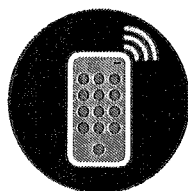


Are You Being Recruited?

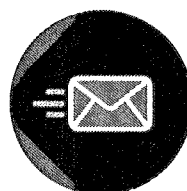
These are considered recruiting activities. College coaches typically are the ones who recruit for their school. If you're being **actively recruited** by an NCAA school, **transition** your Profile Page account to a **certification account**. For more information regarding division- and sport-specific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



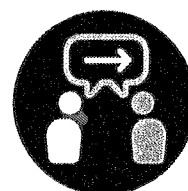
Calls



Texts



Emails



**Messages via
Social Media**



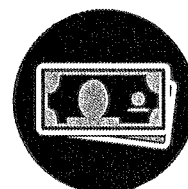
**Visits Your
High School**



**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

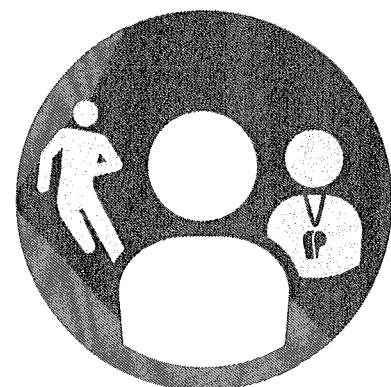
Official vs. Unofficial Visits

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.