

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

Spring Sports 3-Year Quick Chart

All dates are tentative and subject to change by the NJSIAA

Posted 9/23/22 (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 21/May 20	24	YES	June 9	June 10/Aug 31
Golf (Sectionals/Ind)	Mar 14	N/A	Mar 21	May 6 / 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 20/May 21	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 23	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)	Mar 13	Mar 20	Mar 31	May 26/May 27	24	YES	June 8	June 9/Aug 31
Golf (Sectionals/Ind)	Mar 13	N/A	Mar 20	May 12/May 19	No Max	YES	June 8	June 9/Aug 31
Lacrosse-Boys	Mar 13	Mar 20	Mar 31	May 28	18	NO	June 8	June 9/Aug 31
Lacrosse-Girls	Mar 13	Mar 20	Mar 31	May 28	18	NO	June 8	June 9/Aug 31
*Softball (P/NP)	Mar 13	Mar 20	Mar 31	May 27/May 26	24	YES	June 8	June 9/Aug 31
Tennis (Team/Ind)	Mar 10	Mar 17	Mar 31	May 28/June 14	24	YES	June 8	June 9/Aug 31
Track (Sectionals/MOC)	Mar 13	Mar 20	Mar 31	June 6 / June 18	14	NO	June 8	June 9/Aug 31
Volleyball	Mar 13	Mar 20	Mar 31	May 29	24	YES	June 8	June 9/Aug 31

*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.**