

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

Fall Sports 3-Year Quick Chart

All dates are tentative and subject to change by the NJSIAA

Posted 12/21/23 (Changes in **RED**)

2024-2025	First Practice*	Competition Start**	Cutoff	Tournament Start	Max Contests	3 In a Row	Competition End***	Summer Period Starts / Ends
Football (P/NP)	Aug 12	See Note	See Note	See Note	14	N/A	See Note	June 17/Aug 31
Tennis (Girls) Team/Ind	Aug 12	Aug 19	Sept 28	Oct 3 / Oct 5	24	YES	Nov 24	June 17/Aug 31
Cross Country	Aug 19	Aug 26	Oct 26	Nov 2	14	NO	Nov 24	June 17/Aug 31
Field Hockey	Aug 19	Aug 26	Oct 26	Nov 4	18	NO	Nov 24	June 17/Aug 31
Gymnastics	Aug 19	Aug 26	Oct 26	Nov 2	14	NO	Nov 24	June 17/Aug 31
Soccer (Boys)	Aug 19	Aug 26	Oct 26	Nov 5	18	NO	Nov 24	June 17/Aug 31
Soccer (Girls)	Aug 19	Aug 26	Oct 26	Nov 4	18	NO	Nov 24	June 17/Aug 31
Volleyball (P/NP)	Aug 19	Aug 26	Oct 26	Nov 4/Nov 6	24	YES	Nov 24	June 17/Aug 31
2025-2026	First Practice*	Competition Start**	Cutoff	Tournament Start	Max Contests	3 In a Row	Competition End***	Summer Period Starts / Ends
Football (P/NP)	Aug 11	See Note	See Note	See Note	14	N/A	See Note	June 16/Aug 31
Tennis (Girls) Team/Ind	Aug 11	Aug 18	Sept 27	Oct 2 / Oct 4	24	YES	Nov 23	June 16/Aug 31
Cross Country	Aug 18	Aug 25	Oct 25	Nov 1	14	NO	Nov 23	June 16/Aug 31
Field Hockey	Aug 18	Aug 25	Oct 25	Nov 3	18	NO	Nov 23	June 16/Aug 31
Gymnastics	Aug 18	Aug 25	Oct 25	Nov 1	14	NO	Nov 23	June 16/Aug 31
Soccer (Boys)	Aug 18	Aug 25	Oct 25	Nov 3	18	NO	Nov 23	June 16/Aug 31
Soccer (Girls)	Aug 18	Aug 25	Oct 25	Nov 4	18	NO	Nov 23	June 16/Aug 31
Volleyball (Girls) (P/NP)	Aug 18	Aug 25	Oct 25	Nov 3/Nov 5	24	YES	Nov 23	June 16/Aug 31
2026-2027	First Practice*	Competition Start**	Cutoff	Tournament Start	Max Contests	3 In a Row	Competition End***	Summer Period Starts / Ends
Football (P/NP)	Aug 10	See Note	See Note	See Note	14	N/A	See Note	June 15/Aug 31
Tennis (Girls) Team/Ind	Aug 10	Aug 17	Sept 26	Oct 1 / Oct 3	24	YES	Nov 22	June 15/Aug 31
Cross Country	Aug 17	Aug 24	Oct 24	Oct 31	14	NO	Nov 22	June 15/Aug 31
Field Hockey	Aug 17	Aug 24	Oct 24	Nov 2	18	NO	Nov 22	June 15/Aug 31
Gymnastics	Aug 17	Aug 24	Oct 24	Oct 31	14	NO	Nov 22	June 15/Aug 31
Soccer (Boys)	Aug 17	Aug 24	Oct 24	Nov 3	18	NO	Nov 22	June 15/Aug 31
Soccer (Girls)	Aug 17	Aug 24	Oct 24	Nov 2	18	NO	Nov 22	June 15/Aug 31
Volleyball (Girls) (P/NP)	Aug 17	Aug 24	Oct 24	Nov 2/Nov 4	24	YES	Nov 22	June 15/Aug 31

*Any transfers after the "First Practice" date, the athlete will need to sit out 30 days beginning with the competition start date for that sport.

**The "Contest Start" date indicates when a school may start to schedule scrimmages and regular season contests once the 6-days of practice/1-day of rest rule has been satisfied. Any transfers after the "Competition Start" date will not be eligible for any NJSIAA post-season tournament for that sport.

***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.

NOTE: FOOTBALL COMPETITION START DATES DO NOT BECOME OFFICIAL UNTIL THEY ARE APPROVE BY THE EXECUTIVE COMMITTEE EACH YEAR IN FEBRUARY.