

2020-21 NJCAA SPORTS SEASONS



JULY 31, 2020

As the NJCAA continues to evaluate pertinent information regarding the impact of COVID-19, the NJCAA Presidential Advisory Council is proposing the below plan of action for NJCAA fall, winter, and spring sports.

NJCAA MEN'S & WOMEN'S CROSS COUNTRY & HALF MARATHON

Fall Championship Season

- Practice will be permitted to begin starting August 1, 2020.
- Competition will be permitted to begin starting August 20, 2020.
- Maximum of ten (10) competition dates combined for cross country and half marathon.
- For the 2020 NJCAA Cross Country and Half Marathon seasons, region competition will NOT be necessary to qualify for the national meet.
- NJCAA Division III Men's & Women's Cross Country Championship held November 7, 2020 at Stanley Park in Westfield, MA.
- NJCAA Division I and Division II Men's & Women's Cross Country Championship held November 14, 2020 at Iowa Central Community College in Fort Dodge, IA.
- NJCAA Men's and Women's Half Marathon Championship held November 17, 2020 at Iowa Central Community College in Fort Dodge, IA.

NJCAA FOOTBALL

Fall Practice Season

- Permitted 60 consecutive calendar days for practice and scrimmages within August 15, 2020 - November 15, 2020.
- Maximum of three (3) scrimmage dates against outside competition. Each scrimmage limited to one outside opponent.

Spring Championship Season

- Practice will be permitted to begin starting March 1, 2021.
- Competition will be permitted to begin starting March 25, 2021.
- Maximum of eight (8) games through May 22, 2021.
- NJCAA Football Championship held June 3, 2021.
- Discussion on any additional bowl games will take place in the future.

NJCAA MEN'S & WOMEN'S SOCCER

Fall Practice Season

- Permitted 60 consecutive calendar days for practice and scrimmages within August 15, 2020 - November 15, 2020.
- Allowed four (4) scrimmage dates in total for the year, with a maximum of two (2) scrimmages allowed in the spring. Each scrimmage limited to no more than two outside opponents.

2020-21 NJCAA SPORTS SEASONS



NJCAA MEN'S & WOMEN'S SOCCER CONTINUED

Spring Championship Season

- Practice will be permitted to begin starting March 15, 2021.
- Competition will be permitted to begin starting April 2, 2021.
- Maximum of 14 games.
- All regular season, region, and district competition completed by May 26, 2021.
- NJCAA Men's & Women's Soccer Championships beginning no later than June 5, 2021.

NJCAA COURT VOLLEYBALL

Fall Practice Season

- Permitted 60 consecutive calendar days for practice and scrimmages within August 15, 2020 - November 15, 2020.
- Allowed five (5) scrimmage dates in total for the year, with a maximum of two (2) scrimmage dates allowed in the spring. Each scrimmage limited to no more than two outside opponents.

Spring Championship Season

- Practice will be permitted to begin starting January 4, 2021.
- Competition will be permitted to begin starting January 22, 2021.
- Maximum of 21 competition dates.
- All regular season, region, and district competition completed by April 3, 2021.
- NJCAA Division II Volleyball Championship held April 13-15, 2021 in Cedar Rapids, IA.
- NJCAA Division III Volleyball Championship held April 14-16, 2021 in Rochester, MN.
- NJCAA Division I Volleyball Championship held April 15-17, 2021 in West Plains, MO.

NJCAA MEN'S & WOMEN'S BASKETBALL

Fall Practice Season

- Permitted 60 consecutive calendar days for practice and scrimmages within September 15, 2020 - December 15, 2020.
- Allowed five (5) scrimmage dates in total for the year, with a maximum of two (2) scrimmage dates allowed in the spring. Each scrimmage limited to no more than two outside opponents.

Spring Championship Season

- Practice will be permitted to begin starting January 4, 2021.
- Competition will be permitted to begin starting January 20, 2021.
- Maximum of 22 games.
- All regular season, region, and district championship competition completed by April 10, 2021.
- NJCAA Men's & Women's Basketball Championships beginning April 19, 2021.

2020-21 NJCAA SPORTS SEASONS



NJCAA MEN'S & WOMEN'S BOWLING

Fall Practice Season

- Permitted 60 consecutive calendar days for practice and scrimmages within September 15, 2020 - December 15, 2020.
- Allowed four (4) scrimmage dates in the fall semester. Each scrimmage limited to no more than two outside opponents.
- Maximum of 22 dates against outside competition combined between fall and spring.

Spring Competition Season

- Practice will be permitted to begin starting January 4, 2021.
- Competition will be permitted to begin starting January 8, 2021.
- All regular season, region, and district competition completed by March 28, 2021.
- NJCAA Men's & Women's Bowling Championships dates and location to be determined.

NJCAA WRESTLING

Fall Practice Season

- Permitted 60 consecutive calendar days for practice and scrimmages within September 15, 2020 - December 15, 2020.
- Maximum of two (2) scrimmage dates against outside competition. Each scrimmage limited to two outside opponents.

Spring Championship Season

- Practice will be permitted to begin starting January 4, 2021.
- Competition will be permitted to begin starting January 20, 2021.
- Maximum of 14 competition dates.
- All regular season, region, and district competition completed by April 11, 2021.
- NJCAA Wrestling Championships held April 23-24, 2021.

NJCAA MEN'S & WOMEN'S INDOOR/OUTDOOR TRACK & FIELD

Fall Practice Season

- Permitted 60 consecutive calendar days for practice and scrimmages within September 15, 2020 - December 15, 2020.
- Maximum of two (2) scrimmage dates against outside competition. Each scrimmage limited to two outside opponents. Scrimmage times may not be used for national meet qualification.

Spring Championship Season

- Practice will be permitted to begin starting January 4, 2021 for indoor and outdoor track & field.
- Competition will be permitted to begin starting January 18, 2021 for indoor and outdoor track & field.
- Maximum of 17 competition dates combined between indoor and outdoor track & field.
- NJCAA Men's & Women's Indoor Track & Field Championships held March 5-6, 2021.
- NJCAA Division I Men's & Women's Outdoor Track & Field Championships held May 11-13, 2021.
- NJCAA Division III Men's & Women's Outdoor Track & Field Championships held May 6-8, 2021.

2020-21 NJCAA SPORTS SEASONS



NJCAA MEN'S & WOMEN'S SWIMMING & DIVING

Fall Practice Season

- Permitted 60 consecutive calendar days for practice and scrimmages within September 15, 2020 - December 15, 2020.
- Maximum of two (2) scrimmage dates against outside competition. Each scrimmage limited to two outside opponents. Scrimmage times may not be used for national meet qualification.

Spring Championship Season

- Practice will be permitted to begin starting January 4, 2021.
- Competition will be permitted to begin starting January 11, 2021.
- Maximum of 16 regular season competition dates.
- NJCAA Men's & Women's Swimming & Diving Championships held April 28, 2021 - May 1, 2021.

NJCAA BASEBALL

Fall Practice Season

- Permitted 60 consecutive calendar days for practice and scrimmages within September 5, 2020 - November 15, 2020.
- Maximum of 15 scrimmages (not dates) against outside competition. Each scrimmage limited to no more than two outside opponents.

Spring Championship Season

- Practice will be permitted to begin starting January 4, 2021.
- Competition will be permitted to begin starting January 22, 2021.
- Maximum of 56 games (not dates) against outside competition.
- All regular season, region, and district competition completed by May 23, 2021.
- NJCAA Division III Baseball World Series held May 29, 2021 - June 2-3, 2021.
- NJCAA Division I Baseball World Series held May 29, 2021 - June 4/5, 2021.
- NJCAA Division II Baseball World Series held May 29, 2021 - June 4/5, 2021.

NJCAA BEACH VOLLEYBALL

Fall Practice Season

- Permitted 60 consecutive calendar days for practice and scrimmages within September 5, 2020 - November 15, 2020.
- Allowed four (4) scrimmage dates in total for the year, with a maximum of two (2) scrimmage dates allowed in the spring. Each scrimmage limited to no more than two outside opponents.

Spring Championship Season

- Practice will be permitted to begin starting March 10, 2021.
- Competition will be permitted April 1, 2021 - May 15, 2021.
- Maximum of 16 dates against outside competition.

2020-21 NJCAA SPORTS SEASONS



NJCAA MEN'S AND WOMEN'S GOLF

Fall Practice Season

- Permitted 60 consecutive calendar days for practice and scrimmages within September 5, 2020 - November 15, 2020.
- Maximum of 30 dates against outside competition combined between fall and spring.

Spring Championship Season

- Practice will be permitted to begin starting January 4, 2021.
- Competition will be permitted to begin starting January 22, 2021.
- NJCAA Women's Golf Championship held May 10-13, 2021.
- NJCAA Division I Men's Golf Championship held May 11-14, 2021.
- NJCAA Division II Men's Golf Championship held May 18-21, 2021.
- NJCAA Division III Men's Golf Championship held June 7-11, 2021.

NJCAA MEN'S AND WOMEN'S LACROSSE

Fall Practice Season

- Permitted 60 consecutive calendar days for practice and scrimmages within September 5, 2020 - November 15, 2020.
- Maximum of 22 dates against outside competition combined between fall and spring.

Spring Championship Season

- Practice will be permitted to begin starting January 15, 2021.
- Competition will be permitted to begin starting February 21, 2021.
- NJCAA Men's and Women's Lacrosse Championship held May 15-16, 2021.

NJCAA SOFTBALL

Fall Practice Season

- Permitted 60 consecutive calendar days for practice and scrimmages within September 5, 2020 - November 15, 2020.
- Maximum of seven (7) scrimmage dates against outside competition. Each scrimmage limited to no more than two outside opponents.

Spring Championship Season

- Practice will be permitted to begin starting January 4, 2021.
- Competition will be permitted to begin starting January 22, 2021.
- Maximum of 30 dates against outside competition.
- All Division I and Division II regular season, region, and district competition completed by May 19, 2021.
- All Division III regular season, region, and district competition completed by May 22, 2021.
- NJCAA Division I Softball Championship held May 25-29, 2021.
- NJCAA Division II Softball Championship held May 25-29, 2021.
- NJCAA Division III Softball Championship held May 27-29, 2021.

2020-21 NJCAA SPORTS SEASONS



NJCAA MEN'S & WOMEN'S TENNIS

Fall Practice Season

- Permitted 60 consecutive calendar days for practice and scrimmages within September 5, 2020 - November 15, 2020.
- Maximum of 35 dates against outside competition combined between fall and spring.

Spring Championship Season

- Practice will be permitted to begin starting January 10, 2021.
- Competition will be permitted to begin starting January 22, 2021.
- NJCAA Division I Women's Tennis Championship held May 1-5, 2021.
- NJCAA Division I Men's Tennis Championship held May 17-21, 2021.
- NJCAA Division III Men's Tennis Championship held May 14-16, 2021.
- Due to participation numbers, the 2020-21 NJCAA Division III Women's Tennis season has been moved to the spring semester. NJCAA Division III Women's Tennis Championship held May 14-16, 2021 at a location to be determined.

SPECIAL NOTES

- * All championship dates are subject to change based on championship facility availability.
- * For the fall 2020 semester, eligibility must be filed for the following sports only:
 - Men's and Women's Cross Country
 - Men's and Women's Half Marathon
- * In the NJCAA, a scrimmage is athletic competition against any outside team or individual that is not an official contest or practice. Scrimmages must meet the NJCAA scrimmage definition defined in Article VII, Section 2.B and may not include more than two outside opponents.
- * Official eligibility must be filed in accordance with the national bylaws prior to the first competition.
- * No limitation to the number of teams participating in an official event for the sports of golf, tennis, bowling, cross-country, or half-marathon. Scrimmages in these sports are still limited to no more than two outside opponents.
- * Fall eligibility for golf and tennis must be filed when championship play of any kind takes place.
- * All final sport championship dates will be confirmed no later than August 18, 2020. As they are confirmed, membership will be notified.
- * For questions, please contact: Kim Whitestone (kwhitestone@njcaa.org) or Rod Lovett (rlovett@njcaa.org)