



STUDENT-ATHLETE RECRUITMENT GUIDE





2021-2022 POSTSECONDARY COUNSELOR & ASSISTANT INFORMATION

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Dear High School Student-Athletes:

So, you want to be a college athlete. That's great! You have spent years learning your sport, now you need to learn the process of becoming a college athlete. The National Collegiate Athletic Association (NCAA) and National Association of Intercollegiate Athletics (NAIA) have developed systems that ensure all participating colleges and universities and their student-athletes compete on a "level playing field," and that all prospective athletes are academically eligible to participate.

This handbook has valuable information about the student athlete admissions process, including:

- Information on NCAA and NAIA eligibility requirements
- An NCAA website guide
- Questions to ask on college visits
- Rules governing the recruitment process
- Sample letters to college coaches and sample athletic resumes
- Checklists for what to do each academic year

You are not going to be accepted by a college, offered a scholarship or recruited by the school just by reading this material. **You, the student-athlete, must take an active role in the recruitment and admissions process!** Even if you think you know where you'd like to go, and you think you know the rules of the recruiting game, you can't wait for your favorite school to contact you. It may never happen. You have to make sure it happens. Unless you are a highly visible superstar in a major sport, you are not visible to recruiters and you probably will not be recruited. Recruiters may want you if they knew about you, but they do not know where you are. You may never get the chance to play if you don't act now. Your counselor, parents, coach and college counselor can help you but the ultimate responsibility rests with you. The following information will help you get on your way.

Good luck!

District 214 Postsecondary Counselors

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WHAT EVERY HIGH SCHOOL ATHLETE SHOULD KNOW ABOUT RECRUITING

Take a long hard look at the numbers below. These cold, hard facts clearly show that all college-bound athletes must think beyond their sports. Careers in sports can end abruptly. Injuries are common. Starting spots can evaporate after only one year. Practice schedules are hard on grades so some college athletes can have problems with eligibility. Some players spend more than four years trying to graduate and eventually their eligibility expires. So by all means, use your athletic ability to assist in the admissions process and accentuate your college experience for as long as you can play! But from the outset you will want to keep your priorities straight, you are picking a school based on the college first and sports second!

- There are **37,100** high schools in the United States
- There are nearly **8 million** participants in high school athletics
- **2%** of these participants are contacted by a college coach
- **5%** of these participants actually participate in college sports
- Less than **2%** of high school athletes receive athletic scholarship

ESTIMATED PROBABILITY OF COMPETING IN ATHLETICS BEYOND HIGH SCHOOL				
	Men's Basketball	Women's Basketball	Football	Baseball
HS Student Athletes	540,769	399,067	1,006,013	482,740
NCAA Athletes	18,816	16,509	73,718	36,011
NCAA Drafted Athletes	60	36	255	791
% HS to NCAA	3.5%	4.1 %	7.3 %	7.5 %
% NCAA to Professional	1.2 %	0.8 %	1.6 %	9.9 %

Estimates are based on figures from the U.S. Department of Education, National Collegiate Athletic Association, and National Federation of State High School Associations.

Estimated Probability of Competing in College Athletics (Full list):

https://ncaaorg.s3.amazonaws.com/research/pro_beyond/2020RES_ProbabilityBeyondHSFiguresMethod.pdf

How do you differentiate yourself from other student athletes? How do you catch the eye of recruiters on the colleges you are interested in? How can you be sure that if you do catch their eye, you are eligible to play? These questions and others are answered in this guide.

WHO ARE THE NCAA AND NAIA?

The National Collegiate Athletic Association, or NCAA, is a governing body for over 1,100 colleges, universities, conferences and organizations. The NCAA has created rules to govern competition and student academic eligibility for play. The NCAA schools are divided into three divisions. Division I and II members may offer athletic scholarships. While Division III schools may not offer athletic scholarships, 80% of DIII athletes receive non-athletic aid.

- 350 active Division I schools
- 310 active Division II schools
- 438 active Division III schools

The National Association of Intercollegiate Athletics (NAIA) is a governing organization for almost 250 smaller college and university athletics programs dedicated to character-driven intercollegiate programs. A list of participating colleges may be found on their website, www.playnaia.org. If you are interested in smaller schools, the NAIA has several advantages. These schools offer maximum opportunity to participate in regular season contests and national championships. The NAIA recruitment process has fewer restrictions on the contact a student-athlete and coach can make, ensuring a good academic and athletic “fit.” Plus most NAIA colleges offer athletic scholarships.

NAIA ELIGIBILITY

NAIA eligibility is very clear-cut. If entering college during the 2022-23 school year, a student must graduate from an accredited high school and meet two of the three following requirements:

- Achieve a minimum cumulative high school GPA of 2.0 on a 4.0 scale.
- Graduate in the top half of their graduating class.
- Achieve a minimum of 16 on the ACT composite or 860 on the SAT (Evidenced based reading & writing plus math). Testing should be taken on a state or national testing date between March 1, 2019 and April 30, 2022. Note that scores must be achieved on a single test date; the NAIA does not “Super-score”.
- COVID Updates: [https://www.naia.org/covid19/files/COVID-Related Decisions Regarding Eligibility.pdf](https://www.naia.org/covid19/files/COVID-Related%20Decisions%20Regarding%20Eligibility.pdf)

These standards may change moving forward. Students who complete their junior year of high school with at least a 3.0 cumulative GPA on a 4.0 scale OR complete the first half of senior year with a 2.5 cumulative GPA on a 4.0 scale, plus the minimum test score requirements above may receive an eligibility decision prior to high school graduation. Students who want to play NAIA sports will need to be certified by the NAIA Eligibility Center. More information on the NAIA registration process is available at: www.playnaia.org.

NCAA DIVISION I AND II ACADEMIC ELIGIBILITY REQUIREMENTS

Division I and II extend COVID-19 initial eligibility policies (4-14-2021):

<https://www.ncaa.org/about/resources/media-center/news/divisions-i-and-ii-extend-covid-19-initial-eligibility-policies>

The NCAA has established three requirements that high school students must meet in order to practice, compete and receive scholarships at Division I and II colleges:

1. Graduate from high school
2. Successfully complete the academic core course distribution requirements. The NCAA has changed academic core course distribution requirements several times in the last decade. It is important to work with your counselor, as you progress through high school, to be sure you are on track to complete the current requirements.
3. Having a qualifying grade-point average (GPA) and SAT or ACT scores. The required core coursework, grades and test scores vary by division, as shown below:

Core Units Required for NCAA Certification

	Division I	Division II
English Core	4 years	3 years
Mathematics Core (Algebra I or higher)	3 years	2 years
Natural or Physical Science Core (Including at least 1 year or lab science)	2 years	2 years
Social Science Core	2 years	2 years
Additional English, math, or natural/physical science	1 year	3 years
Additional Core (From any area above, foreign language or comparative religion or philosophy)	4 years	4 years
TOAL CORE UNITS REQUIRED	16*	16

* 10 of the 16 required core courses must be completed by the end of junior year to qualify for Division I athletics

To learn more about which of your courses are NCAA approved, when they need to be completed and whether your current grades/test scores suggest you are on track to play in college, download and review the 2021-22 Guide For The College-Bound Student-Athlete (http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf). If you have any questions on the process, see your post-secondary counselor.

NCAA Division III Eligibility

Division III is the NCAA's largest membership division, with more than 192,000 student-athletes and 442 member schools. Division III schools focus on striking a balance between rigorous academics, competitive athletics and the opportunities to develop other interests on campus. According to the NCAA, Division III also has the highest Academic Success Rate (ASR), with just below 90% of athletes graduating. While Division III student-athletes do not receive athletic aid, 80% of all Division III athletes receive some form of institutional merit or need-based aid. NCAA Division III does not use the NCAA Eligibility Center to certify their athletes. Instead each Division III school sets their own admissions standards. Contact your Division III College for policies on admission requirements, financial aid, practice and competition.

NCAA WEBSITE GUIDE

For general information on:

- Academic Eligibility for Divisions I, II, and III
 - Recruiting Policies for Divisions I, II, and III
 - Information on NCAA Initial-Eligibility
 - And much more!
1. Go to www.ncaaeligibilitycenter.org/ and click on "Help" in the upper right-hand corner.
 2. Scroll down and under "Resources" select the "Guide for the College-Bound Student Athlete". We recommend that you print out this Guide for future reference.

For a list of Your High School's Approved Core Courses:

1. Go to www.ncaaeligibilitycenter.org/ and click on "Help" in the upper right-hand corner.
2. Scroll down and under "Resources" select "Find your core courses".
3. Enter Your high school's 6-digit CEEB code listed on the inside cover of this brochure and click on "Search" below.
4. You may select a specific core area or "All Subject Areas". (Courses are listed by subject area: English, Social Science, Mathematics, Natural/Physical Science, and Additional Core Courses, which includes Foreign Language, and select Social Studies courses.)
5. Students interested in playing athletics in college want to be sure they are taking high school courses that meet NCAA eligibility.

To find which schools sponsor your sport:

1. Go to www.ncaaeligibilitycenter.org
2. Under “Want to Play College Sports?” and “Not Sure What Division Your School Is In”, click “Search NCAA Schools”
3. Select School Home Pages and then search for schools by name, state, division or conference.
4. Click on the school name to get further information on that school.

To Register For an NCAA Account:

1. Go to www.eligibilitycenter.org
2. Scroll down and choose whether you wish to create a certification account for Division I or II or the profile for Division III student athletes or those who are uncertain about their level of play. You can always transition from a profile to certification account later.
4. Creating a profile is free and takes little time. Creating a certification account will take about 45 minutes and you will need:
 - Valid student email
 - Personal information, such as name, address, date of birth, and contact information
 - School History
 - Sports Participation History
 - Nonrefundable registration fee of \$90, although fee waivers are available for those on Free and Reduced Lunch or ACT/SAT test fee waivers.
5. Follow email directions to create an account and password.

IMPORTANT! After you have submitted your eligibility form online, go to your NCAA online task list and make sure that you click the button authorizing your high school to release your transcript. This permits your school to release transcripts to the NCAA Eligibility Center electronically. Talk to your high school College Career Center to see if they require you to also complete a transcript request.

****For a more complete NCAA Eligibility Calculation Guide, see Appendix A.**

How To Contact The NCAA Eligibility Center

NCAA Eligibility Center

Certification Processing

P.O. Box 7136

Indianapolis, IN 46207-7136

Toll Free (877) 262-1492 between 9 a.m. and 5 p.m. Eastern Standard Time.

<https://web3.ncaa.org/ecwr3/>



Student Athlete's High School Checklist

As you move through high school, work with your counselors and coaches to be sure you are on track both academically and athletically to play in college. This checklist will help you:

Freshman Year

- _____ Work with your counselor to be sure you take required core courses.
- _____ Work on your study habits and work hard to keep your grades high!
- _____ Start thinking about your academic goals.
- _____ Participate in high school athletic teams.
- _____ Get to know all the coaches in your sport(s).
- _____ Keep a record of athletic achievements.
- _____ Work out throughout the year for off-season conditioning.
- _____ Check with coaches about participating in any non-school lesson, camp, or clinic to be sure it falls within Illinois High School Association (IHSA) rules.

Sophomore Year

- _____ At the beginning of sophomore year, complete your NCAA profile page at www.eligibilitycenter.org.
- _____ Talk to your counselor to be sure you are meeting NCAA or NAIA core course requirements and that your grades are one track for eligibility.
- _____ Work hard to keep your grades high! If you do poorly in a class, consider retaking it for a higher grade over the summer. Grades count in your academic eligibility.
- _____ Think about your academic and career goals.
- _____ Participate in high school athletic teams.
- _____ Talk to your coaches about your ability and ambitions.
- _____ Keep a record of athletic achievements.
- _____ Attend college visits and college fairs to develop a preliminary list of colleges that interest you.
- _____ Work out throughout the year for off-season conditioning.
- _____ Check with coaches about participating in any non-school lesson, camp, or clinic to be sure it falls within Illinois High School Association (IHSA) rules.
- _____ Be proactive and reach out to coaches at schools you are truly interested in. Complete the online athletic recruitment forms or send an email.

Junior Year

- _____ Meet with your counselor to be sure you will meet the NCAA core course requirements. During registration for senior year pick up any missing courses.
- _____ **KEEP YOUR GRADES HIGH!**
- _____ Take the ACT or SAT in the spring of junior year. Be sure to list the NCAA, #9999, as one of the places to send your scores. Take the tests a second time if needed for academic eligibility. The NCAA does super-score the SAT or ACT.
- _____ Talk with your coach about his/her role in the recruitment process. Get a realistic assessment of which college level you can play (Division I, II or III). If you will complete at a DI or DII level, complete your NCAA certification account.
- _____ Create a list of possible college choices that meet your academic and career interests.
- _____ For the schools on your college list, complete any online athletic questionnaires to gain the attention of college coaches.
- _____ Be proactive. Draft an email to college coaches expressing interest and create a sports resume to send with your note. (See pages 11 & 12 for examples)
- _____ Make college visits, including a meeting with the coach. Make sure you are aware of recruiting rules regarding campus visits.
- _____ Have an official transcript sent to the NCAA at the end of junior year.
- _____ Participate in summer sports including tournaments and summer leagues, where college coaches may spot you.

Senior Year

- _____ Make sure you have met all graduation and NCAA core courses requirements.
- _____ **KEEP WORKING ON THOSE GRADES** to meet academic eligibility and graduate on time (in eight academic semesters)!
- _____ Finalize your college choices.
- _____ Send letter of interest to college coaches with resume and season schedule.
- _____ Make sure you are aware of recruiting rules regarding campus visits.
- _____ List the NCAA, #9999, as one of the places for ACT or SAT scores to be sent.
- _____ Make sure you have applications for admission, transcripts and any needed recommendations sent to colleges you are interested in. Watch for deadlines.
- _____ Complete your amateurism certification on or after April 1st.
- _____ Talk through the pros and cons of each school with your parents and coach.
- _____ Make your final decision based on a meaningful college education, excellent career preparation, and a satisfying athletic experience – **IN THAT ORDER!**
- _____ Be sure of your final choice before signing any papers.
- _____ Let college coaches know when you are no longer interested in their school. Thank them for their time and interest in you!!!
- _____ Send your final transcript to the college of your choice and the NCAA.

High School Athlete Checklist for Initial Contacts With College Coaches

_____ Establish a tentative list of colleges that you'd like to contact early junior year. Look for colleges that fit both your academic and athletic needs. The NCAA website list of colleges offering your sport, the NAIA college search or your college counselor can assist you. Make sure that your grades and ACT/SAT scores will allow you to be eligible academically. Your high school counselor can help determine eligibility. Ask yourself, "If my athletic career ended the first day of practice, would I still be happy at this school?"

_____ Show your college list to your coach and ask for feedback on how realistic your chances are to play at each school. Ask if he/she would be willing to make/receive contacts on your behalf. If the answer is yes, provide your coach with:

- A list of the colleges you plan to contact, including each college's coach, phone number, e-mail address, and mailing address
- Copies of the documents you are sending to each college
- A copy of your current high school transcript and sports resume

_____ Send to each college coach an email or letter of introduction from you or your high school/travel team coach, along with your athletic resume. The samples of emails/letters and resumes on pages 11 and 12, are designed to serve as guides. Work with your coach to provide statistics appropriate to your sport. You can also upload a skills or game tape to YouTube and sent as a link to coaches.

_____ Most college coaches will insist on knowing your current grade point average and scores before considering you. Request transcripts when needed and make sure to take the ACT and/or SAT in the spring of your junior year.

_____ Colleges will often respond by asking you or your coach to complete an athletic questionnaire on their website. If you receive a questionnaire from a random school, take the time to fill it out! You never know when an unexpected opportunity might come your way.

_____ Keep in mind that summer sports camps and tournaments provide excellent opportunities for networking with college coaches. Just be sure that you are familiar with the rules that regulate such contact. Your coaches or counselors can provide information booklets from the various athletic associations to assist you. Not knowing the rules will not be an excuse for a recruiting violation.

Questions To Ask A College Recruiter

- Identify the role of the recruiter. Is he or she the head coach, assistant coach, an alumnus, or an admission representative? (Any assurance you are given about ability to play will carry different weight depending on who said it).
- Keep your education foremost in your mind by asking about academic programs that interest you. A good recruiter is as informed about programs as an admissions person is. Ask specific questions about majors and courses in your field.
- Is tutoring available? Beware of remarks like, “Don’t worry. We haven’t lost a player yet because of academics,” which could imply education is not taken seriously.
- At what level does your sport compete and are scholarships available? NCAA Division I and most Division II schools offer athletic scholarships; Division III schools can not offer athletic scholarships. NAIA schools can also offer athletic scholarships.
- Ask for details about athletic scholarships? Is the athletic scholarship for one year? Is it renewable at the coach’s discretion? If you get benched, do you start paying your own way? How many athletes were kept on scholarship after their eligibility had expired?
- What will happen if you are placed on academic probation? Do you lose part or all of your benefits?
- How long does it take someone in your sport to earn a degree from this school? Because of heavy demands on their time, some college athletes take five years to graduate and are usually ineligible to play.

Questions To Ask A Coach

- Decide if you can work with the coach. What is his/her offensive philosophy, defensive philosophy and are they considering any changes? What is expected of players: time commitment, behavior, appearance, and training expectations in and out of season?
- What positions does the coach see you playing? How many returning players are in the same position? How many other incoming freshmen are being recruited for this position?
- Will I be redshirted freshmen year? If I need a 5th year, will the scholarship cover it?
- Have you seen me play? If so, how do you think my skills fit your program? This will give you a sense of how much you may play.
- What does the returning roster look like? What does this mean for the upcoming season?
- What expenses does the scholarship cover (books, meals, percent of tuition covered)? Is financial aid available for summer school? If I am hurt, what happens to the scholarship? For what other reasons could I lose the scholarship?
- When does the head coach’s contract end? How long does he/she intend to stay? If the coach were to leave would that change your impressions of the school?
- What is the role of the assistant coach(es)?
- Most importantly, ask yourself if the school would be right for you even if you weren’t competing in athletics.

Questions To Ask Of Other Players At The School

- What does your typical daily schedule look like? In-season? Off-season?
- How rigorous is your travel schedule? How does the team travel?
- How many games and tournaments do you play in a season? What tournaments do you play in?
- How many classes will I miss in a season? Am I allowed to make up classes and tests missed for in-season travel?
- Approximately how many hours a night do you study? Is there a team study hall? Are there tutors that travel with the team? What assistance is available if you have academic problems?
- Do you feel the program supports your academic needs first and then your athletic needs?
- How do you like the living arrangements? Do all team players live in the same dorm? Are you required to live on campus all four years? How are roommates chosen?
- Where does most of the team come from? What states or regions?
- Are there any unique team building activities for your team? What is your conditioning program like?
- How would you describe the coaching style?
- Were changes made to any promises once you committed/enrolled? Is the program what you expected based on your recruiting experience?
- Are athletics popular on campus? Do students turn out to watch the games?

Questions To Ask Yourself After A Visit

After a college visit, ask yourself several important questions. Take the time to think carefully and talk with your College Counselor, Coach, and parents about your answers. Remember you want the right athletic and academic fit.

- Will you be academically successful at this school? Athletically successful?
- Were the Coaches interested in your academics and career goals? Were they encouraging of your studies?
- How will you feel if one or more of the Coaches leaves? Will you still like the school?
- Were the coaches and players you met honest, available, friendly, and genuinely interested? Do they care about each other?
- Do you like the team? Would you fit in with the rest of the student body too?
- Would you attend this school even if you had no intention of competing in athletics?
- Does the school satisfy all of the criteria that you established with your parents and Counselor? This may be the most important question, so give it serious thought.

Sample Email From A High School Athlete To A College Coach

Email is the preferred method for introducing yourself to college coaches. Having talent, playing for a travel team, attending showcases or hiring an athletic recruitment service does **NOT** guarantee you will get discovered. Using email and the following tips will help:

- **Personalize each email:** College coaches receive hundreds of emails each week. If you don't take the time to personalize the email to the coach, they won't respond.
- **Include the contact information for your coaches:** If they are interested, they will contact your coach.
- **Include your basic information,** there is no need to list all your awards or statistics.
- **Let them know where you will be competing** – Second to your contact information, the important thing for coaches to know is where/when they can watch you in person.

Dear Coach Smith:

I would like to introduce myself. I am currently a senior at John Hersey High School in Arlington Heights, Illinois. My cumulative GPA is a 3.2 on a 4.0 scale and my SAT composite was a 1160. I am interested in <Name of the University> because <Include why you are interested in their school academically>.

I also hope to continue playing volleyball at the college level. I have followed your team's season in the Chicago Tribune and have attended two games. Your program especially interests me because < research and state why you like the program>.

I have played high school volleyball for four years, starting as a setter for the last three. I am 5'8" and weigh 145 pounds. I have been All-Conference for the past two years and All-State this year. I was also selected for the North All Star Team this year. I have a skills and game video, which you can find on YouTube at:

<https://www.youtube.com/watch?v=ScyWogNjNvQ&feature=youtu.be>

My jersey number is #10 in the light-colored uniforms and #1 on dark uniforms. Also included is a schedule of our 2021-22 volleyball season and my travel team's tournament schedule. My coach's name is Mary Jones. Her contact information is included on the attached athletic resume. She would welcome your calls or emails.

Please let me know if there is additional information that my coach or I can provide. Thank you for your time. I look forward to hearing from you.

Sincerely,

Amy Athlete

Sample Student-Athlete Resume

AMY ATHLETE

Volleyball Information

1225 Any Street, Any Town, Any State 81234
Telephone: (500) 111-1111 or (500) 222-2222
Aathlete3456@stu.d214.org

Coach: Mary Jones
1010 Training Avenue
Any Town, Any State 12345
Telephone: (847) 123-4567
E-mail: mjones@emailprovider.net

High School: John Hersey High School
1900 East Thomas Street
Arlington Heights, Illinois 60004
(847) 718-4800

Volleyball Division: Class 4A (Highest level within the State)

Position: Setter

Jersey: #1 Dark/#10 Light

Offense Used: 5-1 Offense

Years Starting Varsity: 3 years

Awards/Honors: Best Setter (2019, 2020, 2021)
Most Valuable Player (2021)
All Conference (2020, 2021)
All State (2021)

Experience: AAU Volleyball (2019, 2020)
Coed Power Outdoor & Indoor Tournaments (2019-20)
Aspen Volleyball Camp (2019, 2020)
Any University Summer Camp (2018)

Height: 5'8"
Weight: 145 lbs.
Vertical: 23"
GPA: 3.74 on 4.0 scale

NCAA Recruitment Rules and Regulations

High School athletes are bound by the same NCAA rules and regulations that college players are. Your need to be aware of these recruitment requirements so that you don't jeopardize your athletic future. Read the following NCAA rules carefully and share them with your parents. Be sure to talk with your College Counselor, Athletic Director or Coach if you have any questions.

Contacts with College Coaches:

- In most sports, high school athletes can be contacted by a college only in or after the junior year. A contact is defined as any face-to-face meeting involving even a simple "hello." Check the NCAA 2021-22 Guide For The College-Bound Student-Athlete for the most up-to-date rules for your sport.
- In most sports, high School athletes can receive letters, brochures or emails from college coaches, faculty members, and students only after September 1 of their junior year.
- Contacts with college boosters are prohibited at any time
- College coaches may contact a high school athlete at home or at school, but only keeping within the NCAA rules. Refer to the NCAA guide for the "College Bound Student-Athlete" for specific information.
- During any contact, you may not receive T-shirts, college mementos, or financial inducements to sign with a particular college.

Visits to College Campuses:

- The NCAA allows "prospective student-athletes" one "official visit" with all expenses paid to each of five different universities. Be sure to select your visits wisely. Remember that this restriction applies even if you are being recruited in more than one sport. In most sports, official visits can not occur until spring of junior year. See the NCAA
- You may not receive an official visit until you provide the college authorities with an official high school transcript and a score from your PSAT, PACT, plus SAT, or ACT taken on a national testing date.
- Do not forget to register with the NCAA Eligibility Center at the start of junior year and give permission for your high school to send your transcripts.

We would like to thank:

The NAIA

The NCAA

The Digest of Education Statistics

The National Federation of State High Schools Associations

APPENDIX A: NCAA Eligibility Calculation Guide

To be certified by the NCAA Eligibility Center to practice, compete and receive scholarships, a student must:

1. Graduate from high school.
2. Have a qualifying ACT or SAT score. (More on this later).
3. Successfully complete the NCAA core courses distribution requirements.

The NCAA requires a student take four years of NCAA-approved college preparatory coursework that are distributed among core academic areas. These NCAA distribution requirements have changed several times in the last decade, so work with your counselor as you progress through high school to be sure you are on track to complete the following Division I and II core course requirements:

Core Units Required for NCAA Certification

	Division I	Division II
English Core	4 years	3 years
Mathematics Core (Algebra I or higher)	3 years	2 years
Natural or Physical Science Core (Including at least 1 year or lab science)	2 years	2 years
Social Science Core	2 years	2 years
Additional English, math, or natural or physical science	1 year	3 years
Additional Core (From any area above or foreign language or comparative religion/philosophy)	4 years	4 years
TOTAL CORE UNITS REQUIRED	16*	16

* 10 of the 16 required core courses must be completed by the end of junior year to qualify for Division I athletics

Students interested in NCAA Division I must also complete the 16 core courses and have ten of the 16 required core courses completed before the start of senior year. Seven of these ten required courses completed before senior year must be in English, math or natural/physical science. The NCAA Eligibility Center will not count the repeat of any of these “locked in” courses after the start of senior year, meaning if you need to retake a course, do it early in your high school career. Students interested in NCAA Division II have four years to complete the 16 required core courses.

How To Complete The NCAA Division I & II Eligibility Worksheets

The attached worksheets have been provided to assist you with monitoring your progress in meeting the NCAA initial-eligibility standards for Division I and Division II. These worksheets are for personal use and should not be sent to the Eligibility Center. The Center will calculate your actual core course grade point average once it has received your transcript(s). Consult with your counselor if you have questions or need help.

STEP 1 Obtain your High School's List of NCAA-Approved Core Courses from the NCAA Eligibility Center website and a copy of your unofficial high school transcript.

STEP 2 Using your transcript, write the course title of each NCAA-Approved Core Course, the amount of credit earned and grade in the spaces provided on the following worksheet. Only include courses on the list of approved core courses. Generally, you will receive the same credit from the eligibility center as you received from your high school. In D214 this is 1 credit for a full year course and .5 credit for a half year course.

STEP 3 Determine the quality points earned for each course, using the following grading scale. Multiply the number of credits earned by the quality points for each grade:

Grade	Adv. Placement	Honors	General Education
A	5.0	4.5	4.0
B	4.0	3.5	3.0
C	3.0	2.5	2.0
D	2.0	1.5	1.0
F	0.0	0.0	0.0

Examples:

- 1 semester with an "A" in a general education class equals 2.00 quality points (.5 units x 4 quality points)
- 1 semester with an "A" in an honors class equals 2.25 quality points (.5 x 4.5)
- 1 semester with an "A" plus 1 semester with a "B" equals 3.5 quality points ((.5 units x 4 quality points) + (.5 x 3 quality points) = 3.5 quality points)

STEP 4 To calculate your estimated core-course grade point average, simply divide the total number of quality points for all core courses by the total number of core course units completed.

Examples: 45 quality points and 13 core-course units
45/13 = 3.462 core-course GPA

42 quality points and 14 core-course units
42/14 = 3.000 core-course GPA

28 quality points and 12.5 core-course units
28/12.5 = 2.24 core-course GPA

STEP 5 Refer to the next two pages in this booklet to determine if your core-course GPA and test scores meet the NCAA eligibility requirements. Students wishing to athletically compete at Division I schools must present a minimum NCAA approved core course GPA of a 2.3 on a 4.0 scale and corresponding test score on the sliding scale shown on the next page. Those wishing to compete at the Division II level will be asked to provide at least a 2.2 GPA on a 4.0 scale and a corresponding test score from the sliding scale for Division II schools. Remember only courses that are on your high school's list of NCAA Approved Core Courses" can be used to calculate your NCAA minimum required GPA.

Sliding Scale for Division I

Division I uses a sliding scale to match your test score(s) and core-course GPA to determine eligibility. The sliding scale balances your test score with your core-course GPA. Find more information about test scores on [page 15](#) or visit ncaa.org/test-scores. More information regarding the impact of COVID-19 and test scores can be found at on.ncaa.com/COVID19_Fall2022.

DIVISION I FULL QUALIFIER SLIDING SCALE					
Core GPA	SAT*	ACT Sum*	Core GPA	SAT*	ACT Sum*
3.550	400	37	2.750	810	59
3.525	410	38	2.725	820	60
3.500	430	39	2.700	830	61
3.475	440	40	2.675	840	61
3.450	460	41	2.650	850	62
3.425	470	41	2.625	860	63
3.400	490	42	2.600	860	64
3.375	500	42	2.575	870	65
3.350	520	43	2.550	880	66
3.325	530	44	2.525	890	67
3.300	550	44	2.500	900	68
3.275	560	45	2.475	910	69
3.250	580	46	2.450	920	70
3.225	590	46	2.425	930	70
3.200	600	47	2.400	940	71
3.175	620	47	2.375	950	72
3.150	630	48	2.350	960	73
3.125	650	49	2.325	970	74
3.100	660	49	2.300	980	75
3.075	680	50	2.299	990	76
3.050	690	50	2.275	990	76
3.025	710	51	2.250	1000	77
3.000	720	52	2.225	1010	78
2.975	730	52	2.200	1020	79
2.950	740	53	2.175	1030	80
2.925	750	53	2.150	1040	81
2.900	750	54	2.125	1050	82
2.875	760	55	2.100	1060	83
2.850	770	56	2.075	1070	84
2.825	780	56	2.050	1080	85
2.800	790	57	2.025	1090	86
2.775	800	58	2.000	1100	86

ACADEMIC REDSHIRT

*Full sliding scale research between the new SAT and ACT is ongoing.

Sliding Scale for Division II

Division II uses a sliding scale to match your test score(s) and core-course GPA to determine eligibility. The sliding scale balances your test score with your core-course GPA. Find more information about test scores on [page 15](#) or visit [ncaa.org/test-scores](https://www.ncaa.org/test-scores). More information regarding the impact of COVID-19 and test scores can be found at on.ncaa.com/COVID19_Fall2022.



DIVISION II FULL QUALIFIER SLIDING SCALE

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

*Full sliding scale 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 core 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
TOTAL ENGLISH UNITS					TOTAL QUALITY POINTS

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
TOTAL MATHEMATICS UNITS					TOTAL QUALITY POINTS

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

ADDITIONAL YEARS IN ENGLISH, MATHEMATICS OR NATURAL/PHYSICAL SCIENCE (3 YEARS REQUIRED)					
COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
TOTAL ADDITIONAL UNITS					TOTAL QUALITY POINTS

SOCIAL SCIENCE (2 YEARS REQUIRED)					
COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
TOTAL SOCIAL SCIENCE UNITS					TOTAL QUALITY POINTS

ADDITIONAL ACADEMIC COURSES (4 YEARS REQUIRED)					
COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
TOTAL ADDITIONAL ACADEMIC UNITS					TOTAL QUALITY POINTS

TOTAL QUALITY POINTS FROM EACH SUBJECT AREA / TOTAL CREDITS = CORE-COURSE GPA		/		=	
---	--	---	--	---	--

QUALITY POINTS / CREDITS = CORE-COURSE GPA

Qualifier Status

If you meet these eligibility requirements, you will be a Division I or Division II qualifier. This means you are eligible to practice, compete, and receive an athletics scholarship during your first year of college. You will also be eligible to play four seasons of your sport if you maintain eligibility from year to year.

Academic Redshirt Status

Student athletes enrolling in a Division I college that do not meet the requirements above may earn academic redshirt status if they completed the 16 core-course requirement, graduate from high school and meet the sliding scale minimum GPA of 2.0 on a 4.0 scale and the corresponding SAT/ACT sum score on the sliding scale. Freshmen qualifying as an academic redshirt can practice and receive athletic scholarships but not compete during the first year of college.

Partial Qualifier Status

At present, you will be classified as a Division II “partial qualifier”, if you have not met all of the requirements listed above, you can be a partial qualifier if you graduate from high school and meet all of the following standards:

- Complete the 16 required core courses
- Maintain a 2.00 GPA on a 4.0 scale.
- Earn an SAT combined score or ACT sum score matching your core course GPA on the sliding scale on the Division II partial qualifier scale.

A Division II “partial qualifier” is eligible to practice with a team at its home facility and receive an athletic scholarship his or her first year at a Division II school, but may not compete. The student can then play four seasons in a sport, as long as eligibility is maintained.

Non - Qualifier Status

If you do not meet qualifier, academic red-shirt, or partial qualifier eligibility requirements, you will be a Nonqualifier. In Division I and Division II, a Nonqualifier cannot practice, compete or receive an athletic scholarship during their first year of school. You may be able to play and receive scholarships in later years if you can earn and maintain eligibility.

Walk-On Athletes

A high school athlete who is not recruited by the school and has not received a scholarship but wants to play a sport in college may be given the opportunity to “walk on” at one or more schools. “Walking on” means that he or she becomes a non-scholarship member of the team, is allowed to try to earn a position on the team, and may be given the opportunity to earn a scholarship at some time in the future. Walking on can be an excellent opportunity for a good athlete who is serious about his or her sport, but it requires careful planning with your counselor and your coach. If you are interested in walking on, follow this advice:

With your counselor:

- Be sure you satisfy the eligibility requirements of the NCAA. Walk-on athletes are subject to the same rules and regulations as scholarship athletes.
- Do all the preliminary planning needed to identify a possible career.
- Find the colleges that provide programs in your area of interest. Develop a list of them. If you are undecided, identify schools that provide a broad range of programs.
- Discuss the list with your counselor and parents.
- Select your top three or four schools from the list.

With your high school coach:

- Discuss your ability to participate on the college level. Be open-minded during this meeting. Remember that your coach has only your best interests in mind.
- Identify any additional schools at which you may have the chance to play. Be sure they, too, satisfy your career and educational goals.
- Contact the school(s) to secure the college coach’s permission to “walk on.”
- Complete applications, being sure to follow the admission procedures specified by the college coach.

NCAA Division III Eligibility

Division III is the NCAA’s largest membership division, with more than 192,000 student-athletes and 438 member schools. Division III schools focus on striking a balance between rigorous academics, competitive athletics and the opportunities to develop other interests on campus. According to the NCAA, Division III also has the highest Academic Success Rate (ASR), with just below 90% of athletes graduating. While Division III student-athletes do not receive athletic aid, 80% of all Division III athletes receive some form of institutional merit or need-based aid. NCAA Division III does not use the NCAA Eligibility Center to certify their athletes. Instead each Division III school sets their own admissions standards. Contact your Division III College for policies on admission requirements, financial aid, practice and competition.

APPENDIX B: NCAA Initial Eligibility Brochure



ONE OPPORTUNITY. LIMITLESS POSSIBILITIES.

If you want to play sports at an NCAA Division I or II school, start by registering for a Certification Account with the NCAA Eligibility Center at eligibilitycenter.org. If you want to play Division III sports or you aren't sure where you want to compete, start by creating a Profile Page at eligibilitycenter.org.

ACADEMIC REQUIREMENTS

To play sports at a Division I or II school, you must graduate from high school, complete 16 NCAA-approved core courses, earn a minimum GPA and earn an ACT or SAT score that matches your core-course GPA.

CORE COURSES

Visit eligibilitycenter.org/courselist for a full list of your high school's approved core courses. Complete 16 core courses in the following areas:

DIVISION I

Complete 10 NCAA core courses, including seven in English, math or natural/physical science, before your seventh semester.

ENGLISH	MATH (Algebra I or higher)	NATURAL/ PHYSICAL SCIENCE (Including one year of lab, if offered)	ADDITIONAL (English, math or natural/physical science)	SOCIAL SCIENCE	ADDITIONAL COURSES (Any area listed to the left, foreign language or comparative religion/philosophy)
4 years	3 years	2 years	1 year	2 years	4 years

DIVISION II

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

GRADE-POINT AVERAGE

The NCAA Eligibility Center calculates your grade-point average (GPA) based on the grades you earn in NCAA-approved core courses.

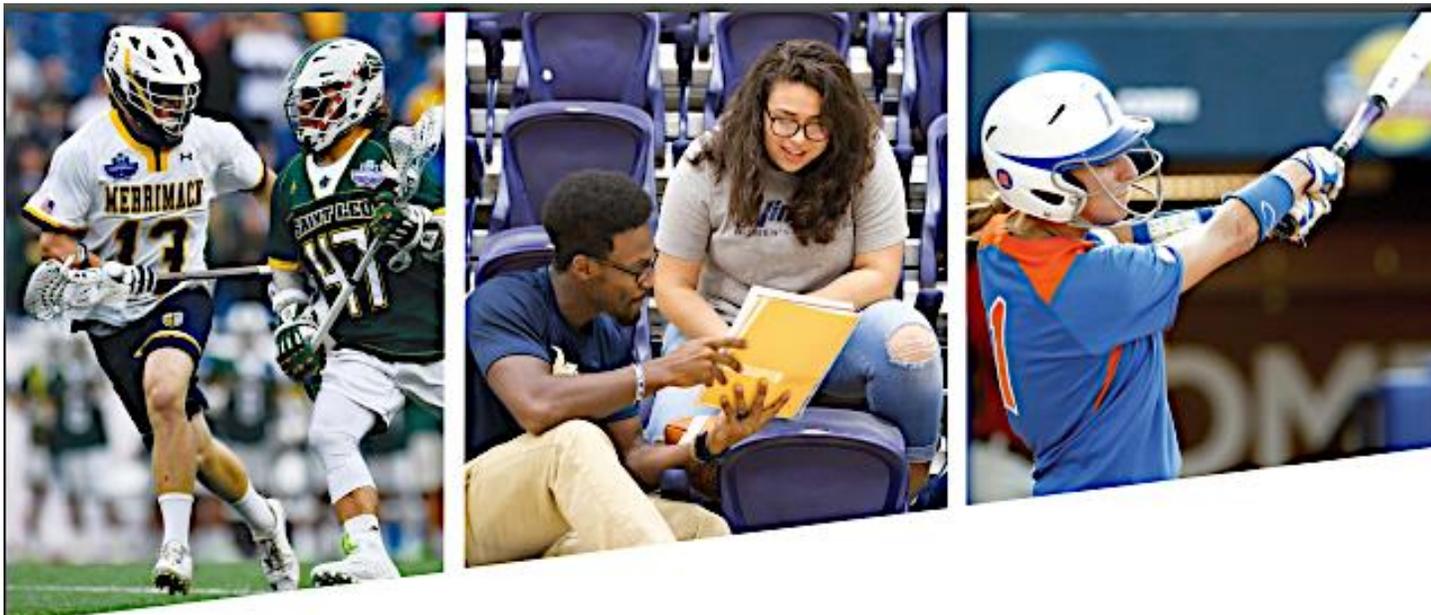
- DI requires a minimum 2.3 GPA.
- DII requires a minimum 2.2 GPA.

SLIDING SCALE

Divisions I and II use sliding scales to match test scores and GPAs to determine eligibility. The sliding scale balances your test score with your GPA. If you have a low test score, you need a higher GPA to be eligible. Find more information about sliding scales at ncaa.org/student-athletes/future/test-scores.

TEST SCORES

Take the ACT or SAT as many times as you want before you enroll full time in college, but remember to list the NCAA Eligibility Center (code 9999) as a score recipient whenever you register to take a test. If you take a test more than once, send us all your scores and we will use the best scores from each test section to create your sum score. We accept official scores only from the ACT or SAT, and won't use scores shown on your high school transcript.



HIGH SCHOOL TIMELINE

GRADE 9

Plan

- Start planning now! Take the right courses and earn the best grades you can.
- Ask your counselor for a list of your high school's NCAA core courses to make sure you take the right classes. Or, find your high school's list of NCAA core courses at eligibilitycenter.org/courselist.

GRADE 10

Register

- Register for a Certification Account or Profile Page with the NCAA Eligibility Center at eligibilitycenter.org.
- If you fall behind on courses, don't take shortcuts to catch up. Ask your counselor for help with finding approved courses or programs you can take.

GRADE 11

Study

- Check with your counselor to make sure you are on track to graduate on time.
- Take the ACT or SAT, and make sure we get your scores by using code 9999.
- At the end of the year, ask your counselor to upload your official transcript.

GRADE 12

Graduate

- Take the ACT or SAT again, if necessary, and make sure we get your scores by using code 9999.
- Request your final amateurism certification after April 1.
- After you graduate, ask your counselor to upload your final official transcript with proof of graduation.

Core Courses

This simple formula will help you meet Divisions I and II core-course requirements.

4 x 4 = 16

- + 4 English courses (one per year)
- + 4 math courses (one per year)
- + 4 science courses (one per year)
- + 4 social science courses (one per year)
- = 16 NCAA CORE COURSES

For more information:

ncaa.org/playcollegesports
eligibilitycenter.org

Search Frequently Asked Questions

ncaa.org/studentfaq

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APPENDIX C: Quick Reference Guide to the NLI



Quick Reference Guide to the NLI

This reference guide is intended to be a resource. Additional NLI regulations and procedures are located at www.national-letter.org.

Signing Dates for 2022-23 Enrollment

Division I Basketball (Early Period)
November 10 - November 17, 2021

Division I Basketball (Regular Period)
April 13 - May 18, 2022

Division I Football (Early Period)
December 15 - 17, 2021

Division I and II Football
(Midyear JC Transfer)
December 15, 2021 - January 15, 2022

Football (Regular Period)
February 2 - April 1, 2022 (Division I)
February 2 - Aug. 1, 2022 (Division II)

All Other Division I and II Sports
November 10, 2021 - August 1, 2022

Approximately 49,000 prospective student-athletes sign NLIs to attend NCAA Division I or II institutions.

What is the National Letter of Intent (NLI)?

The NLI is a binding agreement between a prospective student-athlete and an NLI member institution.

- Prospective student-athlete agrees to attend the institution full-time for one academic year (two semesters or three quarters).
- Institution agrees to provide athletics financial aid for one academic year (two semesters or three quarters).

Penalty for not fulfilling the NLI agreement: Serve one year in residence (full-time two semesters or three quarters) at the next NLI member institution and lose one season of competition in all sports.

Valid NLI

NLI must be accompanied by an athletics financial aid agreement (aid from an athletics source).

NLI must include the NCAA ID. The NCAA ID will be available to the prospective student-athlete once registered with the NCAA Eligibility Center and will be available to the institution once the prospective student-athlete is placed on the Institutional Request List (IRL). All junior college prospective student-athletes must also have an NCAA ID included on the NLI.

NLI may not be signed prior to the signing dates for the applicable sport.

NLI must include a parent or legal guardian signature if the prospective student-athlete is under the age of 21, regardless of marital status.

The Conference Office validates the NLI to ensure the NLI and athletics aid agreement are complete and meet all NLI and NCAA requirements.

How does the institution process the NLI?

Institution issues NLI and offer of athletics aid to the prospective student-athlete.

Prospective student-athlete and parent signs NLI and athletics aid agreement.

- Must be signed within 7 days of issuance date. (7 day deadline does not apply to the football early signing period or when 7 days are not left in the signing period)

Institution verifies required information and uploads NLI to its Conference Office for validation.

- Must be filed with the Conference within 14 days of final signature.

Prospective student-athletes and parents can sign NLIs with electronic or digital signatures. Mobile apps can be used to process and sign with the institution.

Coaching Change

A prospective student-athlete signs with an institution. If the coach leaves, the NLI signee is still bound by the provisions of the NLI.

What is the Recruiting Ban? Other institutions must respect the prospective student-athlete's NLI signing by ceasing all communication.

The recruiting ban remains in effect until the prospective student-athlete enrolls at the signing institution. Once enrolled, the student-athlete is governed by NCAA recruiting regulations.

If the prospective student-athlete does not enroll at the signing institution, the recruiting ban will be lifted after the institution's academic year has elapsed (e.g., prospective student-athlete signs during 2019-20, the recruiting ban applies through the end of the 2020-21 academic year).

 Follow @NLIinsider

www.national-letter.org



How is the NLI declared null and void?

- Denied admission.
- Does not meet NCAA, institutional or conference eligibility requirements.
- One-Year Absence.
 - Signee does not enroll (two-year or four-year institution) for at least one academic year and the scholarship (in its same amount) is no longer available. Also applies to a signee who serves in the U.S. Armed Forces or Church Mission for one year. NLI remains binding if the scholarship (in its same amount) is available.
- Discontinued Sport.
 - Sport is no longer offered, includes student-athletes who are already enrolled.
- Recruiting Rules Violation.
 - NLI may be declared null and void if the violation is substantiated and prompts the need for reinstatement by the NCAA staff. It is the prospective student-athlete's choice to null and void the NLI under these circumstances.

How can a signee be released from the NLI?

Release Request:

A request for release must be initiated by the NLI signee by submitting the NLI Release Request online.

An institution may release a signee from his or her NLI obligation by selecting the "Complete Release" option on the NLI Release Request. It is the institution's discretion to grant a release or not.

The NLI release cannot include conditions to be released to specific institutions.

The NLI Recruiting Ban is lifted once an NLI signee submits an NLI Release Request.

Appeal Process:

For consideration of an appeal, the signee must present extenuating circumstances to the NLI Committee.

Completing a playing season does not fulfill the NLI obligation. The entire academic year at the signing institution must be completed.

4-4 transfers are no longer prospective student-athletes. Four-year transfers shall not sign NLIs, including international college/university transfers.

The NCAA manages the daily operations of the NLI program while the Division I Collegiate Commissioners Association provides governance oversight.

NLI Membership

651 NCAA Division I and II institutions are NLI members.

Not NLI members:

Ivy League, Service Academies, Division III institutions, NAIA institutions, preparatory schools and two-year colleges.

All members of the NLI program are required to offer athletics scholarships.

Coaching Contact Prohibited at Time of Signing

A coach or institutional representative may not hand deliver the NLI off campus or be present off campus at the time of signing. The NLI may be delivered by express mail, regular mail, email, fax, mobile applications or any other electronic means.

An institution is not permitted to provide release agreements to a prospective student-athlete prior to signing.

The NLI penalty does not preclude a student-athlete from receiving athletics aid or practicing while serving the one academic year of residence for the NLI penalty.

Early Signing Period Penalties

Prospective student-athletes who will participate in football are prohibited from signing an NLI during a signing date earlier than the initial signing date for Division I or II football. A student who signs an NLI during an earlier signing date in a sport other than football will be ineligible for competition in the sport of football during the student's first year of enrollment at an NLI member institution, and shall forfeit one season of competition in the sport of football.

In circumstances where a student's primary sport is not football, but anticipates participating in football, the student should delay signing an NLI until either the football signing period or a later signing date for the other sport.

Enrollment in a Junior College (Two-Year College) - After Signing an NLI

If a prospective student-athlete signs an NLI and later attends a junior college, the prospective student-athlete must graduate from the junior college under the following conditions:

- To satisfy NCAA 2-4 or 4-2-4 transfer rules, if necessary to meet NCAA, conference or institutional regulations.
- To fulfill a previously signed NLI. In this case, the previous NLI is considered fulfilled if the prospective student-athlete graduates from the junior college. The NLI can be signed prior to graduation.

Enrollment in a Junior College (Two-Year College) - No Previously Signed NLI

If a prospective student-athlete did not sign an NLI prior to enrolling at a junior college, he or she is permitted to sign while attending a junior college.

The following rule applies for Division I:

A nonqualifier 2-4 transfer is not permitted to sign an NLI in the first year of junior college enrollment. A nonqualifier in the first year of enrollment does not meet the NCAA requirement to receive athletics aid until attending the junior college for at least three semesters or four quarters.

Athletics Aid Agreement

An NLI must be accompanied by an athletics aid agreement. A prospective student-athlete not receiving athletics aid is not permitted to sign an NLI. If the prospective student-athlete declines the athletics aid in order to receive other institutional aid, the NLI must be declared null and void. The athletics aid agreement is subject to NCAA rules.

If the NLI is declared **invalid, null and void** or a **complete release** is granted, a prospective student-athlete **is permitted** to sign another NLI in the same NLI signing year.

If a prospective student-athletes signs an NLI for enrollment in the upcoming academic year, but decides to not enroll, the NLI remains binding.