



To: NJSIAA Member Schools
From: NJSIAA Sports Advisory Task Force
Date: December 7, 2020
RE: Return-to-Play Update – Virtual Contact Period

The NJSIAA Sports Advisory Task Force is pleased to provide the following virtual contact periods for each sport listed below. This task force recognizes the importance of socially and emotionally engaging student-athletes with their coaches and teammates, while also helping them to prepare physically and mentally for their upcoming season. However, it is important for all coaches to remember that participation in any sport that is in season must take priority over virtual workouts or virtual meetings for any out of season sport.

Below is a summary of virtual contact, practice start and season end dates for each sport:

Sports	Virtual Contact Date	Practice Start Date	Season End Date
Basketball, bowling, fencing	Dec. 14 th	Jan. 11 th	Mar. 6 th
Swimming, winter track & field	Jan. 11 th	Feb. 1 st	Mar. 27 th
Gymnastics, G volleyball, wrestling	Feb. 1 st	Mar. 1 st	Apr. 24 th

Please be reminded that virtual practices do not count towards the six days of practice and one day of rest requirement.

Lastly, a virtual contact period for all spring sports will follow in our Return-to-Play Update for Spring Sports that will be available on or before Friday, December 11, 2020.