



CALIFORNIA INTERSCHOLASTIC FEDERATION STATE MEDIA RELEASE

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California High School Sports Participation at All-Time High for Seventh Consecutive Year *814,004 Student-Athletes Participating Throughout the State*

SACRAMENTO, CALIF. – High school sports participation continues to increase in California and is at an all-time high for the seventh consecutive year according to the 2018-19 California Interscholastic Federation (CIF) Sports Participation Survey. Up by 0.67% since the previous survey in 2017-18, 814,004 student-athletes are competing in education-based athletic programs in California.

“It’s reassuring to see the overall participation increase in education-based athletics,” states CIF Executive Director Ron Nocetti. “Over the past seven years, the 14% increase in girls participating is especially encouraging. As an organization, we must continue to provide new opportunities for all students at our member schools.”

Along with the overall participation increase in high school athletics, there were a few sports that saw noticeable increases across both genders. Of the top 10 sports, soccer saw the largest percentage increase, a combined 3.87% or 3,890 more participants, followed by volleyball with a 3.47% increase or 2,292 more participants and basketball with a 2.18% increase or 1,798 more participants.

Football (11-player) continues to lead the top 10 boys’ sports with 91,305 participants which decreased, by 3.16% or 2,981 participants). Track and field (55,335) is the second most popular sport, followed by soccer (54,996), which increased by 3.25%; basketball (48,111), which increased by 1.1% and baseball (44,347) rounding out the top five boys’ sports. Additionally, boys’ volleyball participation increased by 6.89%, as well as boys’ golf, which increased by 3.28%.

Nocetti adds, “As in previous years, we have noticed a steady and continued decrease in football participants. It is imperative that we continue to partner with organizations such as USA Football and their Football Development Model which provides a road map for how we coach, play and learn the game at every level.”

For girls, soccer captured the top spot for the fourth consecutive year with 49,342 participants, which increased participation by 4.56% since 2018. Volleyball claimed the number two spot (45,997), which increased participation by 1.9%, while track and field dropped to third with 45,235 participants. Rounding out the top five girls’ sports were basketball (35,902) and softball (32,233). Additionally, girls’ wrestling participation (6,014) continues to grow, increasing by 13.77%, as well as traditional competitive cheer (10,342), which increased by 12.16%.

The CIF’s 1,606-member schools participated in the survey as part of the National Federation of State High School Associations (NFHS) nationwide survey that measures the number of students competing in sports in the country.

A chart indicating results from the last nine participation surveys follows. Only CIF-approved sports are listed individually. Also, a summary of the top 10 sports by gender, based on participation numbers, can be located on subsequent pages.

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BOYS' PARTICIPATION BREAKDOWN

SPORT	BOYS 2011	BOYS 2012	BOYS 2013	BOYS 2014	BOYS 2015	BOYS 2016	BOYS 2017	BOYS 2018	BOYS 2019
Badminton	3,987	3,924	3,585	3,604	3,651	3,958	3,820	3,964	3,830
Baseball	42,977	43,236	43,253	43,482	44,361	44,131	43,913	44,477	44,347
Basketball	43,176	43,989	43,766	44,097	44,809	45,685	46,114	47,584	48,111
Cheer-Trad.Com.	---	---	---	---	---	---	**147	639	766
Cheer-Com. Sport	---	---	---	---	---	---	**35	272	264
Cross Country	29,580	29,130	29,583	29,987	29,415	29,632	31,830	32,951	31,880
Field Hockey	76	67	195	92	51	1	2	0	150
Football 11-player	103,921	103,088	102,505	103,464	103,725	100,205	97,079	94,286	91,305
Football 8-player	2,241	2,168	2,114	2,247	2,437	1,928	2,124	2,088	2,068
Golf	11,288	11,027	11,062	10,986	11,032	10,828	10,523	10,672	11,023
Gymnastics	75	62	36	36	57	13	14	1	5
Lacrosse	8,288	8,567	8,813	9,091	9,294	9,264	9,569	9,684	10,189
Skiing	707	616	564	595	596	428	474	503	576
Soccer	47,078	47,753	47,861	48,564	49,307	52,266	52,795	53,262	54,996
Softball	26	107	226	172	18	13	37	99	1,712
Swimming & Diving	22,586	22,339	22,971	23,075	23,393	21,971	22,004	22,872	21,822
Tennis	19,514	19,342	19,039	18,931	19,007	18,771	18,834	18,737	19,230
Track and Field	57,922	54,319	55,221	54,062	54,854	55,877	56,032	56,606	55,335
Volleyball	16,087	15,876	15,926	16,242	16,553	18,173	19,676	20,790	22,224
Water Polo	15,666	15,694	16,377	16,263	16,509	16,634	16,780	17,143	17,304
Wrestling	27,833	27,665	27,634	27,461	26,327	23,969	22,385	22,441	22,602
Other**	6,368	7,962	7,164	7,412	8,745	11,148	10,353	12,919	10,989
Total	453,037	448,971	450,729	452,452	455,396	453,747	454,005	459,171	459,739

Whenever a school provides only a team for boys in a particular sport, girls are permitted to qualify for the “student” team(s).

**Note: As part of the NFHS survey, the CIF measures participation in all sports and activities. The above list does not comprise all sports/activities sponsored by schools and required in the NFHS survey.

Top 10 Boys Sports	Participants	Increase or Decrease (Since 2018)
1. Football	91,305	-3.16%
2. Track & Field	55,335	-2.24%
3. Soccer	54,996	+3.25%
4. Basketball	48,111	+1.10%
5. Baseball	44,347	-0.29%
6. Cross Country	31,880	-3.25%
7. Wrestling	22,602	+0.71%
8. Volleyball	22,224	+6.89%
9. Swimming & Diving	21,822	-4.59%
10. Tennis	19,230	+2.63%

GIRLS' PARTICIPATION BREAKDOWN

SPORT	GIRLS 2011	GIRLS 2012	GIRLS 2013	GIRLS 2014	GIRLS 2015	GIRLS 2016	GIRLS 2017	GIRLS 2018	GIRLS 2019
Badminton	5,119	4,994	4,806	5,012	5,049	5,056	5,005	5,302	5,026
Baseball	83	307	448	323	503	406	283	367	418
Basketball	32,839	35,133	33,411	33,443	33,988	34,386	34,222	34,631	35,902
Cheer-Trad.Com.	---	---	---	---	---	---	**367	9,212	10,342
Cheer-Com. Sport	---	---	---	---	---	---	**101	3,847	5,362
Cross Country	23,651	23,758	24,362	25,192	24,775	25,110	25,600	25,377	24,208
Field Hockey	3,255	3,345	3,431	3,329	3,337	3,341	3,695	3,692	4,058
Football 11-player	179	273	232	252	237	333	420	469	593
Football 8 -player	73	44	22	48	29	47	38	27	17
Golf	7,022	6,918	6,985	6,951	7,161	7,531	8,044	8,506	8,862
Gymnastics	1,074	1,018	1,091	1,076	958	799	825	760	772
Lacrosse	5,108	5,432	5,736	6,039	6,571	7,555	8,495	8,880	9,840
Skiing	626	446	363	371	404	291	302	304	354
Soccer	42,720	43,391	43,282	43,820	44,809	46,778	47,139	47,186	49,342
Softball	32,816	32,659	32,097	32,238	32,904	33,366	33,265	33,400	32,233
Swimming & Diving	27,983	28,182	28,280	28,496	29,192	29,016	29,722	31,161	29,576
Tennis	22,460	22,527	22,210	22,270	22,704	22,585	23,077	23,428	23,546
Track and Field	44,625	43,727	44,200	44,567	45,433	45,974	46,276	46,327	45,235
Volleyball	39,122	40,471	40,271	40,751	41,783	43,423	44,526	45,139	45,997
Water Polo	14,040	14,239	14,418	14,393	14,655	15,407	15,913	16,085	16,568
Wrestling	1,910	2,016	2,099	2,286	2,771	4,105	4,505	5,286	6,014
<i>Other**</i>	<i>11,863</i>	<i>32,234</i>	<i>32,052</i>	<i>33,130</i>	<i>37,318</i>	<i>40,610</i>	<i>46,686</i>	<i>35,383</i>	<i>36,152</i>
Total	304,696	308,879	307,745	310,854	317,263	325,509	331,352	349,386	354,265

Whenever a school provides only a team for boys in a particular sport, girls are permitted to qualify for the “student” team(s).

****Note:** As part of the NFHS survey, the CIF measures participation in all sports and activities. The above list does not comprise all sports/activities sponsored by schools and required in the NFHS survey.

Top 10 Girls Sports	Participants	Increase or Decrease (Since 2018)
1. Soccer	49,342	+4.56%
2. Volleyball	45,997	+1.90%
3. Track & Field	45,235	-2.35%
4. Basketball	35,902	+3.67%
5. Softball	32,233	-3.49%
6. Swimming & Diving	29,576	-5.08%
7. Cross Country	24,208	-0.69%
8. Tennis	23,546	+0.50%
9. Water Polo	16,568	+3.00%
10. Traditional Competitive Cheer	10,342	+12.26%