

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

Fall Sports 3-Year Quick Chart

All dates are tentative and subject to change by the NJSIAA

Posted 4/29/26 (Changes in **RED**)

2026-2027	First Practice	Competition May Begin*	Cutoff	Power Points Close	Tournament Start	Max Contests	3 In a Row	Competition End**
Football (P/NP)	Aug 10	Aug 27 (Week 0) Sept 3 (Week 1)	Oct 24 / Oct 31	Oct 25 / Nov 1	Oct 30 / Nov 6	14	N/A	Nov 29
Tennis (Girls) Team/Ind	Aug 10	Aug 17	Sept 22	Sept 23	Sept 28 / Oct 3	24	YES	Nov 22
Cross Country	Aug 17	Aug 24	Oct 24	Oct 24	Oct 31	14	NO	Nov 22
Field Hockey	Aug 17	Aug 24	Oct 24	Oct 25	Nov 2	18	NO	Nov 22
Gymnastics Team/Ind	Aug 17	Aug 24	Oct 30 / Nov 7	Oct 31 / Nov 8	Nov 7	14	NO	Nov 22
Soccer (Boys) (NP/P)	Aug 17	Aug 24	Oct 24	Oct 25	Nov 2 / Nov 4	18	NO	Nov 22
Soccer (Girls) (NP/P)	Aug 17	Aug 24	Oct 24	Oct 25	Nov 2 / Nov 3	18	NO	Nov 22
Volleyball (Girls) (P/NP)	Aug 17	Aug 24	Oct 24	Oct 25	Nov 2 / Nov 2	24	YES	Nov 22
2027-2028	First Practice	Competition May Begin*	Cutoff	Power Points Close	Tournament Start	Max Contests	3 In a Row	Competition End**
Football (P/NP)	Aug 9	Aug 26 (Week 0) Sept 2 (Week 1)	Oct 23 / Oct 30	Oct 24 / Oct 31	Oct 29 / Nov 5	14	N/A	Nov 28
Tennis (Girls) Team/Ind	Aug 9	Aug 16	Sept 21	Sept 22	Sept 27 / Oct 2	24	YES	Nov 21
Cross Country	Aug 16	Aug 23	Oct 23	Oct 23	Oct 30	14	NO	Nov 21
Field Hockey	Aug 16	Aug 23	Oct 23	Oct 24	Nov 1	18	NO	Nov 21
Gymnastics Team/Ind	Aug 16	Aug 23	Oct 29 / Nov 6	Oct 30 / Nov 7	Nov 6	14	NO	Nov 21
Soccer (Boys) (NP/P)	Aug 16	Aug 23	Oct 23	Oct 24	Nov 1 / Nov 2	18	NO	Nov 21
Soccer (Girls) (NP/P)	Aug 16	Aug 23	Oct 23	Oct 24	Nov 1 / Nov 3	18	NO	Nov 21
Volleyball (Girls) (P/NP)	Aug 16	Aug 23	Oct 23	Oct 24	Nov 1 / Nov 1	24	YES	Nov 21
2028-2029	First Practice	Competition May Begin*	Cutoff	Power Points Close	Tournament Start	Max Contests	3 In a Row	Competition End**
Football (P/NP)	Aug 7	Aug 24 (Week 0) Aug 31 (Week 1)	Oct 21 / Oct 28	Oct 22 / Oct 29	Oct 27 / Nov 3	14	N/A	Nov 26
Tennis (Girls) Team/Ind	Aug 7	Aug 14	Sept 19	Sept 20	Sept 25 / Sept 30	24	YES	Nov 19
Cross Country	Aug 14	Aug 21	Oct 21	Oct 21	Oct 28	14	NO	Nov 19
Field Hockey	Aug 14	Aug 21	Oct 21	Oct 22	Oct 30	18	NO	Nov 19
Gymnastics Team/Ind	Aug 14	Aug 21	Oct 27 / Nov 4	Oct 28 / Nov 5	Nov 4	14	NO	Nov 19
Soccer (Boys) (NP/P)	Aug 14	Aug 21	Oct 21	Oct 22	Oct 30 / Nov 1	18	NO	Nov 19
Soccer (Girls) (NP/P)	Aug 14	Aug 21	Oct 21	Oct 22	Oct 30 / Oct 31	18	NO	Nov 19
Volleyball (Girls) (P/NP)	Aug 14	Aug 21	Oct 21	Oct 22	Oct 30 / Oct 30	24	YES	Nov 19

*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. Football Only – Scrimmages may begin: August 17 (2026), August 16 (2027) and August 14 (2028). The "Competition Start Date" used for transfer penalties begins with a school's first regular season contest in each sport. For football, a student sits the first 3 games for a 22-day sit and the first 4 games for a 30-day sit.

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