

Íþróttagreinir	Karlur		Konur		Samtals iðkanir		% breytil	Fjöldi íþrótt félaga	Fjöldi héraða.
	-17	18+	-17	18+	2019	2018			
Aikido	44	98	18	50	210	204	2,9%	1	1
Akstursíþróttir	15	1.340	5	107	1.467	1.452	1,0%	11	8
Almenningsíþróttir	3.421	1.741	2.844	2.186	10.192	10.060	1,3%	40	18
Badminton	1.248	1.838	1.006	919	5.011	6.290	-20,3%	24	16
Bandý	53	46	9	19	127	165	-23,0%	2	2
Blak	378	746	547	1.646	3.317	3.105	6,8%	56	20
Bogfimi	143	390	61	142	736	853	-13,7%	10	9
Borðtennis	142	214	58	50	464	530	-12,5%	11	6
Dans	373	558	944	839	2.714	2.130	27,4%	10	4
Fimleikar	4.299	285	8.897	660	14.141	14.127	0,1%	29	17
Fisflug	1	381		47	429	332	29,2%	1	1
Frisbígolf	12	66	8	8	94	94	0,0%	1	1
Frjálsíþróttir	1.490	543	1.782	582	4.397	4.507	-2,4%	70	19
Glíma	146	293	91	62	592	373	58,7%	14	8
Golf	1.636	12.703	740	6.136	21.215	20.752	2,2%	60	23
Hafna- og mjúkbolti	29	41	6	6	82	47	74,5%	1	1
Handknattleikur	3.541	1.164	2.308	672	7.685	7.678	0,1%	24	8
Hestaíþróttir	1.347	4.709	2.331	4.143	12.530	11.791	6,3%	45	21
Hjólreiðar	348	924	72	457	1.801	1.835	-1,9%	16	9
Hnefaleikar	591	978	206	339	2.114	1.862	13,5%	7	6
Íshokki	304	158	105	66	633	723	-12,4%	5	2
Íþróttir fatlaðra	167	453	100	322	1.042	967	7,8%	16	12
Jiu jitsu	24	83	15	55	177	176	0,6%	1	1
Júdó	460	346	148	74	1.028	1.053	-2,4%	10	7
Karate	898	251	294	125	1.568	1.754	-10,6%	14	8
Keila	57	230	29	107	423	447	-5,4%	4	3
Klifur	443	621	423	301	1.788	1.600	11,8%	3	3
Knattspyrna	14.075	6.633	7.455	1.835	29.998	27.994	7,2%	128	24
Kraftlyftingar	27	851	17	480	1.375	1.223	12,4%	18	12
Krikket	-	-	-	-	-	28	-100,0%	1	1
Krulla		44		8	52	52	0,0%	1	1
Körfuknattleikur	3.847	1.852	1.897	717	8.313	7.251	14,6%	60	23
Listskautar	56	5	805	85	951	972	-2,2%	4	2
Lyftingar	67	459	31	360	917	734	24,9%	13	8
Mótorhj.og snj.sl.íþr.	119	2.371	35	268	2.793	2.751	1,5%	20	13
Rathlaup	25	38	19	33	115	114	0,9%	1	1
Rugby		59		9	68	66	3,0%	2	1
Siglingar	473	992	189	241	1.895	1.809	4,8%	8	7
Skíðaiþróttir	615	175	583	130	1.503	1.296	16,0%	21	11
Skotíþróttir	25	5.135	3	346	5.509	5.491	0,3%	20	17
Skvass		675		146	821	824	-0,4%	2	2
Skylmingar	131	745	27	345	1.248	1.255	-0,6%	2	2
Sund	1.625	149	1.950	227	3.951	4.232	-6,6%	35	20
Sviffflug	7	89	1	8	105	82	28,0%	2	2
Taekwondo	627	227	249	151	1.254	1.053	19,1%	16	9
Tennis	424	628	321	481	1.854	1.629	13,8%	8	4
Wushu	33	162	21	158	374	360	3,9%	1	1
Þríþraut	11	220	4	197	432	387	11,6%	7	6
Samtals	43.797	52.709	36.654	26.345	159.505	154.510			