



# STUDENT-ATHLETE RECRUITMENT GUIDE





## 2019-2020 POST-SECONDARY 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 Post-secondary 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 over **7.8 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

<b>ESTIMATED PROBABILITY OF COMPETING IN ATHLETICS BEYOND HIGH SCHOOL</b>				
	<b>Men's Basketball</b>	<b>Women's Basketball</b>	<b>Football</b>	<b>Baseball</b>
<b>HS Student Athletes</b>	<b>551,373</b>	<b>412,407</b>	<b>1,036,842</b>	<b>487,097</b>
<b>NCAA Athletes</b>	<b>18,816</b>	<b>16,614</b>	<b>73,557</b>	<b>35,460</b>
<b>NCAA Drafted Athletes</b>	<b>52</b>	<b>32</b>	<b>255</b>	<b>775</b>
<b>% HS to NCAA</b>	<b>3.4 %</b>	<b>4.0 %</b>	<b>7.1 %</b>	<b>7.3 %</b>
<b>% NCAA to Professional</b>	<b>1.2 %</b>	<b>0.9 %</b>	<b>1.6 %</b>	<b>9.8 %</b>

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/2019RES\\_ProbabilityBeyondHSFiguresMethod.pdf](https://ncaaorg.s3.amazonaws.com/research/pro_beyond/2019RES_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.

- 351 active Division I schools
- 308 active Division II schools
- 443 active Division III schools

<http://www.ncaa.org/sites/default/files/Recruiting%20Fact%20Sheet%20WEB.pdf>

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](http://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 2020-21 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 grade point average 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, 2017 and April 30, 2020. Note that scores must be achieved on a single test date; the NAIA does not “Super-score”.

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](http://www.playnaia.org).

# NCAA DIVISION I AND II ACADEMIC ELIGIBILITY REQUIREMENTS

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

\* 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 2019-20 Guide For The College-Bound Student-Athlete ([http://fs.ncaa.org/Docs/eligibility\\_center/Student\\_Resources/CBSA.pdf](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/](http://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/](http://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](http://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](http://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.

**[www.eligibilitycenter.org](http://www.eligibilitycenter.org)**



# 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](http://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 5<sup>th</sup> 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 College 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 2018-19 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 (2017, 2018, 2019)  
Most Valuable Player (2019)  
All Conference (2018, 2019)  
All State (2019)

**Experience:** AAU Volleyball (2018, 2019)  
Coed Power Outdoor & Indoor Tournaments (2017-18)  
Aspen Volleyball Camp (2018, 2019)  
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 2019-20 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
<b>English Core</b>	<b>4 years</b>	<b>3 years</b>
<b>Mathematics Core (Algebra I or higher)</b>	<b>3 years</b>	<b>2 years</b>
<b>Natural or Physical Science Core</b> (Including at least 1 year or lab science)	<b>2 years</b>	<b>2 years</b>
<b>Social Science Core</b>	<b>2 years</b>	<b>2 years</b>
<b>Additional English, math, or natural or physical science</b>	<b>1 year</b>	<b>3 years</b>
<b>Additional Core</b> (From any area above or foreign language or comparative religion/philosophy)	<b>4 years</b>	<b>4 years</b>
<b>TOTAL CORE UNITS REQUIRED</b>	<b>16*</b>	<b>16</b>

\* 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 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.

## 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 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		$(.5 \times 4) = 2$
TOTAL ENGLISH UNITS						TOTAL QUALITY POINTS

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

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

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)
TOTAL ADDITIONAL UNITS						TOTAL QUALITY POINTS

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

ADDITIONAL ACADEMIC COURSES (4 YEARS REQUIRED)						
10/7	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

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

## **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.

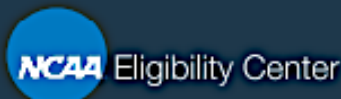
## **With your high school coach:**

- 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 443 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](http://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](http://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](http://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.

<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)
4 years	3 years	2 years	1 year	2 years	4 years

#### DIVISION II

<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)
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](http://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](http://eligibilitycenter.org/courselist).

## GRADE 10

### Register

- Register for a Certification Account or Profile Page with the NCAA Eligibility Center at [eligibilitycenter.org](http://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.

$$4 \times 4 = 16$$

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

### Search Frequently Asked Questions

[ncaa.org/studentfaq](http://ncaa.org/studentfaq)

### Follow us:

 @NCAAEC

 @playcollegesports

# 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.nationalletter.org](http://www.nationalletter.org).

### Signing Dates for 2020-21 Enrollment

Division I Basketball (Early Period)  
November 13 - November 20, 2019

Division I Basketball (Regular Period)  
April 15 - May 20, 2020

Division I Football (Early Period)  
December 18 - 20, 2019

Division I and II Football  
(Midyear JC Transfer)  
December 18, 2019 - January 15, 2020

Football (Regular Period)  
February 5 - April 1, 2020 (Division I)  
February 5 - Aug. 1, 2020 (Division II)

All Other Division I and II Sports  
November 13, 2019 - August 1, 2020

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).

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### 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

655 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 practice and 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 NLI is declared null and void or a complete release is granted, a prospective student-athlete is not permitted to sign another NLI in the same NLI signing year.

If NLI is declared invalid, a prospective student-athlete is permitted to sign another NLI during the same 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.