



## SPORTS AFTER HIGH SCHOOL

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# NCAA, NAIA, NJCAA, COMMUNITY COLLEGE



**PLAYNAIA**

ELIGIBILITY CENTER

# NCAA SPORTS

## FALL SPORTS

### MEN:

Cross  
Country  
Football  
Soccer  
Water Polo

### WOMEN:

Cross  
Country  
Field Hockey  
Soccer  
Volleyball

## WINTER SPORTS

### MEN:

Basketball  
Fencing  
Gymnastics  
Ice Hockey  
Indoor Track  
and Field  
Rifle  
Skiing  
Swimming  
and Diving  
Wrestling

### WOMEN:

Basketball  
Bowling  
Fencing  
Gymnastics  
Ice Hockey  
Indoor Track  
and Field  
Rifle  
Skiing  
Swimming  
and Diving

## SPRING SPORTS

### MEN:

Baseball  
Golf  
Lacrosse  
Outdoor Track  
and Field  
Tennis  
Volleyball

### WOMEN:

Beach  
Volleyball  
Golf  
Lacrosse  
Outdoor  
Track  
and Field  
Rowing  
Softball  
Tennis  
Water Polo

## EMERGING SPORTS

### WOMEN:

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

# THREE REQUIREMENTS TO PLAY COLLEGE SPORTS



**High School  
Graduation**



**NCAA  
Initial Eligibility**



**College  
Admission**

# 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	 <b>DIVISION I</b>	 <b>DIVISION II</b> <i>MAKE IT YOURS</i>	 <b>DIVISION III</b> <small>DISCOVER   DEVELOP   DEDICATE</small>
ACTIVE SCHOOLS*	<b>355</b> (32%)	<b>293</b> (27%)	<b>425</b> (39%)
MEDIAN UNDERGRADUATE ENROLLMENT	<b>8,883</b>	<b>2,169</b>	<b>1,617</b>
STUDENTS WHO ARE ATHLETES	<b>1 in 23</b> 	<b>1 in 7</b> 	<b>1 in 5</b> 
AVERAGE NUMBER OF TEAMS PER SCHOOL	<b>19</b>	<b>17</b>	<b>19</b>
PERCENTAGE OF NCAA STUDENT-ATHLETES IN EACH DIVISION	 <b>37%</b>	 <b>24%</b>	 <b>39%</b>
ATHLETICS SCHOLARSHIPS	Multiyear, cost-of-attendance athletics scholarships available. <b>59%</b> of athletes receive athletics aid.	Partial athletics scholarship model. <b>84%</b> of athletes receive athletics aid.	No athletics scholarships. <b>80%</b> 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 <b>28,492</b> undergraduates. The smallest? <b>270</b> .

# WHAT'S THE DIFFERENCE?

## NCAA Division I, II, or III

- Level of athletic scholarships offered and number of sports offered
  - Time commitment
    - Level of play
  - Eligibility standards

# HOW MANY ACTUALLY MAKE IT?



## Football

Approximately 5.7% of high school seniors go on to play at an NCAA institution.

*(1 in 17)*

## Baseball

Approximately 6.1% of high school seniors go on to play at an NCAA institution.

*(3 in 50)*

## Men's Basketball

Approximately 3% of high school seniors go on to play at an NCAA institution.

*(1 in 35)*

## Women's Basketball

Approximately 3.3% of high school seniors go on to play at an NCAA institution.

*(1 in 30)*

# WHAT'S THE DIFFERENCE?

## NCAA Division I, II, or III



### Division I

Ability to offer full athletic scholarships

### Division II

Ability to offer partial athletic scholarships

### Division III

NO ability to offer athletic scholarships but  
can offer academic scholarships



# WHAT IS THE NCAA ELIGIBILITY CENTER?

The NCAA department determines  
College Freshmen **INITIAL**  
**ELIGIBILITY** for  
Division I and Division II  
Intercollegiate Athletics



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

# WHO SHOULD REGISTER?



It is **REQUIRED** for **ANY** student planning on attending a Division I or Division II institution and competing in intercollegiate athletics

Recommended for Division II and Junior Colleges as well...

# WHEN TO REGISTER?!

Students should plan to register before their freshman year of high school. But can register at any time in their high school career.

3 Account Types:



**Free Profile Page  
Account**



**Academic  
and Amateurism  
Certification Account**



**Amateurism-Only  
Certification Account**

# 1. FREE PROFILE PAGE ACCOUNT

## 1. Free Profile Page Account

- The right place to start for most students!
- Not sure in which division you plan to compete.
- Domestic students planning to compete at a Division III school.
  - Registering in an NCAA-certified nonscholastic basketball event (BBCS, ECAG, AAU)
- No Registration Fee
- Transition to the right certification account at any time



## 2. ACADEMIC + AMATEURISM CERTIFICATION ACCOUNT

- Required to compete at a Division I or II School
  - Go on official visits.
  - Sign a National Letter of Intent.
  - Receive an athletics scholarship.
- Registration fee:
  - Domestic students: \$100
  - International students: \$160

### **3. AMATEURISM-ONLY CERTIFICATION ACCOUNT**

- Required for all international student-athletes planning to compete at a Division III school.
- Registration fee \$70
- Student-athletes transferring from a two-year school to an NCAA Division I or II school who did not require an Eligibility Center academic certification.

# ACCOUNT TYPES

## ELIGIBILITY CENTER ACCOUNT TYPES

In which division do your students plan to compete?	Profile Page* Account	Academic and Amateurism Certification Account	Amateurism-Only Certification Account
<b>Division I or II</b>			
Before recruiting begins or middle school and younger students ( <a href="#">domestic or international</a> ). Can be transitioned to the right certification account when needed.	✓		
High school student ( <a href="#">domestic or international</a> ) enrolling for the first time at an NCAA school.		✓	
Transferring from a two- or four-year college or university. (Your students should check with the compliance office at the school they plan to attend.)		✓	OR ✓
<b>Division III</b>			
Domestic high school student enrolling for the first time at a Division III school.	✓		
High school student with a permanent residence <a href="#">outside of the U.S.</a>			✓
High school student who attended secondary or postsecondary school <a href="#">outside of the U.S.</a> for any time (excluding U.S.-based students who study abroad).			✓
<a href="#">International</a> high school student enrolling for the first time at a Division III school.			✓
High school student who was based and competed <a href="#">outside of the U.S.</a> or participated on a sports team who was based and competed <a href="#">outside of the U.S.</a>			✓
Transferring from a two- or four-year college or university; attended <a href="#">domestic high school(s)</a> only.	✓		
Transferring from a two- or four-year college or university; attended at least one <a href="#">international high school</a> . (U.S. <a href="#">territories</a> are considered domestic.)			✓
<b>Division Undecided/Unknown</b>			
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.	✓		

# DIVISION I ELIGIBILITY

- Graduate High School
- Core course GPA of 2.3 or higher
- Complete 16 credits of core courses:
  - 4 credits of English
  - 3 credits of Math (Algebra 1 or higher)
  - 2 credits of natural/physical Science (one must have a lab)
  - 2 credits of Social Science (History)
  - 1 additional credits Math, English or natural/physical Science
  - 4 additional core credit courses from English, Math, natural/physical Science, Social Science, foreign language, comparative religion or philosophy
- Must earn 10 core credits by end of Junior year; 7 must include English, Math, or natural/physical sciences.
  - These grades will be locked in, meaning you can not retake them.





# DIVISION II ELIGIBILITY

- Graduate High School
- Core course GPA of 2.2 or higher
- Complete 16 credits of core courses:
  - 3 credits of English
  - 2 credits of Math (Algebra 1 or higher)
  - 2 credits of natural/physical Science (one must have a lab)
  - 2 credits of Social Science (History)
  - 3 additional credits Math, English or natural/physical Science
  - 4 additional core credit courses from English, Math, natural/physical Science, Social Science, foreign language, comparative religion or philosophy



# DIVISION III / JUNIOR COLLEGE ELIGIBILITY

NCAA Division III and Junior College rules  
DO NOT  
require students to register or be certified by the NCAA  
Eligibility Center

Division III/Jr Colleges set their own admission  
standards



While there are no minimum national standards for establishing or maintaining eligibility in D3, student-athletes must be in good academic standing and make satisfactory progress toward a degree as determined by the institution.

# NCAA APPROVED CLASSES

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- Your school counselor needs to know you are interested in being a collegiate athlete.
- Your high school counselor can help you with the list of your high school's NCAA approved classes.
- Make an appointment with your counselor at least twice a year to make sure you are meeting the NCAA requirements if you are planning to go D1 or D2.
- Approved classes for your HS will also be listed on the eligibility website (must make a profile to see the list)



# TO PLAY OR NOT TO PLAY?

## Red Shirt

A student athlete may attend classes at the college or university, practice with an athletic team, and dress for play but he or she may not compete during the game. Up to 5 years of athletic eligibility.



## Gray Shirt

An athlete will attend school, but cannot enroll as a full-time student, and do not receive a scholarship for that year. This means that they are an **unofficial member** of the team and do not participate in practices, games, or receive financial assistance from their athletic department.

# 4 REASONS TO TAKE THE ACT OR SAT

1. Top-tier academic schools want to see your scores early. Even a high GPA can be difficult to stand out. Taking the test early can help you set yourself apart from other recruits.
2. Getting recruited doesn't mean you're automatically accepted into a college. You NEED to meet admissions requirements.
3. It may increase your chances at securing an academic scholarship.
4. Adding a test score to your NCSA profile can help you stand out. This way coaches can focus on those who are eligible for the college for recruiting.



**\*\*\*Student/athletes should take your first ACT &/or SAT Mid Junior Year.**

# SAT TESTING INFO

## **SAT TEST DATES: College Entrance Exam**

Registration website is: [sat.collegeboard.org](https://sat.collegeboard.org)

Check the website well in advance for registration deadlines.

Free practice test website:

<https://satsuite.collegeboard.org/sat/practice-preparation/practice-tests>

Test Date: October 5th, 2024 – Registration Deadline September 20th, 2024

Test Date: November 2nd, 2024 – Registration Deadline October 18th, 2024

Test Date: December 7th, 2024 – Registration Deadline November 22nd, 2024

Test Date: March 8th, 2025 – Digital-Registration Deadline February 21st, 2025  
(subject to change)

Test Date: May 3rd , 2025 – Digital-Registration Deadline April 18th, 2025 (subject to  
change)

Test Date: June 7th, 2025 – Digital-Registration Deadline May 22nd, 2025 (subject to  
change)

# ACT TESTING INFO

## ACT TEST DATES: College Entrance Exam

Registration website is: [www.actstudent.org](http://www.actstudent.org)

Check the website well in advance for registration deadlines. If you need a fee waiver go to:

<https://www.act.org/content/act/en/products-and-services/the-act/registration/fees/fee-waivers.html>

Test Date: October 26th, 2024– Registration Deadline September 20th, 2024

Test Date: December 14th, 2024 – Registration Deadline November 8th, 2024

Test Date: February 8th, 2025– Registration Deadline January 3rd, 2025

Test Date: April 5th, 2025 – Registration Deadline February 28th, 2025

Test Date: June 14th, 2025 – Registration Deadline May 9th, 2025

Test Date: July 12th, 2025 – Registration Deadline June 6th, 2025

# WHEN CAN DIVISION II COACHES CONTACT ATHLETES?

The NCAA Recruiting Rules for Division II schools are slightly more relaxed than those for Division I, and the rules are the same across all sports:

- Non-recruiting materials: Athletes can receive brochures for camps, questionnaires, NCAA materials and non-athletic recruiting publications at any time.
- Printed recruiting materials: Starting July 15 after an athlete's sophomore year, coaches can begin sending recruits printed recruiting materials.
- Telephone calls: Starting June 15 after an athlete's sophomore year, coaches can start calling athletes.
- Off-campus contact: Coaches can conduct off-campus communications with athletes and/or their parents starting June 15 after an athlete's sophomore year.
- Unofficial visits: Athletes can take unofficial visits at any time.
- Official visits: Athletes may start taking official visits starting June 15 after an athlete's sophomore year.



# WHEN CAN DIVISION III COACHES CONTACT ATHLETES?

DIII schools have the most relaxed NCAA recruiting rules of all the division levels. Similar to NCAA DII, they are the same for all sports:

- Recruiting materials: Athletes can receive recruiting materials at any time.
- Telephone calls: There is no limit on when college coaches can call athletes.
- Digital communications: There is no limit on when college coaches can contact athletes digitally.
- Off-campus contact: After the athlete's sophomore year, college coaches may begin to conduct off-campus communications.
- Official visits: Athletes can begin taking official visits after January 1 of their junior year.
- Unofficial visits: Athletes can make an unlimited number of unofficial visits at any time.

# COMMUNICATION WITH COACHES

## Talking to College Coaches

Athletes can always communicate with colleges coaches through their club or high school coach and send emails and text to coaches. They will not get a direct response from coaches until their sports period begins.

**Division I** college coaches can recruit athletes during camps and visits.

In an effort to streamline communications and cut back on early recruiting, coaches will have to wait on giving scholarship offers to athletes until after their sophomore year of high school. Attend Summer Athletics Camps at your top schools and exposure tournaments/camps.

Recruits get an unlimited number of official visits to **Division I** schools however, they are limited to one per school, unless there is a head coaching change after their visit, in which they are permitted a second visit.

**RECRUIT YOURSELF!**

There are a LOT OF STUDENTS looking for  
FEW SCHOLARSHIPS!

# WHAT LEVEL SHOULD I BE LOOKING AT?

## BE REALISTIC!

What level are you?!

Division I?

Division II?

Division III?

Junior College?

Interested in a specific college?!

Complete the online athletics questionnaire for the  
college you are interested in.

# PROMOTE YOURSELF!

## STAY IN TOUCH

Send your schedule, highlight tapes and game tapes.

Do you have an online video? Email the links.

Email the coaches...they are very busy and travel a lot.

Read team blogs and visit the coaches social media pages  
*(this will give you an inside look at the program)*

# INSIDER TIP:

While neither athletes nor coaches can initiate phone conversations until June 15 after an athlete's sophomore year, college coaches are still going to build their recruiting classes prior to that date through online research, attending events and communicating with athletes' coaches. Having an online profile is critical for athletes to get evaluated early. Athletes can also initiate communication by emailing coaches of programs they are interested in as early as possible. Send them your athletic resume, which includes:

- Your highlight video
- Any sport-specific stats
- Your academic information
- Why you are interested in their program



When the NCAA recruiting rules allow coaches to contact you, you will already be on their radar. Once your sport's contact period begins, be sure to follow up communications with a phone call.

# 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.

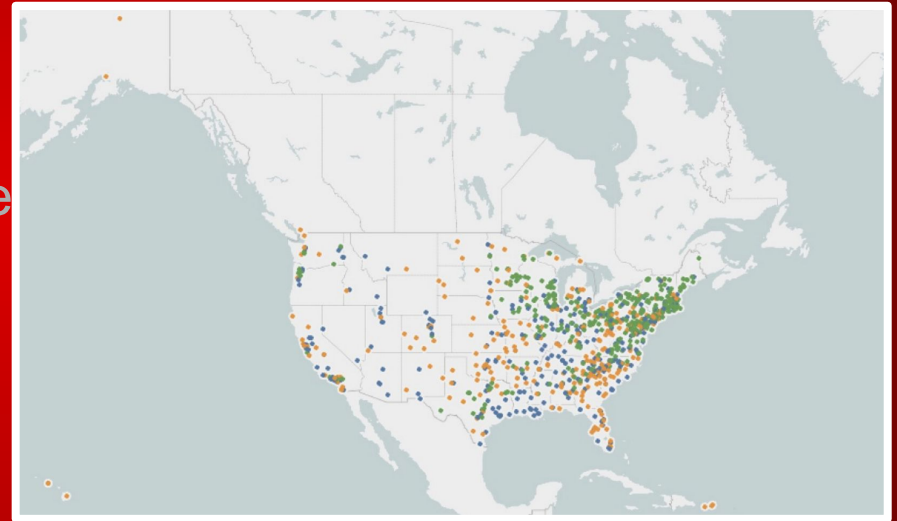
<i>Division, Sport and Grade Level Determines Recruiting Activities*</i>			
<b>Contact Period</b>	<b>Evaluation Period</b>	<b>Quiet Period</b>	<b>Dead Period</b>
College coaches may call, write, text or email you and your family.	College coaches may call, write, text or email you and your family.	College coaches may call, write, text or email you and your family.	College coaches may call, write, text or email you and your family.
College coaches may watch you compete.	College coaches may watch you compete.	College coaches may not watch you compete.	College coaches may not watch you compete.
College coaches may visit your high school.	College coaches may visit your high school.	College coaches may not visit your high school.	College coaches may not visit your high school.
College coaches may have face-to-face contact with you and your family.	College coaches may not have face-to-face contact with you or your family off the college's campus.	College coaches may only have face-to-face contact with you and your family on the college's campus.	College coaches may not have face-to-face contact with you or your family.

To view your division- and sport-specific recruiting calendar visit:  
[on.ncaa.com/RecruitCal](http://on.ncaa.com/RecruitCal)



# RECRUITING BEST PRACTICES

- Talk with your support system about what level of competition they think you should aim for.
- Check your email often for open Eligibility Center tasks.
- Use this [interactive map](#) to locate NCAA schools you're interested in attending.
  - Research admission requirements to NCAA schools you're interested in attending.
- Research your division- and sport-specific recruiting periods.



# HOW DO I CHOOSE THE RIGHT SCHOOL FOR ME?

## WHAT DO I WANT?!

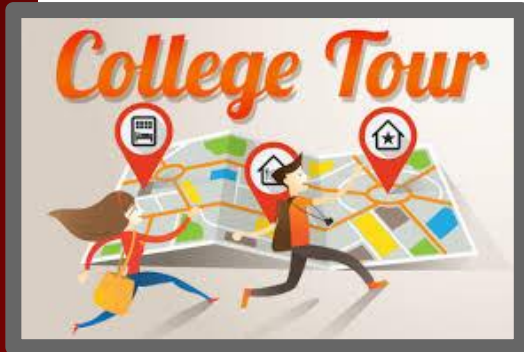
Local? Far Away? Big? Small? Public? Private?

### Pick a school for the following:

- Major
- Location
- Programs
- Internship/Career Opportunities
- Clubs
- Faculty
- Class Sizes
- Financial Aid Opportunities







# COLLEGE VISITS

## Official Visits

Recruits can now start taking official visits starting August 1 before their junior year of high school. Official Visits to a college campus paid for by the NCAA.

Before a DI or DII official visit you must:

1. Register for a Certification Account
2. Be on an IRL (Institutional Request List)
3. Send Your High School Transcripts

## Unofficial Visits

College coaches are not allowed to be involved in a recruit's unofficial visits before August 1 of a prospect's junior year.

Unofficial visits are any campus visits paid for by the recruit or the recruit's family. If athletes want to take unofficial visits now, they cannot schedule them with the coach. If the recruit happens to bump into the coach on campus, they can't have any recruiting conversations at that time.

# MONEY: DIVISION I



## SCHOLARSHIPS

Students-athletes are allied 5 years of eligibility and athletically related financial aid.

May be a **FULL Scholarship**  
*(tuition, fees, room, board and books)*

May be a **PARTIAL Scholarship**  
*(50% or 75% of a full scholarship)*

May be a specific amount (ie. \$5,000)

May be issued as “tuition” or “room and board”

# EDUCATE YOURSELF ABOUT THE PROGRAM

## DO YOUR HOMEWORK!!!

Ask questions of the college coaches...

How many other athletes are you recruiting at my position?

How many athletes are already on the team in my position?

Will I play as a freshmen or will I “redshirt”

How much scholarship money is available? What other scholarship or grant opportunities are available?

# DO'S AND DON'TS FOR YOUR SOCIAL MEDIA

As you move through the recruiting process, be sure your social media presence and online behavior show that you will be a reputable addition to their team.

## Keep these social media dos and don'ts in mind:

- DO post your athletic and academic achievements.
- DO show positivity when faced with adversity.
- DO let your personality show.
- DON'T use inappropriate language, racial or sexist slurs, and anything overtly political.
- DON'T engage in illegal activities.
- DON'T reveal negative or extreme emotions.
- DON'T post lazy behavior.
- DON'T rely on social media alone for college exposure.



# ADMISSIONS

## HIGH SCHOOL GRADES MATTER!!

Every school has different admissions standards...

Research what you need for your top choices

DO NOT THINK

“If the coach wants me to play, then he/she will get me in to school.”

*This is NOT TRUE at most schools, if any.*

# ADMISSIONS

**APPLY EARLY TO YOUR TOP CHOICES!!!**

**PAY ATTENTION TO DEADLINES!!**

Money “comes 1<sup>st</sup> come...1<sup>st</sup> served” at many schools.

**FILL OUT the FAFSA-December 1st Senior year**

Ensure your school sends your transcripts and you send test scores to the Admissions Office of the schools you are applying to.

The difference in applying in the fall and applying in the spring, can be thousands of dollars in academic scholarships and other grants.

\*\*\*Remember admissions accepts students to the college, not coaches. You **MUST** meet the college minimum requirements to attend and play at a college.

# NEXT STEPS...

## KEEP YOUR CERTIFICATION ON TRACK



1

**Register**  
Free Profile Page

2

**Plan to Take**  
**Core Courses**

**Complete**  
4 NCAA-Approved  
Core Courses

3

**Transition**  
Certification Account

**Complete**  
8 NCAA-Approved  
Core Courses

4

**Get Recruited**  
Research Schools  
You're Interested In

5

**Ask Your**  
**High School**  
To Upload Transcripts

**Complete**  
12 NCAA-Approved  
Core Courses

6

**Check-In**  
10/7 Requirement

7

**Ask Your**  
**High School**  
To Upload Transcripts

8

**Apply to**  
**NCAA Schools**  
Get Accepted

9

**Sign National**  
**Letter of Intent**  
(Optional)

10

**Request Final**  
**Amateurism**

11

**Graduate**  
**High School**

**Complete**  
16 NCAA-Approved  
Core Courses with 2.3 GPA

12

**Ask Your**  
**High School**  
To Upload Transcripts

13

**Ask Your**  
**High School**  
To Upload Proof of Grad

14

**Be Certified**  
By the NCAA EC



# IMPORTANT LINKS

- **NCAA**
  - [www.eligibilitycenter.org](http://www.eligibilitycenter.org)
- **NAIA**
  - [www.PlayNAIA.org](http://www.PlayNAIA.org)
- **NJCAA-Junior College Association**
  - [https://www.njcaa.org/member\\_colleges/Join\\_the\\_NJCAA](https://www.njcaa.org/member_colleges/Join_the_NJCAA)
- **NWAC**
  - <https://nwacsports.com/aboutus>
- **ACT**
  - [www.act.org](http://www.act.org)
- **SAT**
  - [www.collegeboard.com](http://www.collegeboard.com)
- **National Letter of Intent**
  - [www.national-letter.org](http://www.national-letter.org)
- **FAFSA**
  - <https://studentaid.gov/h/apply-for-aid/fafsa>
- **NCAA: 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)
- **NCAA Initial Eligibility: For College-Bound Student-Athletes Presentation**
  - [http://fs.ncaa.org/Docs/eligibility\\_center/HS/HS\\_IE\\_Presentation.pdf](http://fs.ncaa.org/Docs/eligibility_center/HS/HS_IE_Presentation.pdf)



# DON'T FORGET

- Meet with your Counselor:
  - NCAA qualifying Core Classes
  - GPA/Grades
- Register with the NCAA Eligibility Center at [eligibilitycenter.org](http://eligibilitycenter.org).
- Sign up to take the ACT and/or SAT



ELIGIBILITY CENTER

## RESOURCES



**Registration Checklist**

- » [Guide for the College-Bound Student-Athlete.](#)
- » [Initial-Eligibility Flyer.](#)
- » [Home School Students.](#)
- » [International Students.](#)
- » [Education Impacting Disabilities.](#)
- » Register at [eligibilitycenter.org.](https://eligibilitycenter.org)



[@ncaaec](https://twitter.com/ncaaec)



[@playcollegesports](https://www.instagram.com/playcollegesports)



[@ncaaec](https://www.facebook.com/ncaaec)



[@ncaaec](https://www.youtube.com/ncaaec)

# SOCIAL MEDIA

Follow the NCAA Eligibility Center



**Twitter**  
[@ncaaec](https://twitter.com/ncaaec)



**Instagram**  
[@playcollegesports](https://www.instagram.com/playcollegesports)



**Facebook**  
[@ncaaec](https://www.facebook.com/ncaaec)



**YouTube**  
[@ncaaec](https://www.youtube.com/ncaaec)

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