

# NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

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## NJSIAA 2019-2020 Athletic Season Dates

Fall 2019	First Practice	First Scrimmage	First Contest
Football (week 00)	Aug. 7	Aug. 14	Aug. 29
Football (week 0)	Aug. 14	Aug. 21	Sept. 5
Football (week 1)	Aug. 14	Aug. 21	Sept. 12
Cross Country	Aug. 12	Aug. 19	Sept. 3
Field Hockey	Aug. 12	Aug. 19	Sept. 3
Gymnastics	Aug. 12	Aug. 19	Sept. 3
Soccer	Aug. 12	Aug. 19	Sept. 3
Tennis (Girls)	Aug. 12	Aug. 19	Sept. 3
Volleyball (Girls)	Aug. 12	Aug. 19	Sept. 3
Winter 2019-20	First Practice	First Scrimmage	First Contest
Ice Hockey	Nov. 4	Nov. 11	Nov. 29
Bowling	Nov. 11	No Restriction	Nov. 23
Swimming	Nov. 11	Nov. 18	Dec. 1
Skiing	Dec. 2	Dec. 9	Jan. 1
Basketball*#	Dec. 2	Dec. 9	Dec. 19
Fencing*#	Dec. 2	Dec. 9	Dec. 19
Winter Track*#	Dec. 2	Dec. 9	Dec. 19
Wrestling*#	Dec. 2	Dec. 9	Dec. 19
<b>*Try-out Time</b>	Nov. 25-27		
<b>#No Contact Time</b>	Nov. 28-Dec. 1		
Spring 2020	First Practice	First Scrimmage	First Contest
Lacrosse	March 6	March 13	March 25
Golf	March 6	No Restriction	April 1
Tennis (Boys)	March 6	March 13	April 1
Baseball	March 6	March 13	April 1
Softball	March 6	March 13	April 1
Spring Track	March 6	March 13	April 1
Volleyball (Boys)	March 6	March 13	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.

### **Heat Acclimatization Start Periods:**

Football Only: Week 00 August 5<sup>th</sup>, Weeks 0 & 1 on August 12<sup>th</sup>.

All Other Sports: Heat acclimatization will begin on the first day of practice.