Transfers Requiring a 30 day sit or half the maximum game limitations. Begins with first game played.

**Fall Sports**

- **Cross Country**
  - Half the Maximum
  - School Schedule

- **Field Hockey**
  - Max 20: sit 10 games played, participate game 11

- **Football**
  - Max 10*: sit 4 games played, participate game 5 (*9/1/18)

- **Gymnastics**
  - Max 15: sit 7 meets, participate meet 8

- **Soccer**
  - Max 20: sit 10 games played, participate game 11

- **Girls Tennis**
  - School Schedule

- **Girls Volleyball**
  - School Schedule

**Winter Sports**

- **Basketball**
  - Max 26: sit 13 games played, participate game 14

- **Bowling**
  - School Schedule

- **Fencing**
  - School Schedule

- **Ice Hockey**
  - Max 26: sit 13 games played, participate game 14

- **Skiing**
  - Max 15: sit 7 meets, participate meet 8

- **Swimming**
  - Max 23: sit 11 meets, participate meet 12

- **Winter Track**
  - School Schedule

- **Wrestling**
  - School Schedule

**Spring Sports**

- **Baseball**
  - Max 25: sit 12 games played, participate game 13

- **Golf**
  - School Schedule

- **Boys Lacrosse**
  - Max 20: sit 10 games played, participate game 11

- **Girls Lacrosse**
  - Max 20: sit 10 games played, participate game 11

- **Softball**
  - Max 25: sit 12 games played, participate game 13

- **Boys Tennis**
  - School Schedule

- **Track-Outdoor**
  - School Schedule

- **Boys Volleyball**
  - School Schedule

*School Schedule: Consult with the NJSIAA Assistant Directors to determine the sit time.

No Participation at any level during the sit period. (Varsity, sub-varsity, JV or Freshman)