

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

Winter Sports 3-Year Quick Chart

All dates are tentative and subject to change by the NJSIAA

Posted 11/6/24 (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** |
|------------------------------------|----------------|------------------------|---------------|-------------------------|--------------------------|-----------------|------------|-------------------|
| 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 15 | Feb 16 | Feb 24 / Feb 25 | 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 May Begin* | 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 14 | Feb 15 | Feb 23 / Feb 24 | 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 May Begin* | 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 13 | Feb 14 | Feb 22 / Feb 23 | 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 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 16 (2025), June 15 (2026), June 14 (2027). The last day of the summer period is August 31st.