

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

Spring Sports 3-Year Quick Chart

All dates are tentative and subject to change by the NJSIAA

Posted 3/21/22 (Changes in **RED**)

2022-2023	First Practice	First Scrimmage	Competition Start**	Tournament Start	Max Contests	3 in a Row	Competition End***
Baseball*	Mar 16	Mar 23	Apr 3	May 25	24	YES	June 11
Golf (Team/Ind)	Mar 16	N/A	Mar 23	May 8 / May 15	No Max	YES	June 11
Lacrosse-Boys	Mar 16	Mar 23	Apr 3	May 25	18	NO	June 11
Lacrosse-Girls	Mar 16	Mar 23	Apr 3	May 25	18	NO	June 11
Softball*	Mar 16	Mar 23	Apr 3	May 25	24	YES	June 11
Tennis (Team/Ind)	Mar 13	Mar 20	Apr 3	May 25 / June 10	24	YES	June 11
Track (Team/Ind)	Mar 16	Mar 23	Apr 3	June 2 / June 16	14	NO	June 11
Volleyball	Mar 16	Mar 23	Apr 3	May 25	24	YES	June 11
2023-2024	First Practice	First Scrimmage	Competition Start**	Tournament Start	Max Contests	3 in a Row	Competition End***
Baseball*	Mar 14	Mar 21	Apr 1	May 23	24	YES	June 9
Golf (Team/Ind)	Mar 14	N/A	Mar 21	May 6 / May 13	No Max	YES	June 9
Lacrosse-Boys	Mar 14	Mar 21	Apr 1	May 23	18	NO	June 9
Lacrosse-Girls	Mar 14	Mar 21	Apr 1	May 23	18	NO	June 9
Softball*	Mar 14	Mar 21	Apr 1	May 23	24	YES	June 9
Tennis (Team/Ind)	Mar 11	Mar 18	Apr 1	May 23 / June 8	24	YES	June 9
Track (Team/Ind)	Mar 14	Mar 21	Apr 1	May 31 / June 14	14	NO	June 9
Volleyball	Mar 14	Mar 21	Apr 1	May 23	24	YES	June 9
2024-2025	First Practice	First Scrimmage	Competition Start**	Tournament Start	Max Contests	3 in a Row	Competition End***
Baseball*	Mar 13	Mar 20	Mar 31	May 22	24	YES	June 8
Golf (Team/Ind)	Mar 13	N/A	Mar 20	May 5 / May 12	No Max	YES	June 8
Lacrosse-Boys	Mar 13	Mar 20	Mar 31	May 22	18	NO	June 8
Lacrosse-Girls	Mar 13	Mar 20	Mar 31	May 22	18	NO	June 8
Softball*	Mar 13	Mar 20	Mar 31	May 22	24	YES	June 8
Tennis (Team/Ind)	Mar 10	Mar 17	Mar 31	May 22 / June 7	24	YES	June 8
Track (Team/Ind)	Mar 13	Mar 20	Mar 31	May 30 / June 13	14	NO	June 8
Volleyball	Mar 13	Mar 20	Mar 31	May 22	24	YES	June 8

*Baseball and Softball pitchers and catchers (only) will be permitted to begin practices 3 days before the first practice date.

**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.