

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

1161 Route 130 North, P.O. Box 487, Robbinsville, NJ 08691

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NJSIAA 2018-2019 Athletic Season Dates

Fall 2018	First Practice	First Scrimmage	First Contests
Football	Aug. 08	Aug. 15	Aug. 30
Cross Country	Aug. 13	Aug. 20	Sept. 4
Field Hockey	Aug. 13	Aug. 20	Sept. 4
Gymnastics	Aug. 13	Aug. 20	Sept. 4
Soccer	Aug. 13	Aug. 20	Sept. 4
Tennis (Girls)	Aug. 13	Aug. 20	Sept. 4
Volleyball (Girls)	Aug. 13	Aug. 20	Sept. 4
Winter 2018-19	First Practice	First Scrimmage	First Contests
Ice Hockey	Nov. 05	Nov. 12	Nov. 24
Bowling	Nov. 12	No Restriction	Nov. 24
Swimming	Nov. 12	Nov. 19	Dec. 1
Skiing	Nov. 26	Dec. 3	Jan. 1
Basketball*#	Nov. 26	Dec. 3	Dec. 14
Fencing*#	Nov. 26	Dec. 3	Dec. 14
Winter Track*#	Nov. 26	Dec. 3	Dec. 14
Wrestling*#	Nov. 26	Dec. 3	Dec. 14
*Try-out Time	Nov. 19-21		
#No Contact Time	Nov. 22-25		
Spring 2019	First Practice	First Scrimmage	First Contests
Lacrosse	March 1	March 8	March 27
Golf	March 1	No Restriction	April 1
Tennis (Boys)	March 1	March 8	April 1
Baseball	March 1	March 8	April 1
Softball	March 1	March 8	April 1
Spring Track	March 1	March 8	April 1
Volleyball (Boys)	March 1	March 8	April 1

Please Note:

The "first scrimmage" dates above include the 6 days on and 1 day off rule. You may break up the first 7 days as you choose, just remember that 6 days of practice and 1 day of rest within the 7-day time frame.

Bowling & Golf are not considered strenuous sports; therefore the 6 practices is not necessary before they can scrimmage.

Football Only - upon board approval, teams may begin the "Heat Acclimatization" period on August 6th.