

Multiple Season Participation

Student-Athletes are permitted to participate in all seasons as defined by the NJSIAA during the 2020-21 school year. Current NJSIAA seasons are: Season 1, Season 2, Season 2A, Season 3, and Season 4.

1. No Student-Athlete may practice or compete in two sports at the same time unless it involves the non-strenuous sports of bowling and golf.
2. Student-Athletes that are involved in overlapping sports are not subject to the six-day practice rule if they start the next sport within three days of the completion of the first sport.
3. Student-Athletes that begin the 2nd overlapping sport within three days are eligible for competition immediately unless the school self imposes a minimum amount of practices needed before a Student-Athlete is approved for competition in an overlapping sport.
4. If a Student-Athlete is inactive for more than three days involving overlapping sports, then the six-day practice rule will be in effect.

As of November 25, 2020