensity Interval Training	10.3%	4.7%	219	Martial Arts/MMA/Tae Kwon Do	2.4%	1.9%	130
Billiards/Pool	9.6%	6.5%	147	Boot Camp/Weekend Warrior	2.3%	1.9%	122
Backpack/Wilderness Camping	9.4%	4.2%	224	Gymnastics	2.3%	1.7%	140
Golf	8.9%	6.7%	133	Suspension Training	2.1%	2.0%	104
Basketball	8.9%	7.9%	112	Boxing	1.9%	1.4%	139
Boating (Motor/Power)	7.9%	5.1%	156	Football (Tackle)	1.9%	2.4%	81
Dance-Oriented Fitness	7.6%	3.7%	203	In-line Roller Skating	1.9%	1.4%	134
Spin/Power Cycling	7.0%	3.6%	198	Football (Flag)	1.9%	1.9%	101
Kayaking	6.3%	3.7%	173	Hunting w/Bow & Arrow	1.8%	2.3%	80
Tennis	6.3%	4.6%	137	Paintball Games	1.8%	1.5%	117
Target Shooting (Live Ammo)	5.9%	6.5%	91	Target Shooting (Airgun)	1.3%	1.6%	81
Table Tennis	5.3%	3.5%	153	Wrestling	1.3%	1.2%	109
Soccer	5.2%	4.9%	106	Water Skiing	1.2%	1.3%	98
Mountain Biking (Off Road)	5.1%	2.5%	205	Hockey (Ice)	0.7%	1.1%	68
Pilates	5.0%	1.7%	292	Lacrosse	0.6%	0.8%	72
Dart Throwing	4.8%	3.1%	155				

