



2018/2019 PARTICIPATION LIMITATIONS

Note: The season ends for all sports with the last regularly scheduled game, sanctioned event, or NJSIAA tournament. Scrimmages permitted after six days of practice. Schools may play one four-game week, by rule.

Rules indicated below will govern all sports unless modified by NJSIAA.

FALL SPORTS				
ACTIVITY	RULES	PRACTICE STARTS	FIRST REGULARLY SCHEDULED GAMES, MEETS OR MATCHES	NUMBER OF GAMES, MEETS OR MATCHES *(Scrimmages Count Only During Regular Season)
Cross Country	National Federation	August 13	Tuesday after Labor Day (September 4)	3 Meets per week (Individual)
Field Hockey	National Federation	August 13	Tuesday after Labor Day (September 4)	Sixteen (16) games, plus two (2) tournaments, plus the State Tournament, or Eighteen (18) games, plus one (1) tournament, plus the State Tournament, or Twenty (20) games, plus the State Tournament. Three (3) games per week, not on three consecutive days; one four-game week is permitted. A player may not play in more than three (3) halves per day.
Football	National Federation	August 8	August 30, 2018	10 Maximum Regular Schedule
Gymnastics	National Federation	August 13	Tuesday after Labor Day (September 4)	3 Meets per week. Maximum Meets/Individual-fifteen (15)
Soccer	National Federation	August 13	Tuesday after Labor Day (September 4)	Sixteen (16) games, plus two (2) tournaments, plus the State Tournament, or Eighteen (18) games, plus one (1) tournament, plus the State Tournament, or Twenty (20) games, plus the State Tournament. Three (3) games per week, not on three consecutive days; one four-game week is permitted. A player may not play in more than three (3) halves per day.
Tennis	U.S.T.A.	August 13	Tuesday, September 4 or after six (6) days of practice	No more than 1 full match at the end of a school day.
Volleyball	National Federation	August 13	Tuesday after Labor Day (September 4)	

WINTER SPORTS

ACTIVITY	RULES	PRACTICE STARTS	FIRST REGULARLY SCHEDULED GAMES, MEETS OR MATCHES	NUMBER OF GAMES, MEETS OR MATCHES *(Scrimmages Count Only During Regular Season)
Basketball	National Federation	Official Practice begins Monday after Thanksgiving (November 26). Tryouts can begin November 19 th	Friday before third Saturday of December (December 14)	3 Games per week; one four-game week is permitted. (1) Twenty (20) games plus two (2) tournaments, plus the State Tournament; or (2) Twenty-two (22) games, plus one (1) tournament, plus the State Tournament; or (3) Twenty-six (26) games, including regular season and tournament(s), plus the State Tournament
Bowling	The US Bowling Congress Youth Rules	November 12	November 24	
Fencing	United States Fencing Association	Official Practice begins Monday after Thanksgiving (November 26). Tryouts can begin November 19 th	Friday before third Saturday of December (December 14)	
Ice Hockey	National Federation	November 5	November 24	26 Games, plus State Tournament, (3 games per week). Games cannot be played on three consecutive days.
Skiing	N.C.A.A.	Monday after Thanksgiving (November 26)	January 1	15 Meets, including inter-school scrimmages, regular meets, postponed meets, and invitational meets
Swimming	National Federation	November 12	December 1	23 Meets, plus NJSIAA Championships. 3 Meets per week; one four-meet week is permitted. Not more than a total of three (3) swimming meets may be held per week beginning with the week of the Start of the Regular Schedule (Rule 2, Section 8) to the start of the State Tournament (this includes interschool scrimmages, regular meets, postponed meets, and invitational meets), <i>but meets may not be conducted on three (3) consecutive days.</i> This section does not apply to State Tournament scheduling.
Winter Track	National Federation	Official Practice begins Monday after Thanksgiving (November 26). Tryouts can begin November 19 ^h	Friday before third Saturday of December (December 14)	3 Meets per week
Wrestling	National Federation	Official Practice begins Monday after Thanksgiving (November 26). Tryouts can begin November 19 th	Friday before third Saturday of December (December 14)	A team may not schedule nor may a wrestler participate in more than four weigh-ins per week. A team may schedule only one event involving more than four teams during the week. A two-day tournament with a weigh-in each day will count as one weigh-in. <i>A wrestler may not compete in MORE than a maximum of 30 sub-varsity and varsity matches during the regular season (exclusive of NJSIAA Team and Individual Tournament).</i>

SPRING SPORTS				
ACTIVITY	RULES	PRACTICE STARTS	FIRST REGULARLY SCHEDULED GAMES, MEETS OR MATCHES	NUMBER OF GAMES, MEETS OR MATCHES *(Scrimmages Count Only During Regular Season)
Golf	U.S.G.A.	March 1	April 1	<u>B/G Team</u> – Must play a minimum of six (6) matches by the cut-off date and have won 60% of matches. <u>Boys Individual</u> – A school which fails to qualify, or does not conduct an interscholastic program, may enter a maximum of (2) individuals provided the individual's five (5) best scores in 9-hole matches were four or less over par on regulation courses. <u>Girls Individual</u> – Will qualify by using the course slope and course rating to achieve an adjusted score for each match played. The top 50 rated girls who have played in at least 6 matches will qualify as individuals. If a competitor plays more than 10 matches, her best 10 scores will be used.
Boys Lacrosse	NFHS Rules	March 1	March 27	Eighteen (18) games, plus one tournament, plus the State Tournament, or twenty (20) games, plus the State Tournament. Three (3) games per week, not on three consecutive days; one four-game week is permitted.
Girls Lacrosse	NFHS Rules/US Lacrosse	March 1	March 27	Eighteen (18) games, plus one tournament, plus the State Tournament, or twenty (20) games, plus the State Tournament. Three (3) games per week, not on three consecutive days; one four-game week is permitted. A player may not play more than 3 halves per day.
Baseball	National Federation	March 1	April 1	25 Games including regular season and tournament games, plus one additional tournament, plus the State Tournament.
Softball	National Federation	March 1	April 1	25 Games including regular season and tournament games, plus one additional tournament, plus the State Tournament.
Tennis	U.S.T.A.	March 1	April 1	No more than 1 full match at the end of a school day.
Track – Outdoor	National Federation	March 1	April 1	3 Meets per week (Individual)
Volleyball	National Federation	March 1	April 1	

DATE FOR DETERMINING A STUDENT'S ELIGIBILITY (AGE) - All Sports- September 1.

An athlete becomes ineligible for high school athletics if he/she attains the age of nineteen (19) prior to September 1. However, any athlete attaining age nineteen on or after September 1 shall be eligible for the ensuing school year. A 9th grade student becomes ineligible for 9th grade athletics if he/she attains the age of sixteen (16) prior to September 1.

INELIGIBILITY LISTS must be kept on file at all schools.