

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

Winter Sports 3-Year Quick Chart

All dates are tentative and subject to change by the NJSIAA

Posted 4/25/24 (Changes in **RED**)

2024-2025	First Practice*	Competition Start**	Cutoff	Power Pts Close at Noon	Tournament Start	Max Contests	3 In a Row	Competition End***
Bowling	Nov 25	Dec 2	Feb 1	Feb 2	Feb 7	No Max	YES	Mar 9
Ice Hockey	Nov 25	Dec 2	Feb 8	Feb 9	Feb 13	22	NO	Mar 9
Swimming (Team/Individuals)	Nov 25	Dec 2	Jan 25	Jan 26	Jan 30 / Mar 1	16	NO	Mar 9
Basketball	Dec 2	Dec 9	Feb 15	Feb 16	Feb 26	24	NO	Mar 9
Fencing (Districts / Individuals)	Dec 2	Dec 9	N/A	N/A	Jan 26 / Mar 1	16	YES	Mar 9
Track (Relays / Sectionals)	Dec 2	Dec 9	N/A	N/A	Jan 8 / Jan 31	14	NO	Mar 9
Wrestling (P/NP)	Dec 2	Dec 9	Feb 1	Feb 2	Feb 10 / Feb 11	30 Per Wrestler	YES	TBA
2025-2026	First Practice*	Competition Start**	Cutoff	Power Pts Close at Noon	Tournament Start	Max Contests	3 In a Row	Competition End***
Bowling	Nov 24	Dec 1	Jan 31	Feb 1	Feb 6	No Max	YES	Mar 8
Ice Hockey	Nov 24	Dec 1	Feb 7	Feb 8	Feb 12	22	NO	Mar 8
Swimming (Team/Individuals)	Nov 24	Dec 1	Jan 24	Jan 25	Jan 29 / Feb 28	16	NO	Mar 8
Basketball	Dec 1	Dec 8	Feb 14	Feb 15	Feb 25	24	NO	Mar 8
Fencing (Districts / Individuals)	Dec 1	Dec 8	N/A	N/A	Jan 25 / Feb 28	16	YES	Mar 8
Track (Relays / Sectionals)	Dec 1	Dec 8	N/A	N/A	Jan 7 / Jan 30	14	NO	Mar 8
Wrestling (P/NP/Districts)	Dec 1	Dec 8	Jan 31	Feb 1	Feb 9 / Feb 10	30 Per Wrestler	YES	TBA
2026-2027	First Practice*	Competition Start**	Cutoff	Power Pts Close at Noon	Tournament Start	Max Contests	3 In a Row	Competition End***
Bowling	Nov 23	Nov 30	Jan 30	Jan 31	Feb 5	No Max	YES	Mar 7
Ice Hockey	Nov 23	Nov 30	Feb 6	Feb 7	Feb 11	22	NO	Mar 7
Swimming (Team/Individuals)	Nov 23	Nov 30	Jan 23	Jan 24	Jan 28 / Feb 27	16	NO	Mar 7
Basketball	Nov 30	Dec 7	Feb 13	Feb 14	Feb 24	24	NO	Mar 7
Fencing (Districts / Individuals)	Nov 30	Dec 7	N/A	N/A	Jan 24 / Feb 27	16	YES	Mar 7
Track (Relays / Sectionals)	Nov 30	Dec 7	N/A	N/A	Jan 6 / Jan 29	14	NO	Mar 7
Wrestling (P/NP/Districts)	Nov 30	Dec 7	Jan 30	Jan 31	Feb 8 / Feb 9	30 Per Wrestler	YES	TBA

*Any transfers after the "First Practice" date, the athlete will need to sit out 30 days beginning with the competition start date for that sport.

**The "Competition Start" date indicates when a school may start to schedule scrimmages and regular season contests once the 6-days of practice/1-day of rest rule has been satisfied. Any transfers after the "Competition Start" date will not be eligible for any NJSIAA post-season tournament for that sport.

***The "Competition End" date refers to the last day a sport may compete in any contest that is not part of the NJSIAA tournament while keeping within the maximum number of contests permitted.

There will be an optional 3-day tryout period for Basketball, Fencing, Winter Track, and Wrestling on Monday, Tuesday, and Wednesday before Thanksgiving that will not count towards the six-day practice rule.

The summer period begins: June 16 (2025), June 15 (2026), June 14 (2027). The last day for all summer periods is August 31st.