



Virtual Workouts

The NJ SIAA 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.

- School districts must approve virtual workouts.
- In season sports must take priority over virtual workouts or virtual meetings for any out of season sport.
- Virtual workouts do not count towards the six days of practice and one day of rest requirement.
- Regarding physicals, it's the school's decision whether to require student athletes to have a completed physical before the start of virtual workouts.

Virtual Workouts Start Dates

Sport	Season	Virtual Start
Ice Hockey (outdoor)	2	N/A
Ice Hockey (Indoor)	2	Dec. 14
Skiing	2	N/A
Basketball	2	Dec. 14
Bowling	2	Dec. 14
Fencing	2	Dec. 14
Swimming	2A	Jan. 11
Diving	2A	Jan. 11
Winter Track	2A	Jan. 11
Gymnastics	3	Feb. 1
Girls Volleyball	3	Feb. 1
Wrestling	3	Feb. 1
All Spring Sports	4	March 1