

NJSIAA FALL SPORTS PARTICIPATION LIMITATIONS 2020-2021

Sport	Rules	Practice Starts	Opening Day	Number of games, meets or matches (scrimmages count only during regular season)
Cross Country	NFHS	9/14/20	10/1/20	No more than two (2) dual meets per week or one (1) dual and one (1) invitational, or no more than one (1) tri. and one (1) invitational per week or one (1) batch meet and one (1) invitational. The NJSIAA encourages the use of Sundays if necessary. HOWEVER, Sunday is the start of a new week.
Field Hockey	NFHS	9/14/20	10/1/20	Fourteen (14) games maximum; two (2) games per week; two (2) three-game weeks are permitted. The NJSIAA encourages the use of Sundays if necessary. HOWEVER, Sunday is the start of a new week.
Football	NFHS	9/14/20	10/2/20	Six (6) games maximum allowed for the 2020 Regular season. Two (2) NJSIAA Area Games maximum.
Gymnastics	NFHS	3/1/21	3/16/21	Fifteen (15) events maximum, including league or conference tournaments. Three (3) event maximum per week. Teams may only compete in one (1) event per day.
Soccer	NFHS	9/14/20	10/1/20	Fourteen (14) games maximum; two (2) games per week; two (2) three-game weeks are permitted. The NJSIAA encourages the use of Sundays if necessary. HOWEVER, Sunday is the start of a new week.
Tennis	USTA	9/14/20	9/28/20	Fourteen (14) matches maximum; three (3) matches per week; two (2) four-match weeks are permitted. The NJSIAA encourages the use of Saturdays and Sundays if necessary. HOWEVER, Sunday is the start of a new week.
Volleyball	NFHS	3/1/21	3/16/21	4 matches maximum per week, Doubleheader matches between the same 2 schools at the same site on the same day are allowed, each match counts as 1 match towards the weekly and season maximum.

NJSIAA WINTER SPORTS PARTICIPATION LIMITATIONS 2020-2021

Sport	Rules	Practice Starts	Opening Day	Number of games, meets or matches (scrimmages count only during regular season)
Basketball	NFHS	1/11/21	1/26/21	Fifteen (15) game maximum, including at County, Conference, or League Championship games. Teams may only compete in one (1) contest per day. Three (3) game maximum per week, CANNOT PLAY THREE (3) GAMES IN A ROW – CANNOT EXCEED fifteen (15) game limit.
Bowling	USBC	1/11/21	1/26/21	Maximum Number of games allowed: 45—3 X 15 matches. This includes all League or Conference Championships. Season Limitations: No more than three (3) events per week.
Fencing	USFA	1/11/21	1/26/21	Fifteen (15) maximum dual meets, which includes all Cup or Conference Championships. Competition limited to three (3) events per week. Teams may only compete in one (1) dual meet per day.
Ice Hockey	NFHS	1/3/21	1/15/21	Fifteen (15) maximum games, which includes league or conference tournaments. No more than three (3) games per week. Teams may only compete in one (1) event per day.
Skiing	NCAA	12/14/20	1/4/21	TBA
Swimming	NFHS	2/1/21	2/16/21	Fifteen (15) events maximum, including league or conference tournaments. Three (3) event maximum per week. Teams may only compete in one (1) event per day.
Winter Track	NFHS	2/1/21	2/16/21	Fifteen (15) events maximum, including league or conference tournaments. Three (3) event maximum per week. Teams may only compete in one (1) event per day.
Wrestling	NFHS	3/1/21	3/16/21	Fifteen (15) events maximum, including league or conference tournaments. Three (3) event maximum per week. Teams may only compete in one (1) event per day.

NJSIAA SPRING SPORTS PARTICIPATION LIMITATIONS 2020-2021

Sport	Rules	Practice Starts	Opening Day	Number of games, meets or matches (scrimmages count only during regular season)
Golf	USGA	4/1/21	4/9/21	TBD – see tournament Regulations that will be released in February 2021.
Boys Lacrosse	NFHS	4/1/21	4/19/21	Eighteen (18) games, plus one tournament, plus the State Tournament, or twenty (20) games, plus the State Tournament. Three (3) games per week, not on three consecutive days; one four-game week is permitted.
Girls Lacrosse	NFHS & US Lacrosse	4/1/21	4/19/21	Eighteen (18) games, plus one tournament, plus the State Tournament, or twenty (20) games, plus the State Tournament. Three (3) games per week, not on three consecutive days; one four-game week is permitted. A player may not play more than 3 halves per day.
Baseball	NFHS	4/1/21 *3/26/21	4/19/21	25 Games including regular season and tournament games, plus one additional tournament, plus the State Tournament. *Start date for pitchers and catchers only.
Softball	NFHS	4/1/21 *3/26/21	4/19/21	25 Games including regular season and tournament games, plus one additional tournament, plus the State Tournament. *Start date for pitchers and catchers only.
Tennis	USTA	3/26/21	4/19/21	No more than 1 full match at the end of a school day.
Track	NFHS	4/1/21	4/19/21	3 Meets per week (Individual)
Volleyball	NFHS	4/1/21	4/19/21	TBA