

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

Spring Sports 3-Year Quick Chart

All dates are tentative and subject to change by the NJSIAA

Posted 7/29/24 (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** |
|--------------------------------|----------------|--------------------|-----------------|-------------------------|-------------------------|--------------|------------|-------------------|
| Baseball (Public / Non-Public) | Mar 10 | Mar 17 | May 17 | May 18 | May 27 / May 28 | 24 | YES | June 15 |
| Golf (Boys / Girls) | Mar 10 | Mar 10 | April 30 | May 1 | May 5 or May 6 | No Max | YES | June 15 |
| Lacrosse-Boys (Pub / NP) | Mar 10 | Mar 17 | May 20 | May 21 | May 29 / May 28 | 18 | NO | June 15 |
| Lacrosse-Girls (Pub / NP) | Mar 10 | Mar 17 | May 20 | May 21 | May 29 / May 28 | 18 | NO | June 15 |
| Softball (Public / Non-Public) | Mar 10 | Mar 17 | May 17 | May 18 | May 28 / May 27 | 24 | YES | June 15 |
| Tennis (Team/Ind) | Mar 10 | Mar 17 | May 14 | May 15 | May 21 or 22 / June 7 | 24 | YES | June 15 |
| Track (P / NP / MOC) | Mar 10 | Mar 17 | May 10 / May 24 | May 11 / May 25 | May 16 / May 30 / Jun 4 | 14 | NO | June 15 |
| Volleyball | Mar 10 | Mar 17 | May 22 | May 23 | May 29 | 24 | YES | June 15 |
| 2025-2026 | First Practice | Competition Start* | Cutoff | Power Pts Close at Noon | Tournament Start | Max Contests | 3 in a Row | Competition End** |
| Baseball (Public / Non-Public) | Mar 9 | Mar 16 | May 16 | May 17 | May 27 / May 26 | 24 | YES | June 14 |
| Golf (Boys / Girls) | Mar 9 | Mar 9 | April 29 | April 30 | May 4 or May 5 | No Max | YES | June 14 |
| Lacrosse-Boys (Pub / NP) | Mar 9 | Mar 16 | May 19 | May 20 | May 28 / May 27 | 18 | NO | June 14 |
| Lacrosse-Girls (Pub / NP) | Mar 9 | Mar 16 | May 19 | May 20 | May 28 / May 27 | 18 | NO | June 14 |
| Softball (Public / Non-Public) | Mar 9 | Mar 16 | May 16 | May 17 | May 26 / May 27 | 24 | YES | June 14 |
| Tennis (Team/Ind) | Mar 9 | Mar 16 | May 13 | May 14 | May 20 or 21 / June 6 | 24 | YES | June 14 |
| Track (P / NP / MOC) | Mar 9 | Mar 16 | May 9 / May 23 | May 10 / May 24 | May 15 / May 29 / Jun 3 | 14 | NO | June 14 |
| Volleyball | Mar 9 | Mar 16 | May 21 | May 22 | May 28 | 24 | YES | June 14 |
| 2026-2027 | First Practice | Competition Start* | Cutoff | Power Pts Close at Noon | Tournament Start | Max Contests | 3 in a Row | Competition End** |
| Baseball (Public / Non-Public) | Mar 8 | Mar 15 | May 15 | May 16 | May 24 / May 25 | 24 | YES | June 13 |
| Golf (Boys / Girls) | Mar 8 | Mar 8 | April 28 | April 29 | May 3 or May 4 | No Max | YES | June 13 |
| Lacrosse-Boys (Pub / NP) | Mar 8 | Mar 15 | May 18 | May 19 | May 27 / May 26 | 18 | NO | June 13 |
| Lacrosse-Girls (Pub / NP) | Mar 8 | Mar 15 | May 18 | May 19 | May 27 / May 26 | 18 | NO | June 13 |
| Softball (Public / Non-Public) | Mar 8 | Mar 15 | May 15 | May 16 | May 25 / May 24 | 24 | YES | June 13 |
| Tennis (Team/Ind) | Mar 8 | Mar 15 | May 12 | May 13 | May 19 or 20 / June 5 | 24 | YES | June 13 |
| Track (P / NP / MOC) | Mar 8 | Mar 15 | May 8 / May 22 | May 16 / May 30 | May 21 / June 4 / Jun 2 | 14 | NO | June 13 |
| Volleyball | Mar 8 | Mar 15 | May 20 | May 21 | May 27 | 24 | YES | June 13 |

*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.

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