

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

Spring Sports 3-Year Quick Chart

All dates are tentative and subject to change by the NJSIAA

Posted 4/26/24 (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 17	April 30	May 1	May 5 or May 6	No Max	YES	June 15
Lacrosse-Boys	Mar 10	Mar 17	May 17	May 18	May 27	18	NO	June 15
Lacrosse-Girls	Mar 10	Mar 17	May 17	May 18	May 27	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 (Public / Non-Public)	Mar 10	Mar 17	May 10 / May 24	May 11 / May 25	May 16 / May 30	14	NO	June 15
Volleyball	Mar 10	Mar 17	May 17	May 18	May 28	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 16	April 29	April 30	May 4 or May 5	No Max	YES	June 14
Lacrosse-Boys	Mar 9	Mar 16	May 16	May 17	May 26	18	NO	June 14
Lacrosse-Girls	Mar 9	Mar 16	May 16	May 17	May 26	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 (Public / Non-Public)	Mar 9	Mar 16	May 9 / May 23	May 10 / May 24	May 15 / May 29	14	NO	June 14
Volleyball	Mar 9	Mar 16	May 16	May 17	May 27	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 15	April 28	April 29	May 3 or May 4	No Max	YES	June 13
Lacrosse-Boys	Mar 8	Mar 15	May 15	May 16	May 24	18	NO	June 13
Lacrosse-Girls	Mar 8	Mar 15	May 15	May 16	May 24	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 (Public / Non-Public)	Mar 8	Mar 15	May 15 / May 29	May 16 / May 30	May 21 / June 4	14	NO	June 13
Volleyball	Mar 8	Mar 15	May 15	May 16	May 24	24	YES	June 13

*Any transfers after the “First Practice” date, the athlete will need to sit out 30 days beginning with the competition start date for that sport.

**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. Any transfers after the “Competition Start” date will not be eligible for any NJSIAA post-season tournament for that 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.

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