

Íþróttagreinir	Konur		Karlar		Samtals iðkendur		% breyting	Fjöldi deilda í íþr. grein	Fjöldi héraða.
	-15	16+	-15	16+	2018	2017			
Aikido	14	50	28	112	204	216	-6%	1	1
Akstursíþróttir	2	109	9	1.332	1.452	1.380	5%	11	8
Almenningsíþróttir	3.180	1.603	4.173	1.104	10.060	9.707	4%	39	16
Badminton	1.343	1.138	1.599	2.210	6.290	4.672	26%	24	17
Bandí	13	29	76	47	165	135	18%	2	2
Blak	436	1.587	293	789	3.105	3.439	-11%	54	21
Bogfimi	40	156	93	564	853	626	27%	9	8
Borðtennis	61	49	187	233	530	509	4%	13	7
Dans	762	650	294	424	2.130	2.049	4%	9	4
Fimleikar	8.826	889	3.968	373	14.056	10.685	24%	28	16
Fisflug	56	37	13	297	403	332	18%	2	2
Frisbígolf	8	8	11	67	94	-		1	1
Frjálsíþróttir	1.658	685	1.559	605	4.507	4.736	-5%	70	19
Glíma	82	48	122	121	373	346	7%	14	8
Golf	657	5.901	1.491	12.703	20.752	19.389	7%	61	23
Hafna- og mjúkbolti	4	4	9	30	47	83	-77%	1	1
Handknattleikur	2.143	839	3.307	1.388	7.677	6.206	19%	23	8
Hestaíþróttir	1.721	4.257	1.109	4.706	11.793	12.092	-3%	46	21
Hjólreiðar	78	453	360	944	1.835	1.406	23%	14	9
Hnefaleikar	162	339	480	881	1.862	1.315	29%	7	6
Íshökkí	115	79	328	201	723	518	28%	5	2
Íþróttir fatlaðra	66	323	120	458	967	1.075	-11%	16	12
Jiu jitsu	10	61	15	90	176	176		1	1
Júdó	133	86	426	408	1.053	1.229	-17%	10	7
Karate	317	179	961	297	1.754	1.374	22%	14	8
Keila	20	116	43	268	447	369	17%	5	3
Klifur	345	293	402	560	1.600	882	45%	3	3
Knattspyrna	6.284	2.221	12.393	7.095	27.993	25.343	9%	126	24
Kraftlyftingar	7	415	11	790	1.223	1.195	2%	18	12
Krikket			1	27	28	28		1	1
Krulla		8		44	52	52		1	1
Körfuknattleikur	1.610	707	3.058	1.876	7.251	6.367	12%	56	21
Listskautar	823	116	28	5	972	545	44%	4	2
Lyftingar	16	308	28	382	734	717	2%	12	8
Mótoríþróttir	22	274	76	2.379	2.751	2.806	-2%	20	13
Ratleikur	18	33	17	46	114	114		1	1
Rugby		9		57	66	65	2%	2	2
Siglingar	161	240	394	1.014	1.809	1.672	8%	9	8
Skíðaiþróttir	505	94	547	150	1.296	1.608	-24%	22	11
Skotíþróttir	3	351	20	5.117	5.491	4.966	10%	21	18
Skvass		146		678	824	824		2	2
Skylmingar	22	352	106	775	1.255	1.256		2	3
Sund	1.939	399	1.612	282	4.232	3.852	9%	32	20
Svifflug		4		78	82	83	-1%	2	2
Taekwondo	181	118	555	199	1.053	858	19%	14	9
Tennis	258	436	381	554	1.629	1.262	23%	8	4
Wushu	14	156	24	166	360	353	2%	1	1
Þríþraut		181		206	387	320	17%	7	6
Samtals	34.115	26.536	40.727	53.132	154.510	139.232			