NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

Fall Sports 3-Year Quick Chart

All dates are tentative and subject to change by the NJSIAA

Posted 8/5/25 (Changes in **RED**)

2024-2025	First Practice	Competition May Begin*	Cutoff	Power Pts Close at Noon	Tournament Start	Max Contests	3 In a Row	Competition End**
Football (P/NP)	Aug 12	Aug 29 (Week 0) Sept 5 (Week 1)	Oct 26 / Nov 2	Oct 27 / Nov 3	Nov 1 / Nov 8	14	N/A	Dec 1
Tennis (Girls) Team/Ind	Aug 12	Aug 19	Sept 23	Sept 24	Sept 30 / Oct 5	24	YES	Nov 24
Cross Country	Aug 19	Aug 26	Oct 26	Oct 27	Nov 2	14	NO	Nov 24
Field Hockey	Aug 19	Aug 26	Oct 26	Oct 27	Nov 4	18	NO	Nov 24
Gymnastics	Aug 19	Aug 26	Oct 22	Oct 23	Nov 2	14	NO	Nov 24
Soccer (Boys)	Aug 19	Aug 26	Oct 26	Oct 27	Nov 5	18	NO	Nov 24
Soccer (Girls)	Aug 19	Aug 26	Oct 26	Oct 27	Nov 4	18	NO	Nov 24
Volleyball (P/NP)	Aug 19	Aug 26	Oct 26	Oct 27	Nov 4/Nov 6	24	YES	Nov 24
2025-2026	**First Practice**	**Competition May Begin***	**Cutoff**	**Power Pts Close at Noon**	**Tournament Start**	**Max Contests**	**3 In a Row**	**Competition End****
Football (P/NP)	Aug 11	Aug 28 (Week 0) Sept 4 (Week 1)	Oct 25 / Nov 1	Oct 26 / Nov 2	Oct 31 / Nov 7	14	N/A	Nov 30
Tennis (Girls) Team/Ind	Aug 11	Aug 18	Sept 20	Sept 21	Sept 29 / Oct 4	24	YES	Nov 23
Cross Country	Aug 18	Aug 25	Oct 25	Oct 26	Nov 1	14	NO	Nov 23
Field Hockey	Aug 18	Aug 25	Oct 25	Oct 26	Nov 3	18	NO	Nov 23
Gymnastics	Aug 18	Aug 25	Oct 21	Oct 22	Nov 1	14	NO	Nov 23
Soccer (Boys)	Aug 18	Aug 25	Oct 25	Oct 26	Nov 3	18	NO	Nov 23
Soccer (Girls)	Aug 18	Aug 25	Oct 25	Oct 26	Nov 4	18	NO	Nov 23
Volleyball (Girls) (P/NP)	Aug 18	Aug 25	Oct 25	Oct 26	Nov 3/Nov 5	24	YES	Nov 23
2026-2027	**First Practice**	**Competition May Begin***	**Cutoff**	**Power Pts Close at Noon**	**Tournament Start**	**Max Contests**	**3 In a Row**	**Competition End****
Football (P/NP)	Aug 10	Aug 28 (Week 0) Sept 3 (Week 1)	Oct 24 / Oct 31	Oct 25 / Nov 1	Oct 30 / Nov 6	14	N/A	Nov 29
Tennis (Girls) Team/Ind	Aug 10	Aug 17	Sept 26	Sept 27	Oct 1 / Oct 3	24	YES	Nov 22
Cross Country	Aug 17	Aug 24	Oct 24	Oct 25	Oct 31	14	NO	Nov 22
Field Hockey	Aug 17	Aug 24	Oct 24	Oct 25	Nov 2	18	NO	Nov 22
Gymnastics	Aug 17	Aug 24	Oct 20	Oct 21	Oct 31	14	NO	Nov 22
Soccer (Boys)	Aug 17	Aug 24	Oct 24	Oct 25	Nov 3	18	NO	Nov 22
Soccer (Girls)	Aug 17	Aug 24	Oct 24	Oct 25	Nov 2	18	NO	Nov 22
Volleyball (Girls) (P/NP)	Aug 17	Aug 24	Oct 24	Oct 25	Nov 2/Nov 4	24	YES	Nov 22

***The "Competition May Begin" 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. Football Only – Scrimmages may begin: August 19 (2024), August 18 (2025), August 17 (2026). The "Competition Start Date" used for transfer penalties begins with a school's first regular season contest in each sport. For football, a student sits the first 3 games for a 22-day sit and the first 4 games for a 30-day sit.**

****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.**

The summer period begins: June 16 (2025), June 15 (2026), June 14 (2027). The last day of the summer period is August 31st.