

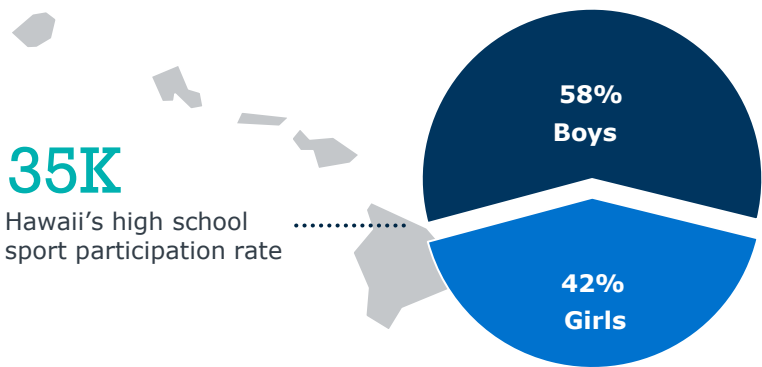
High School Sports Participation State Profile

State Profile: Hawaii

Boys Account for Most High School Sport Participation

As of 2023-2024, the high school sports participation rate was 35,225 in Hawaii. Mirroring the national trend, boys accounted for more than half of participation.

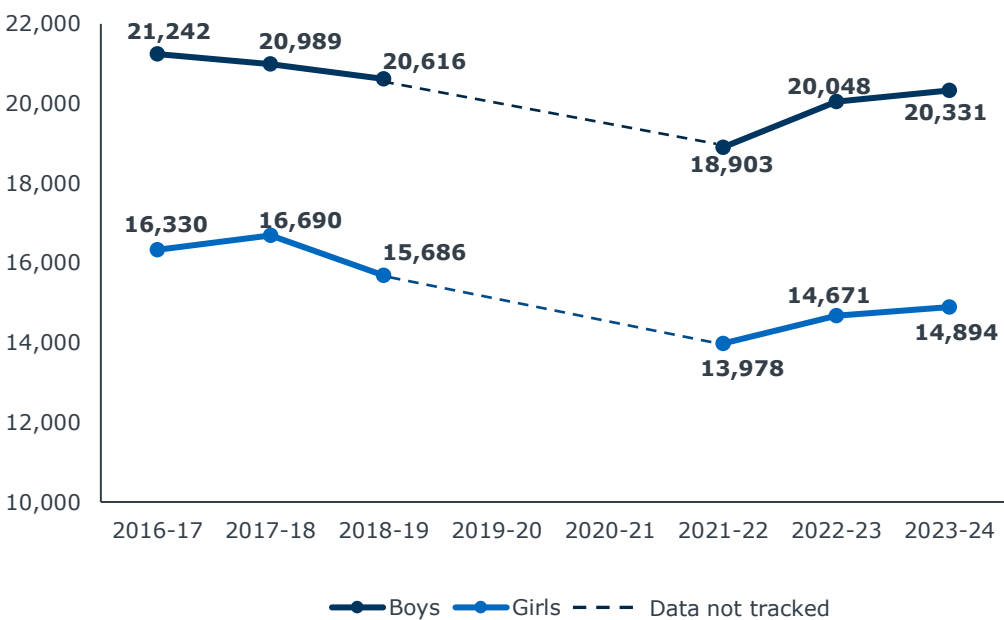
High School Sport Participation, Share of Girls v. Boys, 2023-24
n=35,225 participation rate



Participation Still Down from Pre-Pandemic Levels

Participation in high school sports is down among boys and girls over the last eight years. Both girls' and boys' participation is up since the pandemic, but still down from pre-2020 levels.

Change in Participation Rates, 2016-17 to 2023-24



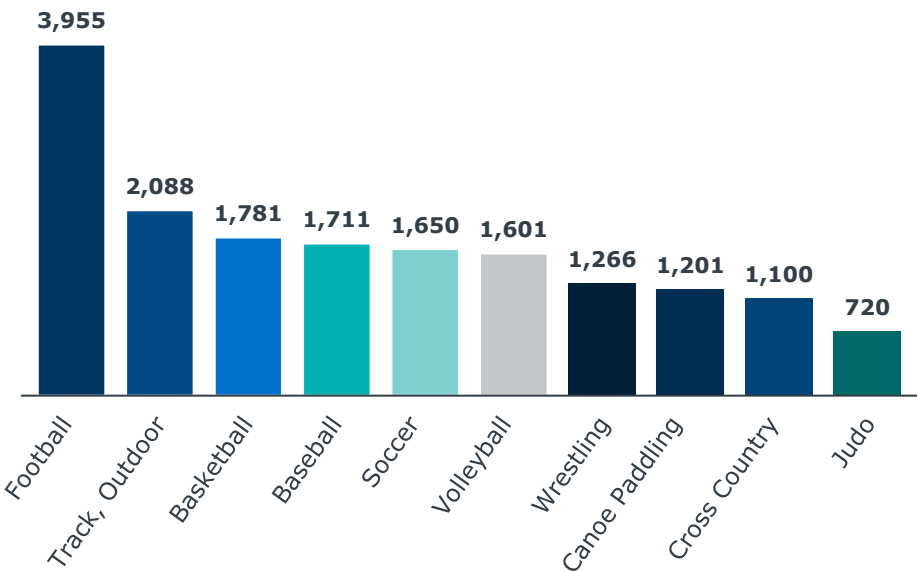
Source: EAB analysis of National Federation of State High School Association data.

Top Boys' and Girls' Sports

Top Boys' Sports in Hawaii Vary from National Trends

Like most states, football was the biggest boys' sport as of 2023-2024. Otherwise, deviations from national trends include volleyball (6th), canoe paddling (8th), and Judo (10th).

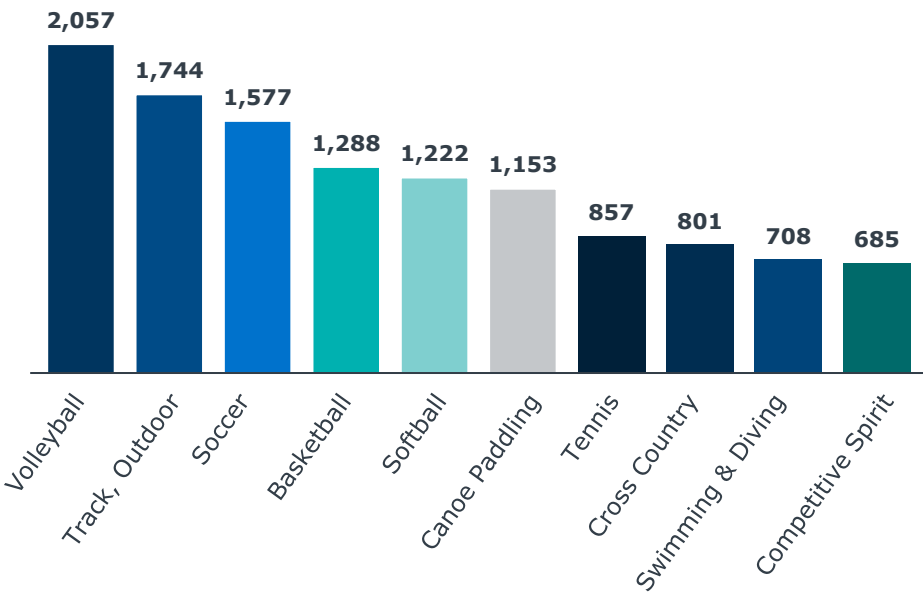
Top 10 Boys' Sports by Participation Rate, 2022-2023
n=20,331 participation rate



Top Girls' Sports Closely Reflect National Trends

The top girls sports in Hawaii largely reflect national trends. The only deviation was canoe paddling, the sixth largest sport in the state.

Top 10 Girls' Sports by Participation Rate, 2023-2024
n=14,894 participation rate



Source: EAB analysis of National Federation of State High School Association data.

Short- and Long-Term Changes in Participation

Boys

Areas of Consistent Growth

Two sports grew both in the last year and across the last 10 years. This trend may signal emerging and/or sustainable recruitment areas. They included:

- Outdoor Track & Field
- Soccer

Areas of Steady Decline

In comparison, participation fell in the last year and across the last eight years among five sports. Because the participation rate double counts multi-sport athletes, it is possible some of these declines may be attributed to growing specialization.

- Baseball
- Basketball
- Cross Country
- Swimming & Diving
- Tennis

Sport	2023-2024 Participation	Change, 2022-23 to 2023-24	Change, 2016-17 to 2023-24
Football, 11-Player	3,955	0%	-9%
Track and Field, Outdoor	2,088	3%	-5%
Basketball	1,781	0%	3%
Baseball	1,711	2%	0%
Soccer	1,650	1%	-8%
Volleyball	1,601	1%	2%
Wrestling	1,266	0%	18%
Canoe Paddling	1,201	1%	-5%
Cross Country	1,100	2%	-8%
Judo	720	1%	-1%
Swimming & Diving	668	1%	1%
Tennis	667	2%	6%
Bowling	451	-2%	0%
Air Riflery	431	1%	-22%
Golf	427	-2%	13%
Soft Tennis	155	-2%	37%
Water Polo	135	-12%	-8%
Esport	133	N/A	N/A
Football, 8-player	81	-21%	-36%
Surfing	59	2%	28%
Unified Track and Field, Outdoor	28	100%	N/A
Competitive Spirit	23	-18%	-52%

Source: EAB analysis of National Federation of State High School Association data.

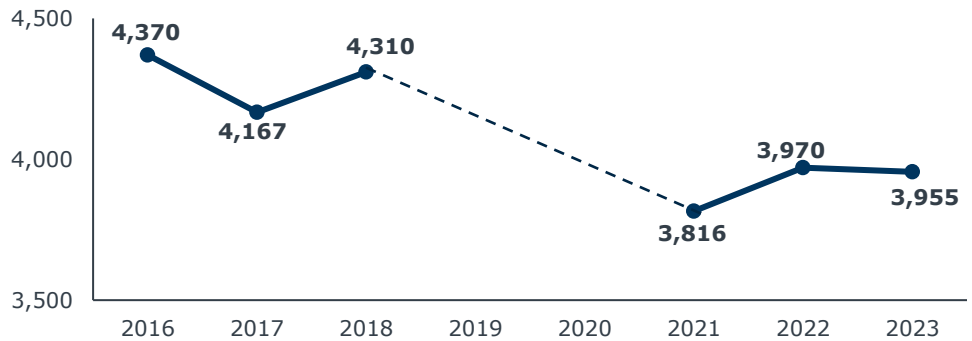
Biggest, Fastest Growth, Largest Decline

Boys

Some Volatility, Football Participation Mostly Down

Participation in boys football declined 9% between 2016 and 2023 and is showing signs of continued declines.

Change in Boys Football Participation, 2016-17 to 2023-24

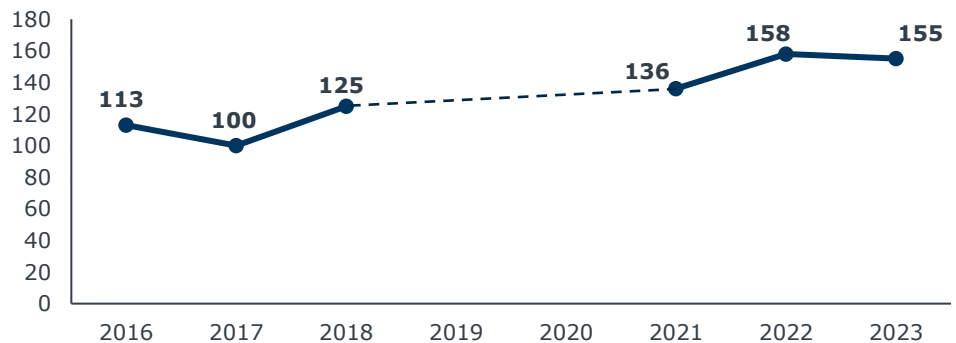


Fastest Growth

Small but Steady Increases in Soft Tennis Participation

Participation in soft tennis increased 37% between 2016 and 2023. It remains one of the smallest sports in the state.

Change in Boys Soft Tennis Participation, 2016-17 to 2023-24

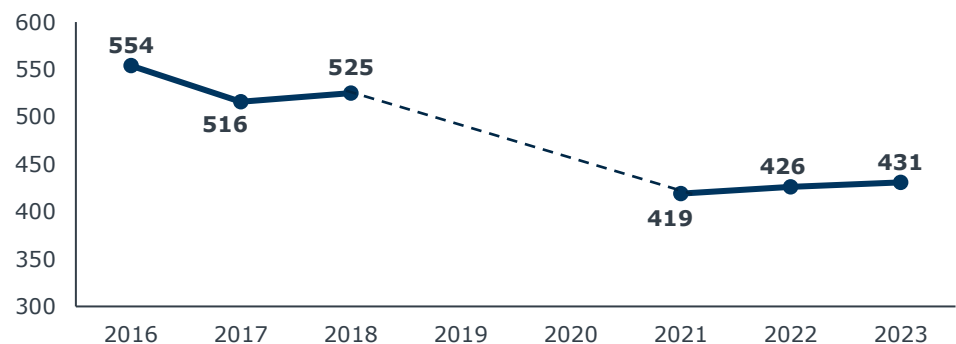


Largest Decline¹

Air Riflery Slow to Recover from Pandemic Decline

Participation in air riflery decreased 22% between 2016 and 2023.

Change in Boys' Air Riflery Participation, 2016-17 to 2023-24



1) Excludes sports with fewer than 100 participants

Source: EAB analysis of National Federation of State High School Association data.

Short- and Long-Term Changes in Participation

Girls

Areas of Consistent Growth

There are four sports overall that grew both in the last year and across the last eight years. This trend may signal emerging and/or sustainable recruitment areas. They include:

- Baseball
- Judo
- Outdoor Track & Field
- Volleyball

Areas of Steady Decline

In comparison, participation fell in the last year and across the last eight years among five sports.

- Air Riflery
- Soft Tennis
- Tennis
- Water Polo
- Wrestling

Because the participation rate double counts multi-sport athletes, it is possible some of these declines may be attributed to growing specialization.

Sport	2023-2024 Participation	Change, 2022-23 to 2023-24	Change, 2016-17 to 2023-24
Volleyball	2,057	4%	8%
Track and Field, Outdoor	1,744	3%	6%
Soccer	1,577	2%	-5%
Basketball	1,288	5%	-4%
Softball, Fast Pitch	1,222	1%	-13%
Canoe Paddling	1,153	4%	-8%
Tennis	857	-1%	-2%
Cross Country	801	6%	-4%
Swimming & Diving	708	0%	-21%
Competitive Spirit	685	2%	-15%
Wrestling	542	-1%	-4%
Judo	540	2%	9%
Water Polo	422	-18%	-37%
Air Riflery	418	-1%	-11%
Bowling	368	1%	-21%
Golf	270	-3%	6%
Soft Tennis	140	-6%	-13%
Surfing	42	-5%	180%
Football, 11-Player	28	-13%	56%
Unified Track and Field, Outdoor	12	100%	N/A
Baseball	5	67%	25%

Source: EAB analysis of National Federation of State High School Association data.

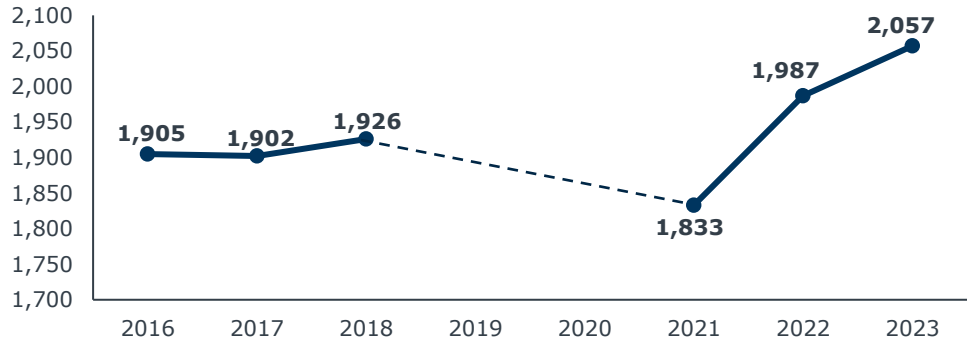
Biggest, Fastest Growth, Largest Decline

Girls

Volleyball Growing Quickly After Pandemic Drop

Participation in girls track is up 14% since 2013. It continues to grow after the pandemic, increasing 4% from 2021-22 to 2022-23.

Change in Girls' Volleyball Participation, 2016-17 to 2023-24

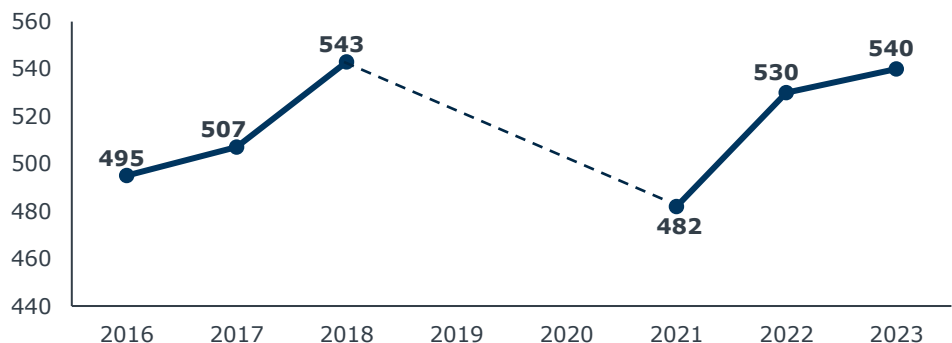


Fastest Growth¹

Judo Growing Despite Pandemic-Era Drop

Participation in judo increased 9% between 2016 and 2023.

Change in Girls Surfing Participation, 2016-17 to 2023-24

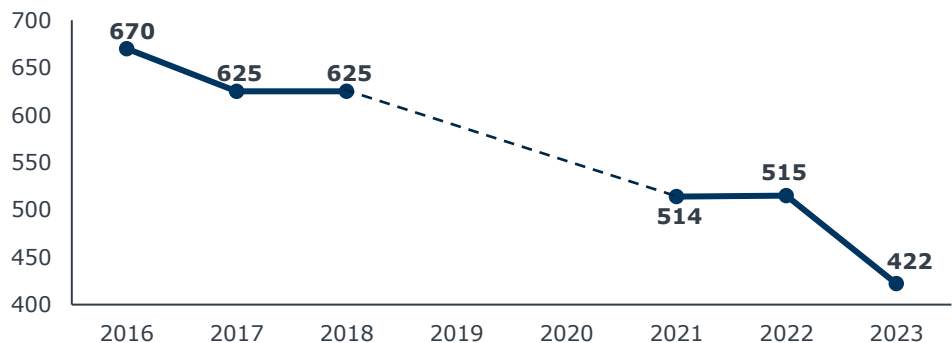


Largest Decline

Steady Decline in Water Polo Participation

Participation in water polo declined 37% between 2016 and 2023.

Change in Girls' Water Polo Participation, 2016-17 to 2023-24



1) Excludes sports with fewer than 100 participants

Source: EAB analysis of National Federation of State High School Association data.

Appendix: About the Data

Data in this report come from the National Federation of State High School Association's "[High School Athletics Participation Survey](#)."

Limitations of the Data

- The numbers cited in this report reflect the "participation rate." An individual who participated in two sports is counted twice, three sports – three times and so on.
- Participation rates are not adjusted for population changes.
- Most states exclude data from independent schools, unless they are part of the state league, which varies by state and sport.
- Data do not include club sport participation.
- Some states did not report data for all years included in the report. Meanwhile, others appear to have reported duplicate data in a few cases. These cases are called out in the report when applicable.

Definitions

"Adapted" refers to sports that are modified (e.g., rules, equipment) for special-needs students.

"Unified" refers to sports that are open to special-needs students but aren't adapted to meet their needs.

Appendix: National High School Sports Participation

2023-2024 Top 10 Sports in USA by Participation

Top Boys' Sports

1. Football – 11-Player	1,031,508
2. Track and Field – Outdoor	625,333
3. Basketball	536,668
4. Baseball	471,701
5. Soccer	467,483
6. Wrestling	291,874
7. Cross Country	239,874
8. Tennis	157,835
9. Golf	155,174
10. Swimming and Diving	116,799
Total Boys' Participation	4,638,785

Top Girls' Sports

1. Track and Field – Outdoor	506,015
2. Volleyball	479,125
3. Soccer	383,895
4. Basketball	367,284
5. Softball – Fast Pitch	345,451
6. Tennis	195,766
7. Cross Country	192,969
8. Competitive Spirit	181,023
9. Swimming and Diving	138,174
10. Lacrosse	101,204
Total Girls' Participation	3,423,517

Source: EAB analysis of National Federation of State High School Association data.