



Eligibility Center



**2018-19** GUIDE FOR THE  
**COLLEGE-BOUND  
STUDENT-ATHLETE**

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## HOW TO USE THIS GUIDE

This guide answers important questions for four groups of people involved in the NCAA initial-eligibility process:

- High school students who hope to compete in college sports at an NCAA Division I or II school.
- Parents, guardians and family members of high school students.
- High school counselors and athletics administrators.
- High school and nonscholastic coaches.

## HAVE A QUESTION ABOUT NCAA ELIGIBILITY?

Find answers to many typical questions about NCAA eligibility by:

- Reading this guide.
- Searching frequently asked questions at [ncaa.org/studentfaq](http://ncaa.org/studentfaq).
- Visiting [ncaa.org/playcollegesports](http://ncaa.org/playcollegesports).
- Visiting the Help section of [eligibilitycenter.org](http://eligibilitycenter.org).
- Calling the NCAA Eligibility Center.



Eligibility Center

### NCAA ELIGIBILITY CENTER INFORMATION

#### ONLINE

[ncaa.org/playcollegesports](http://ncaa.org/playcollegesports)  
[eligibilitycenter.org](http://eligibilitycenter.org)

Follow us:

Twitter @NCAAEC

Instagram @playcollegesports

#### CONTACT

U.S. and Canada except Quebec  
(toll free): 877-262-1492

International (including Quebec):  
[ncaa.org/contactinternational](http://ncaa.org/contactinternational)

#### CERTIFICATION PROCESSING

NCAA Eligibility Center  
Certification Processing  
P.O. Box 7136  
Indianapolis, IN 46207-7136

#### OVERNIGHT DELIVERY

NCAA Eligibility Center  
Certification Processing  
1802 Alonzo Watford Sr. Drive  
Indianapolis, IN 46202



## WELCOME FROM THE PRESIDENT

Dear college-bound student-athlete:

I am excited you are interested in pursuing your education and sport at the college level. College sports provide an excellent opportunity to compete at a high level while working toward a degree that will lead to lifelong achievement. Through our commitment to academics, well-being and fairness, we at the NCAA strive to make sure your college experience shapes your personal development and future success, no matter what career path you choose.



This guide is designed to educate you, your family and high school administrators about the initial-eligibility process for NCAA Divisions I and II schools. If you are interested in NCAA Division III, please visit [ncaa.org/d3](http://ncaa.org/d3), create a free Profile Page on [eligibilitycenter.org](http://eligibilitycenter.org) or contact the athletics office at a Division III campus for its initial-eligibility standards.

At the NCAA national office, staff members want to ensure high school athletes meet standards that will best prepare them to succeed in the college classroom. Initial eligibility determines your ability to receive an athletics scholarship and to practice and compete in your first year as a full-time college student.

I encourage you to take an active role in the process of preparing for college. More than 1,100 schools in the NCAA sponsor stellar academics and athletics programs, so it is never too early to start looking for your best fit. It would be beneficial to work closely with your high school counselors, coaches, parents/guardians and mentors as you transition to college.

If you have any questions, please reach out to us. My staff in the NCAA Eligibility Center strives to make your registration and certification experience positive and helpful.

I wish you the best of luck as you embark on this important journey, and look forward to your future success.

All the best,  
**Mark Emmert**  
NCAA President



## WHAT IS THE NCAA?

The National Collegiate Athletic Association is an organization dedicated to providing a pathway to opportunity for college athletes. More than 1,100 colleges and universities are members of the NCAA. Those schools work together with the NCAA national office and athletics conferences across the country to support nearly half a million college athletes that make up 19,500 teams competing in NCAA sports.

The NCAA's diverse members include schools ranging in size from those with hundreds of students to those with tens of thousands. The NCAA's current three-division structure was adopted in 1973 to create a fair playing field for teams from similar schools and provide college athletes more opportunities to participate in national championships.

Among the three NCAA divisions, Division I schools generally have the biggest student bodies, manage the largest athletics budgets

and offer the highest number of athletics scholarships. The Division II approach provides growth opportunities through academic achievement, learning in high-level athletics competition and a focus on service to the community. The Division III experience offers participation in a competitive athletics environment that pushes college athletes to excel on the field and build upon their potential by tackling new challenges across campus.

To learn more about the pathway that's right for you, visit [ncaa.org/divisions](http://ncaa.org/divisions).

**The NCAA membership and national office work together to help more than 480,000 student-athletes develop leadership, confidence, discipline and teamwork through college sports.**

### HELPFUL HINTS

- Visit [ncaa.org/playcollegesports](http://ncaa.org/playcollegesports) to learn more about opportunities available at NCAA schools.
- Know academic standards for Division I and Division II.
- Complete NCAA-approved courses throughout high school. Your school counselor can help you find and select courses.
- Register with the NCAA Eligibility Center at [eligibilitycenter.org](http://eligibilitycenter.org) before your sophomore year if you are interested in playing college sports.
- After six semesters of high school, ask your counselor to send official transcripts from all high schools you have attended to the NCAA Eligibility Center.

# NCAA SPORTS

The NCAA conducts 90 national championships in 24 sports across Divisions I, II and III, with 45 championships administered for women and 42 for men. That means almost 54,000 student-athletes participate in NCAA championships each year.

From signature events like the NCAA March Madness® men’s and women’s basketball tournaments to rowing, rifle, softball and skiing, the NCAA administers championships to ensure student-athletes have a first-class experience. But the NCAA also is committed to quality events for everyone involved, from the coaches to the fans and broadcast audiences.

It is important to the NCAA that our championships have a positive impact on the communities that host them. The NCAA hosts youth clinics and various fan events to complement the competition — creating what is hoped to be a championship experience for everyone involved.

FALL SPORTS		WINTER SPORTS		SPRING SPORTS		EMERGING SPORTS
<b>Men:</b>	<b>Women:</b>	<b>Men:</b>	<b>Women:</b>	<b>Men:</b>	<b>Women:</b>	<b>Women:</b>
Cross Country	Cross Country	Basketball	Basketball	Baseball	Beach Volleyball	Equestrian
Football	Field Hockey	Fencing	Bowling	Golf	Golf	Rugby
Soccer	Soccer	Gymnastics	Fencing	Lacrosse	Lacrosse	Triathlon
Water Polo	Volleyball	Ice Hockey	Gymnastics	Outdoor Track and Field	Outdoor Track and Field	
		Indoor Track and Field	Ice Hockey	Tennis	Rowing	
		Rifle	Indoor Track and Field	Volleyball	Softball	
		Skiing	Rifle		Tennis	
		Swimming and Diving	Skiing		Water Polo	
		Wrestling	Swimming and Diving			

# SCHOLARSHIPS

NCAA Divisions I and II schools provide more than \$2.7 billion in athletics scholarships annually to more than 150,000 student-athletes. Division III schools do not offer athletics scholarships.

Only about **2 percent** of high school athletes are awarded athletics scholarships to compete in college. Of the student-athletes participating in sports with professional leagues, very few become professional athletes. A college education is the most rewarding benefit of your student-athlete experience.

Division I schools may provide tuition and fees, room and board, books and other expenses related to attendance at the school. Division II full scholarships cover tuition and fees, room, board and course-related books and supplies. Most student-athletes who receive athletics scholarships receive an amount covering a portion of these costs. Many student-athletes also benefit from academic scholarships, NCAA financial aid programs such as the NCAA Division I Student-Athlete Opportunity Fund and need-based aid such as federal Pell Grants. You must report all financial aid you receive to your NCAA school’s financial aid office. If you have questions about what financial aid can be accepted,

you should contact your NCAA school’s financial aid office and athletics department for help.

Division I schools may provide you with multiyear scholarships. Additionally, Division I schools may pay for you to finish your bachelor’s or master’s degrees after you finish playing NCAA sports. NCAA rules require you to be registered with the NCAA Eligibility Center in order to go on an official visit, receive a written offer of financial aid or sign a National Letter of Intent.

If a school plans to reduce or not renew your aid, the school must notify you in writing by July 1 and provide an opportunity for you to appeal. In most cases, the head coach decides who receives a scholarship, the scholarship amount and whether it will be renewed.

Contact the NCAA school you hope to attend for more detailed information about NCAA financial aid rules.

# NATIONAL LETTER OF INTENT

By signing a National Letter of Intent (NLI), you are agreeing to attend a Division I or II college for one academic year. NLI member institutions agree to provide athletics financial aid to you for a minimum of one academic year as long as you are admitted to the school and are eligible for financial aid under NCAA rules.

The NLI is voluntary and not required for you to receive financial aid or participate in sports. Signing an NLI ends the recruiting process because coaches are prohibited from recruiting student-athletes who have signed NLIs with other NLI member institutions.

If you sign an NLI but decide to attend another college, you may request a release, but it is the school's discretion to grant your NLI release or not. If you sign an NLI with one school but attend a different school, you lose one full year of eligibility and must complete a full academic year at the new school before being eligible to compete. If you have questions about the NLI, visit the website at [nationalletter.org](http://nationalletter.org).



## THINKING OF GOING PRO?

There are more than 480,000 NCAA student-athletes, and **fewer than 2 percent** will go pro in their sport.

	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	BASEBALL	MEN'S ICE HOCKEY	MEN'S SOCCER
High School Student-Athletes	550,305	430,368	1,057,382	491,790	35,210	450,234
NCAA Student-Athletes	17,712	16,532	73,063	34,980	4,199	24,986
NCAA Student-Athletes Drafted	50	34	253	735	60	78
*Percent High School to NCAA	3.2%	3.8%	6.9%	7.1%	11.9%	5.5%
*Percent NCAA to Professional	1.2%	0.9%	1.6%	9.5%	6.4%	1.4%

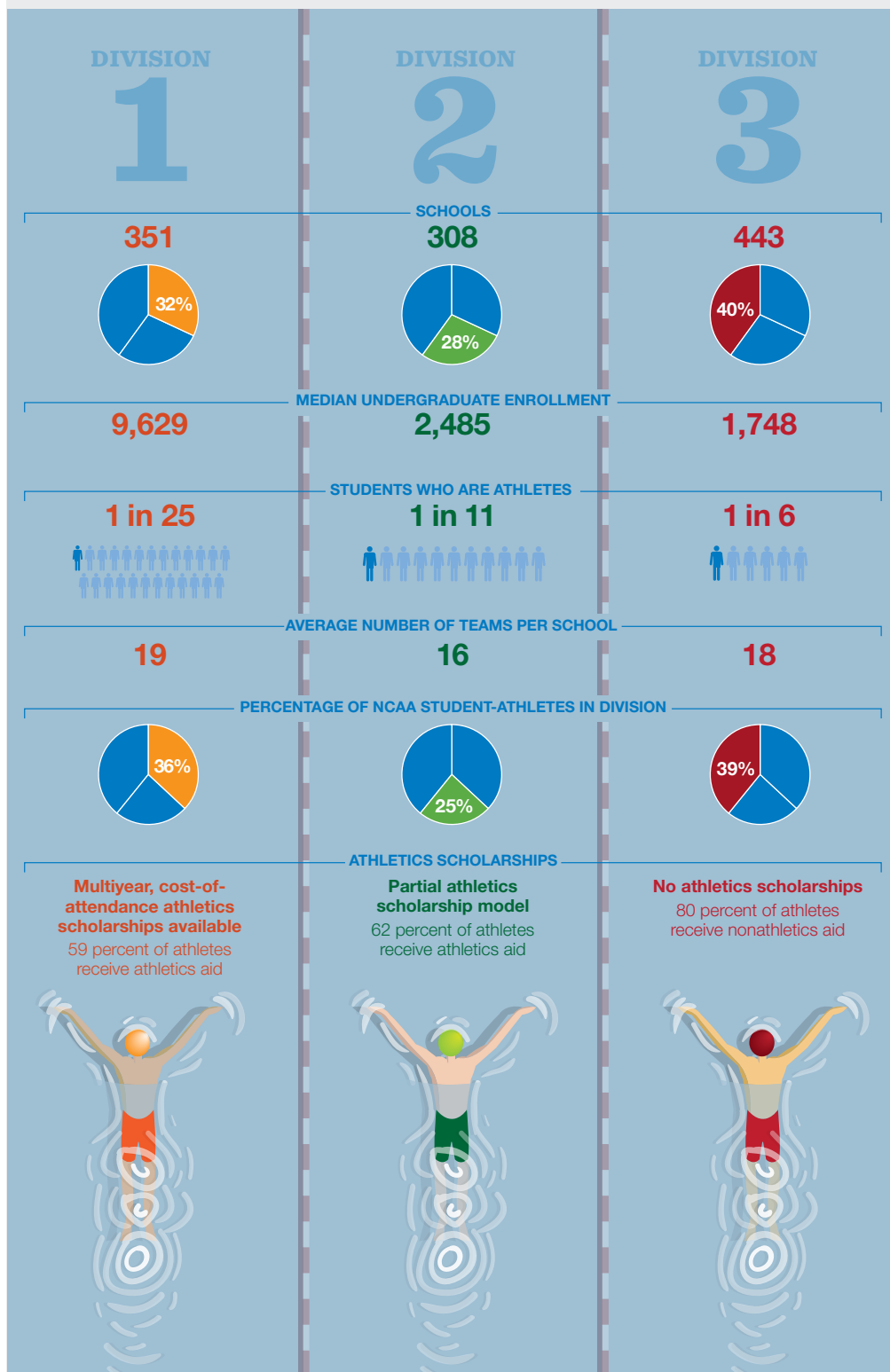
\*Percentages based on estimated data.

For the rest, the experiences of college athletics and the life lessons they learn along the way will help them as they pursue careers in business, education, athletics administration, communications, law, medicine and many more fields. Education is a vital part of the college athletics experience, and student-athletes treat it that way.

Overall, student-athletes graduate at higher rates than their peers in the student body, and those rates rise each year. For more information on graduation rates, search for "graduation rates" on [ncaa.org](http://ncaa.org).

# Our Three Divisions

The NCAA's three divisions were created in 1973 to align like-minded campuses in the areas of philosophy, competition and opportunity.



## What are the eligibility requirements in each division?

College-bound students who want to compete at a Division I or Division II school must meet standards set by NCAA members. For Division III, athletes must meet the admissions standards set by the school. Eligibility standards can be found at [eligibilitycenter.org](http://eligibilitycenter.org).

## How is each division governed?

NCAA schools develop and approve legislation for their own division. Groups of presidents and chancellors lead each division in the form of committees with regularly scheduled meetings.

## Did you know?



**Division I** student-athletes graduate at a higher rate than the general student body.

**Division II** is the only division with schools in Alaska, Puerto Rico and Canada.



**Division III's** largest school has 24,702 undergraduates. The smallest? 284.

Learn more at [ncaa.org/about](http://ncaa.org/about).

NCAA is a trademark of the National Collegiate Athletic Association. Updated February 2018.

# TIME MANAGEMENT:

## WHAT DIVISION I STUDENT-ATHLETES SHOULD EXPECT

Time management is a key component of any college student's success, but it is especially important for students who play Division I sports. From classes to competition, and everything in between, the student-athlete schedule stays busy year-round. Know what awaits before you step foot on the field.



### What takes up a Division I student-athlete's time?



Competition



Practice



Strength and conditioning

#### Did you know?

These are considered countable athletically related activities (CARA). NCAA rules limit the time student-athletes can spend on these activities each week. Check with your campus athletics department for more information.



Supplemental workouts



Film review

#### Did you know?

These are considered uncountable athletically related activities.



Academic meetings



Injury treatment/prevention



Sports psychologist sessions



Nutritionist sessions



Prospective student-athlete host duties



Team fundraising



Media activities



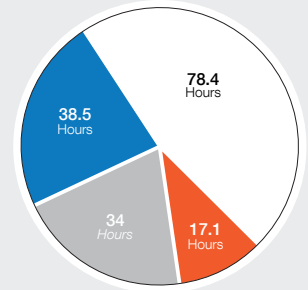
Community service



Compliance meetings



TIME SPENT ON ACTIVITIES PER WEEK\*  
(168 hours per week)



- Athletics
- Academics
- Socializing/Relaxing
- Other (e.g., sleep, job, extracurriculars)

\*Medians collected from the 2015 NCAA GOALS study.

# 2/3

Two-thirds of Division I student-athletes said they spend as much or more time on athletics during the offseason as during their competitive season.

\*Based on the 2015 NCAA GOALS study.

## 8.6 Hours

## 4.4 Hours

During a typical day of competition, Division I student-athletes report spending anywhere from 4.4 to 8.6 hours on their sport. For the full breakdown by sport, visit [ncaa.org/time-management](http://ncaa.org/time-management).

\*Based on a 2015 survey of Division I student-athletes.



# Time Management

What Division II student-athletes should expect.

Time management is a key component of any college student's success. From classes to competition, and everything in between, the student-athlete's schedule is busy. Know what awaits when you step foot on campus.

## What takes up a Division II student-athlete's time?

### Did you know?

These are considered countable athletically related activities (CARA). NCAA rules limit the time student-athletes can spend on these activities each week. Check with your campus athletics compliance administrator for more information.



Competition



Practice



Strength and conditioning



Supplemental workouts



Film review

### Did you know?

These are considered noncountable athletically related activities.



Academic meetings



Injury treatment/prevention



Prospective student-athlete host duties



Team fundraising



Community engagement



Compliance meetings



Study hall



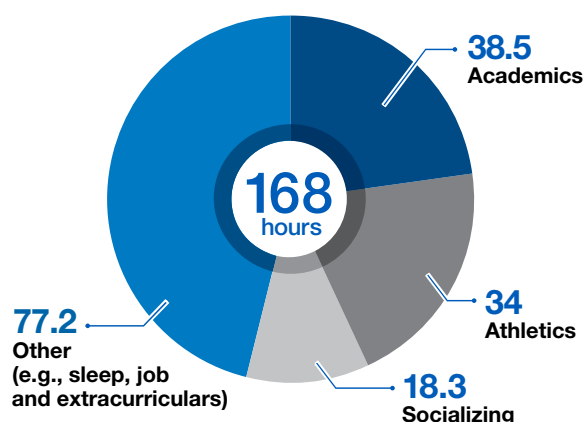
Social activities



Professional development

## Time spent on activities per week

\*Median figures, collected from the 2015 NCAA GOALS study.



# 2/3

Two-thirds of Division II student-athletes said they spend as much or more time on athletics during the offseason as during their competitive season.

\*Based on the 2015 NCAA GOALS study.

1 in every 8.3 Division II student-athletes will participate in a NCAA championship during their college experience.



One-third of Division II student-athletes work during the academic year for about nine hours per week on average.

\*Based on the 2015 NCAA GOALS study.



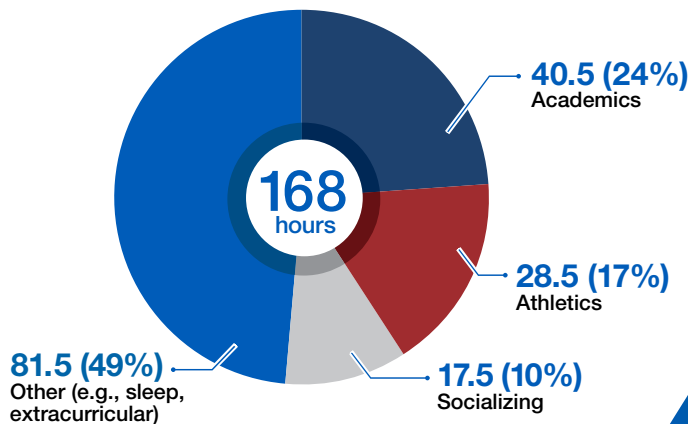
# Time Management

## What Division III student-athletes should expect.

Time management is a key component of any college student's success. From classes to competition, and everything in between, the student-athlete's schedule is busy. Know what awaits when you step foot on campus.

### Division III student-athlete's time each week

(numbers listed in hours)



### Did you know?

Division III student-athletes note their athletics experience did **not** hinder their academic and co-curricular pursuits. In fact, it had a positive effect on their collegiate experience. (approximate percentages)



**25%**

Study abroad

**45%**

Work at least 8.5 hours per week

**60%**

Want to attend graduate school

**67%**

Involved in an internship/externship



Division III student-athletes report spending one (1) day a week away from campus.

*\*Median amount; based on 2015 NCAA GOALS study.*



Half of Division III student-athletes said they spend as much or more time on athletics during the offseason as during their competitive season.

*\*Based on the 2015 NCAA GOALS study.*

## The Division III experience includes:



Academics



Internship/  
externship



Work



Graduate  
school



Competition



Practice



Strength and  
conditioning



Film review



Injury  
treatment and  
prevention



Team  
fundraising



Compliance  
meetings



Teamwork



Time  
management



Leadership

# INITIAL ELIGIBILITY

Initial-eligibility standards help ensure you are prepared to succeed in college. The eligibility process also protects the fairness and integrity of college sports by ensuring student-athletes are amateurs.

If you want to practice, compete and receive an athletics scholarship during your first year at a Division I or II school, the NCAA Eligibility Center must certify you as eligible. (Eligibility for Division III is determined on campus.) Throughout the process, NCAA Eligibility Center staff members partner with students and their families, as well as high school administrators and coaches, to guide you on your journey.

## Get Ready. Get Set. Go!

### REMEMBER ...

***As a college-bound student-athlete, you are responsible for your eligibility — that means planning ahead, taking high school classes seriously and protecting your amateur status. It can be a difficult first step, but the benefits of being a student-athlete are worth the effort.***

#### GRADE 9

##### Plan

- Start planning now! Take the right courses and earn the best grades possible.
- Ask your counselor for a list of your high school's NCAA-approved core courses to make sure you take the right classes.
- Sign up for a free Profile Page at [eligibilitycenter.org](http://eligibilitycenter.org) for information on NCAA academic and amateurism requirements.

#### GRADE 10

##### Register

- If you fall behind academically, ask your counselor for help finding approved courses you can take.
- Register for a Profile Page or Certification Account with the NCAA Eligibility Center at [eligibilitycenter.org](http://eligibilitycenter.org).

#### GRADE 11

##### Study

- Check with your counselor to make sure you are on track to complete the required number of NCAA-approved courses.
- Take the ACT or SAT and submit your scores to the NCAA Eligibility Center using code **9999**.
- At the end of the year, ask your counselor to upload your official transcript to the NCAA Eligibility Center. If you took classes at more than one high school or program, ask each school to submit an official transcript.
- Make sure you are on track to graduate on time with your class.

#### GRADE 12

##### Graduate

- Complete your final NCAA-approved core courses as you prepare for graduation.
- Take the ACT or SAT again, if necessary, and submit your scores to the NCAA Eligibility Center using code **9999**.
- Request your final amateurism certification beginning April 1 (fall enrollees) or Oct. 1 (winter/spring enrollees) in your NCAA Eligibility Center account at [eligibilitycenter.org](http://eligibilitycenter.org).
- After you graduate, ask your counselor to send or upload your final official transcript with proof of graduation to the NCAA Eligibility Center.
- Reminder:* Only students on an NCAA Division I or II school's institutional request list will receive a certification.

# STUDENT REGISTRATION

If you want to play NCAA sports at a Division I or II school, you need to register with the NCAA Eligibility Center at [eligibilitycenter.org](http://eligibilitycenter.org). Plan to register before your sophomore year of high school. The information below is intended to help guide you through the registration process.

## To get started, choose from our two account types:

- 1. Certification Account:** You must be certified by the NCAA Eligibility Center to compete at an NCAA Division I or II school. Before you can make official visits or sign a Division I or Division II National Letter of Intent, you must have a complete Certification Account (including payment or fee waiver).
- 2. Profile Page:** If you plan to compete at a Division III school or currently are not sure in which division you want to compete, create a Profile Page. If at any time you wish to pursue a Division I or II path, you'll be able to transition to a Certification Account. (You cannot move from a Certification Account to a Profile Page.)

For Certification Accounts, please allow between 30 to 45 minutes to register completely. If you need to exit and come back at a later time, you can save and exit once your account is created.



Reference the “Help” section (located in the top task bar) at any time to answer your questions as you work through registration.

## Have eligibility or registration questions?

If you have questions about your eligibility or the registration process not addressed within this guide, reach out to us! We're here to guide you through your journey. Here's some additional sources of information that may help:

- Search our frequently asked questions at [ncaa.org/studentfaq](http://ncaa.org/studentfaq).
- *Domestic students:* Call us toll free at 877-262-1492.
- *International students:* Use our **International Contact Form** ([ncaa.org/contactinternational](http://ncaa.org/contactinternational)) to submit questions.

## IMPORTANT INFORMATION

Date I registered: \_\_\_\_\_

My NCAA ID#: \_\_\_\_\_

My email address: \_\_\_\_\_

My high school(s) attended: \_\_\_\_\_

Date my six-semester transcript was sent: \_\_\_\_\_

Date my test score was sent: \_\_\_\_\_

Date my final transcript (with proof of graduation) was sent: \_\_\_\_\_



## REGISTRATION ESSENTIALS

Below are some items you should have with you as you create an account at [eligibilitycenter.org](http://eligibilitycenter.org):

### **VALID EMAIL FOR STUDENT**

To register, you need a valid email address that you check regularly and will have access to *after* high school. The NCAA Eligibility Center uses email to update you about your account throughout the process. *Please note:* If you have a sibling who has previously registered, you will need to use a different email address than the one on your sibling's account.

### **BASIC STUDENT PERSONAL INFORMATION**

This includes information such as your name, gender, date of birth, primary and secondary contact information and address.

### **BASIC STUDENT EDUCATION HISTORY**

We will ask you to provide details about all high schools or secondary schools you have attended in the United States or internationally, and additional programs you have attended. Be sure to include all schools, regardless of whether you received grades or credits. If you attended ninth grade at a junior high school located in the same school system in which you later attended high school, do not list the ninth-grade school.

### **STUDENT SPORTS PARTICIPATION HISTORY**

Select the sport(s) you plan to participate in at an NCAA school. For Certification Accounts, we will ask

you to provide details for any expenses or awards you received, any teams you have practiced or played with or certain events in which you participated outside of the traditional high school season. The form also asks about any individuals who have advised you or marketed your skills in a particular sport. This information helps the NCAA Eligibility Center certify your amateur status when it is requested by an NCAA school.

### **PAYMENT (CERTIFICATION ACCOUNTS ONLY)**

Your Certification Account is complete only after your registration fee is paid (or upon submission of a fee waiver, if you are eligible). You may pay online by debit, credit card or e-check. The registration fee for students in the United States, U.S. territories (includes American Samoa, Guam, Northern Mariana Islands, Puerto Rico and U.S. Virgin Islands) and Canada is \$90. The fee for all other international students is \$150. Profile Pages do not have a fee.

*All fees are nonrefundable once you have successfully registered. If you completed a duplicate registration and paid your registration fee twice, you may be eligible for a refund of the duplicate registration fee. To receive a refund, you will need to complete and submit an NCAA refund form.*

## Fee Waiver

You are eligible for a waiver of the registration fee if you have received a waiver of the ACT or SAT fee. (This is *not* the same as a U.S. state voucher.) After you complete your registration, only an authorized high school official can submit your fee waiver documentation online.

### ACT

In order to be eligible for an ACT fee waiver, you must meet one of these indicators of economic need:

- Your family receives low-income public assistance.
- Your family income is at or below the Bureau of Labor Statistics Low Standards Budget.
- You are a ward of the state.
- You live in a foster home.
- You are homeless.
- You participate in free or reduced-price lunch program at school.
- You participate in a federally funded TRIO Program such as Upward Bound.

### SAT

You are eligible for consideration for an SAT fee waiver if you are a U.S. citizen or a foreign national taking the SAT in the United States or its territories and you meet one of the following requirements:

- You are enrolled in a program for the economically disadvantaged such as AVID or TRIO.
- Your family's annual income falls within the levels listed by the U.S. Department of Agriculture (USDA) for free or reduced-price lunches.
- Your family receives public assistance.
- Your family lives in federally subsidized public housing.
- You live in a foster home.

If you are a home school student in the United States or U.S. territories who cannot afford to pay the test fees, you must provide proof of eligibility to your local high school or agency administrator. Only a school or agency administrator can provide you with the fee waiver card for the appropriate test. Students from countries other than the United States or its territories are not eligible for a fee waiver.

# TEST SCORES

Every time you register for the SAT or ACT, use the NCAA Eligibility Center code **9999** to send your scores directly to us from the testing agency. Tests scores on transcripts can NOT be used in your academic certification. The NCAA Eligibility Center does not accept SAT subject test scores. You may take the SAT or ACT an unlimited number of times before you enroll full time in college. If you take either test more than once, the best subscore from different tests are used to give you the best possible score.

## ACT

An ACT sum score is calculated by adding your English, math, reading and science subscores.

## SAT

A combined SAT score is calculated by adding your critical reading and math subscores. SAT scores earned on or after March 2016 will be evaluated based on the College Board concordance table.

## College Board Concordance Table

The SAT test changed in March 2016, and now varies in design and measures different academic concepts than the prior SAT. A numerical score on a test before March 2016 may not be equivalent to the same numerical score on the redesigned test (March 2016 and after).

The NCAA's sliding scales for Divisions I and II were updated to include the concordance table. On our sliding scale, you

can see your new SAT score, what it concedes to on the old SAT test and the GPA that is required for that score.

*Did you take the SAT more than once?* Remember: We will use your highest SAT score in your academic certification to provide you the best result possible.

## Testing Dates

The NCAA Eligibility Center accepts national SAT and ACT exams, and state-administered ACT exams.

### NATIONAL TESTING DATES

#### SAT

Aug. 25, 2018  
Oct. 6, 2018  
Nov. 3, 2018  
Dec. 1, 2018  
March 9, 2019  
May 4, 2019  
June 1, 2019

#### ACT

Sept. 8, 2018  
Oct. 27, 2018  
Dec. 8, 2018  
Feb. 9, 2019  
April 13, 2019  
June 8, 2019  
July 13, 2019

## Puerto Rico

If you plan to enroll in a Division II school in Puerto Rico, you may use a minimum combined score on the Prueba de Aptitud Académica verbal and math reasoning sections of 730 to satisfy the test-score requirement.



# TRANSCRIPTS

After completing six semesters of high school, ask your school counselor to upload an official transcript to the NCAA Eligibility Center. If you have attended more than one high school or took courses from more than one program, the NCAA Eligibility Center needs an official transcript from *all* high school(s) or program(s). You also will need to ask your school counselor to send your final transcript with proof of graduation once you have completed high school. *Please note:* The NCAA Eligibility Center does not accept grades from one high school or program transcribed on another high school's transcript.

High schools have the capability to upload transcripts directly to a student's account from the High School Portal for free. As with other electronic transcript providers, this process is much quicker than using the U.S. Postal Service or any overnight delivery method. Students should contact their school counselor to ask for their transcript to be uploaded or sent electronically through one of the approved e-transcript providers listed below:

- National Transcript Center/  
Pearson Edustructure.
- Scribbles Software.
- Parchment.
- ConnectEDU.
- Scrip-Safe/Credentials.
- USMO ET.
- XAP.

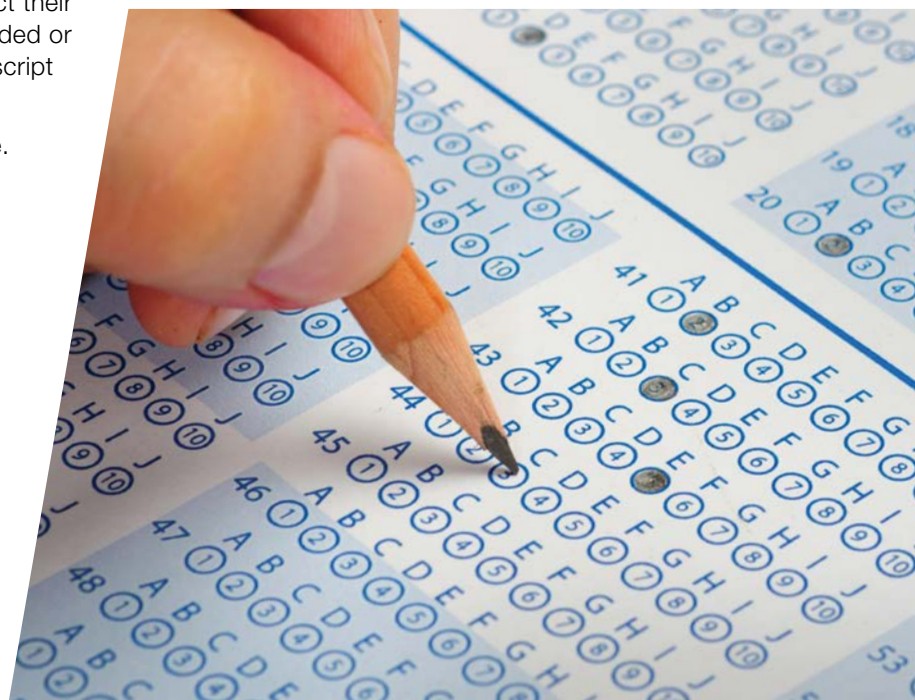
## REMEMBER ...

***If you have attended more than one high school or took courses from more than one program, the NCAA Eligibility Center needs an official transcript from ALL high schools or programs.***

In order to send a transcript by U.S. mail or through an overnight or express delivery service, please use the appropriate address on page 1.

- *International students:* For information on proper submission procedures for transcripts and academic records, see page 28 or visit [ncaa.org/international](http://ncaa.org/international).

**Note:** Some approved programs that have a list of NCAA-approved courses are not credit-awarding institutions and, therefore, do not produce official transcripts. If you attend an approved program that does not award credit, a grade report from the program should be submitted.



# EQUIVALENCY TESTS/DIPLOMAS

A state high school equivalency test (e.g., General Educational Development) may be accepted as proof of graduation under certain conditions, but it will not satisfy requirements for core courses, GPA or ACT/SAT scores. The equivalency test may be accepted as proof of graduation if taken after the graduation date of your class and before

full-time enrollment into any college or university. You will need to submit an official copy of the applicable certificate along with test scores through the mail to the NCAA Eligibility Center. You can contact your state education agency to request the certificate and test scores to be sent to the NCAA Eligibility Center.

# WHAT IS A CORE COURSE?

NCAA schools require college-bound student-athletes to build a foundation of high school courses to prepare them for the academic expectations in college.

For a high school class to be an NCAA-approved core course, it MUST meet these conditions:

1. Be a four-year college preparatory course in one of these subject areas:
  - English.
  - Math (Algebra I or higher).
  - Natural/physical science.
  - Social science.
  - Foreign language.
  - Comparative religion or philosophy.
2. Be taught at or above your high school's regular academic level.
3. Receive credit toward high school graduation and appear on an official transcript with course title, grade and credit awarded.

## What is Not a Core Course

Not all high school classes are NCAA-approved core courses. Some examples of courses that are not NCAA-approved core courses include:

- Courses in non-core areas, such as driver education, typing, art, music, physical education or welding.
- Courses that prepare students for the world of work or life, or for a two-year college or technical school, such as personal finance, consumer education or tech prep.
- Courses taught below grade level, at a slower pace or with less rigor or depth, such as basic, essential, fundamental or foundational courses.
- Credit-by-exam courses.

Find your high school's list of NCAA-approved courses at [eligibilitycenter.org/courselist](http://eligibilitycenter.org/courselist). Make sure you are taking the courses on the approved list and ask your counselor if you need help.

## Core-Course Credits

You can earn credit for a core course only once. If you take a course that repeats the content of another core course, you earn credit for only one of these courses and the higher grade counts toward your core-course GPA.

Generally, you receive the same number of credits from the NCAA for a core course that you receive from your high school for the class. A one-year class taken over a longer period of time is considered one core course and is not awarded more than one credit.

## Courses Taken Before High School

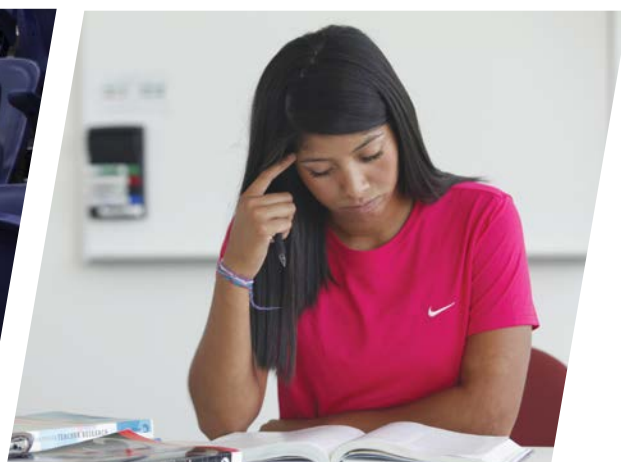
If you take a high school class such as Algebra I or Spanish I in eighth grade, the class may count toward your 16 core courses if it appears on your high school's list of NCAA-approved courses and is shown on your high school transcript with grade and credit.

## Courses Taken After High School

For information about courses taken after high school, see page 18 for Division I or page 22 for Division II.

## College Courses, Dual-Enrollment Courses and Dual-Credit Courses

College courses may be used to satisfy NCAA core-course requirements if the courses are awarded a grade and credit by the high school for any student and meet all other requirements for core courses. College courses must be placed on the student's high school transcript with clarification of college completion.





# NONTRADITIONAL AND ONLINE COURSES

Nontraditional courses are taught online or through distance learning, credit recovery, independent study, individualized instruction or correspondence methods.

Generally, for a nontraditional course to count as an NCAA-approved core course, it must meet *all* of the following requirements:

- The course must appear on the school's list of NCAA-approved courses.
- A student in the course must have regular instructor-led interaction for the purpose of instruction, evaluation and assistance for the duration of the course. This may include, for example, exchanging emails between the student and teacher, online chats, phone calls, feedback on assignments and the opportunity for the teacher to engage the student in individual instruction.
- The course must have a defined time period for completion. For example, it should be clear whether the course is meant to be taken for an entire semester or a more condensed time period.
- The course should be clearly identified as nontraditional on the student's official high school transcript.

## REMEMBER ...

**Log in to your NCAA Eligibility Center account frequently to update your school information if you take courses from additional academic programs.**



A nontraditional course may not be approved for any of the following reasons:

- Does not have teacher-based instruction.
- Does not require regular and ongoing instructor-led interaction between the student and teacher.
- Does not require students to complete the entire course.
- Does not prepare students for four-year college classwork.
- Does not have official student grade records.
- Does not meet NCAA core-course requirements.

To find out if a nontraditional program or course is approved, go to [eligibilitycenter.org/courselist](https://eligibilitycenter.org/courselist) to search the school or program's list of NCAA-approved courses. You will find information about any nontraditional programs or courses in the "Additional Information" box as seen below.

### Additional Information

**Coursework from this school/program meets NCAA nontraditional core-course legislation.**

# GRADE-POINT AVERAGE

The NCAA Eligibility Center calculates your core-course grade-point average (GPA) based on the grades you earn in NCAA-approved core courses. Only your best grades from the required number of NCAA core courses will be used.

Your GPA is calculated on a 4.000 scale. Numeric grades such as 92 or 87 are changed to letter grades such as A or B. The NCAA Eligibility Center does not use plus or minus grades when calculating your GPA. Weighted honors or advanced placement courses may improve your core-course

GPA but your high school must notify the NCAA Eligibility Center that it weighs grades in these classes.

In “Pass/Fail” grading situations, the NCAA Eligibility Center will assign your high school’s lowest passing grade for a course in which you received a “Pass” grade. For most high schools, the lowest passing grade is a D, so the NCAA Eligibility Center generally assigns a D as a passing grade.

## Calculating Your Quality Points

In order to determine your quality points earned for each course, multiply the quality points for the grade by the amount of credit earned.

### Examples:

- An A grade (4 points) for a trimester course (0.34 units):  
 $4 \text{ points} \times 0.34 \text{ units} = 1.36 \text{ total quality points}$
- An A grade (4 points) for a semester course (0.50 units):  
 $4 \text{ points} \times 0.50 \text{ units} = 2.00 \text{ total quality points}$
- An A grade (4 points) for a full-year course (1.00 units):  
 $4 \text{ points} \times 1.00 \text{ units} = 4.00 \text{ quality points}$

The worksheets on pages 20 and 24 will help you to determine your core-course GPA.

## QUALITY POINTS

A = 4 points  
B = 3 points  
C = 2 points  
D = 1 point

## UNITS OF CREDIT

1 quarter unit = 0.25 units  
1 trimester unit = 0.34 units  
1 semester unit = 0.50 units  
1 year = 1 unit



Being a student-athlete means doing more than what is expected. Whether I am doing extra reps in the gym or studying just a bit more, I know that the extra effort I put forth will make an impact in my journey toward success. I know the dedication I have put into being a student-athlete has helped me push myself in all aspects of my life.

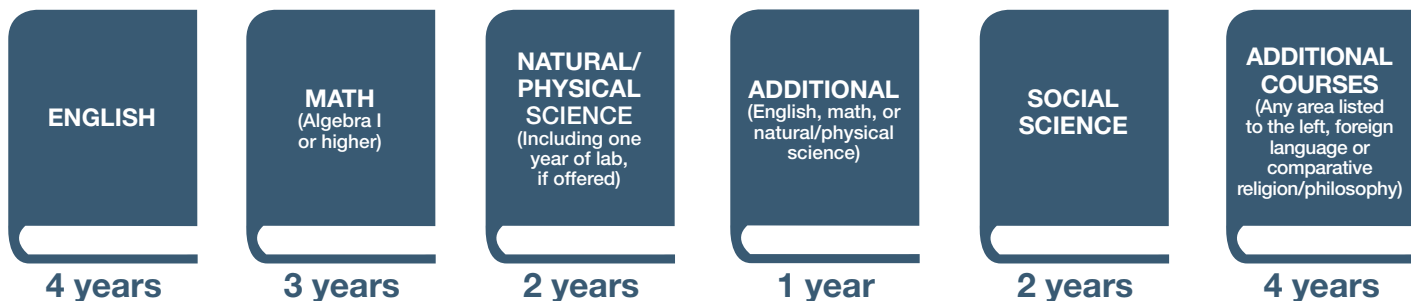
**Amanda Carroll**  
Volleyball  
Florida Gulf Coast University



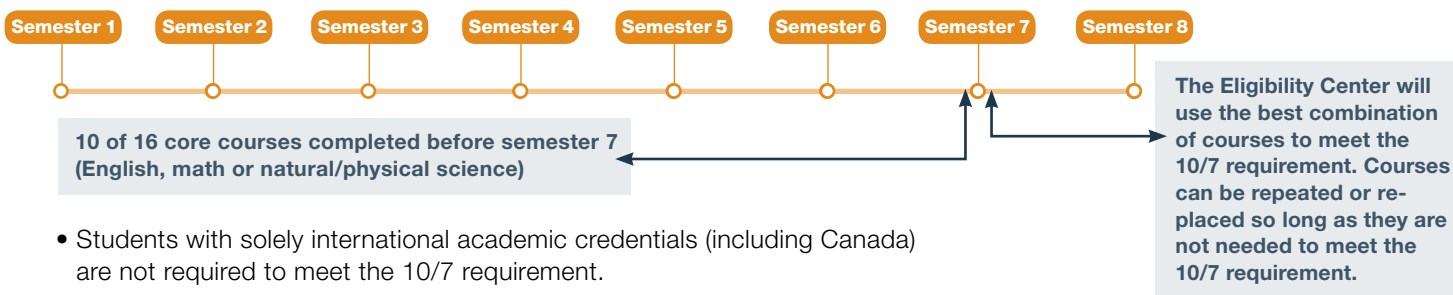
# DIVISION I ACADEMIC STANDARDS

Division I schools require you to meet academic standards for NCAA-approved core courses, core-course GPA and test scores. To be eligible to practice, compete and receive athletics scholarships in your first full-time year at a Division I school, you must graduate from high school and meet *all* of the following requirements:

1. Complete a total of 16 core courses in the following areas:



2. Complete 10 of your 16 core courses, including seven in English, math or natural/physical science, before the start of your seventh semester. Once you begin your seventh semester, you must have more than 10 core courses completed to be able to repeat or replace any of the 10 courses used to meet the 10/7 requirement.



3. Complete the 16 NCAA-approved core courses in eight academic semesters or four consecutive academic years from the start of ninth grade. If you graduate from high school early, you still must meet core-course requirements.
4. Earn an SAT combined score or ACT sum score that matches your core-course GPA (minimum 2.300) on the Division I full qualifier sliding scale. Review the sliding scale on page 19 to ensure your score meets Division I requirements.

How to plan your high school courses to meet the 16 core-course requirement:

$$4 \times 4 = 16$$

- 4 English courses (one per year)
- + 4 math courses (one per year)
- + 4 science courses (one per year)
- + 4 social science (and/or additional) courses (one per year)

16 NCAA core courses

## Academic Certification Decisions

To receive an academic certification, you must have:

- A final official transcript with proof of graduation.
- Official transcripts from ALL high schools attended.
- Test scores.
- No open academic tasks.
- Be on a Division I school's institutional request list.

Being placed on a school's institutional request list notifies the NCAA Eligibility Center to complete an academic evaluation for you after all of your appropriate documents have been submitted.

If you are being recruited by a Division I school, you will receive one of the following decisions once a certification has been completed:

### EARLY ACADEMIC QUALIFIER

If you meet specific criteria after six semesters of high school, you may be deemed an early academic qualifier for Division I and may practice, compete and receive an athletics scholarship during your first year of enrollment. To be an early academic qualifier, you will need:

Minimum SAT combined score (math and critical reading) of 900 on tests taken before March 2016 or 980 on the new test *or* minimum ACT sum score of 75, and a core-course GPA of 3.000 or higher in a minimum of 14 core courses:

- Three years of English.
- Two years of math.
- Two years of science.
- Two additional years of English, math or natural/physical science.
- Five additional core courses in any area.

A final high school transcript must be submitted to the NCAA Eligibility Center after high school graduation for all early academic qualifiers.

### QUALIFIER

You may practice, compete and receive an athletics scholarship during your first year of enrollment at an NCAA Division I school.

### ACADEMIC REDSHIRT

You may receive an athletics scholarship during your first year of enrollment and may practice during your first regular academic term but may NOT compete during your first year of enrollment. You must pass either eight quarter or nine semester hours to practice in the next term.

### NONQUALIFIER

You will not be able to practice, receive an athletics scholarship or compete during your first year of enrollment at a Division I school.

## What if I Don't Graduate on Time?

In Division I, if you do not graduate on time (in four years/eight semesters), the NCAA Eligibility Center will still use your grades and coursework for the first four years/eight semesters in your certification. You will still need to provide proof of graduation (once you graduate) and you may not use any coursework taken after your high school graduation toward your certification.

## What if I Don't Meet the Division I Standards?

If you have not met all of the Division I academic standards, you may not compete in your first year at a Division I college. However, if you qualify as an academic redshirt, you may practice during your first term in college and receive an athletics scholarship for the entire year.

To qualify as an academic redshirt, you must graduate high school and meet ALL of the following academic standards:

- Complete 16 core courses.
- Earn an SAT combined score or ACT sum score matching your core-course GPA (minimum 2.000) on the Division I sliding scale.

## Courses Taken After High School

For Division I, only courses completed in your first eight semesters will qualify as core courses. If you graduate from high school on time (in eight semesters) with your incoming ninth-grade class, you may use one core course completed in the year after graduation (summer or academic year) before full-time collegiate enrollment. You may complete the core course at a location other than the high school from which you graduated and may initially enroll full time at a collegiate institution at any time after completion of the core course. A college course taken after high school graduation may be used toward your initial eligibility and awarded 0.5 units from your college transcript (unless awarded one full unit on your home high school transcript).

An additional core-course unit taken after on-time high school graduation cannot replace a course used to meet the core-course progression (10/7) requirement, but an additional core course after on-time graduation may replace one of the remaining six core-course units necessary to meet core-course requirements.

## Sliding Scale for Division I

Division I uses a sliding scale to match test scores and GPAs to determine eligibility. The sliding scale balances your test score with your GPA. Find more information about test scores on page 12 or visit [ncaa.org/test-scores](http://ncaa.org/test-scores).

DIVISION I FULL QUALIFIER SLIDING SCALE			
Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
3.550	400	400	37
3.525	410	410	38
3.500	430	420	39
3.475	440	430	40
3.450	460	440	41
3.425	470	450	41
3.400	490	460	42
3.375	500	470	42
3.350	520	480	43
3.325	530	490	44
3.300	550	500	44
3.275	560	510	45
3.250	580	520	46
3.225	590	530	46
3.200	600	540	47
3.175	620	550	47
3.150	630	560	48
3.125	650	570	49
3.100	660	580	49
3.075	680	590	50
3.050	690	600	50
3.025	710	610	51
3.000	720	620	52
2.975	730	630	52
2.950	740	640	53
2.925	750	650	53
2.900	750	660	54
2.875	760	670	55
2.850	770	680	56
2.825	780	690	56
2.800	790	700	57
2.775	800	710	58

DIVISION I FULL QUALIFIER SLIDING SCALE			
Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
2.750	810	720	59
2.725	820	730	60
2.700	830	740	61
2.675	840	750	61
2.650	850	760	62
2.625	860	770	63
2.600	860	780	64
2.575	870	790	65
2.550	880	800	66
2.525	890	810	67
2.500	900	820	68
2.475	910	830	69
2.450	920	840	70
2.425	930	850	70
2.400	940	860	71
2.375	950	870	72
2.350	960	880	73
2.325	970	890	74
2.300	980	900	75
2.299	990	910	76
2.275	990	910	76
2.250	1000	920	77
2.225	1010	930	78
2.200	1020	940	79
2.175	1030	950	80
2.150	1040	960	81
2.125	1050	970	82
2.100	1060	980	83
2.075	1070	990	84
2.050	1080	1000	85
2.025	1090	1010	86
2.000	1100	1020	86

**ACADEMIC REDSHIRT**

\*Final concordance research between the new SAT and ACT is ongoing.

# DIVISION I WORKSHEET

This worksheet is provided to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The NCAA Eligibility Center will determine your academic status after you graduate. Remember to check your high school's list of NCAA-approved courses for the classes you have taken or plan to take.

Use the following scale: **A = 4 quality points; B = 3 quality points; C = 2 quality points; D = 1 quality point.**

ENGLISH (4 YEARS REQUIRED)						
10/7	COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
✓	Example: English 9	.50		A		$(.5 \times 4) = 2$
	<b>TOTAL ENGLISH UNITS</b>					<b>TOTAL QUALITY POINTS</b>

MATHEMATICS (3 YEARS REQUIRED)						
10/7	COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
✓	Example: Algebra I	1.0		B		$(1.0 \times 3) = 3$
	<b>TOTAL MATHEMATICS UNITS</b>					<b>TOTAL QUALITY POINTS</b>

NATURAL/PHYSICAL SCIENCE (2 YEARS REQUIRED)						
10/7	COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
	<b>TOTAL NATURAL/PHYSICAL SCIENCE UNITS</b>					<b>TOTAL QUALITY POINTS</b>

ADDITIONAL YEAR IN ENGLISH, MATHEMATICS OR NATURAL/PHYSICAL SCIENCE (1 YEAR REQUIRED)						
10/7	COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
	<b>TOTAL ADDITIONAL UNITS</b>					<b>TOTAL QUALITY POINTS</b>

SOCIAL SCIENCE (2 YEARS REQUIRED)						
10/7	COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
	<b>TOTAL SOCIAL SCIENCE UNITS</b>					<b>TOTAL QUALITY POINTS</b>

ADDITIONAL ACADEMIC COURSES (4 YEARS REQUIRED)						
10/7	COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
	<b>TOTAL ADDITIONAL ACADEMIC UNITS</b>					<b>TOTAL QUALITY POINTS</b>

	<b>TOTAL QUALITY POINTS FROM EACH SUBJECT AREA / TOTAL CREDITS = CORE-COURSE GPA</b>		/		=	
	Quality Points		/	Credits	=	Core-Course GPA

Sixteen core courses are required for your core-course GPA. Ten core courses must be completed before the seventh semester; seven of the 10 must be a combination of English, math or natural or physical science.

# DIVISION II ACADEMIC STANDARDS

Division II schools require college-bound student-athletes to meet academic standards for NCAA core courses, core-course GPA and test scores.



To be eligible to practice, compete and receive an athletics scholarship in your first full-time year at a Division II school, you must graduate from high school and meet *all* of the following requirements:

1. Complete 16 core courses in the following areas:

<b>ENGLISH</b>	<b>MATH</b> (Algebra I or higher)	<b>NATURAL/ PHYSICAL SCIENCE</b> (Including one year of lab, if offered)	<b>ADDITIONAL</b> (English, math, or natural/physical science)	<b>SOCIAL SCIENCE</b>	<b>ADDITIONAL COURSES</b> (Any area listed to the left, foreign language or comparative religion/philosophy)
<b>3 years</b>	<b>2 years</b>	<b>2 years</b>	<b>3 years</b>	<b>2 years</b>	<b>4 years</b>

2. Earn an SAT combined score or ACT sum score that matches your core-course GPA (minimum 2.200) on the Division II full qualifier sliding scale.



## Academic Certification Decisions

To receive an academic certification, you must have:

- A final official transcript with proof of graduation.
- Official transcripts from *all* other high schools attended.
- Test scores.
- No open academic tasks.
- Be on a Division II school's institutional request list.

Being placed on a school's institutional request list notifies the NCAA Eligibility Center to complete an academic evaluation for you once all of your appropriate documents have been submitted.

If you are being recruited by a Division II school, you will receive one of the following decisions once a certification has been completed:

### EARLY ACADEMIC QUALIFIER

If you meet specific criteria listed below after six semesters, you may be deemed an early academic qualifier for Division II and may practice, compete and receive an athletics scholarship. To be an early academic qualifier, you will need:

Minimum sum score of 68 on the ACT *or* a minimum SAT combined score (math and critical reading) of 820 on the old SAT or 900 on the redesigned SAT and a core-course GPA of 2.5 or higher in a minimum of 14 core courses in the following areas:

- 3 years of English.
- 3 years of math.
- 2 years of natural or physical science.
- 6 additional core courses in any area.

A final high school transcript must be submitted to the NCAA Eligibility Center after high school graduation for all early academic qualifiers.

### QUALIFIER

You may practice, compete and receive an athletics scholarship during your first year of full-time enrollment at an NCAA Division II school.

### PARTIAL QUALIFIER

You may receive an athletics scholarship during your first year of enrollment and may practice during your first year of enrollment, but may NOT compete.

### NONQUALIFIER

You will not be able to practice, receive an athletics scholarship or compete during your first year of full-time enrollment at a Division II school.



## What if I Don't Meet the Division II Standards?

If you enroll full time at a Division II school and you have not met all Division II academic standards, you may not compete in your first year. However, if you meet the standards to be a partial qualifier, you may practice and receive an athletics scholarship in your first year at college. To be a partial qualifier, you must graduate high school and meet *all* of the following standards:

- Complete 16 core courses.
- Earn an SAT combined score or ACT sum score matching your core-course GPA (minimum 2.000) on the Division II partial qualifier sliding scale.

## Core-Course Timeline

If you plan to attend a Division II school, you must complete 16 NCAA core courses after starting grade nine and before your first full-time college enrollment.

## Courses Taken After High School

For Division II, you may use an unlimited number of core courses completed after graduation (summer or academic year) before full-time collegiate enrollment. You may complete the core course(s) at a location other than the high school from which you graduated. A college course taken after high school graduation can be used toward your initial eligibility and will be awarded 0.5 units unless awarded one full unit by your home high school, and it must appear on your home high school transcript with grade and credit.



## Sliding Scale for Division II

Division II uses a sliding scale to match test scores and GPAs to determine eligibility. The sliding scale balances your test score with your GPA. Find more information about test scores on page 12 or visit [ncaa.org/test-scores](http://ncaa.org/test-scores).

DIVISION II FULL QUALIFIER SLIDING SCALE			
USE FOR DIVISION II BEGINNING AUGUST 2018			
Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
3.300 & above	400	400	37
3.275	410	410	38
3.250	430	420	39
3.225	440	430	40
3.200	460	440	41
3.175	470	450	41
3.150	490	460	42
3.125	500	470	42
3.100	520	480	43
3.075	530	490	44
3.050	550	500	44
3.025	560	510	45
3.000	580	520	46
2.975	590	530	46
2.950	600	540	47
2.925	620	550	47
2.900	630	560	48
2.875	650	570	49
2.850	660	580	49
2.825	680	590	50
2.800	690	600	50
2.775	710	610	51
2.750	720	620	52
2.725	730	630	52
2.700	740	640	53
2.675	750	650	53
2.650	750	660	54
2.625	760	670	55
2.600	770	680	56
2.575	780	690	56
2.550	790	700	57
2.525	800	710	58
2.500	810	720	59
2.475	820	730	60
2.450	830	740	61
2.425	840	750	61
2.400	850	760	62
2.375	860	770	63
2.350	860	780	64
2.325	870	790	65
2.300	880	800	66
2.275	890	810	67
2.250	900	820	68
2.225	910	830	69
2.200	920	840 & above	70 & above

DIVISION II PARTIAL QUALIFIER SLIDING SCALE			
USE FOR DIVISION II BEGINNING AUGUST 2018			
Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
3.050 & above	400	400	37
3.025	410	410	38
3.000	430	420	39
2.975	440	430	40
2.950	460	440	41
2.925	470	450	41
2.900	490	460	42
2.875	500	470	42
2.850	520	480	43
2.825	530	490	44
2.800	550	500	44
2.775	560	510	45
2.750	580	520	46
2.725	590	530	46
2.700	600	540	47
2.675	620	550	47
2.650	630	560	48
2.625	650	570	49
2.600	660	580	49
2.575	680	590	50
2.550	690	600	50
2.525	710	610	51
2.500	720	620	52
2.475	730	630	52
2.450	740	640	53
2.425	750	650	53
2.400	750	660	54
2.375	760	670	55
2.350	770	680	56
2.325	780	690	56
2.300	790	700	57
2.275	800	710	58
2.250	810	720	59
2.225	820	730	60
2.200	830	740	61
2.175	840	750	61
2.150	850	760	62
2.125	860	770	63
2.100	860	780	64
2.075	870	790	65
2.050	880	800	66
2.025	890	810	67
2.000	900	820 & above	68 & above

\*Final concordance research between the new SAT and ACT is ongoing.

# DIVISION II WORKSHEET

This worksheet is provided to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The NCAA Eligibility Center will determine your academic status after you graduate. Remember to check your high school's list of NCAA-approved courses for the classes you have taken or plan to take.

**Use the following scale: A = 4 quality points; B = 3 quality points; C = 2 quality points; D = 1 quality point.**

ENGLISH (3 YEARS REQUIRED)															
COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)										
Example: English 9	.50		A		(.5 x 4) = 2										
<b>TOTAL ENGLISH UNITS</b>					<b>TOTAL QUALITY POINTS</b>										
MATHEMATICS (2 YEARS REQUIRED)															
COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)										
Example: Algebra I	1.0		B		(1.0 x 3) = 3										
<b>TOTAL MATHEMATICS UNITS</b>					<b>TOTAL QUALITY POINTS</b>										
NATURAL/PHYSICAL SCIENCE (2 YEARS REQUIRED)															
COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)										
<b>TOTAL NATURAL/PHYSICAL SCIENCE UNITS</b>					<b>TOTAL QUALITY POINTS</b>										
ADDITIONAL YEARS IN ENGLISH, MATHEMATICS OR NATURAL/PHYSICAL SCIENCE (3 YEARS REQUIRED)															
COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)										
<b>TOTAL ADDITIONAL UNITS</b>					<b>TOTAL QUALITY POINTS</b>										
SOCIAL SCIENCE (2 YEARS REQUIRED)															
COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)										
<b>TOTAL SOCIAL SCIENCE UNITS</b>					<b>TOTAL QUALITY POINTS</b>										
ADDITIONAL ACADEMIC COURSES (4 YEARS REQUIRED)															
COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)										
<b>TOTAL ADDITIONAL ACADEMIC UNITS</b>					<b>TOTAL QUALITY POINTS</b>										
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">TOTAL QUALITY POINTS FROM EACH SUBJECT AREA / TOTAL CREDITS = CORE-COURSE GPA</td> <td style="width: 10%; text-align: center;">/</td> <td style="width: 10%;"></td> <td style="width: 10%; text-align: center;">=</td> <td style="width: 37%;"></td> </tr> <tr> <td style="text-align: center;"><b>QUALITY POINTS</b></td> <td style="text-align: center;"><b>/</b></td> <td style="text-align: center;"><b>CREDITS</b></td> <td style="text-align: center;"><b>=</b></td> <td style="text-align: center;"><b>CORE-COURSE GPA</b></td> </tr> </table>						TOTAL QUALITY POINTS FROM EACH SUBJECT AREA / TOTAL CREDITS = CORE-COURSE GPA	/		=		<b>QUALITY POINTS</b>	<b>/</b>	<b>CREDITS</b>	<b>=</b>	<b>CORE-COURSE GPA</b>
TOTAL QUALITY POINTS FROM EACH SUBJECT AREA / TOTAL CREDITS = CORE-COURSE GPA	/		=												
<b>QUALITY POINTS</b>	<b>/</b>	<b>CREDITS</b>	<b>=</b>	<b>CORE-COURSE GPA</b>											

# DIVISION III INFORMATION

Division III schools provide an integrated environment focusing on academic success while offering a competitive athletics environment. Division III rules minimize potential conflicts between athletics and academics and focus on regional in-season and conference play.

While Division III schools do not offer athletics scholarships, 75 percent of Division III student-athletes receive some form of merit or need-based financial aid.

If you are planning to attend a Division III school, you can create a free Profile Page at [eligibilitycenter.org](http://eligibilitycenter.org) to learn more about college sports. Division III schools set their own admissions and eligibility standards. You can visit [ncaa.org/d3](http://ncaa.org/d3) or contact the Division III school you are planning to attend to learn more.



# AMATEURISM

When you register for a Certification Account with the NCAA Eligibility Center, you will be asked a series of questions about your sports participation to determine your amateur status. In some instances, the NCAA Eligibility Center staff may need to gather additional information to evaluate your amateur status.

## Issues Reviewed as Part of the Amateurism Certification Process

- Delaying your full-time collegiate enrollment to participate in organized competition.
- Playing with professionals.
- Signing a contract with a professional team.
- Participating in tryouts or practices with a professional team.
- Accepting payment or preferential treatment/benefits for playing sports.
- Accepting prize money.
- Accepting benefits from an agent or prospective agent.
- Involvement with a recruiting service.

## Requesting Final Amateurism Certification

**Fall enrollment:** If you are enrolling at a Division I or II school for the fall semester, you may request an amateurism certification decision from the NCAA Eligibility Center on or after April 1 before your enrollment at an NCAA school.

**Winter/Spring enrollment:** If you are enrolling in college in the spring semester, you may request a final amateurism decision on or after Oct. 1 before your enrollment in college.

## Delayed Enrollment

After you graduate high school, you have a certain amount of time — called a “grace period” — to enroll full time at any two-year or four-year college or university. If you do not enroll at the first opportunity after your grace period and continue to compete in organized competition, you will use one season of NCAA eligibility for each calendar year during which you continue to compete. You also may be required to serve an academic year in residence at your NCAA institution before you can compete. Please see the chart below regarding specific sport and division delayed enrollment rules.

Sport	Division I Grace Period*	Division II Grace Period*
Tennis (Men and Women)	Six months	12 months
Men’s Ice Hockey	21st birthday	Two years
Skiing (Men and Women)	21st birthday	Two years**
All Other Sports	12 months	12 months

\*Grace period follows a college-bound student-athlete’s expected date of high school graduation.

\*\*Competition must be sanctioned by the U.S. Ski and Snowboard Association or its international counterparts.

## What is Organized Participation?

Participation is considered organized if ANY of the following exist:

- Official score is kept.
- Standings or statistics are maintained.
- Official timer or game officials are used.
- Admission is charged.
- Teams are regularly formed or team rosters are predetermined.
- Team uniforms are used.
- An individual or team is privately or commercially sponsored.
- The competition is either directly or indirectly sponsored, promoted or administered by an individual, an organization or any other agency.
- **Division I:** The competition is scheduled and publicized in advance.
- **Division II:** The competition is scheduled in advance.

## What is a Professional Team?

A professional team is one that declares itself as professional, or provides any player MORE than their actual and necessary expenses. Actual and necessary expenses are defined as:

- Meals and lodging directly tied to competition or practice directly related to the competition.
- Transportation expenses, such as to and from practice, training or competition.
- Apparel, equipment and supplies related to competition or practice directly related to competition.
- Coaching and instruction, or the use of facilities and entry fees.
- Health or medical insurance, medical treatment and physical therapy directly associated with an individual's participation on a team or in an event.
- Other reasonable expenses such as laundry money.

## Who is an Agent?

An individual who directly or indirectly represents you by marketing your athletics ability or reputation, attempts to benefit from guiding you to a particular NCAA school or attempts to benefit from your expected earnings as a professional athlete.

## OVERVIEW OF NCAA DIVISIONS I AND II PRE-ENROLLMENT AMATEURISM BYLAWS

<i>Before initial full-time enrollment at a college or university, may a college-bound student-athlete ...</i>	PERMISSIBLE IN DIVISION I?	PERMISSIBLE IN DIVISION II?
<b>Try out with a professional team?</b>	<p><b>Men's ice hockey and skiing:</b> Yes. May receive actual and necessary expenses for one visit (up to 48 hours) from each professional team. Self-financed tryouts may be for more than 48 hours.</p> <p><b>All other sports:</b> Yes. May not exceed actual and necessary expenses.</p>	Yes
<b>Enter into a professional draft?*</b>	Yes	Yes
<b>Accept prize money?</b>	<p><b>Tennis:</b> Yes, if it does not exceed \$10,000 per calendar year and comes from the sponsor of the event. Once the \$10,000 limit is reached, additional prize money may not exceed actual and necessary expenses and the expenses are provided by the sponsor of the event, or the team for which the individual represents.</p> <p><b>All other sports:</b> Yes, if it does not exceed actual and necessary expenses and comes from an amateur team or sponsor of the event.</p>	<p>Pre-collegiate enrollment - Yes</p> <p>Pre-collegiate enrollment - Yes</p>
<b>Receive benefits from an agent?</b>	No	No
<b>Enter into an agreement with an agent (oral or written)?</b>	No. The exceptions are <b>baseball and men's ice hockey</b> , in which a student-athlete who is drafted before collegiate enrollment may use the services of an agent to negotiate with a professional team, provided he discontinues the agent agreement before enrolling in college.	No

**\*Please contact the NCAA or your institution's compliance office before entering into a non-opt-in draft.**



## INTERNATIONAL STUDENTS

An international student is one who has taken coursework outside the United States (not including DoDDS or American schools abroad) from school years nine and up. International students must submit the following information:

- Your transcripts for years nine and up in the native language.
- Proof of graduation in the native language, which may include certificates, diplomas and/or final leaving exams.
- Certified line-by-line English translations of these documents if they are issued in a language other than English.

For specific details about the documents you must submit, please refer to the current **Guide to International Academic Standards for Athletics Eligibility** or visit the International Student-Athletes page at [ncaa.org/international](http://ncaa.org/international).

In certain situations, the NCAA Eligibility Center may request additional documentation to clarify that your academic information is complete, valid and accurate. The task list of your Eligibility Center account is used to communicate these requests, so be sure to check your email frequently for task notifications.

- For information on how to submit documentation, please visit [ncaa.org/international](http://ncaa.org/international).
- All documents submitted to the NCAA Eligibility Center become the property of the NCAA Eligibility Center and cannot be returned. This includes any original documents that are mailed.

In addition to your academic credentials, students also must submit all SAT or ACT scores. Your scores must be sent electronically to the NCAA Eligibility Center by the testing agency. When registering for the SAT or ACT, use code 9999 to ensure your test scores are sent directly to your Eligibility Center account.

Failure to include any of these items will delay the review of your records, so be sure to understand the documents required for the country in which you attended school by reviewing the current **Guide to International Academic Standards for Athletics Eligibility**, available for download at [ncaapublications.com](http://ncaapublications.com).

**Need help?** For specific questions that you can't find the answer to in our other resources, use our **International Contact Form**, found at [ncaa.org/contactinternational](http://ncaa.org/contactinternational).

“

**Student-athlete means commitment, it means determination, it means team. It is combining athletic ability with academic excellence. The journey is unique and provides lessons in adversity and success that stay with you far beyond the field of play.**

**Shelby Lee**  
Women's Soccer  
University of California, Irvine

”

# HOME SCHOOL STUDENTS

Learning at home is not necessarily the same as being home schooled. Because of recent growth in online and virtual education, a student may be able to learn at home through an online school with online teachers, which would not be considered a parent-directed tutor.

Courses evaluated as home school courses are those in which a parent or parent-directed tutor:

- Plans and delivers actual instructional activities such as lectures, discussions, tutorials, feedback or assistance.
- Determines the student's comprehension of the material by grading and evaluating student performance and achievement on assignments and assessments and providing appropriate re-teaching and feedback.
- Determines the overall grade the student achieved in the course.
- Places the grade on a transcript or grade report or reports the grade to an approved home school umbrella program.

## How to Register

If you are a home school student and want to play NCAA sports at a Division I or II school, you need to register with the NCAA Eligibility Center and meet the same standards as all other students.

Once you have completed your registration, visit [ncaa.org/playcollegesports](http://ncaa.org/playcollegesports) and navigate to the Home School Students section for a toolkit to provide you with necessary **home school resources**.

## Where to Send Your Home School Documents

All documents must be submitted by the home school administrator via email to [ec-processing@ncaa.org](mailto:ec-processing@ncaa.org) or mailed to the following address:

**NCAA Eligibility Center  
(Attn.: Home School Evaluation)  
1802 Alonzo Watford Sr. Drive  
Indianapolis, IN 46202**



# EDUCATION-IMPACTING DISABILITIES

For academic eligibility purposes, the NCAA defines an education-impacting disability (EID) as a current impairment that has a substantial educational impact on a student's academic performance and requires accommodation.

Some of the most common EIDs include:

- Learning disabilities or disorders.
- Attention deficit hyperactivity disorder.
- Mental health disorders.
- Medical conditions.
- Deafness or hard of hearing.
- Autism spectrum disorder.

If you have a documented EID, you must meet the same initial-eligibility standards as other students but may be provided certain accommodations to help meet those standards. For instance, if you have a documented EID, you may be allowed to take classes designed for students with EIDs if the classes appear on the list of NCAA-approved courses at your school.

If you plan on attending a **Division I** school and your EID documentation is approved by the NCAA Eligibility Center, you may take up to three additional core courses after graduating high school but before enrolling full time at a Division I school — as long as you graduate high school in eight consecutive semesters after starting ninth grade.

If you plan on attending a **Division II** school, you may take an unlimited number of core courses after starting ninth grade but before enrolling full time at a Division II school.

## Submitting Your EID Documentation

If you are a student with a documented EID, you only need to alert the NCAA Eligibility Center about your EID if you are planning on enrolling full time at a Division I school and would like to take additional core courses after you graduate high school. Information about EIDs submitted to the NCAA is **not** released to colleges unless the student-athlete makes a specific written request.

To document your EID with the NCAA Eligibility Center, you must submit the following materials:

1. A complete NCAA EID cover sheet.
2. Your NCAA identification number, high school graduation year, permanent address and phone number.
3. Current, signed documentation of your diagnosis (including test data) and/or recommendations from the treating professional (e.g., medical doctor, clinical psychologist or other qualified individual).
4. Current copy of your Individualized Education Program (IEP) or Section 504 Plan. If your high school did not provide an IEP or 504 Plan, the high school must submit documentation describing the available accommodations or an explanation of why accommodations were not provided.
5. A signed Buckley Statement form allowing certain individuals to review your EID information and speak on your behalf to the NCAA. A parent or guardian who would like to discuss your EID request with the NCAA must be listed on the Buckley Statement.

The cover sheet and Buckley Statement can be found at [ncaa.org/playcollegesports](http://ncaa.org/playcollegesports).

## Where to Send Your EID Documents

**NCAA Eligibility Center  
EID Services  
P.O. Box 7110  
Indianapolis, IN 46207-7110**

**Fax:** 317-968-5100

**Email:** [ec-processing@ncaa.org](mailto:ec-processing@ncaa.org)

If approved, you will be notified in writing and provided with additional information about available accommodations.

## SAT/ACT Exam with Accommodations

If you have a documented EID, you also may request to take an SAT or ACT exam with accommodations to satisfy test-score requirements by:

- Registering for accommodations using the directions provided by the SAT or ACT.
- Following procedures governed by SAT or ACT. The test may not be administered by a member of your high school athletics department or any NCAA school's athletics department.

If you take an SAT or ACT exam with accommodations, you may take the test on a date other than a national testing date, but you still must achieve the required test score.

Your high school counselor can help you register to take an SAT or ACT exam with accommodations.



# IMPORTANT RECRUITING TERMS

**Celebratory standardized signing form** (*a form used by Division III institutions*): This form is a standard NCAA-provided, nonbinding athletics celebratory signing form after a college-bound student-athlete has been accepted for enrollment at a Division III school.

**Contact:** A contact happens any time a college coach says more than “Hello” during a face-to-face meeting with you or your parents off the college’s campus.

**Contact period:** During a contact period, a college coach may have face-to-face contact with you or your parents, watch you compete, visit your high school and write or telephone you or your parents.

**Dead period:** A college coach may not have any face-to-face contact with you or your parents on or off the college campus at any time during a dead period. The coach may write and call you or your parents during this time.

**Evaluation:** An evaluation happens when a college coach observes you practicing or competing.

**Evaluation period:** During an evaluation period, a college coach may watch you compete, visit your high school and write or telephone you or your parents. However, a college coach may not have face-to-face contact with you or your parents off the college’s campus during an evaluation period.

**Financial aid (scholarship):** Any money you receive from a college or another source, such as outside loans or grants. Financial aid may be based on athletics ability, financial need or academic achievement.

**Five-year clock:** If you play at a Division I school, you have five calendar years in which to play four seasons of competition. Your five-year clock starts when you enroll as a full-time student at any college. Thereafter, your clock continues, even if you spend an academic year in residence as a result of transferring, decide to redshirt, do not attend school or attend school part time during your college career.

**Full-time student:** Each school determines what full-time status means. Typically, you are a full-time student if you are enrolled for at least 12 credit hours in a term, but some schools define a full-time student as someone who takes fewer than 12 credit hours in a term.

**International student:** An international student is any student who is enrolled in a secondary school outside the United States, U.S. territories or Canada (except Quebec).

**Institutional request list:** An institutional request list (IRL) is a list of college-bound student-athletes who an NCAA Division I and/or II school is interested in recruiting. The action of adding a college-bound student-athlete to the IRL informs the NCAA Eligibility Center of the school’s interest in having an academic and amateurism certification decision for the student-athlete.

**Official commitment:** When you officially commit to attend a Division I or II college, you sign a National Letter of Intent, agreeing to attend that school for one academic year.

**Official visit:** During an official visit, the college can pay for transportation to and from the college for you, lodging and meals (Division I allows for up to three meals per day) for you and your parents or guardians, as well as reasonable entertainment expenses, including three tickets to a Division I home sports event or five tickets to a Division II home sports event. Before a college may invite you on an official visit, you will have to provide the college with a copy of your

high school transcript and register for a Certification Account with the NCAA Eligibility Center.

**Quiet period:** During this time, a college coach may not have any in-person contact with you or your parents off the college’s campus. A coach may not watch you play or visit your high school during this period. You and your parents may visit a college campus during this time. A coach may write or call you or your parents during this time.

**Recruited:** If a college coach contacts you off campus, pays your expenses to visit the campus, or (in Divisions I and II) issues you a National Letter of Intent or a written offer of financial aid, you are considered recruited.

**Recruiting calendar:** NCAA member schools limit recruiting to certain periods during the year. Recruiting calendars promote the well-being of college-bound student-athletes and ensure fairness among schools by defining certain periods during the year in which recruiting may or may not occur in a particular sport.

**Recruiting shutdown:** A recruiting shutdown is a period of time when no forms of recruiting (e.g., contacts, evaluations, official or unofficial visits, correspondence, or making or receiving telephone calls) are permissible.

**Season of competition:** Generally, NCAA rules say that any competition in a season — regardless of the amount of time — counts as having played a season in that sport. If you play any time during a season, regardless of how long you played, it counts as having played for an entire season in that sport. Your season of competition starts when you spend one second in competition on the field, court, gym or track.

**Ten-semester/15-quarter clock:** If you play at a Division II or III school, you have the first 10 semesters or 15 quarters in which you are enrolled as a full-time student to complete your four seasons of participation. You use a semester or quarter any time you attend class as a full-time student or are enrolled part time and compete for the school. You do not use a term if you only attend part time with no competition or are not enrolled for a term.

**Two-year college:** Any school from which students can earn an Associate of Arts, Associate of Science or Associate of Applied Science within two years. Some people call these schools community colleges or junior colleges.

**Unofficial visit:** Any visit by you and your parents to a college campus paid for by you or your parents. The only expense you may receive from the college is three complimentary admissions to a Division I home athletics contest or five complimentary admissions to a Division II home athletics contest. You may make as many unofficial visits as you like after the first permissible date in each sport. The only time you cannot talk with a coach during an unofficial visit is during a dead period.

**Verbal commitment:** A verbal commitment happens when you verbally agree to play sports for a college before you sign or are eligible to sign a National Letter of Intent. The commitment is not binding on you or the school and can be made at any time.

**Walk-on:** Someone who is not typically recruited by a school to participate in sports and does not receive a scholarship from the school, but who becomes a member of one of the school’s athletics teams.

# RECRUITING CALENDARS

## SOPHOMORE YEAR – DIVISION I

RECRUITING METHOD	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	OTHER SPORTS
<b>Recruiting materials</b>	<ul style="list-style-type: none"> <li>You may receive brochures for camps, questionnaires, NCAA materials and nonathletics recruiting publications.</li> <li>You may begin receiving recruiting materials June 15 after your sophomore year.</li> </ul>	<ul style="list-style-type: none"> <li>You may receive brochures for camps, questionnaires, NCAA materials and nonathletics recruiting publications.</li> </ul>	<ul style="list-style-type: none"> <li>You may receive brochures for camps, questionnaires, NCAA materials and nonathletics recruiting publications.</li> </ul>	<ul style="list-style-type: none"> <li>You may receive brochures for camps, questionnaires, NCAA materials and nonathletics recruiting publications.</li> <li><b>Men's Ice Hockey</b> — You may begin receiving recruiting materials January 1 of your sophomore year.</li> </ul>
<b>Telephone calls</b>	<ul style="list-style-type: none"> <li>Sports other than lacrosse or softball may make calls to the coach at your expense only.</li> <li>College coach can make unlimited calls beginning June 15 after your sophomore year.</li> </ul>	<ul style="list-style-type: none"> <li>You may make calls to the coach at your expense only.</li> <li>College coach cannot call you.</li> </ul>	<ul style="list-style-type: none"> <li>You may make calls to the coach at your expense only.</li> <li>College coach cannot call you.</li> </ul>	<ul style="list-style-type: none"> <li>Sports other than lacrosse and softball may make calls to the coach at your expense only.</li> <li>College coach cannot call you.</li> <li><b>Women's Ice Hockey</b> — A college coach may call international college-bound student-athletes once on or after July 7 through July 31 after your sophomore year.</li> <li><b>Men's Ice Hockey</b> — May not be made before January 1 of your sophomore year.</li> </ul>
<b>Off-campus contact</b>	<ul style="list-style-type: none"> <li>None allowed.</li> </ul>	<ul style="list-style-type: none"> <li>None allowed.</li> </ul>	<ul style="list-style-type: none"> <li>None allowed.</li> </ul>	<ul style="list-style-type: none"> <li>None allowed.</li> <li><b>Men's Ice Hockey</b> — May not be made before June 15 after your sophomore year.</li> </ul>
<b>Official visit</b>	<ul style="list-style-type: none"> <li>None allowed.</li> </ul>	<ul style="list-style-type: none"> <li>None allowed.</li> </ul>	<ul style="list-style-type: none"> <li>None allowed.</li> </ul>	<ul style="list-style-type: none"> <li>None allowed.</li> </ul>
<b>Unofficial visit</b>	<ul style="list-style-type: none"> <li>You may make an unlimited number of unofficial visits, except during a dead period.</li> </ul>	<ul style="list-style-type: none"> <li>You may make an unlimited number of unofficial visits, except during a dead period or recruiting shutdown period.</li> </ul>	<ul style="list-style-type: none"> <li>You may make an unlimited number of unofficial visits, except during a dead period.</li> </ul>	<ul style="list-style-type: none"> <li>None allowed. Attendance at a member school's camp or clinic is permissible provided no recruiting conversations take place.</li> </ul>



Four years of being a student-athlete has truly changed my life; it has given me an opportunity to grow and excel in both sport and academics through support and trial by fire. The friendships I have made, the experiences I have had and the skills I have developed will continue to shape me beyond college. I will forever be grateful for these three critical components of the student-athlete's experience and their permanent impact on my life.

**Chase Pagani**  
Men's Soccer  
Colgate University

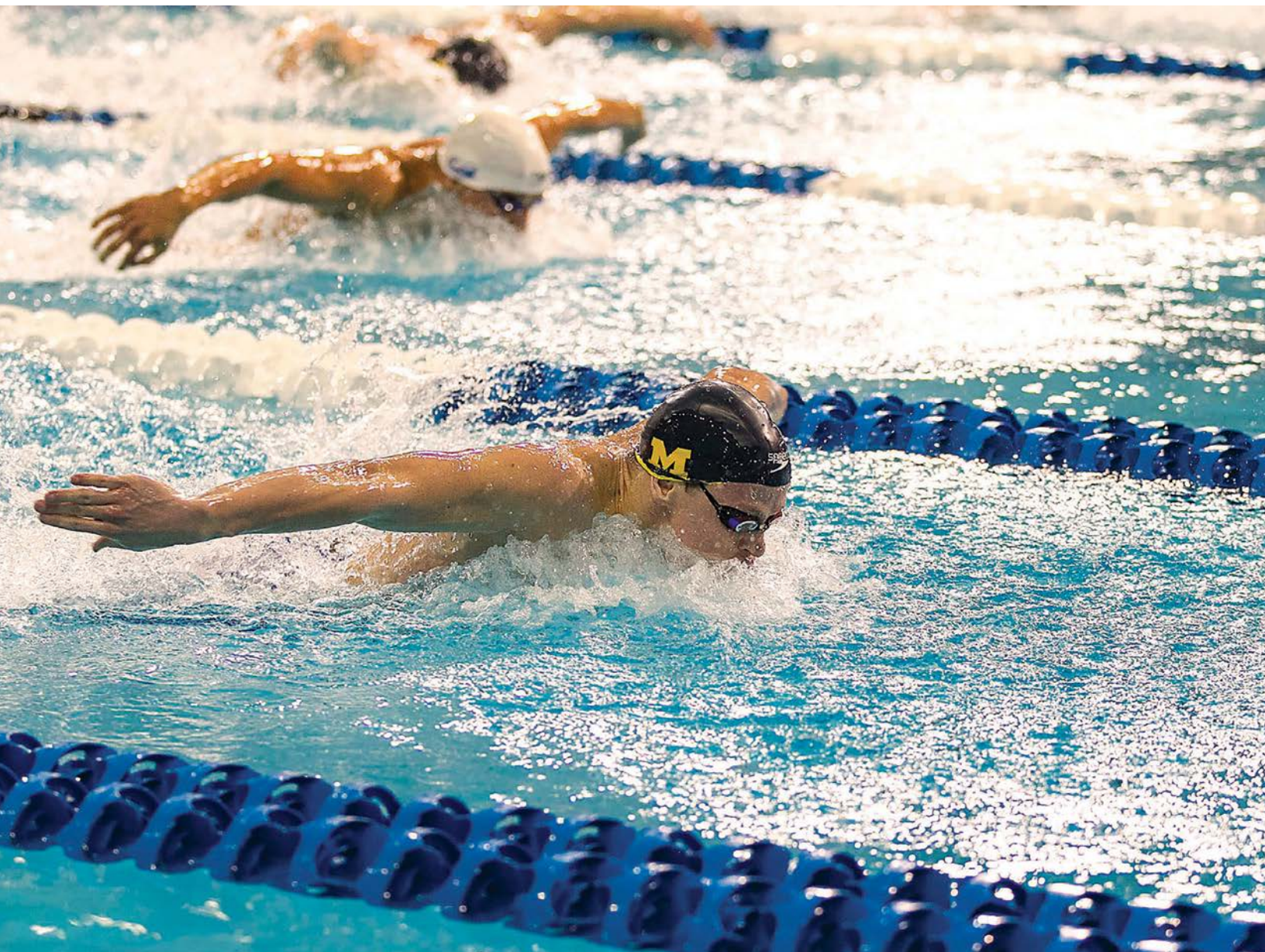


## JUNIOR YEAR – DIVISION I

RECRUITING METHOD	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	OTHER SPORTS
<b>Electronic correspondence</b> (e.g., text messaging, instant messenger, email)	<ul style="list-style-type: none"> <li>You may begin receiving electronic correspondence June 15 after your sophomore year.</li> <li>Correspondence must be private between you and the coach until you provide a written commitment to the NCAA school.</li> </ul>	<ul style="list-style-type: none"> <li>You may begin receiving electronic correspondence September 1 of your junior year.</li> <li>Correspondence must be private between you and the coach until you provide a written commitment to the NCAA school.</li> </ul>	<ul style="list-style-type: none"> <li>You may begin receiving electronic correspondence September 1 of your junior year.</li> <li>Correspondence must be private between you and the coach until you provide a written commitment to the NCAA school.</li> </ul>	<ul style="list-style-type: none"> <li>All forms of electronic correspondence permissible September 1 of your junior year.</li> <li>Correspondence must be private between you and the coach until you provide a written commitment to the NCAA school.</li> </ul>
<b>Recruiting materials</b>	<ul style="list-style-type: none"> <li>Allowed.</li> <li>You may begin receiving recruiting materials June 15 after your sophomore year.</li> </ul>	<ul style="list-style-type: none"> <li>You may begin receiving recruiting materials September 1 of your junior year.</li> </ul>	<ul style="list-style-type: none"> <li>You may begin receiving recruiting materials September 1 of your junior year.</li> </ul>	<ul style="list-style-type: none"> <li>You may begin receiving recruiting materials September 1 of your junior year.</li> <li><b>Men's Ice Hockey</b> — You may begin receiving recruiting materials January 1 after your sophomore year.</li> </ul>
<b>Telephone calls</b>	<ul style="list-style-type: none"> <li>You may make calls to the coach at your expense.</li> </ul>	<ul style="list-style-type: none"> <li>You may make calls to the coach at your expense.</li> </ul>	<ul style="list-style-type: none"> <li>You may make calls to the coach at your expense.</li> </ul>	<ul style="list-style-type: none"> <li>You may make calls to the coach at your expense.</li> <li><b>Lacrosse</b> — You may not call a coach before September 1 of your junior year.</li> <li><b>Softball</b> — You may not call a coach before September 1 of your junior year.</li> </ul>
<b>College coaches may call you</b>	<ul style="list-style-type: none"> <li>Unlimited.</li> </ul>	<ul style="list-style-type: none"> <li>Unlimited beginning September 1 of your junior year.</li> </ul>	<ul style="list-style-type: none"> <li>One call from April 15 to May 31 of your junior year. Additional calls may not be made before September 1 of your senior year.</li> </ul>	<ul style="list-style-type: none"> <li>Unlimited beginning September 1 of your junior year.</li> <li><b>Swimming &amp; Diving</b> — May not be made before July 1 following completion of your junior year, or the opening day of classes of your senior year, whichever is earlier.</li> </ul>
<b>Off-campus contact</b>	<ul style="list-style-type: none"> <li>Allowed beginning opening day of classes. Contacts other than April period may only occur at your school. Contacts in April may occur at your school or residence.</li> <li>No contact on the day of a competition.</li> <li>Contacts may not occur during the time of day when classes are in session.</li> </ul>	<ul style="list-style-type: none"> <li>Allowed beginning March 1 of your junior year only at the student's school or residence.</li> <li>No contact on the day of a competition.</li> <li>Contacts may not occur during the time of day when classes are in session.</li> </ul>	<ul style="list-style-type: none"> <li>None allowed.</li> </ul>	<ul style="list-style-type: none"> <li><b>Women's Gymnastics</b> — Allowed after your junior year beginning July 15.</li> <li><b>Women's Ice Hockey</b> — Allowed after your junior year beginning July 7.</li> <li><b>Fencing</b> — Allowed after completion of participation in the USA Fencing National Championship and July Challenge and after completion of your junior year.</li> <li><b>Wrestling and Lacrosse</b> — Allowed beginning your junior year after September 1 and only at the student's school or residence.</li> <li><b>Softball</b> — Allowed beginning your junior year after September 1.</li> <li><b>All Other Sports</b> — Allowed beginning July 1 after your junior year.</li> </ul>

## JUNIOR YEAR – DIVISION I

RECRUITING METHOD	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	OTHER SPORTS
<b>Official visit</b>	<ul style="list-style-type: none"> <li>• Allowed January 1 of your junior year.</li> <li>• You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division II colleges.</li> </ul>	<ul style="list-style-type: none"> <li>• Allowed April of your junior year beginning Thursday following the Women's Final Four.®</li> </ul>	<ul style="list-style-type: none"> <li>• Allowed April 1 of your junior year through the Sunday before the last Wednesday in June, provided the official visit is not in conjunction with participation in an institutional camp or clinic.</li> </ul>	<ul style="list-style-type: none"> <li>• Not allowed before September 1 of your junior year or during any dead period.</li> </ul>
<b>Unofficial visit</b>	<ul style="list-style-type: none"> <li>• You may make an unlimited number of unofficial visits, except during a dead period.</li> </ul>	<ul style="list-style-type: none"> <li>• You may make an unlimited number of unofficial visits, except during a dead period or recruiting shutdown period.</li> </ul>	<ul style="list-style-type: none"> <li>• You may make an unlimited number of unofficial visits, except during a dead period.</li> </ul>	<ul style="list-style-type: none"> <li>• Not allowed before September 1 of your junior year or during any dead period.</li> </ul>



## SENIOR YEAR – DIVISION I

RECRUITING METHOD	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	OTHER SPORTS
<b>Electronic correspondence</b> (e.g., text messaging, instant messenger, email)	<ul style="list-style-type: none"> <li>You may begin receiving electronic correspondence June 15 after your sophomore year.</li> <li>Correspondence must be private between you and the coach until you provide a written commitment to the NCAA school.</li> </ul>	<ul style="list-style-type: none"> <li>You may begin receiving electronic correspondence September 1 of your junior year.</li> <li>Correspondence must be private between you and the coach until you provide a written commitment to the NCAA school.</li> </ul>	<ul style="list-style-type: none"> <li>You may begin receiving electronic correspondence September 1 of your junior year.</li> <li>Correspondence must be private between you and the coach until you provide a written commitment to the NCAA school.</li> </ul>	<ul style="list-style-type: none"> <li>All forms of electronic correspondence permissible September 1 of your junior year.</li> <li>Correspondence must be private between you and the coach until you provide a written commitment to the NCAA school.</li> </ul>
<b>Recruiting materials</b>	<ul style="list-style-type: none"> <li>Allowed.</li> </ul>	<ul style="list-style-type: none"> <li>Allowed.</li> </ul>	<ul style="list-style-type: none"> <li>Allowed.</li> </ul>	<ul style="list-style-type: none"> <li>Allowed.</li> </ul>
<b>Telephone calls</b>	<ul style="list-style-type: none"> <li>You may make calls to the coach at your expense.</li> </ul>	<ul style="list-style-type: none"> <li>You may make calls to the coach at your expense.</li> </ul>	<ul style="list-style-type: none"> <li>You may make calls to the coach at your expense.</li> </ul>	<ul style="list-style-type: none"> <li>You may make calls to the coach at your expense.</li> </ul>
<b>College coaches may call you</b>	<ul style="list-style-type: none"> <li>Unlimited.</li> </ul>	<ul style="list-style-type: none"> <li>Unlimited.</li> </ul>	<ul style="list-style-type: none"> <li>Once per week beginning September 1 outside contact period.</li> <li>Unlimited calls after you sign an NLI, written offer of admission and/or financial aid; OR after the college receives a financial deposit from you.</li> <li>Unlimited during contact period.</li> </ul>	<ul style="list-style-type: none"> <li>Unlimited.</li> </ul>
<b>Off-campus contact</b>	<ul style="list-style-type: none"> <li>Allowed.</li> </ul>	<ul style="list-style-type: none"> <li>Allowed.</li> </ul>	<ul style="list-style-type: none"> <li>Allowed beginning July 1 prior to your senior year.</li> </ul>	<ul style="list-style-type: none"> <li>Allowed.</li> </ul>
<b>Official visit</b>	<ul style="list-style-type: none"> <li>You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division II colleges.</li> </ul>	<ul style="list-style-type: none"> <li>You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division II colleges.</li> </ul>	<ul style="list-style-type: none"> <li>Allowed beginning opening day of classes your senior year.</li> <li>You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division II colleges.</li> </ul>	<ul style="list-style-type: none"> <li>Allowed beginning opening day of classes your senior year.</li> <li>You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division II colleges.</li> </ul>
<b>Unofficial visit</b>	<ul style="list-style-type: none"> <li>You may make an unlimited number of unofficial visits, except during a dead period.</li> </ul>	<ul style="list-style-type: none"> <li>You may make an unlimited number of unofficial visits, except during a dead period or recruiting shutdown period.</li> </ul>	<ul style="list-style-type: none"> <li>You may make an unlimited number of unofficial visits, except during a dead period.</li> </ul>	<ul style="list-style-type: none"> <li>You may make an unlimited number of unofficial visits, except during a dead period.</li> </ul>
<b>How often can a coach see me or talk to me off the college's campus?</b>	<ul style="list-style-type: none"> <li>A college coach may contact you or your family members (including evaluating you off the college's campus) seven times.</li> <li>Unlimited number of contacts and evaluation after you sign an NLI, written offer of admission and/or financial aid; OR after the college receives a financial deposit from you.</li> </ul>	<ul style="list-style-type: none"> <li>A college coach may contact you or your family members (including evaluating you off the college's campus) seven times.</li> <li>Unlimited number of contacts and evaluation after you sign an NLI, written offer of admission and/or financial aid; OR after the college receives a financial deposit from you.</li> </ul>	<ul style="list-style-type: none"> <li>A college coach may contact you or your family members (including evaluating you off the college's campus) six times.</li> <li>One evaluation during September, October and November.</li> <li>Two evaluations — April 15 through May 31 (once to evaluate athletics ability and once to evaluate academic qualifications).</li> <li>Unlimited number of contacts and evaluation after you sign an NLI, written offer of admission and/or financial aid; OR after the college receives a financial deposit from you.</li> </ul>	<ul style="list-style-type: none"> <li>A college coach may contact you or your family members not more than three times.</li> <li>Unlimited number of contacts and evaluation after you sign an NLI, written offer of admission and/or financial aid; OR after the college receives a financial deposit from you.</li> </ul>

## DIVISIONS II AND III

RECRUITING METHOD	DIVISION II	DIVISION III
<b>Recruiting materials</b>	<ul style="list-style-type: none"> <li>You may receive brochures for camps, questionnaires, NCAA materials and nonathletics recruiting publications at any time.</li> <li>A coach may begin sending you printed recruiting materials June 15 before your junior year in high school.</li> </ul>	<ul style="list-style-type: none"> <li>You may receive printed materials any time.</li> </ul>
<b>Telephone calls</b>	<ul style="list-style-type: none"> <li>No limit on number of calls by college coach beginning June 15 before your junior year.</li> <li>You may make calls to the coach at your expense.</li> </ul>	<ul style="list-style-type: none"> <li>No limit on number of calls or when they can be made by the college coach.</li> <li>You may make calls to the coach at your expense.</li> </ul>
<b>Off-campus contact</b>	<ul style="list-style-type: none"> <li>A college coach can have contact with you or your parents/legal guardians off the college's campus beginning June 15 before your junior year.</li> <li>No limit on number of contacts off campus.</li> </ul>	<ul style="list-style-type: none"> <li>A college coach may begin to have contact with you or your relatives or guardians off the college's campus after your sophomore year.</li> <li>No limit on number of off-campus contacts.</li> </ul>
<b>Official visit</b>	<ul style="list-style-type: none"> <li>You may make official visits starting June 15 before your junior year.</li> <li>You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division II colleges.</li> </ul>	<ul style="list-style-type: none"> <li>You may make official visits starting January 1 of your junior year.</li> <li>You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division III colleges.</li> </ul>
<b>Unofficial visit</b>	<ul style="list-style-type: none"> <li>You may make an unlimited number of unofficial visits any time, except during a dead period.</li> </ul>	<ul style="list-style-type: none"> <li>You may make an unlimited number of unofficial visits any time.</li> </ul>

## QUESTIONS TO ASK

While you are on a campus visit, consider asking questions about these topics to learn more about the school, athletics program, and life on campus. You also can get suggestions of questions to ask coaches and administrators at [ncaa.org/student-athletes/future/choosing-college](http://ncaa.org/student-athletes/future/choosing-college).

- Academic resources.
- Scholarship renewals.
- Financial aid and cost of attendance.
- Admissions requirements.
- Study abroad/internships.
- Athletic training and medical expenses.
- Degree programs and graduation rates.
- Team time demands.
- On-campus housing.
- Coaching philosophy and style.
- Injuries and rehabilitation.
- Graduation rates.
- Schedule planning and time management.
- Playing time.

### REMEMBER ...

***In addition to receiving your academic and amateurism certification from the NCAA Eligibility Center, you also must apply and be accepted to your school before you can compete in college.***



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