

MEXICO

Capital: **Mexico City** | Population: **132.5 million**

Lead body for sport development:

National Commission for Physical Culture and Sport (CONADE)



Government Support C

Elite Sport Rank 31

Elite Sport Rank per Capita 68

Youth Sport Participation Grade D-

Mexico has a centralized, state-led structure for sports that leans toward promotion of commercial spectacle more than mass participation. Football (soccer) is by far the most popular sport, anchored by one of the world's most profitable leagues (Liga MX), and its professional boxers have won many world titles. More than other Latin American countries, Mexico has a developed market for American sports (baseball, NFL, NBA). Mexico is a global power in diving and taekwondo but must rely on its neighbor to the north, with its college sports ecosystem, to develop elite Mexican talent in many sports.

Unlike the U.S. model, Mexico uses a centralized governance system. **CONADE** is the leading government agency, established by the **General Law of Physical Culture and Sport (LGCFD)** as a decentralized body of the Secretariat of Public Education (SEP). CONADE is responsible for proposing national sports policy and managing the federal budget, acting as the bridge between the federal government and national sports associations.

The Mexican system is a 'mixed' model with strong state dependence. The **SINADE (National System for Physical Culture and Sport)** acts as the supreme collegiate body, bringing together CONADE, the **Mexican Olympic Committee (COM)**, and the presidents of the National Sports Federations. Although the Federations are legally "Civil Associations" (private non-profit entities), the **LGCFD** requires that, to receive public funding and represent Mexico internationally, they must be recognized by CONADE (through RUD/RENADE). This creates a vertical power structure where federal funding dictates the viability of programmes. At the subnational level, each of the 32 states has its own "State Institute of Sport", which replicates CONADE's structure and is critical for talent detection.

The current national strategy, "**Institutional Program 2025-2030**," is derived from the National Development Plan. For the current fiscal year, the **Operational Rules of the 2025 Physical Culture and Sport Program** establish the criteria for distribution of subsidies, prioritizing transparency and direct delivery of resources to athletes, aiming to reduce intermediaries. The strategy faces the dual challenge of "massification" (increasing physical activity to combat the high obesity rates reported in the 2022 report card) and "high performance."

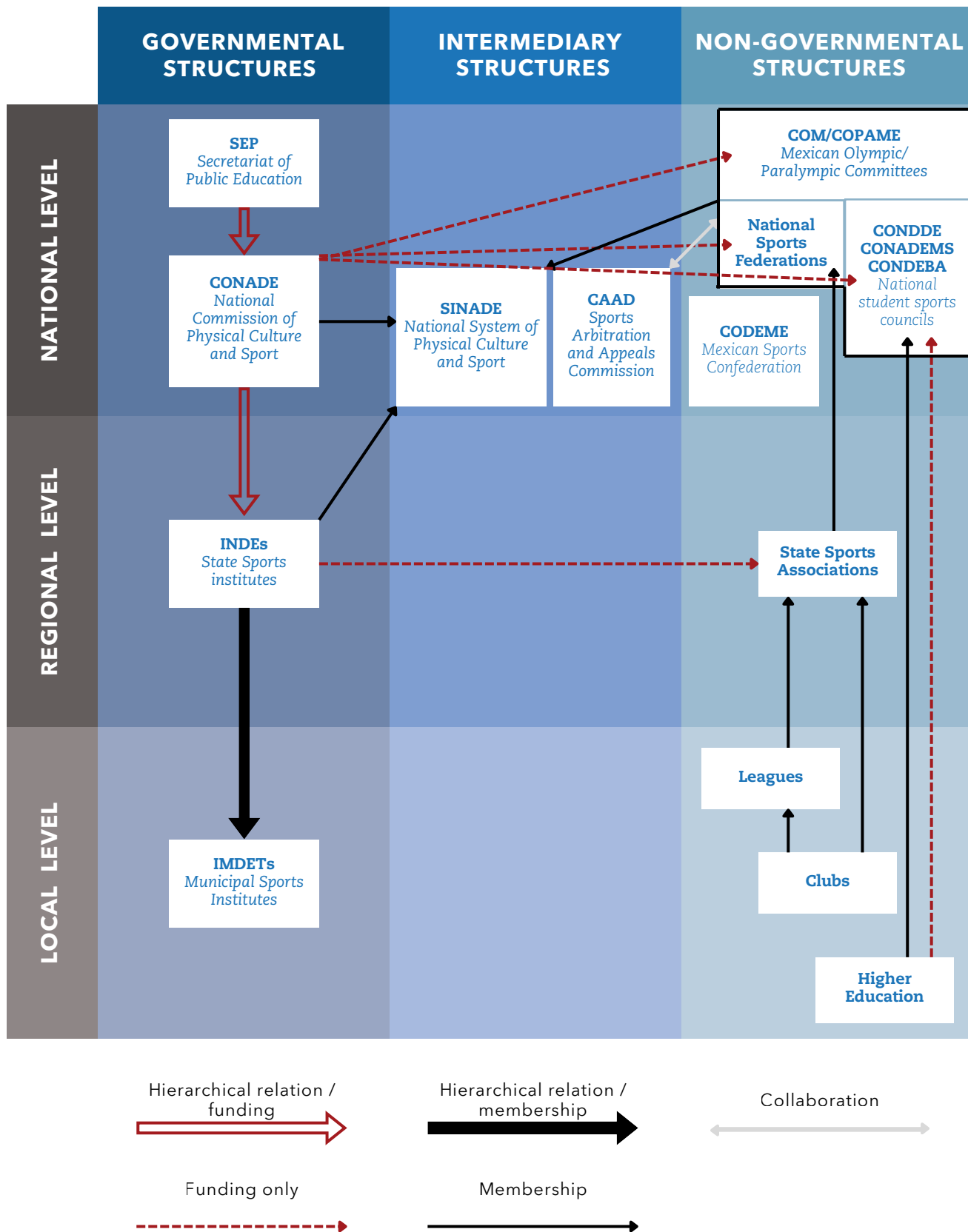
Government funding is the cornerstone of Mexican sport. According to the Opinion of the Sports Commission on the **2025 Federal Expenditure Budget**, the allocation for sector 11 (Physical Culture and Sport) is **\$2,637,738,175 pesos** (~\$130M USD). Historically, this budget has fluctuated significantly. For the 2026 fiscal year, the Expenditure Budget maintains the programme structure to ensure the operation of key facilities such as the CNAR. Unlike countries such as Norway or the United Kingdom, Mexico lacks a dedicated funding flow from the National Lottery; resources come directly from general tax revenue.

Mexico currently does not have an independent "Safe Sport" agency (such as Canada's OSIC). Instead, safeguarding depends on the **Protocol for the Prevention, Attention, and Sanctioning of Sexual Harassment and Sexual Assault**, a federal decree applicable to the entire public administration, including CONADE. Although the law contemplates sports justice mechanisms (CAAD), the implementation of this protocol is the main defense mechanism for athletes in cases of abuse within public facilities.

WHAT WE LIKE

Mexico has a massive and talent detection engine driven by the states: the **CONADE National Games**. Each year, state governments invest their own resources to recruit and train young athletes to compete in this national championship, following CONADE's technical guidelines. It is a system that encourages local governments to directly fund youth sport, serving as the main "talent pool" for national teams.

Sport Governance in Mexico



Population estimate from CONAPO 2026. Youth Sport Participation grade from the 2022 Mexican Report Card on Physical Activity for Children and Adolescents, based on the finding that less than 20% of young people meet international physical activity guidelines. Government Support grade from expert analysis based on the centralized structure established by law, but limited by recent budget stagnation reflected in the Opinion of the Sports Commission on the Federal Expenditure Budget Project FY 2025. Elite Sport Ranking and Elite Sport Ranking Per Capita from Greatest Sporting Nation (2025 Global Cup), based on aggregated results in international competitions and adjusted for population size. For full list of references used in creating this resource, visit <https://projectplay.org/world-sport-systems/mexico>.