

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

Spring Sports 3-Year Quick Chart

All dates are tentative and subject to change by the NJSIAA

Posted 3/11/24 (Changes in **RED**)

2022-2023	First Practice	First Scrimmage	Competition Start**	Tournament Start	Max Contests	3 in a Row	Competition End***	Summer Period Starts / Ends
*Baseball (P/NP)	Mar 16	Mar 23	Apr 3	May 22/May 23	24	YES	June 11	June 12/Aug 31
Golf (Sectionals/Ind)	Mar 16	N/A	Mar 23	May 8 / May 15	No Max	YES	June 11	June 12/Aug 31
Lacrosse-Boys	Mar 16	Mar 23	Apr 3	May 24	18	NO	June 11	June 12/Aug 31
Lacrosse-Girls	Mar 16	Mar 23	Apr 3	May 24	18	NO	June 11	June 12/Aug 31
*Softball (P/NP)	Mar 16	Mar 23	Apr 3	May 23/May 22	24	YES	June 11	June 12/Aug 31
Tennis (Team/Ind)	Mar 13	Mar 20	Apr 3	May 24/June 10	24	YES	June 11	June 12/Aug 31
Track (Sectionals/MOC)	Mar 16	Mar 23	Apr 3	June 2 / June 14	14	NO	June 11	June 12/Aug 31
Volleyball	Mar 16	Mar 23	Apr 3	May 25	24	YES	June 11	June 12/Aug 31
2023-2024	First Practice	First Scrimmage	Competition Start**	Tournament Start	Max Contests	3 in a Row	Competition End***	Summer Period Starts / Ends
*Baseball (P/NP)	Mar 14	Mar 21	Apr 1	May 23 / May 22	24	YES	June 9	June 10/Aug 31
Golf-Boys (Sectionals/Ind)	Mar 14	N/A	Mar 21	May 6 or 7 / May 14	No Max	YES	June 9	June 10/Aug 31
Golf-Girls (Sectionals/Ind)	Mar 14	N/A	Mar 21	May 6 or 7 / May 13	No Max	YES	June 9	June 10/Aug 31
Lacrosse-Boys	Mar 14	Mar 21	Apr 1	May 22	18	NO	June 9	June 10/Aug 31
Lacrosse-Girls	Mar 14	Mar 21	Apr 1	May 22	18	NO	June 9	June 10/Aug 31
*Softball (P/NP)	Mar 14	Mar 21	Apr 1	May 22 / May 23	24	YES	June 9	June 10/Aug 31
Tennis (Team/Ind)	Mar 11	Mar 18	Apr 1	May 22/June 8	24	YES	June 9	June 10/Aug 31
Track (Sectionals/MOC)	Mar 14	Mar 21	Apr 1	May 31/June 12	14	NO	June 9	June 10/Aug 31
Volleyball	Mar 14	Mar 21	Apr 1	May 22	24	YES	June 9	June 10/Aug 31
2024-2025	First Practice	First Scrimmage	Competition Start**	Tournament Start	Max Contests	3 in a Row	Competition End***	Summer Period Starts / Ends
*Baseball (P/NP)	Updates coming soon							
Golf (Sectionals/Ind)								
Lacrosse-Boys								
Lacrosse-Girls								
*Softball (P/NP)								
Tennis (Team/Ind)								
Track (Sectionals/MOC)								
Volleyball								

*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. Scrimmages during the regular season WILL count toward your maximum allowable games.