



2025-2026



Fall Scrimmage / Game Chart

High School Fall Practice Starts: August 18, 2025

Modified Fall Practice Starts: First Day of School (Sept. 3th)

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	8/25/2025	10	9/10/2025
Field Hockey	Team 6; Ind. 6	16	8/25/2025	12	9/10/2025
Football	Team 10; Ind. 10	10	8/29/2025	7	9/15/2025
Soccer	Team 6; Ind. 6	16	8/25/2025	12	9/10/2025
Game Day Cheerleading	Team 6; Ind. 6	12	8/25/2025	12	9/10/2025
Swimming	Team 6; Ind. 6	16	8/25/2025	14	N/A
Tennis	Team 6; Ind. 6	16	8/25/2025	14	N/A
Volleyball	Team 6; Ind. 6	20	8/25/2025	14	9/10/2025

Winter Scrimmage / Game Chart

High School Winter Practice Starts: November 17th, 2025/ Modified Winter Practice Starts: November 24, 2025

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	11/24/2025	14	12/1/2025
Competition Cheerleading	Team 6; Ind. 6	12	11/24/2025	12	12/1/2025
Gymnastics	Team 10; Ind. 10	16	11/28/2025	10	N/A
Indoor Track	Team 6; Ind. 6	16	11/24/2025	10	N/A
Skiing	Team 6; Ind. 6	16	11/24/2025	12	N/A
Swimming	Team 6; Ind. 6	16	11/24/2025	14	N/A
Wrestling	Team 10; Ind. 10	20 points	11/28/2025	14pts.	12/5/2025

Spring Scrimmage / Game Chart

High School Spring Practice Starts: March 16th, 2026 / Modified Spring Practice Starts: March 23, 2026

Sport	Practices for Scrimmage / Game	HS Maximum Contests	1 st Possible HS Scrim. /Game	Modified Maximum Contests	1 st Possible Modified Game/Scrim
Baseball**	Team 6/10; Ind. 6/10	20	3/23/3/27/26	14	4/3/2026
Baseball Battery	Team 6/10; Ind. 6/10				
Golf	Training	16	3/23/2026*	14	N/A
Lacrosse	Team 6; Ind. 6	16	3/23/2026	12	3/30/2026
Softball	Team 6; Ind. 6	20	3/23/2026	14	3/30/2026
Tennis	Team 6; Ind. 6	16	3/23/2026	14	N/A
Flag Football	Team 6; Ind. 6	16	3/23/2026	12	N/A
Outdoor Track	Team 6; Ind. 6	16	3/23/2026	10	3/30/2026

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

**Baseball – Pitch count rules to be followed during pre-season scrimmages on days 7-10. See NYSPHSAA Handbook for details.