

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

Winter Sports 3-Year Quick Chart

All dates are tentative and subject to change by the NJSIAA

Posted 7/23/24 (Changes in **RED**)

2024-2025	First Practice	Competition Start*	Cutoff	Power Pts Close at Noon	Tournament Start	Max Contests	3 In a Row	Competition End**
Bowling	Nov 25	Nov 25	Feb 1	Feb 2	Feb 11	No Max	YES	Mar 9
Ice Hockey (P / NP & G)	Nov 25	Dec 2	Feb 8	Feb 9	Feb 17 / Feb 18	22	NO	Mar 9
Swimming (Team / Individuals)	Nov 25	Dec 2	Jan 25	Jan 26	Feb 3 / Mar 1	16	NO	Mar 9
Basketball	Dec 2	Dec 9	Feb 15	Feb 16	Feb 26	24	NO	Mar 9
Fencing (Districts / Individuals)	Dec 2	Dec 9	N/A	N/A	Jan 26 / Mar 1	16	YES	Mar 9
Track (Relays / Sectionals)	Dec 2	Dec 9	N/A	N/A	Jan 15 / Feb 6	14	NO	Mar 9
Wrestling (P / NP/ Districts)	Dec 2	Dec 9	Feb 1	Feb 2	Feb 10 / Feb 11 / Feb 22	30 Per Wrestler	YES	TBA
2025-2026	First Practice	Competition Start*	Cutoff	Power Pts Close at Noon	Tournament Start	Max Contests	3 In a Row	Competition End**
Bowling	Nov 24	Nov 24	Jan 31	Feb 1	Feb 10	No Max	YES	Mar 8
Ice Hockey (P / NP & G)	Nov 24	Dec 1	Feb 7	Feb 8	Feb 16 / Feb 17	22	NO	Mar 8
Swimming (Team / Individuals)	Nov 24	Dec 1	Jan 24	Jan 25	Feb 2 / Feb 28	16	NO	Mar 8
Basketball	Dec 1	Dec 8	Feb 14	Feb 15	Feb 25	24	NO	Mar 8
Fencing (Districts / Individuals)	Dec 1	Dec 8	N/A	N/A	Jan 25 / Feb 28	16	YES	Mar 8
Track (Relays / Sectionals)	Dec 1	Dec 8	N/A	N/A	Jan 14 / Feb 5	14	NO	Mar 8
Wrestling (P / NP/ Districts)	Dec 1	Dec 8	Jan 31	Feb 1	Feb 9 / Feb 10 / Feb 21	30 Per Wrestler	YES	TBA
2026-2027	First Practice	Competition Start*	Cutoff	Power Pts Close at Noon	Tournament Start	Max Contests	3 In a Row	Competition End**
Bowling	Nov 23	Nov 23	Jan 30	Jan 31	Feb 9	No Max	YES	Mar 7
Ice Hockey (P / NP & G)	Nov 23	Nov 30	Feb 6	Feb 7	Feb 15 / Feb 16	22	NO	Mar 7
Swimming (Team / Individuals)	Nov 23	Nov 30	Jan 23	Jan 24	Feb 1 / Feb 27	16	NO	Mar 7
Basketball	Nov 30	Dec 7	Feb 13	Feb 14	Feb 24	24	NO	Mar 7
Fencing (Districts / Individuals)	Nov 30	Dec 7	N/A	N/A	Jan 24 / Feb 27	16	YES	Mar 7
Track (Relays / Sectionals)	Nov 30	Dec 7	N/A	N/A	Jan 15 / Feb 4	14	NO	Mar 7
Wrestling (P / NP/ Districts)	Nov 30	Dec 7	Jan 30	Jan 31	Feb 8 / Feb 9 / Feb 20	30 Per Wrestler	YES	TBA

*The "Competition 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.

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