

NJSIAA FALL SPORTS PARTICIPATION LIMITATIONS 2019-2020

Sport	Rules	Practice Starts	Opening Day (Games, Meets or Matches)	Number of games, meets or matches (scrimmages count only during regular season)
Cross Country	N.F.H.S.	August 12	September 3 (Tuesday after Labor Day)	3 Meets per week (Individual)
Field Hockey	N.F.H.S.	August 12	September 3 (Tuesday after Labor Day)	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	N.F.H.S.	August 14	Thursday, September 5	10 Maximum Regular Schedule
Gymnastics	N.F.H.S.	August 12	September 3 (Tuesday after Labor Day)	3 Meets per week. Maximum Meets/Individual-fifteen (15)
Soccer	N.F.H.S.	August 12	September 3 (Tuesday after Labor Day)	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 12	September 3 (Tuesday after Labor Day)	No more than 1 full match at the end of a school day.
Volleyball	N.F.H.S.	August 12	September 3 (Tuesday after Labor Day)	

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 above will govern all sports unless modified by NJSIAA. Date for determining a student's eligibility (age) for all sports is 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. Ineligible lists must be kept on file at all schools.

NJSIAA WINTER SPORTS PARTICIPATION LIMITATIONS 2019-2020

Sport	Rules	Practice Starts	Opening Day (Games, Meets or Matches)	Number of games, meets or matches (scrimmages count only during regular season)
Basketball*	N.F.H.S.	December 2*	December 19 (Thursday before third Saturday of Dec.) Per one-year waiver	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	U.S.B.C.	November 11	November 23	No Limit
Fencing*	U.S.F.A.	December 2*	December 19 (Thursday before third Saturday of Dec.) Per one-year waiver	
Ice Hockey	N.F.H.S.	November 4	November 29	26 Games, plus State Tournament, (3 games per week). Games cannot be played on three consecutive days.
Skiing	N.C.A.A.	December 2	January 1	15 Meets, including inter-school scrimmages, regular meets, postponed meets, and invitational meets
Swimming	N.F.H.S.	November 11	December 1	23 Meets, plus NJSIAA Championships. 3 Meets per week; one four-meet week is permitted. Meets may not be conducted on three (3) consecutive days. This does not apply to State Tournament scheduling.
Winter Track*	N.F.H.S.	December 2*	December 19 (Thursday before third Saturday of Dec.) Per one-year waiver	3 Meets per week
Wrestling*	N.F.H.S.	December 2*	December 19 (Thursday before third Saturday of Dec.) Per one-year waiver	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. 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).

***Tryouts for the indicated sports may begin on the Monday before Thanksgiving. (November 25, 2019)**

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NJSIAA SPRING SPORTS PARTICIPATION LIMITATIONS 2019-2020

Sport	Rules	Practice Starts	Opening Day (Games, Meets or Matches)	Number of games, meets or matches (scrimmages count only during regular season)
Golf	U.S.G.A.	March 6	April 1	B/G Team – Must play a minimum of six (6) matches by the cut-off date and have won 60% of matches. Boys Individual – 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. Girls Individual – 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	N.F.H.S.	March 6	March 25	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	N.F.H.S. & US Lacrosse	March 6	March 25	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	N.F.H.S.	March 6	April 1	25 Games including regular season and tournament games, plus one additional tournament, plus the State Tournament.
Softball	N.F.H.S.	March 6	April 1	25 Games including regular season and tournament games, plus one additional tournament, plus the State Tournament.
Tennis	U.S.T.A.	March 6	April 1	No more than 1 full match at the end of a school day.
Track	N.F.H.S.	March 6	April 1	3 Meets per week (Individual)
Volleyball	N.F.H.S.	March 6	April 1	

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