



To: NJSIAA Program Review Committee

From: Tony Maselli, Chief Operating Officer

Date: May 12, 2025

RE: Practice Start Date: Ice Hockey – Swimming – Bowling

---

### **Proposal**

NJSIAA staff, with the support of the Ice Hockey, Swimming, and Bowling Committees, as well as the Association's Leagues & Conferences, propose a modification to the NJSIAA Rules & Regulations – Program Regulations – Section 6 (Start of Practice) that will permit ice hockey, swimming, and bowling to begin practice one week earlier than currently allowed, which is the Monday of Thanksgiving Week. However, the date that competition may begin will remain unchanged.

### **Rationale**

This proposal addresses challenges unique to these sports, which often rely on third-party facilities for practice. These facilities can present difficulties in securing adequate and consistent practice times within the current preseason window.

Additionally:

- Ice hockey and swimming require athletes to complete a minimum of six practices before their first competition. The current schedule, combined with the Thanksgiving holiday, limits the ability of teams to meet this requirement without strain.
- The extra week would provide greater flexibility and opportunity for teams to safely and effectively prepare for competition.

It is recommended that this proposal, if approved, begin with the 2025-26 winter season and future dates are summarized below.

<b>Current Practice Start Date Ice Hockey/Swimming/Bowling</b>	<b>Proposed Practice Start Date Ice Hockey/Swimming/Bowling</b>	<b>Practice Start Date All Other Sports</b>
November 24, 2025	November 17, 2025	December 1, 2025
November 23, 2026	November 16, 2026	November 30, 2026
November 22, 2027	November 15, 2027	November 29, 2027