

The background of the entire page is a blue-tinted photograph of several athletes in motion. In the foreground, a female athlete is running towards the right. Behind her, another female athlete is running, and to the left, a male athlete is also running. The overall scene is dynamic and energetic, representing various sports.

**NSGA**

NATIONAL SPORTING GOODS ASSOCIATION

# SPORTS PARTICIPATION

## CROSS PARTICIPATION

# 2025

EDITION

[nsga.org](http://nsga.org)

**A STATISTICAL STUDY OF SPORTS PARTICIPATION  
FOR 37 SPORTS / RECREATIONAL ACTIVITIES**

**SPORTS PARTICIPATION:  
CROSS PARTICIPATION  
2026 EDITION**

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# *Cross Participation Snapshots*



# Cross Participation Snapshot: How to Read

## How to Read Cross Participation Data:

*Example Only*

Sport Z

	<u>% Sport Participants Also Participating In....</u>	<u>% Active</u>	<u>Index</u>
Sport A	46.4%	16.4%	283
Sport B	43.9%	19.7%	223
Sport C	42.7%	13.8%	309
Sport D	42.1%	12.4%	340

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

16.4% of the active population (those who participated in at least one sport/activity tracked) 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 active population.



# Sport Participation Snapshot

## Sport X Cross Participation Including Index vs. Total Active Participation

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

