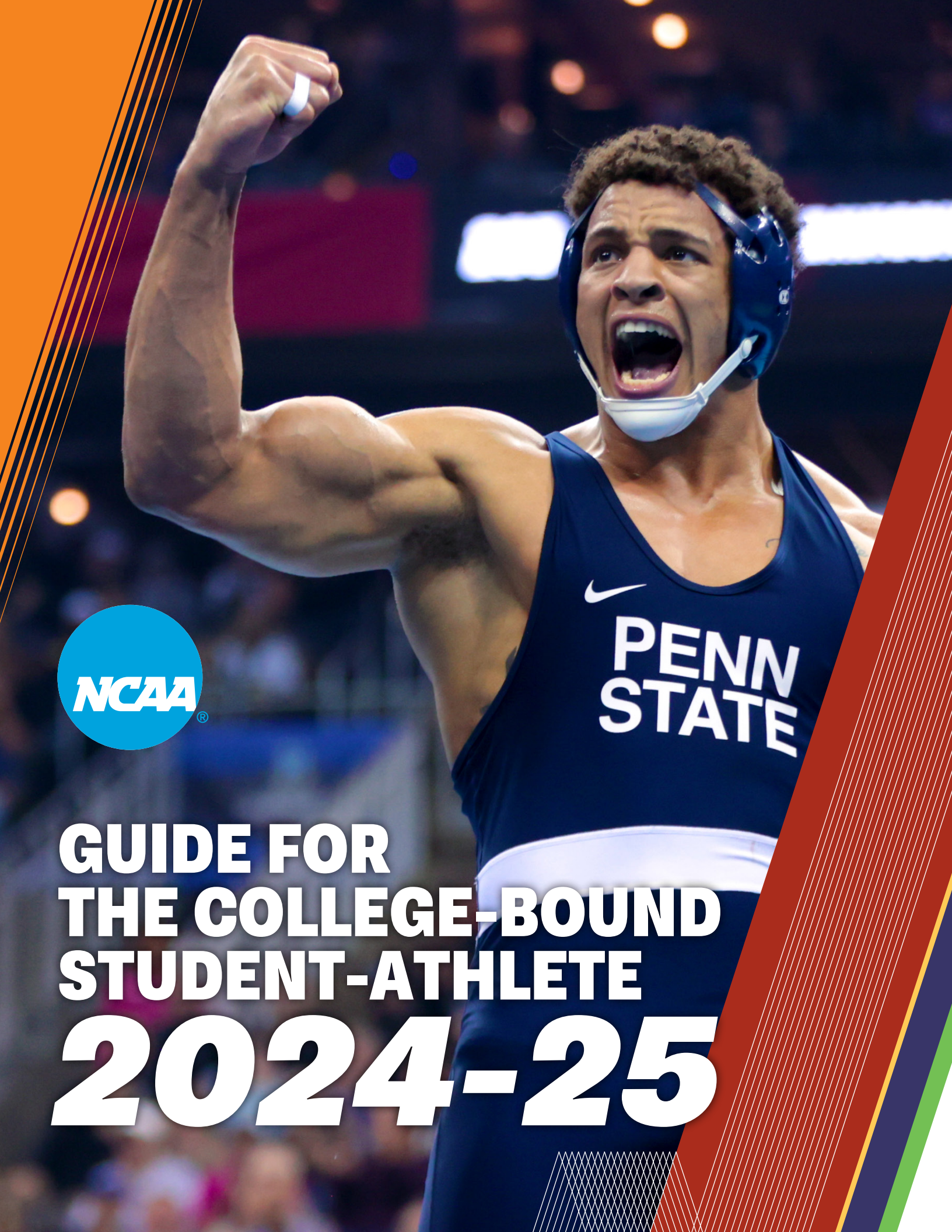
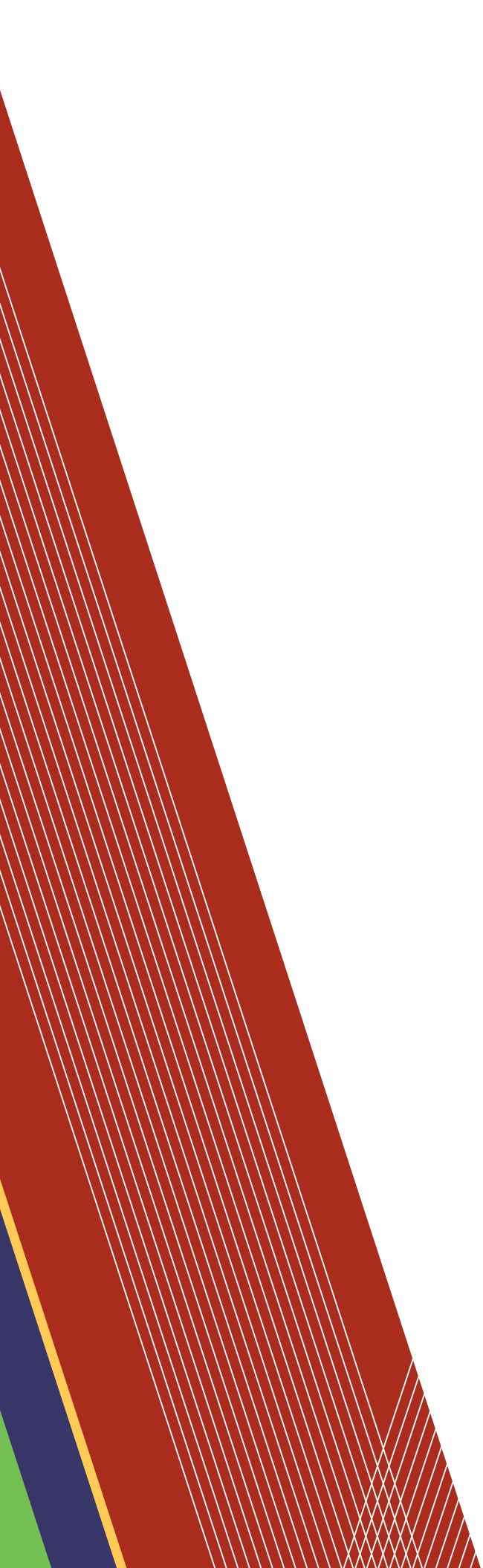


NCAA®

GUIDE FOR THE COLLEGE-BOUND STUDENT-ATHLETE

2024-25



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ELIGIBILITY CENTER

Information

Visit

eligibilitycenter.org
ncaa.org/playcollegesports

Follow

X **@ncaaec**
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Contact

College-Bound Student-Athletes Only
U.S. and Canada (except Quebec):
877-262-1492, Monday-Friday
9 a.m. to 5 p.m. Eastern time

International (including Quebec):
on.ncaa.com/intlcontact

Certification Processing

NCAA Eligibility Center
Certification Processing
P.O. Box 7110
Indianapolis, IN 46207-7110

Overnight Delivery

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

Have a question about NCAA eligibility?

» Read this guide.
» Search frequently asked questions at **ncaa.org/studentfaq**.
» Check the Help section of **eligibilitycenter.org**.
» Visit **ncaa.org/playcollegesports**.
» Contact the NCAA Eligibility Center.

Scan the QR code to register for a free Profile Page account!

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NCAA



On behalf of the NCAA

Welcome!

Dear college-bound student-athlete,

We are glad you're interested in pursuing your education and sport at an NCAA member school. I believe college sports are the most important human potential development program our nation has. They provide a unique opportunity to compete at a high level while working toward a college degree that will lead to lifelong achievement. The lessons I learned from competing as a student-athlete have shaped me into who I am today.

The NCAA is dedicated to putting the interests of student-athletes first, and our work focuses on the whole student-athlete. Beginning Aug. 1, college athletes like you will have access to **post-eligibility injury insurance coverage** for the first time. No matter what career path you choose, your college degree and your experience as a college athlete will serve you far beyond your final competition.

This guide equips you with information about academic requirements to compete and what to expect as a collegiate student-athlete. At the NCAA national office, staff members want to ensure high school athletes meet standards that will best prepare them to succeed in college. Initial eligibility determines your ability to receive an athletics scholarship and to practice and compete in your first year as a full-time college student. We are committed to supporting students across all three divisions on their road to success.

We encourage you to take an active role in the process of preparing for college. Over 1,000 NCAA schools sponsor tremendous academic and athletics programs. We urge you to work closely with your high school counselors, coaches, parents/guardians and mentors as you make the transition to college.

We hope the information helps inform you, your family and high school administrators about the initial-eligibility process. If you have any questions, please reach out to us. Our staff in the NCAA Eligibility Center strives to make your registration and certification experience positive and are always willing to help. I wish you the best of luck as you embark on this important journey and look forward to your future success.

Charlie Baker
NCAA President

What is the NCAA?

The National Collegiate Athletic Association is an organization dedicated to providing a pathway to opportunity for college athletes. Over 1,000 colleges and universities are members of the NCAA. These schools work together with the NCAA national office and athletics conferences across the country to support more than 500,000 college athletes who make up over 20,000 teams competing in NCAA sports.

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

Among the three NCAA divisions, Division I schools generally have the biggest student bodies, manage the largest athletics budgets and offer the highest number of athletics scholarships. The Division II approach provides growth opportunities through academic achievement, learning in high-level athletics competition and a focus on service to the community. The Division III experience offers participation in a competitive athletics environment that pushes college athletes to excel on the field and build upon their potential by tackling new challenges across campus.

To learn more about the pathway that's right for you, visit **on.ncaa.com/3divisions**.

The NCAA membership and national office work together to help the more than 500,000 student-athletes develop leadership, confidence, discipline and teamwork through college sports.

NCAA Sports

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

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

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

FALL SPORTS

MEN:	WOMEN:
Cross Country	Cross Country
Football	Field Hockey
Soccer	Soccer
Water Polo	Volleyball

WINTER SPORTS

MEN:	WOMEN:
Basketball	Basketball
Fencing	Bowling
Gymnastics	Fencing
Ice Hockey	Gymnastics
Indoor Track and Field	Ice Hockey
Rifle	Indoor Track and Field
Skiing	Rifle
Swimming and Diving	Skiing
Wrestling	Swimming and Diving

SPRING SPORTS

MEN:	WOMEN:
Baseball	Beach Volleyball
Golf	Golf
Lacrosse	Lacrosse
Outdoor Track and Field	Outdoor Track and Field
Tennis	Rowing
Volleyball	Softball
	Tennis
	Water Polo

EMERGING SPORTS

WOMEN:

- Acrobatics and Tumbling
- Equestrian (Divisions I and II only)
- Rugby
- Stunt
- Triathlon
- Wrestling

Our Three Divisions

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

DIVISION	DIVISION I	DIVISION II MAKE IT YOURS	DIVISION III DISCOVER | DEVELOP | DEDICATE
ACTIVE SCHOOLS*	355 (32%)	293 (27%)	425 (39%)
MEDIAN UNDERGRADUATE ENROLLMENT	8,883	2,169	1,617
STUDENTS WHO ARE ATHLETES	1 in 23	1 in 7	1 in 5
AVERAGE NUMBER OF TEAMS PER SCHOOL	19	17	19
PERCENTAGE OF NCAA STUDENT-ATHLETES IN EACH DIVISION	37%	24%	38%
ATHLETICS SCHOLARSHIPS	Multiyear, cost-of-attendance athletics scholarships available. **59%** of athletes receive athletics aid.	Partial athletics scholarship model. **64%** of athletes receive athletics aid.	No athletics scholarships. **80%** of athletes receive nonathletics aid.
DID YOU KNOW?	Division I student-athletes graduate at a higher rate than the general student body.	Division II is the only division with schools in Alaska, Puerto Rico and Canada.	Division III's largest school has **28,692** undergraduates. *The smallest?* **270**.

*The number of schools for each division is current as of the 2024-25 academic year. All other figures are based on 2023-24 data. Percentages shown for schools and student-athletes represent numbers at active NCAA schools, so they do not add up to 100%.

How is each division governed?

NCAA schools develop and approve legislation for their own divisions. Groups of presidents and chancellors lead each division in the form of committees with regularly scheduled meetings. For more information, visit **on.ncaa.com/governance**.

What are the eligibility requirements in each division?

If you want to compete at an NCAA Division I or II school, you must meet academic and amateurism standards set by NCAA members. **Academic** and **amateurism standards** are outlined in this guide and can be found on each division's page on **ncaa.org**.



Division I and II schools require you to meet academic and **amateurism** standards and be certified by the Eligibility Center. While Division III schools set their own academic standards on campus, the Eligibility Center certifies the amateur status of Division III **international student-athletes** (first-year enrollees and transfers). All other Division III student-athletes are certified on campus.

Academic Requirements

High School Timeline

9th GRADE REGISTER

- If you haven't yet, **register** for a free Profile Page account at **eligibilitycenter.org** for information on NCAA initial-eligibility requirements.
- Use NCAA Research's **interactive map** to help locate NCAA schools you're interested in attending.
- Find your high school's list of NCAA-approved core courses at **eligibilitycenter.org/courselist** to ensure you're taking the right courses, and earn the best grades possible!

10th GRADE PLAN



- If you're being **actively recruited** by an NCAA Division I or II school, **transition** your Profile Page account to the right **certification account**.
- Monitor the **task list** and **sign up for text alerts** in your **Eligibility Center account** for next steps.
- Research the admission requirements for NCAA schools you're interested in attending.
- At the end of the school year, ask your high school counselor from each school you attended to upload your **official transcript** via the High School Portal.
- If you fall behind academically, ask your high school counselor for help finding **approved courses** you can take.

11th GRADE STUDY



- Ensure your **sports participation** information is correct in your Eligibility Center account.
- Check with your high school counselor to make sure you're on track to complete the required number of NCAA-approved **core courses** and graduate on time with your class.
- Share your **NCAA ID** with NCAA schools recruiting you so each school can place you on its **institutional request list**.
- Take **unofficial and official visits** to NCAA schools you're interested in attending and start applying early.
- At the end of the school year, ask your high school counselor from each school you attended to upload your **official transcript** via the High School Portal.

12th GRADE GRADUATE



- Be accepted to the NCAA school you plan to attend.
- Ensure your **sports participation** information is correct and **request your final amateurism certification** beginning April 1 (fall enrollees) or Oct. 1 (winter/spring enrollees) in your Eligibility Center account.
- Complete your final NCAA-approved **core courses** as you prepare for graduation.
- After you graduate, ask your high school counselor to upload your **final official transcript** with **proof of graduation** via the High School Portal.

Registration Checklist

Want to compete in NCAA sports? Register with the Eligibility Center at **eligibilitycenter.org** before the ninth grade (year nine of secondary school).

Which account type is right for you?

1. **Profile Page Account:** If you're a younger student or are not being recruited, are unsure in which division you want to compete, or are a **domestic student** who plans to compete at a **Division III school**, register for a free Profile Page account. **Transition** your account to a **certification account** once you start being **actively recruited** by an NCAA school.

2. **Academic and Amateurism Certification Account:** You must receive academic and amateurism certifications from the Eligibility Center to compete at a Division I or II school. You must complete the Academic and Amateurism Certification account registration (including payment or **fee waiver**) before you go on Division I official visits, sign an **NLI**, receive an athletics scholarship or compete at a Division I or II school.

3. **Amateurism-Only Certification Account:** If you're an **international student-athlete** (first-year enrollees and transfers) enrolling at a Division III school, you must register with an Amateurism-Only Certification account (or use an existing Academic and Amateurism Certification account, if you already have one) and receive your final amateurism certification before you can compete.

   This account may also be right for students transferring from a non-NCAA college or university to a Division I or II school who do not require an Eligibility Center academic certification. These students should check with the compliance office at the NCAA school they may attend to determine their required account type.

ELIGIBILITY CENTER ACCOUNT TYPES

In which division do you plan to compete?	Profile Page* Account	Academic and Amateurism Certification Account	Amateurism-Only Certification Account
Division I or II			
Before recruiting begins or middle school and younger students (**domestic or international**). Can be transitioned to the right certification account when needed.	✓		
High school student (**domestic or international**) enrolling for the first time at an NCAA school.		✓	
Transferring from a two- or four-year college or university. (Check with the compliance office at the school you may attend.)		✓ OR	✓
Division III			
Domestic high school student enrolling for the first time at a Division III school.	✓		
High school student with a permanent residence **outside of the U.S.**			✓
High school student who attended secondary or postsecondary school **outside of the U.S.** for any time (excluding U.S.-based students who study abroad).			✓
International high school student enrolling for the first time at a Division III school.			✓
High school student who was based and competed **outside of the U.S.** or participated on a sports team who was based and competed **outside of the U.S.**			✓
Transferring from a two- or four-year college or university; attended **domestic high school(s)** only.	✓		
Transferring from a two- or four-year college or university; attended at least one **international high school**. (**U.S. territories** are considered domestic.)			✓
Division Undecided/Unknown			
Never enrolled full time at a two- or four-year college or university. Best before recruiting begins or for middle school and younger students. Can be transitioned to the right certification account when needed.	✓		

Once you have determined the right account for you, visit **eligibilitycenter.org** to register. A list of information you will need to complete your account is outlined below. For a Profile Page account, allow 15 minutes to complete. For certification accounts, allow between 30 and 45 minutes to complete. If you need to exit and come back at a later time, you can save and exit once your account is created.

***Unsure which account type is right for you?** Start with our **free Profile Page account**, then check with the compliance office at the NCAA school you may attend. If you need assistance, contact the Eligibility Center's customer service team at 877-262-1492, Monday-Friday from 9 a.m. to 5 p.m. Eastern time. International students (including Quebec) should use the **International Contact Form** to submit questions.

ELIGIBILITY CENTER REGISTRATION ESSENTIALS

Below are some items you should have with you when creating an account at **eligibilitycenter.org**:

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

- ☐ **Basic Student Personal Information**
  This includes information such as your name, gender, date of birth, primary and secondary contact information, address and mobile number.

- ☐ **Basic Student Education History**
  When registering, you will be required to provide details about all secondary and high schools and additional programs you attended in the U.S. and internationally. All schools, regardless of whether you received grades or credits must be included. If you attended ninth grade at a junior high school located in the same school system in which you later attended high school, the ninth-grade school should not be listed.

- ☐ **Student Sports Participation History**
  Select each sport you plan to participate in at an NCAA school. For **certification accounts**, you will be required to provide details on any expenses or awards you received, any teams you have practiced or played with or certain events in which you participated. You will also list any individuals who have advised you or marketed your skills in a particular sport. This information helps the Eligibility Center certify your amateur status once you **request your final amateurism certification**.

- ☐ **Payment (Certification Accounts Only)**
  Registration for a certification account is complete only after your registration fee is paid (or upon requesting a **fee waiver**, if eligible). You may pay online by debit, credit card or echeck. For an Academic and Amateurism Certification account, the fee for college-bound student-athletes attending a high school in the U.S., **U.S. territories** or Canada is $100; the fee for international students is $160. For students for which an Amateurism-Only Certification account is the right choice, the fee for all students is $70. Profile Page accounts do not have a fee.

  All fees are nonrefundable 30 days after the certification account fee is paid. If you completed a duplicate registration and paid your registration fee twice, you may be eligible for a refund. To receive a refund, you will need to complete and submit an **NCAA refund form**.

Unsure if you've already created an account? Contact customer service at 877-262-1492, Monday-Friday from 9 a.m. to 5 p.m. Eastern time, before creating a new account to avoid duplicate account issues during recruiting.



REMEMBER

As a college-bound student-athlete, you're responsible for your eligibility – that means planning ahead, taking high school courses seriously and protecting your amateur status. It can be a challenging step, but the benefits of being a student-athlete are worth the effort.



Initial Eligibility

Initial-eligibility standards help ensure you're prepared to succeed in college. The eligibility process also protects the fairness and integrity of college sports.

Division I and II schools require you to meet academic and **amateurism** standards and be certified by the Eligibility Center. While Division III schools set their own academic standards on campus, the Eligibility Center certifies the amateur status of Division III **international student-athletes** (first-year enrollees and transfers). All other Division III student-athletes are certified on campus. Throughout the process, Eligibility Center staff partners with you, your family, high school administrators and coaches, to guide you on your journey.

NCAA-Approved Core Courses

The NCAA **core-course** requirement ensures you're taking high school courses that prepare you for the academic expectations in college. ***Note:*** Not all high school courses are NCAA-approved core courses and may not count toward your 16 core-course credit requirement.

What is a Core Course?

A core course must meet the following requirements to be used in your academic certification:

Meet high school graduation requirements in one or more of the following subject areas: English; Math (Algebra I or higher); Science (Including one year of lab, if offered); Social Science; World Language; Comparative Religion; Philosophy	✓
Be on your high school's list of **NCAA-approved core courses**.	✓
Be completed in alignment with your high school's policies related to instruction, pacing, etc.	✓
Be completed at a high school with a "Cleared" or "Extended Evaluation" Eligibility Center **account status**.	✓

PLAN AHEAD

Scan the QR code to find your high school's list of NCAA-approved core courses.





Courses that meet NCAA core-course requirements must be submitted to and approved by the Eligibility Center. Approved courses are included on your high school's list of NCAA-approved core courses. Make sure you're taking courses on your high school's approved list; ask your high school counselor if you need help. For more information, review the High School Information section of **your high school's account**.

Core-Course Credits

You can earn credit for a core course only once. If you take a course that repeats the content of another core course, you earn credit for only one of these courses. (The higher grade counts toward your **core-course GPA**). For more information on core-course credits, visit **ncaa.org/student-athletes/future/core-courses**.

Dual-Enrollment Coursework

Dual-enrollment coursework may be used to satisfy NCAA core-course requirements if the course appears on your **official transcript** with grade and high school credit and meets all requirements for an **NCAA-approved core course**.

Courses Taken Before High School

High school courses taken before ninth grade may be used to satisfy NCAA core-course requirements if the course appears on your official transcript with grade and high school credit and appears on your high school's list of **NCAA-approved core courses**. For example, if you take a high school class such as Algebra I or Spanish I before high school, the class may count toward your 16 core-course credits requirement as long as the course title is on the high school's list of approved NCAA courses.

Courses Taken After High School

A college course taken after high school graduation may be used toward your initial eligibility and awarded 0.5 units from your college transcript (unless awarded one full unit on your high school transcript). It must appear on your official transcript with grade and high school credit and meet all requirements for an **NCAA-approved core course**.

For **Division I**, only core courses completed in the first eight semesters from your initial start of ninth grade will be used in your academic certification. If you graduate from high school on time (in eight semesters) with your incoming ninth-grade class, you may use one core-course unit completed in the year after graduation (summer or academic year) and before enrolling **full time** at any college or university. You may complete the NCAA-approved core course at a location other than the high school from which you graduated as long as the course is taken before full-time enrollment at any college or university.

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

For **Division II**, you may use an unlimited number of core courses completed after graduation (summer or academic year) and before enrolling **full time** at any college or university. You may complete the NCAA-approved core course at a location other than the high school from which you graduated.

Transcripts

Ask your high school counselor from each school you attended to **upload** your official four-semester transcript, six-semester transcript, and final transcript with **proof of graduation** (once you have completed high school) to your Eligibility Center account for free via the High School Portal. If you attended more than one high school or take courses from more than one program, the Eligibility Center needs an official transcript from each high school or program you attended.

Except for school districts with common transcripts, the Eligibility Center does not accept grades from one high school or program transcribed on another high school's transcript. Be sure to keep your Eligibility Center account updated with each high school and/or program you attended. Your high school counselor cannot upload your transcript until you add your school and/or program in the Education section of your Eligibility Center account. Visit **on.ncaa.com/submittranscript** to learn about how your high school counselor submits your transcript.

» *International students:* For information on proper submission procedures for transcripts and academic records, **see page 21** or visit **ncaa.org/international**.

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



REMEMBER

If you attended more than one high school or take courses from more than one program, the Eligibility Center needs an official transcript from each high school or program.

Grade-Point Average



The NCAA Eligibility Center calculates your **core-course grade-point average** based on the grades you earn in NCAA-approved core courses. Only your best grades from the required number of NCAA core courses will be used. This means that the cumulative GPA listed on your high school transcript could be different than the NCAA core-course GPA used in your certification. Your core-course GPA is based solely on the grades you received in NCAA-approved core courses. To find your high school's list of NCAA-approved core courses, visit **eligibilitycenter.org/courselist**.

Your core-course GPA is calculated on a 4.0 scale. Numeric grades such as 92 or 87 are changed to letter grades, such as A or B. As part of this calculation, each grade received is assigned "quality points." The Eligibility Center does not use plus or minus grades when calculating your core-course GPA. For example, grades of B+, B and B- are each worth three quality points. Weighted honors or Advanced Placement courses may improve your core-course GPA, but the high school must notify the Eligibility Center that it awards weighted grades in these courses. (The high school's course-weighting policy must align with acceptable NCAA course-weight policy.) ***Note:*** Your high school may have multiple grading scales on file. For more information, review the High School Grading Period section of **your high school's account**.

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

Test Scores

In January 2023, NCAA **Divisions I** and **II** adopted legislation to remove standardized test scores from initial-eligibility requirements. Check with the NCAA school you plan to attend regarding whether standardized test scores are necessary for admission or scholarship requirements.

Calculating Your Quality Points

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

Examples:

An A grade (4 points)
for a trimester course (0.34 unit):
4 points x 0.34 unit = 1.36 total quality points

An A grade (4 points)
for a semester course (0.50 unit):
4 points x 0.50 unit = 2.00 total quality points

An A grade (4 points)
for a full-year course (1.00 unit):
4 points x 1.00 unit = 4.00 quality points

Use the **Division I and II Worksheets** to help determine your core-course GPA.

QUALITY POINTS

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

UNITS OF CREDIT

1 quarter unit = 0.25 unit
1 trimester unit = 0.34 unit
1 semester unit = 0.50 unit
1 year = 1.00 unit



Education-Impacting Disabilities

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

Some of the most common EIDs include:

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

If you have a documented EID, you must meet the same initial-eligibility standards as other students but may be provided certain accommodations to help meet those standards. For instance, if you have a documented EID, you may be allowed to take courses designed for students with EIDs if the courses appear on **your high school's list** of NCAA-approved courses. Courses offered exclusively to students with an EID are indicated by a "=" symbol next to the course's title on the high school's core-course list. For more information regarding EIDs, scan the QR code or visit **on.ncaa.com/eid**.

If you have a documented EID (physical or mental) and require a medical accommodation for practice or competition, ask your NCAA school if a rules waiver is right for you. More information regarding sport-specific medical accommodations can be found at **on.ncaa.com/accommodation**.

Equivalency Tests/ Diplomas

A state high school-equivalency test (e.g., General Educational Development) may be accepted as proof of graduation under certain conditions, but it will not satisfy requirements for core courses or **core-course GPA**. The equivalency test may be accepted as proof of graduation if taken after the date of graduation of your high school class and before full-time enrollment at any college or university. Contact your state education agency to request an official copy of the applicable certificate (along with your state high school-equivalency test scores) be sent to the Eligibility Center.

Division I Academic Standards

Division I schools require you to meet academic standards. To be eligible to practice, compete and receive an athletics scholarship in your first year of **full-time enrollment**, you must meet the following requirements:

NCAA DIVISION I

1. Earn 16 NCAA-approved core-course credits in the following areas:

ENGLISH	MATH (Algebra I or higher)	SCIENCE (Including one year of lab, if offered)	EXTRA ENGLISH, MATH OR SCIENCE	SOCIAL SCIENCE	ADDITIONAL Any area listed to the left or world language, comparative religion or philosophy
4 years	3 years	2 years	1 year	2 years	4 years

2. Complete your 16 NCAA-approved core-course credits in eight semesters from your initial start of ninth grade. If you graduate from high school early, you still must meet core-course requirements.
3. Meet the **10/7 requirement** by completing 10 of your 16 NCAA-approved core-course credits, including seven in English, math or science, before the start of your seventh semester.

Semester 1 | Semester 2 | Semester 3 | Semester 4 | Semester 5 | Semester 6 | Semester 7 | Semester 8

Before the start of your seventh semester, any core course needed to meet the 10/7 requirement can be replaced or repeated for a higher grade. Visit on.ncaa.com/10/7requirement to learn more.

After the start of your seventh semester, the Eligibility Center will use the best combination of core courses to meet the 10/7 requirement.

» Students with solely **international** academic credentials (including Canada) are not required to meet the 10/7 requirement.

4. Earn a minimum 2.3 **core-course GPA**.
5. Ask your high school counselor to upload your **final official transcript** with **proof of graduation** to your Eligibility Center account.
6. Receive academic and amateurism certifications from the Eligibility Center.

Example Schedule

How to Plan Your High School Courses to Meet the 16 Core-Course Requirement

4 x 4 = 16

9th GRADE	10th GRADE	11th GRADE	12th GRADE
(1) English	(1) English	(1) English	(1) English
(1) Math	(1) Math	(1) Math	(1) Math
(1) Science	(1) Science	(1) Science	(1) Science
(1) Social science and/or additional	(1) Social science and/or additional	(1) Social science and/or additional	(1) Social science and/or additional
4 CORE COURSES	4 CORE COURSES	4 CORE COURSES	4 CORE COURSES



What If I Don't Graduate on Time?

In Division I, if you do not graduate on time (eight semesters from your initial start of ninth grade), the Eligibility Center will still use your grades and coursework for the first eight semesters for your certification. You will still need to provide proof of graduation (once you graduate) but may not use any coursework taken after your eighth semester.

What If I Don't Meet Division I Standards?

If you have not met all the Division I academic standards, you may not compete in your first year of **full-time enrollment** at a Division I school. However, if you qualify as an **academic redshirt**, you may practice during your first regular academic term and receive an athletics scholarship during your first year of full-time enrollment.

Division I Worksheet

Use the **Division I Worksheet** to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The 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 courses you have taken or plan to take.

ACADEMIC CERTIFICATION DECISIONS

Academic certifications are required for all college-bound student-athletes planning to compete at an NCAA Division I school. If you're being recruited by a Division I school, below are the most common decisions you may receive once a certification has been completed.

EARLY ACADEMIC QUALIFIER

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

QUALIFIER

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

ACADEMIC REDSHIRT

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

NONQUALIFIER

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

Division II Academic Standards

Division II schools require you to meet academic standards. To be eligible to practice, compete and receive an athletics scholarship in your first year of **full-time enrollment**, you must meet the following requirements:

DIVISION II

MAKE IT YOURS

1. Earn 16 NCAA-approved core-course credits in the following areas:

ENGLISH	MATH (Algebra I or higher)	SCIENCE (Including one year of lab, if offered)	EXTRA ENGLISH, MATH OR SCIENCE	SOCIAL SCIENCE	ADDITIONAL Any area listed to the left or world language, comparative religion or philosophy
3 years	2 years	2 years	3 years	2 years	4 years

2. Earn a minimum 2.2 **core-course GPA**.
3. Ask your high school counselor to upload your **final official transcript** with **proof of graduation** to your Eligibility Center account.
4. Receive academic and amateurism certifications from the Eligibility Center.

What If I Don't Meet Division II Standards?

If you have not met all the Division II academic standards, you may not compete in your first year of **full-time enrollment** at a Division II school. However, you will be deemed a partial qualifier. All Division II partial qualifiers may practice and receive an athletics scholarship but may NOT compete during their first year of full-time enrollment.

Division II Worksheet

Use the **Division II Worksheet** to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The 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 courses you have taken or plan to take.

ACADEMIC CERTIFICATION DECISIONS

Academic certifications are required for all college-bound student-athletes planning to compete at an NCAA Division II school. If you're being recruited by a Division II school, below are the most common decisions you may receive once a certification has been completed.

EARLY ACADEMIC QUALIFIER

If you meet **specific criteria** after six semesters of high school, you may be deemed an early academic qualifier for Division II and may practice, compete and receive an athletics scholarship during your first year of full-time enrollment.

QUALIFIER

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

PARTIAL QUALIFIER

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



International Students



For Divisions I and II, **international students** have taken coursework outside the U.S. (not including **Department of Defense Dependent Schools or American schools abroad**) at any point from the initial start of school year nine through secondary school graduation. For student-athletes planning to enroll at a **Division III** school, review the table on **page 8** and check with the compliance office to determine status. International students enrolling at a Division I or II school must submit:

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

Students enrolling at a Division III school should monitor their **task list** to determine if any academic documentation is needed to certify their amateur status.

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

- For information on how to submit international documentation, visit **on.ncaa.com/intldocs**.
- All documents submitted to the Eligibility Center become the property of the Eligibility Center and cannot be returned. This includes any mailed original documents.

Failure to include any of these items will delay the review of your records, so be sure to understand the documents required for the country in which you attended school by reviewing the current **Guide to International Academic Standards for Athletics Eligibility**. *Wondering what to expect when attending an NCAA school?* Check out the **International Student-Athlete Handbook**.

Need help? For specific questions that you can't find the answer to in our other resources, use our International Contact Form, found at **on.ncaa.com/intlcontact**.

ADDITIONAL INFORMATION

Visit your country's specific information page at **ncaa.org/countries**. For a list of non-English-language resources for future student-athletes, visit **on.ncaa.com/translated**.



Homeschooled Students

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

Homeschooled courses are those in which a parent or parent-directed tutor:

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

How to Register

Homeschooled students who want to play NCAA sports at a Division I or II school must register with the NCAA Eligibility Center and meet the same standards as all other students.

Once you have completed your registration, visit **on.ncaa.com/homeschool** and download the **Homeschooling Toolkit**. This resource provides the directions and guidance you and your family need to understand the initial-eligibility process.

Amateurism Requirements





Amateurism

When you register for an NCAA Eligibility Center certification account, you will be asked a series of questions about your **sports participation** to determine your amateur status. In some instances, the Eligibility Center may need additional information to evaluate your amateur status.

Circumstances Reviewed as Part of the Amateurism Certification Process

- Delaying your full-time collegiate enrollment and participating in **organized competition**.
- Playing with professionals.
- Signing a contract with a **professional team**.
- Participating in tryouts or practices with a **professional team**.
- Receiving payment or preferential treatment/benefits for playing sports.
- Receiving prize money.
- **Entering a written/verbal agreement** with an **agent**.
- Participating on a Major Junior ice hockey team.

Requesting Final Amateurism Certification

College-bound student-athletes enrolling for the first time at an NCAA Division I or II school and **international students** enrolling for the first time at a Division III school must **request their final amateurism certification** before being certified to compete. (This includes transfers from junior colleges, National Association of Intercollegiate Athletics, international schools or transfers from a Division I, II or III school to a school in a different division. **See page 8** to determine the right Eligibility Center account for you.)

You must request your final amateurism certification through your Eligibility Center account for each sport you plan to participate in at an NCAA school; *your amateurism certification cannot be finalized without your request.* The date you can request your final amateurism certification depends on when you're starting at an NCAA school:

Fall Enrollment: If you're enrolling at an NCAA school for the fall semester, you may request final amateurism certification on or after April 1 before enrollment.

Winter/Spring Enrollment: If you're enrolling at an NCAA school for the spring semester, you may request final amateurism certification on or after Oct. 1 before enrollment.

Note: You can request your final amateurism certification even if other tasks are still open in your account.

Delayed Enrollment

After you graduate high school, you have a certain amount of time – called a "grace period" – to continue to compete in your sport before you are required to **enroll full time** at a college or university. If you do not enroll within your **division- and sport-specific grace period** and continue to compete in **organized competition**, you risk losing up to one season of NCAA eligibility for each consecutive 12-month period you continue to compete. You may also be required to serve an academic year in residence at your NCAA school before you can compete. Your delay period starts on Oct. 1 or March 1, whichever occurs first (immediately) after the end of your grace period. (This does not apply to Division I men's ice hockey and Division I men's and women's skiing.)

A **Division III** student-athlete can use a 12-month grace period in all sports after high school graduation. However, continuing to participate in the following activities after your delay period may result in the loss of one or more season(s) of participation. Your delay period starts on Oct. 1 or March 1, whichever occurs first (immediately) after the end of your grace period.

- Team or individual competition or training in which payment above **actual and necessary expenses** is received.
- Individual competition or training in which payment above actual and necessary expenses is received based on place finish.
- Any competition pursuant to the signing of a contract with a **professional team** or entering a professional draft.
- Any competition funded by a college booster that is not open to all participants.

M&W TENNIS	MEN'S ICE HOCKEY		M&W SKIING		ALL OTHER SPORTS		
DI	DI	DII	DI	DII	DI	DII	DIII
Grace Period*	Up to	Grace Period*	Up to	Grace Period*	Grace Period*	Grace Period*	Grace Period*
6	21ST	3	21ST	3	12	12	12
months	BIRTHDAY	YEARS	BIRTHDAY	YEARS**	months	months	months

*If you continue to compete on or after Oct. 1 or March 1 (whichever occurs first after the end of your grace period), you risk losing up to one season of NCAA eligibility for each consecutive 12-month period you continue to compete. You may also be required to serve an academic year in residence at your NCAA school before you can compete.
** Competition must be sanctioned by the U.S. Ski and Snowboard Association or its international counterparts.



ADDITIONAL INFORMATION

For an overview of NCAA pre-enrollment amateurism bylaws, visit **on.ncaa.com/preenrollamatbylaws**.

Frequently Asked Amateurism Questions

- **What is organized competition?**
- **Who is an agent?**
- **What is a professional team?**



Division III Amateurism Standards

Division III schools provide an integrated environment focusing on academic success while offering a competitive athletics environment. Division III rules minimize potential conflicts between athletics and academics and focus on regional in-season and conference play to maximize academic, co-curricular and extracurricular opportunities. While Division III schools do not offer athletics scholarships, 80% of Division III student-athletes receive some form of merit or need-based financial aid.

NCAA DIVISION III
DISCOVER | DEVELOP | DEDICATE

While Division III schools set their own academic standards on campus, the Eligibility Center certifies the amateur status of Division III **international student-athletes** (first-year enrollees and transfers). All other Division III student-athletes are certified on campus. Contact the Division III school you plan to attend for information about its academic requirements.

Recruiting



Are You Being Recruited?

These are considered recruiting activities. College coaches typically are the ones who recruit for their school. If you're being **actively recruited** by an NCAA school, **transition** your Profile Page account to a **certification account**. For more information regarding division- and sport-specific recruiting rules, visit **on.ncaa.com/recruiting**.



Calls



Texts



Emails



Messages via Social Media



Visits Your High School



Pays Expenses to Visit Campus



Issues National Letter of Intent



Writes Offer of Financial Aid

Best Practices

The recruiting process can begin as early as ninth grade (year nine of secondary school), although in most cases the recruiting process starts in eleventh grade (summer after year 10). Some recruiting best practices include:

- Talk with your family members, high school counselor and coaches about what level of competition they think you should aim for.
- Register for an **Eligibility Center account** before ninth grade (year nine of secondary school).
- Check your email often for Eligibility Center **tasks**.
- Work as hard in the classroom as you do in your sport! Earn the best **NCAA core-course GPA** possible.
- Use NCAA Research's **interactive map** to help locate NCAA schools you're interested in attending.
  - Research admission requirements to NCAA schools you're interested in attending.
- Research when your **division- and sport-specific recruiting activity periods** are throughout each year.
- If possible, play on elite travel teams and attend camps or showcases in your area to display your skills and build relationships.
- Email college coaches to share your academic and athletic achievements (including highlight videos) and why you're interested in their NCAA school's program.
  - In any contact with a coach, include your name, position and **NCAA ID** for easier reference by the coaching staff.
- If you're being **actively recruited** by an NCAA school, **transition** your Profile Page account to the right **certification account**.
- Take **unofficial and official visits** to NCAA schools you're interested in attending.
  - If you're unable to visit campus, review school websites and take virtual campus tours to learn more about NCAA schools you're interested in attending.
- Conduct yourself in a positive manner in class, practices and games, at home, in your community and online.

Questions to Ask

College Admissions

NCAA certification does NOT include acceptance to the NCAA school recruiting you. In addition to receiving your academic and amateurism certification from the Eligibility Center, you also must apply and be accepted to your NCAA school before you can compete on campus. As you make your decision, ask college admissions staff about these topics:

- Access to any extracurricular activities.
- Admissions requirements.
- Cost of attendance.
- Degree programs.
- Financial aid.
- On-campus housing.
- Schedule planning.
- Student-athlete and non-student-athlete graduation rates.
- Study abroad/internships.

NCAA Coaches

Choosing the right college or university can sometimes seem like an overwhelming process. As you make your decision, ask NCAA coaches about these topics:

- Academic resources.
- Additional team responsibilities.
- Athletic training and medical expenses.
- Coaching philosophy and style.
- Degree completion support.
- Injuries and rehabilitation.
- Mental health resources.
- **Name, image and likeness**.
- Playing time.
- Scholarship renewals.
- Team time demands.

Visit **on.ncaa.com/choosing** for more suggestions of questions to ask NCAA schools recruiting you.



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

Scholarships

NCAA Division I and II schools provide nearly $4.0 billion in athletics scholarships annually to 197,000 student-athletes. (**Division III schools** do not offer athletics scholarships.) Be sure you understand what is covered by any offer of athletics aid you may receive from the NCAA school recruiting you, and the costs you would be responsible for outside of that aid.

Possible Elements of Financial Aid	Division I	Division II
Tuition and fees	✓	✓
Room and board	✓	✓
Books	✓	✓
Course-related books and supplies	✓	✓
Multiyear scholarship options	✓	✗
One-year scholarship option	✓	✓
Funding for degree completion to finish your bachelor's or master's degree after your time playing NCAA sports ends	✓	✓

Division I schools may provide you with a multiyear scholarship. **Division II schools** may only provide you with a one-year scholarship. Additionally, Division I and II schools may provide funding for degree completion to finish your bachelor's or master's degree after your time playing NCAA sports ends.

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

Many student-athletes also benefit from academic scholarships, NCAA financial aid programs and need-based aid such as **federal Pell Grants**. You must report all financial aid you receive to your NCAA school's financial aid office. If you have questions about what financial aid can be accepted, contact your NCAA school's financial aid office or athletics department for more detailed information about NCAA financial aid rules.

National Letter of Intent

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

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

If you sign an NLI but decide to attend another college, you may request a release and the school may use its discretion in granting an NLI release. If you sign an NLI with one school but attend a different school, you lose one full year of eligibility and must complete a full academic year at the new school before being eligible to compete. If you have questions about the NLI, visit **nationalletter.org**.

Recruiting Calendars

NCAA Division I and II recruiting calendars promote your well-being and ensure fairness among schools by defining certain periods during the year in which recruiting may or may not occur in a particular sport. To view your division- and sport-specific recruiting calendar, scan the QR code or visit **on.ncaa.com/recruitcal**. ***Note:*** Division III does not use recruiting calendars.

What can happen during contact, evaluation, quiet and dead periods?

Keep in mind that certain recruiting activities, such as calls, visits to your high school, face-to-face contact and other forms of correspondence, may have division- and sport-specific restrictions before certain grade levels in high school. *For more information regarding recruiting activity periods, visit **on.ncaa.com/recruitcalendars**.

Division, Sport and Grade Level Determines Recruiting Activities*

	CONTACT PERIOD	EVALUATION PERIOD	QUIET PERIOD	DEAD PERIOD	RECRUITING SHUTDOWN
College coaches may call, write, text or email you and your family.	Yes	Yes	Yes	Yes	No
College coaches may watch you compete.	Yes	Yes	No	No	No
College coaches may visit your high school.	Yes	Yes	No	No	No
College coaches may have face-to-face contact with you and your family.	Yes	Yes, but only on the college's campus.	Yes, but only on the college's campus.	No	No

Official vs. Unofficial Visits



Official Visit

An **official visit** is any visit to a college campus paid for by the NCAA school you're visiting. Before a Division I or II official visit, you must:

- Be on the **institutional request list** of the NCAA school inviting you.
- Send the NCAA school inviting you a copy of your high school transcript.
- Register with the Eligibility Center.

Note: In Division I, you cannot take an official visit during your sport's recruiting **shutdown period** or **dead period**. In Division II, you cannot take an official visit during your sport's dead period. In Division III, you can be offered an official visit after Jan. 1 of your junior year of high school (or year 11 of secondary school).

What can an NCAA school pay for during an official visit?

Division I	Division II	Division III
Your transportation to and from the NCAA school you're visiting (plus up to two family members).	Your transportation to and from the NCAA school you're visiting.	Your transportation to and from the NCAA school you're visiting.
Your lodging.	Your lodging.	Your lodging.
Up to three meals per day for you and up to four family members.	Your meals.	Up to three meals per day for you.
Reasonable entertainment expenses (including up to $60 per recruited student-athlete and up to four family members accompanying you, including five tickets to a home sports event).	Reasonable entertainment expenses (including up to $50 per recruited student-athlete and any family member accompanying you, including tickets to a home sports event).	Reasonable entertainment expenses (including up to $40 per recruited student-athlete and any family member accompanying you, including tickets to home sports events).

Unofficial Visit

An **unofficial visit** is any visit to a college campus paid for by you or your family members. In Division I, you may take as many unofficial visits as you like after the **first permissible date** in your sport. In Divisions II and III, you may take as many unofficial visits as you like.

What can an NCAA school pay for during an unofficial visit?

Division I	Division II	Division III
No complimentary meals.	One meal for you and your family members.	One meal for you at the on-campus dining facility or one meal for you off campus if the on-campus dining facility is closed and the NCAA school provides meals to all prospective students, including nonathletes.
Complimentary admission (including three tickets for a home athletics contest).	Complimentary admission (including tickets for a home athletics contest).	Complimentary admission (including tickets for you and those accompanying you).

Important Terms

Celebratory signing form (used by Division III schools): A standard NCAA-provided, nonbinding form after you have been accepted for enrollment at a Division III school.

Contact: Any time a college coach says more than "Hello" while face-to-face with you or your family off the college's campus.

Contact period: Period of time when it is permissible for authorized athletics department staff members to make in-person, off-campus recruiting contacts and evaluations. For more information, visit **on.ncaa.com/recruitcalendars**.

Core Course: Course that meets NCAA legislation and the **High School Review Committee's Policies and Procedures** and appears on **your high school's list** of NCAA-approved courses.

Dead period: Period of time when it is not permissible to make in-person recruiting contacts or evaluations on or off the college's campus or to permit official or unofficial visits to the college's campus. For more information, visit **on.ncaa.com/recruitcalendars**.

Dual-enrollment coursework: College coursework completed while you're enrolled in high school. This coursework may be used to satisfy NCAA core-course requirements if the course appears on your official transcript with grade and high school credit and meets all requirements for an **NCAA-approved core course**.

Education-impacting disability: Current impairment that has a substantial educational impact on a student's academic performance and requires accommodation.

Emerging Sport: NCAA recognized women's sport that is intended to help schools provide more athletics opportunities for women and more sport-sponsorship options for NCAA schools, as well as help that sport achieve NCAA championship status.

Enrollment period: Season (fall or winter/spring) and year you plan to enroll full time at any NCAA school for the first time.

Evaluation: When a college coach observes you practicing or competing.

Evaluation period: Period of time when it is permissible for authorized athletics department staff members to be involved in off-campus activities designed to assess academic qualifications and playing ability. No in-person, off-campus recruiting contacts may be made during an evaluation period. For more information, visit **on.ncaa.com/recruitcalendars**.

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

Full-time enrollment: Each school determines what full-time status means. Typically, you're a full-time student if you're enrolled for at least 12 credit hours in a term.

Institutional request list: A list of college-bound student-athletes who an NCAA school is interested in recruiting. This informs the Eligibility Center of the school's interest in having an academic and/or amateurism certification decision for you.

International student: In Divisions I and II, an **international student** is any student who is enrolled in a secondary school outside the U.S., **U.S. territories** or Canada. In Division III, an **international student** is any student who attended high school outside of the U.S. or U.S. territories or competed individually or as part of a team based outside of the U.S. or U.S. territories; or whose permanent residence is outside of the U.S. This does not apply to U.S.-based students who study abroad unless they also compete while living abroad.

NCAA ID: Ten-digit identification number that an NCAA school recruiting you uses to place you on its **institutional request list**. Your NCAA ID is located in the top-right corner of your Eligibility Center account.

Official commitment: When you sign an **NLI**, agreeing to attend a Division I or II school, for one academic year.

Official visit: Any visit to a college campus paid by the NCAA school you're visiting.

Preferred walk-on: Guaranteed a spot on the roster. Preferred status means a college coach wants you on their team, but doesn't have a scholarship for you.

Quiet period: Period of time when it is permissible to make in-person recruiting contacts only on the college's campus. No in-person, off-campus recruiting contacts or evaluations may be made during the quiet period. For more information, visit **on.ncaa.com/recruitcalendars**.

Recruited: When a college coach contacts you off campus, pays your expenses to visit the campus, or (in Divisions I and II) issues you an **NLI** or a written offer of financial aid.

Recruiting calendar: NCAA Division I and II **recruiting calendars** promote your well-being and ensure fairness among schools by defining certain periods during the year in which recruiting may or may not occur in a particular sport.

Recruiting shutdown: Period of time when no form of recruiting (e.g., contacts, evaluations, official or unofficial visits, correspondence or making or receiving phone calls) is permissible. For more information, visit **on.ncaa.com/recruitcalendars**.

Two-year college: Any school from which students can earn an Associate of Arts, Associate of Science or Associate of Applied Science within two years. Often referred to as community or junior colleges.

Unofficial visit: Any visit to a college campus paid for by you or your family.

Verbal commitment: When you verbally agree to play sports for a college before you sign or are eligible to sign an **NLI**. The commitment is not binding on you or the school.

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



Student-Athlete Experience



Celebrating Student-Athlete Success

Over 90% of student-athletes say college sports have helped them grow in personal responsibility, work ethic, teamwork and goal setting, according to the 2019 NCAA GOALS study.

A Gallup study from 2020 revealed that former NCAA student-athletes are more likely than other college graduates to be thriving in areas such as purpose and community, social and physical well-being.

Student-athletes are continuing to graduate at record rates, with a graduation success rate of 90% in Division I and academic success rates of 76% in Division II and 88% in Division III.

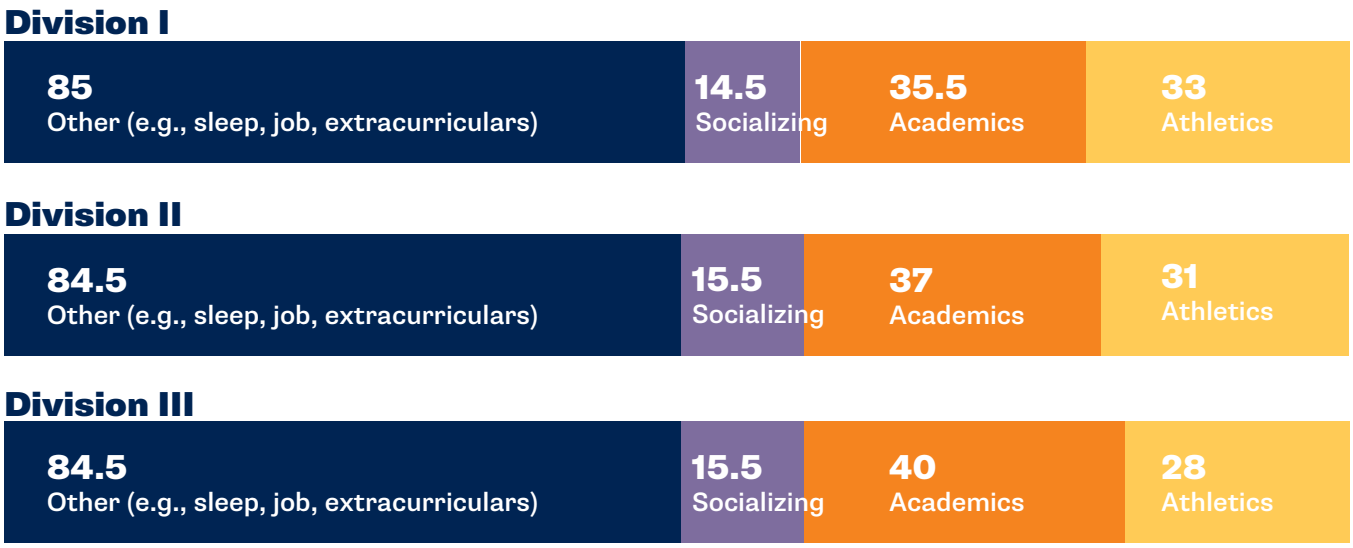
The Association applauds three core components that make up the student-athlete experience: academics, well-being and community service.

Time Management

What student-athletes should expect

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

Hours spent on activities per week (168 hours total)



*Medians collected from the 2019 NCAA GOALS study.

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

These are considered countable athletically related activities (CARA). NCAA rules limit the time student-athletes can spend on these activities each week. Check with the compliance office at the NCAA school you may attend for more information.



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

67%
of Division I student-athletes

63%
of Division II student-athletes

47%
of Division III student-athletes

*Based on the 2019 NCAA GOALS study.

Division I

The activities listed below do not count toward a team or student-athlete's countable athletically related activities limit.

» Academic meetings.
» Nutritionist sessions.
» Media activities.
» Injury treatment/prevention.
» College-bound student-athlete host duties.
» Community service.
» Sports psychologist sessions.
» Team fundraising.
» Compliance meetings.



Game Day

During a typical day of competition, **Division I** student-athletes report spending anywhere from four to nine hours on their sport.

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



Division II

The activities listed below do not count toward a team or student-athlete's countable athletically related activities limit.

» Academic meetings.
» Injury treatment/prevention.
» College-bound student-athlete host duties.
» Team fundraising.
» Community engagement.
» Compliance meetings.
» Study hall.
» Social activities.
» Professional development.

Participation

1 in every 8.9 **Division II** student-athletes will participate in an NCAA championship during their college experience.



1/3 of **Division II** student-athletes work nine hours per week on average during the academic year.

*Based on the 2019 NCAA GOALS study.



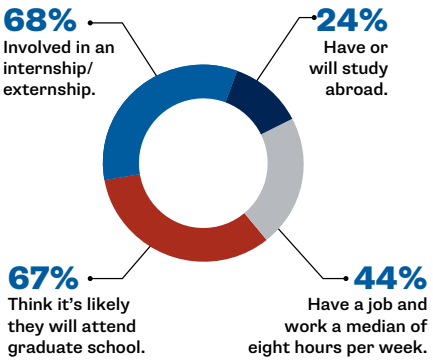
Division III

NCAA rules allow athletically related activities to occur only during your sport's declared playing season. Check with the compliance office at the NCAA school you may attend for more information. The Division III experience includes:

» Academics.
» Competition.
» Compliance meetings.
» Film review.
» Injury treatment and prevention.
» Internship/externship.
» Leadership.
» Practice.
» Strength and conditioning.
» Team fundraising.
» Teamwork.
» Time management.
» Work.



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



*Based on the 2019 NCAA GOALS study.



NCAA Sport Science Institute

Since its inception in 2013, the **NCAA Sport Science Institute** has worked collaboratively with the **NCAA Committee on Competitive Safeguards and Medical Aspects of Sports** to support the membership in its efforts to provide college athletes with an environment that supports safety, excellence and wellness. This work occurs through research, education and best practices in collaboration with member schools, national governing bodies and medical and research experts, including key medical organizations and the leading sports medicine organizations in the country. Led by the **NCAA chief medical officer**, the mission of the SSI is to promote safety, excellence and wellness in college student-athletes and foster lifelong mental and physical development.

NCAA Health, Safety and Performance Priorities

As endorsed by the NCAA Board of Governors in 2023:

- Mental and physical health.
- Sport-related illness and injury.
- Training and performance.
- Education and policy.

Resources

The NCAA collaborates with multidisciplinary teams, content experts, leading medical and sports medicine organizations, and NCAA member schools to develop and seek endorsement of interassociation best practices and recommendations. These interassociation documents also reflect input from student-athletes, coaches and administrators to support the important work of the NCAA membership in promoting the mental and physical health and safety of college athletes. For resources on mental health, sleep, preventing injury, nutrition and more, visit **on.ncaa.com/ssi**.

Transfer Students

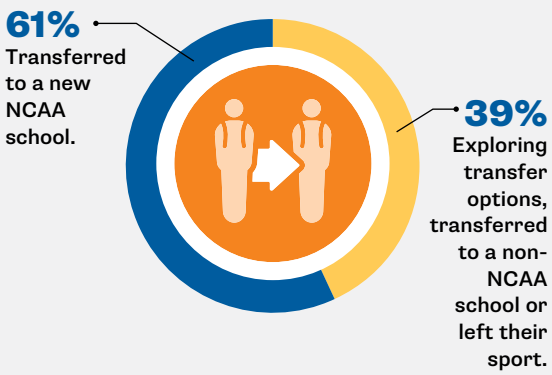
The decision to transfer to another school involves important and sometimes difficult choices. Make sure you understand the rules, options and potential consequences of your decision. You do not want to risk your education or your chance to play NCAA sports.

If you're transferring from an NCAA school, another NCAA school cannot recruit you (directly or indirectly) until you follow the division-specific steps regarding notification of transfer (Divisions I and I) and permission to contact. Once it's permissible to have recruiting contact with another NCAA school, check with the compliance office at the NCAA school you plan to attend so they can review your transfer eligibility.

If you're a college student-athlete and need to contact the NCAA legislative customer service team regarding your decision to transfer, first review **on.ncaa.com/transfer** to learn more about transfer requirements.

- Student-athletes transferring from a two-year school (junior or community college) to a four-year school should review the **Guide for Two-Year Transfers**.
- Student-athletes transferring from a four-year school should review the **Guide for Four-Year Transfers**.

Division I Student-Athlete Transfer Portal Outcomes



Of the Division I student-athletes who asked to be entered into the Transfer Portal in 2022-23, 61% were reported to have transferred to a new NCAA school. The remaining 39% may still be exploring transfer options, transferred to a non-NCAA school or left their sport.

*Based on the 2023 Transfer Portal Data: Division I Student-Athlete Transfer Trends.

Thinking of Going Pro?

There are more than 500,000 NCAA student-athletes, and **less than 2%** will go pro in their sport.

	Baseball	Men's Basketball	Women's Basketball	Football	Men's Ice Hockey	Women's Soccer	Softball
High School Student-Athletes	478,451	537,438	373,366	1,028,761	33,013	377,838	344,952
NCAA Student-Athletes	38,849	19,213	16,668	77,204	4,388	29,959	21,646
Drafted NCAA Student-Athletes	444	46	33	259	69	47	24
Percentage High School to NCAA	8.1%	3.6%	4.5%	7.5%	13.3%	7.9%	6.3%
*Percentage NCAA to Major Professional	5.1%	1.1%	0.9%	1.5%	7.1%	0.7%	0.5%

Note: High school and college participation data are from the 2022-23 academic year.
*The percentage of NCAA student-athletes moving on to major professional leagues is based on the number of draft picks in the 2023 MLB, NBA, WNBA, NFL, NHL, NWSL and WPF drafts.

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

Overall, student-athletes graduate at higher rates than their peers in the student body, and those rates rise each year. For more information on **graduation rates**, search for "graduation rates" on **ncaa.org**.


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