

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

Winter Sports 3-Year Quick Chart

All dates are tentative and subject to change by the NJSIAA

Posted 1/06/22 (Changes in **RED**)

2022-2023	First Practice	First Scrimmage	Competition Start**	Tournament Start	Max Contests	3 In a Row	Competition End***
Bowling (Boys / Girls)	Nov 21	Nov 21	Dec 5	Feb 4 / Feb 11	No Max	YES	Mar 5
Ice Hockey	Nov 21	Nov 29	Dec 8	Feb 20	22	NO	Mar 5
Swimming (Team / Individuals)	Nov 21	Nov 29	Dec 8	Feb 7 / Mar 4	16	NO	Mar 5
Skiing*	Nov 28	Dec 5	Dec 15	Feb 25	15	YES	Mar 5
Basketball*	Nov 28	Dec 5	Dec 15	Feb 20	22	NO	Mar 5
Fencing*	Nov 28	Dec 5	Dec 15	Jan 22	16	YES	Mar 5
Track (Relays / Team) *	Nov 28	Dec 5	Dec 15	Jan 11 / Feb 10	14	NO	Mar 5
Wrestling (Team / Districts) *	Nov 28	Dec 5	Dec 15	Feb 6 / Feb 18 Girls (Reg.) Feb 11	30 Per Wrestler	YES	Feb 12
2023-2024	First Practice	First Scrimmage	Competition Start	Tournament Start	Max Contests	3 In a Row	Competition End***
Bowling (Boys / Girls)	Nov 20	Nov 20	Dec 4	Feb 10 / Feb 3	No Max	YES	Mar 3
Ice Hockey	Nov 20	Nov 28	Dec 7	Feb 19	22	NO	Mar 3
Swimming (Team / Individuals)	Nov 20	Nov 28	Dec 7	Feb 6 / Mar 2	16	NO	Mar 3
Skiing*	Nov 27	Dec 4	Dec 14	Feb 24	15	YES	Mar 3
Basketball*	Nov 27	Dec 4	Dec 14	Feb 19	22	NO	Mar 3
Fencing*	Nov 27	Dec 4	Dec 14	Jan 21	16	YES	Mar 3
Track (Relays / Team) *	Nov 27	Dec 4	Dec 14	Jan 10 / Feb 9	14	NO	Mar 3
Wrestling (Team / Districts) *	Nov 27	Dec 4	Dec 14	Feb 5 / Feb 17 Girls (Reg.) Feb 10	30 Per Wrestler	YES	Feb 11
2024-2025	First Practice	First Scrimmage	Competition Start	Tournament Start	Max Contests	3 In a Row	Competition End***
Bowling (Boys / Girls)	Nov 25	Nov 25	Dec 9	Feb 8 / Feb 15	No Max	YES	Mar 9
Ice Hockey	Nov 25	Dec 3	Dec 12	Feb 24	22	NO	Mar 9
Swimming (Team / Individuals)	Nov 25	Dec 3	Dec 12	Feb 11 / Mar 8	16	NO	Mar 9
Skiing*	Dec 2	Dec 9	Dec 19	Mar 1	15	YES	Mar 9
Basketball*	Dec 2	Dec 9	Dec 19	Feb 24	22	NO	Mar 9
Fencing*	Dec 2	Dec 9	Dec 19	Jan 26	16	YES	Mar 9
Track (Relays / Team) *	Dec 2	Dec 9	Dec 19	Jan 15 / Feb 14	14	NO	Mar 9
Wrestling (Team / Districts) *	Dec 2	Dec 9	Dec 19	Feb 10 / Feb 22 Girls (Reg.) Feb 15	30 Per Wrestler	YES	Feb 16

*There will be an optional 3-day tryout period for all sports on Monday, Tuesday, and Wednesday before Thanksgiving that will not count towards the six-day practice rule.

**Any transfers after this date will not be eligible for any NJSIAA post-season tournaments.

***The Competition End date refers to the last day a sport may compete in any contest that is not part of the NJSIAA tournament while keeping within the maximum number of contests permitted.