NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

Winter Sports 3-Year Quick Chart

All dates are tentative and subject to change by the NJSIAA

Posted 9/23/26 (Changes in **RED**)

2026-2027	First Practice	Competition May Begin*	Cutoff	Power Points Close	Tournament Start	Max Contests	3 In a Row	Competition End**
Bowling (Team / Individuals)	Nov 16	Nov 23	Jan 31	Feb 1	Feb 8	No Max	YES	Mar 7
Ice Hockey (P / NP & G)	Nov 16	Nov 30	Feb 13	Feb 14	Feb 17 / Feb 22	22	NO	Mar 7
Swimming (Team / Individuals)	Nov 16	Nov 30	Jan 23/Feb 13	Jan 24	Feb 1 / Feb 27	16	NO	Mar 7
Basketball (P/NP)	Nov 30	Dec 7	Feb 13	Feb 14	Feb 23 / Feb 25	24	NO	Mar 7
Fencing (Team / Individuals)	Nov 30	Dec 7	Feb 6	Feb 7	Feb 9 / Feb 27	16	YES	Mar 7
Track (Relays / Sectionals)	Nov 30	Dec 7	See Regs	N/A	Jan 12-16 / Feb 2-7 or 9-14	14	NO	Mar 7
Wrestling-Boys (P/NP/Districts)	Nov 30	Dec 7	Jan 23	Jan 24	Feb 1 / Feb 2 / Feb 13	30 matches	YES	Feb 7
Wrestling-Girls (Team/Districts)	Nov 30	Dec 7	Jan 23	Jan 24	Feb 2 / Feb 14	30 matches	YES	Feb 7
2027-2028	First Practice	Competition May Begin*	Cutoff	Power Points Close	Tournament Start	Max Contests	3 In a Row	Competition End**
Bowling (Team / Individuals)	Nov 15	Nov 22	Jan 30	Jan 31	Feb 7	No Max	YES	Mar 6
Ice Hockey (P / NP & G)	Nov 15	Nov 29	Feb 12	Feb 13	Feb 16 / Feb 21	22	NO	Mar 6
Swimming (Team / Individuals)	Nov 15	Nov 29	Jan 22	Jan 23	Jan 31 / Feb 26	16	NO	Mar 6
Basketball (P/NP)	Nov 29	Dec 6	Feb 12	Feb 13	Feb 22 / Feb 24	24	NO	Mar 6
Fencing (Team / Individuals)	Nov 29	Dec 6	Feb 5	Feb 6	Feb 8 / Feb 26	16	YES	Mar 6
Track (Relays / Sectionals)	Nov 29	Dec 6	See Regs	N/A	Jan 11-15 / Feb 1-6 or 8-13	14	NO	Mar 6
Wrestling-Boys (P/NP/Districts)	Nov 29	Dec 6	Jan 22	Jan 23	Jan 31 / Feb 1 / Feb 12	30 matches	YES	Feb 6
Wrestling-Girls (Team/Districts)	Nov 29	Dec 6	Jan 22	Jan 23	Feb 1 / Feb 13	30 matches	YES	Feb 6
2028-2029	First Practice	Competition May Begin*	Cutoff	Power Points Close	Tournament Start	Max Contests	3 In a Row	Competition End**
Bowling (Team / Individuals)	Nov 13	Nov 20	Jan 28	Jan 29	Feb 5	No Max	YES	Mar 4
Ice Hockey (P / NP & G)	Nov 13	Nov 27	Feb 10	Feb 11	Feb 14 / Feb 19	22	NO	Mar 4
Swimming (Team / Individuals)	Nov 13	Nov 27	Jan 20	Jan 21	Jan 29 / Feb 24	16	NO	Mar 4
Basketball (P/NP)	Nov 27	Dec 4	Feb 10	Feb 11	Feb 20 / Feb 22	24	NO	Mar 4
Fencing (Team / Individuals)	Nov 27	Dec 4	Feb 3	Feb 4	Feb 7 / Feb 24	16	YES	Mar 4
Track (Relays / Sectionals)	Nov 27	Dec 4	See Regs	N/A	Jan 9-13 / Jan 30-Feb 4 or 6-11	14	NO	Mar 4
Wrestling-Boys (P/NP/Districts)	Nov 27	Dec 4	Jan 20	Jan 21	Jan 29 / Jan 30 / Feb 10	30 matches	YES	Feb 4
Wrestling-Girls (Team/Districts)	Nov 27	Dec 4	Jan 20	Jan 21	Jan 30 / Feb 11	30 matches	YES	Feb 4

*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. For basketball only, a student sits the first 8 games for a 22-day sit and the first 12 games for a 30-day sit.

The summer period begins: June 14 (2027), June 12 (2028), June 11 (2029). The last day of the summer period is August 31st.