

# NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

## Winter Sports 3-Year Quick Chart

All dates are tentative and subject to change by the NJSIAA

Posted 11/25/25 (Changes in **RED**)

2025-2026	First Practice	Competition May Begin*	Cutoff	Power Pts Close at Noon	Tournament Start	Max Contests	3 In a Row	Competition End**
Bowling	Nov 17	Nov 24	<b>Feb 1</b>	<b>Feb 2</b>	Feb 10	No Max	YES	Mar 8
Ice Hockey (P / NP & G)	Nov 17	Dec 1	Feb 14	Feb 15	Feb 23 / Feb 24	22	NO	Mar 8
Swimming (Team / Individuals)	Nov 17	Dec 1	Jan 24	Jan 25	Feb 2 / Feb 28	16	NO	Mar 8
Basketball	Dec 1	Dec 8	Feb 14	Feb 15	<b>Feb 24</b>	24	NO	Mar 8
Fencing (Team / Individuals)	Dec 1	Dec 8	<b>Feb 7</b>	<b>Feb 8</b>	<b>Feb 10</b> / Feb 28	16	YES	Mar 8
Track (Relays / Sectionals)	Dec 1	Dec 8	See Regs	N/A	Jan 14 / <b>Feb 4</b>	14	NO	Mar 8
Wrestling-Boys (P/NP/Districts)	Dec 1	Dec 8	<b>Feb 7</b>	<b>Feb 8</b>	Feb 16 / Feb 17 / Feb 28	<b>33 matches</b>	YES	Feb 22
Wrestling-Girls (Team/Districts)	Dec 1	Dec 8	<b>Feb 7</b>	<b>Feb 8</b>	Feb 17 / March 1	<b>33 matches</b>	YES	Feb 22
2026-2027	First Practice	Competition May Begin*	Cutoff	Power Pts Close at Noon	Tournament Start	Max Contests	3 In a Row	Competition End**
Bowling	Nov 16	Nov 23	<b>Jan 31</b>	<b>Feb 1</b>	Feb 9	No Max	YES	Mar 7
Ice Hockey (P / NP & G)	Nov 16	Nov 30	Feb 13	Feb 14	Feb 22 / Feb 23	22	NO	Mar 7
Swimming (Team / Individuals)	Nov 16	Nov 30	Jan 23	Jan 24	Feb 1 / Feb 27	16	NO	Mar 7
Basketball	Nov 30	Dec 7	Feb 13	Feb 14	<b>Feb 23</b>	24	NO	Mar 7
Fencing (Team / Individuals)	Nov 30	Dec 7	<b>Feb 6</b>	<b>Feb 7</b>	<b>Feb 9</b> / Feb 27	16	YES	Mar 7
Track (Relays / Sectionals)	Nov 30	Dec 7	See Regs	N/A	Jan 13 / <b>Feb 3</b>	14	NO	Mar 7
Wrestling-Boys (P/NP/Districts)	Nov 30	Dec 7	<b>Feb 6</b>	<b>Feb 7</b>	TBA	30 matches	YES	TBA
Wrestling-Girls (P/NP/Districts)	Nov 30	Dec 7	<b>Feb 6</b>	<b>Feb 7</b>	TBA	30 matches	YES	TBA
2027-2028	First Practice	Competition May Begin*	Cutoff	Power Pts Close at Noon	Tournament Start	Max Contests	3 In a Row	Competition End**
Bowling						No Max	YES	
Ice Hockey (P / NP & G)						22	NO	
Swimming (Team / Individuals)						16	NO	
Basketball						24	NO	
Fencing (Team / Individuals)						16	YES	
Track (Relays / Sectionals)			See Regs			14	NO	
Wrestling-Boys (P/NP/Districts)						30 matches	YES	
Wrestling-Girls (P/NP/Districts)						30 matches	YES	

\*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. The "Competition Start Date" used for transfer penalties begins with a school's first regular season contest in each 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.

There will be an optional 3-day tryout period for Basketball, Fencing, Winter Track, and Wrestling on Monday, Tuesday, and Wednesday before Thanksgiving that will not count towards the six-day practice rule.

The summer period begins: June 15 (2026), June 14 (2027). The last day of the summer period is August 31<sup>st</sup>.