



To: NJSIAA Program Review Committee

From: Tony Maselli, Chief Operating Officer

Date: June 8, 2026

RE: Section 9 – Per Day Maximums

NJSIAA staff recommends the following updates to the sport-specific regulations regarding Section 9 – Per Day rules.

The “Per Day” rules have been clarified for all sports. In previous years, there has been uncertainty regarding the interpretation of rules for sports that may participate in multiple contests during a single day.

To provide greater consistency and understanding across all member schools and athletic programs, the following language will be updated in the NJSIAA Handbook.

Sports Specific Regulations (pages 63-85) - Section 9 (Per Day Maximums)

Baseball

Section 9 – Games/Innings Per Day: Unlimited

Basketball

Section 9 - Quarters Per Day: A basketball player shall play no more than five (5) quarters during the same calendar day. This would include freshman, sophomore, junior varsity, and varsity competition. Overtime periods are a continuation of the 4th quarter.

CL1: Violations of this section result in ineligible participation and forfeiture of the game.

CL2: A team may play two (2) varsity games on the same day, however the team must follow the five (5) quarters rule.

CL3: When a team plays two games in one day, that is considered two (2) games and the three (3) games in a row limit still applies. In this scenario the school cannot play the day before or the day after the doubleheader.

Bowling

Section 9 - Games Per Day: Unlimited

Cross Country

Section 9 - Meets Per Day: A runner shall not compete in more than one meet during the same calendar day. This would include any combination of freshman, sophomore, junior varsity and varsity competition. Events that have qualifying heats are excluded.

CL1: Violations of this section result in ineligible participation and forfeiture of their time.

CL2: When there are multiple divisions in a single meet on the same day at the same site, e.g., freshman, junior varsity, and/or varsity divisions, an athlete may only compete in one of the divisions following the one (1) meet per calendar day rule.

CL3: When a team competes in a meet with multiple teams (tri or quad), it is considered one (1) meet.

Fencing

Section 9 - Matches Per Day: Unlimited

Field Hockey

Section 9 - Quarters Per Day: A field hockey player shall not play in more than six (6) quarters during the same calendar day. This would include freshman, sophomore, junior varsity and varsity competition.

Overtime periods are a continuation of the 4th quarter.

CL1: Violations of this section result in ineligible participation and forfeiture of the game.

CL2: A team may play two (2) varsity games on the same day, however the team must follow the six (6) quarters rule.

CL3: When a team plays two games in one day, that is considered two (2) games and the three (3) games in a row limit still applies. In this scenario the school cannot play the day before or the day after the doubleheader.

Flag Football

Section 9 - Quarters Per Day: A flag football player shall play no more than five (5) quarters during the same calendar day. This would include freshman, sophomore, junior varsity, and varsity competition.

Overtime periods are a continuation of the 4th quarter.

CL1: Violations of this section result in ineligible participation and forfeiture of the game.

CL2: A team may play two (2) varsity games on the same day, however the team must follow the five (5) quarters rule.

CL3: When a team plays two games in one day, that is considered two (2) games and the three (3) games in a row limit still applies. In this scenario the school cannot play the day before or the day after the doubleheader.

Football

Section 9 - Quarters Per Day: A football player shall play no more than Four (4) quarters during the same calendar day. This would include freshman, sophomore, junior varsity, and varsity competition.

Overtime periods are a continuation of the 4th quarter.

CL1: Violations of this section result in ineligible participation and forfeiture of the game.

Golf

Section 9 - Games Per Day: Unlimited

Gymnastics

Section 9 - Meets Per Day: A gymnast shall not compete in more than one (1) meet during the same calendar day.

CL1: Violations of this section result in ineligible participation and forfeiture of the game.

Ice Hockey

Section 9 - Periods Per Day: An ice hockey player shall play in no more than three (3) periods during the same calendar day. This would include any combination of sub-varsity and varsity competition.

Overtime periods are a continuation of the 3rd period.

CL: Violations of this section result in ineligible participation and forfeiture of the game.

Lacrosse (Boys & Girls)

Section 9 - Quarters Per Day: A lacrosse player shall play in no more than six (6) quarters during the same calendar day. This would include freshman, sophomore, junior varsity, and varsity competition. Overtime periods are a continuation of the 4th quarter.

CL1: Violations of this section result in ineligible participation and forfeiture of the game.

CL2: A team may play two (2) varsity games on the same day, however the team must follow the six (6) quarters rule.

CL3: When a team plays two games in one day, that is considered two (2) games and the three (3) games in a row limit still applies. In this scenario the school cannot play the day before or the day after the doubleheader.

Soccer

Section 9 - Halves Per Day: A soccer player shall play in no more than three (3) halves during the same calendar day. This would include any combination of freshman, sophomore, junior varsity and varsity competition. Overtime periods are a continuation of the second half.

CL1: Violations of this section result in ineligible participation and forfeiture of the game.

CL2: A team may play two (2) varsity games on the same day, however the team must follow the three (3) halves rule.

CL3: When a team plays two games in one day, that is considered two (2) games and the three (3) games in a row limit still applies. In this scenario the school cannot play the day before or the day after the doubleheader.

Softball

Section 9 – Games/Innings Per Day: Unlimited

Swimming

Section 9 - Events Per Day: A swimmer shall compete in no more than four (4) events during the same calendar day. Swimmers are limited to either two (2) individual events and two (2) relays or one (1) individual event and three (3) relays per calendar. This would include any combination of freshman, sophomore, junior varsity and varsity competition. Events that have qualifying heats are excluded.

CL1: Violations of this section result in ineligible participation and forfeiture of all their events. Meet will be rescored.

CL2: A team may compete in two (2) varsity meets on the same day, however the team must follow the four (4) events rules.

CL3: When a team competes in two (2) meets in one day, that is considered two (2) meets and the three (3) meets in a row limit still applies. In this scenario the school cannot play the day before or the day after the doubleheader.

Tennis (Boys & Girls)

Section 9 – Team Matches Per Day: A tennis player shall compete in no more than two (2) matches during the same calendar day. This would include any combination of freshman, sophomore, junior varsity and varsity competition. All third sets must be a 10-point match tiebreaker.

CL1: Violations of this section result in ineligible participation and forfeiture of the game.

CL2: A team may play two (2) varsity matches on the same day, however the third set must be a 10-point match tiebreaker.

Section 9 – Individual Tournaments Sets Per Day: A singles tournament player may participate in no more than 9 sets (3 matches) during the same calendar day. A doubles tournament player may participate in no more than 12 sets (4 matches) during the same calendar day. All third sets must be a 10-point match tiebreaker.

CL1: Violations of this section result in ineligible participation and forfeiture of the game.

Track & Field (Indoor & Outdoor)

Section 9 - Events Per Day: A track and field athlete shall compete in no more than four (4) events, including relays during the same calendar day. This would include any combination of freshman, sophomore, junior varsity and varsity competition. Events that have qualifying heats are excluded.

CL1: Violations of this section result in ineligible participation and forfeiture of all their events. Meet will be rescored.

CL2: When there are multiple divisions in a single meet on the same day at the same site, e.g., freshman, junior varsity, and/or varsity divisions, an athlete may compete in any of the divisions as long as they are following the four (4) events per calendar day rule.

CL3: When a team competes in a meet with multiple teams (tri or quad), it is considered one (1) meet.

Volleyball

Section 9 - Games/Sets Per Day: Unlimited

Wrestling - Boys

Section 9 - Weigh-ins Per Week: A team may not schedule, nor may a wrestler participate in more than four weigh-ins per week. A team may schedule only one event involving more than four teams during the week. A two-day tournament with a weigh-in each day will count as one weigh-in.

CL1: Violations of this section result in ineligible participation and forfeiture of the game.

Wrestling - Girls

Section 9 - Weigh-ins Per Week: A team may not schedule, nor may a wrestler participate in more than four weigh-ins per week. A two-day tournament with a weigh-in each day will count as one weigh-in. A wrestler may participate in more than one event involving more than four opponents during the week.

CL1: Violations of this section result in ineligible participation and forfeiture of the game.