

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

Fall Sports 3-Year Quick Chart

All dates are tentative and subject to change by the NJSIAA

Revised 8/15/23 (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
Football (P/NP)	Aug 10	Aug 17	Aug 26 (Week 0) Sept 1 (Week 1)	Oct 28 / Nov 4	10	N/A	Nov 27	June 12/Aug 31
Tennis (Girls) Team/Ind	Aug 17	Aug 24	Sept 6	Oct 6 / Oct 8	24	YES	Nov 13	June 12/Aug 31
Cross Country	Aug 22	Aug 29	Sept 8	Oct 29	14	NO	Nov 13	June 12/Aug 31
Field Hockey (P/NP)	Aug 22	Aug 29	Sept 8	Oct 31/Nov 2	18	NO	Nov 13	June 12/Aug 31
Gymnastics	Aug 22	Aug 29	Sept 8	Nov 5	14	NO	Nov 13	June 12/Aug 31
Soccer (Boys) (P/NP)	Aug 22	Aug 29	Sept 8	Oct 27 / Oct 31	18	NO	Nov 13	June 12/Aug 31
Soccer (Girls) (P/NP)	Aug 22	Aug 29	Sept 8	Oct 26 / Oct 29	18	NO	Nov 13	June 12/Aug 31
Volleyball (Girls) (P/NP)	Aug 22	Aug 29	Sept 8	Oct 28 / Nov 2	24	YES	Nov 13	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
Football (P/NP)	Aug 7 / Aug 9	Aug 16	Aug 25 (Week 0) Aug 31 (Week 1)	Oct 27 / Nov 3	10	N/A	Nov 26	June 10/Aug 31
Tennis (Girls) Team/Ind	Aug 16	Aug 23	Sept 5	Oct 5 / Oct 7	24	YES	Nov 12	June 10/Aug 31
Cross Country	Aug 21	Aug 28	Sept 7	Oct 28	14	NO	Nov 12	June 10/Aug 31
Field Hockey (P/NP)	Aug 18 / Aug 21	Aug 28	Sept 7	Oct 25 / Oct 25	18	NO	Nov 12	June 10/Aug 31
Gymnastics	Aug 21	Aug 28	Sept 7	Nov 4	14	NO	Nov 12	June 10/Aug 31
Soccer (Boys) (P/NP)	Aug 21	Aug 28	Sept 7	Oct 25 / Oct 27	18	NO	Nov 12	June 10/Aug 31
Soccer (Girls) (P/NP)	Aug 21	Aug 28	Sept 7	Oct 26 / Oct 27	18	NO	Nov 12	June 10/Aug 31
Volleyball (Girls) (P/NP)	Aug 21	Aug 28	Sept 7	Oct 26 / Nov 1	24	YES	Nov 12	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
Football (P/NP)	Aug 12/ Aug 14	Aug 21	Aug 30 (Week 0) Sept 6 (Week 1)	Nov 1 / Nov 8	10	N/A	Dec 1	June 9/Aug 31
Tennis (Girls) Team/Ind	Aug 14	Aug 28	Sept 3	Oct 3 / Oct 5	24	YES	Nov 17	June 9/Aug 31
Cross Country	Aug 26	Sept 2	Sept 12	Nov 2	14	NO	Nov 17	June 9/Aug 31
Field Hockey (P/NP)	Aug 23 / Aug 26	Sept 2	Sept 12	Nov 4 / Nov 6	18	NO	Nov 17	June 9/Aug 31
Gymnastics	Aug 26	Sept 2	Sept 12	Nov 2	14	NO	Nov 17	June 9/Aug 31
Soccer (Boys) (P/NP)	Aug 26	Sept 2	Sept 12	Oct 31 / Nov 4	18	NO	Nov 17	June 9/Aug 31
Soccer (Girls) (P/NP)	Aug 26	Sept 2	Sept 12	Oct 30 / Nov 2	18	NO	Nov 17	June 9/Aug 31
Volleyball (Girls) (P/NP)	Aug 26	Sept 2	Sept 12	Nov 1 / Nov 6	24	YES	Nov 17	June 9/Aug 31

*For any transfers after this date, the athlete will need to sit out 30 days beginning with the competition start date for the sport.

**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.

Football and Field Hockey allow an optional 2-day early start date for heat acclimatization purposes only – these days do not count towards the 6-day practice rule.