



## Six (6) day practice rule

A student shall not be permitted to participate in a scrimmage or a game (interschool) in any strenuous sport until they have completed six (6) days of practice in that sport and one day of rest. Practices are counted on a 24-hour basis not the number of sessions.

For all strenuous sports (which excludes bowling and golf), the “first scrimmage” date must include one day of rest within the first 7 days from the first practice (6 days on and 1 day off rule). The six (6) days of practice and one (1) day of rest do not have to be consecutive but must adhere to the seven (7) day time frame. This requirement applies to all three seasons.

CL1: Any workouts prior to the first official day of practice for a particular sport cannot be counted to fulfill this requirement.

CL2: The six (6) day practice rule begins on the first official day of practice for each sport excluding bowling and golf.

CL3: The six (6) day practice rule will be waived for Student-Athletes who are members of a team participating in an NJSIAA competition after the start of the next season provided the athlete becomes a practicing member within three (3) practice days.

CL4: Any lapses consisting of four (4) or more days, a restart of the six (6) day rule must occur.

CL5: If a student was eligible to participate in a team practice after three (3) consecutive days off but missed the fourth day because of a situation beyond the student’s control (i.e., the school closed for a holiday, Sunday, weather, etc.) a restart is not needed if the student practices the next available day.