



2023-2024



Fall Scrimmage / Game Chart

High School Fall Practice (Except Football*) Starts: August 21, 2023

*HS Football Starts – Saturday, August 19, 2023

Modified Fall Practice Starts: First Day of School (Sept. 5th)

Sport	Practices for Scrimmage / Game	HS Maximum Contests	1 st Possible HS Game/ Scrim.	Modified Maximum Contests	1 st Possible Modified Game/Scrim
Cross Country	Team 6; Ind. 6	16	8/28/2023	10	9/13/2023
Field Hockey	Team 6; Ind. 6	16	8/28/2023	12	9/13/2023
Football	Team 10; Ind. 10	10	8/31/2023	7	9/19/2023
Soccer	Team 6; Ind. 6	16	8/28/2023	12	9/13/2023
Game Day Cheerleading	Team 6; Ind. 6	12	8/28/2023	12	9/13/2023
Swimming	Team 6; Ind. 6	16	8/28/2023	14	9/13/2023
Tennis	Team 6; Ind. 6	16	8/28/2023	14	9/13/2023
Volleyball	Team 6; Ind. 6	20	8/28/2023	14	9/13/2023

Winter Scrimmage / Game Chart

High School Winter Practice Starts: November 13th, 2023/ Modified Winter Practice Starts: November 20, 2023

Sport	Practices for Scrimmage / Game	HS Maximum Contests	1 st Possible HS Game/ Scrim.	Modified Maximum Contests	1 st Possible Modified Game/Scrim
Basketball	Team 6; Ind. 6	20	11/20/2023	14	12/1/2023
Competition Cheerleading	Team 6; Ind. 6	12	11/20/2023	12	12/1/2023
Gymnastics	Team 10; Ind. 10	16	11/25/2023	10	12/7/2023
Indoor Track	Team 6; Ind. 6	16	11/20/2023	10	12/1/2023
Skiing	Team 6; Ind. 6	16	11/20/2023	12	12/1/2023
Swimming	Team 6; Ind. 6	16	11/20/2023	14	12/1/2023
Wrestling	Team 10; Ind. 10	20 points	11/25/2023	14pts.	12/7/2023

Spring Scrimmage / Game Chart

High School Spring Practice Starts: March 11th, 2024 / Modified Spring Practice Can Start: March 18, 2024[^]

[^]Assume practice to start after Spring Break for most schools (April 2, 2024)

Sport	Practices for Scrimmage / Game	HS Maximum Contests	1 st Possible HS Game/ Scrim.	Modified Maximum Contests	1 st Possible Modified Game/Scrim
Baseball	Team 10; Ind. 10	20	3/22/2024	14	4/16/2024
Baseball Battery	Team 10; Ind. 10				
Golf	Training	16	3/18/2024*	14	4/10/2024*
Lacrosse	Team 6; Ind. 6	16	3/18/2024	12	4/10/2024
Softball	Team 6; Ind. 6	20	3/18/2024	14	4/10/2024
Tennis	Team 6; Ind. 6	16	3/18/2024	14	4/10/2024
Flag Football	Team 6; Ind. 6	16	3/18/2024	12	4/10/2024
Outdoor Track	Team 6; Ind. 6	16	3/18/2024	10	4/10/2024

*Golf - Assuming one week of Practices. NYSPHSAA Handbook states merely that practice sessions should precede first match.