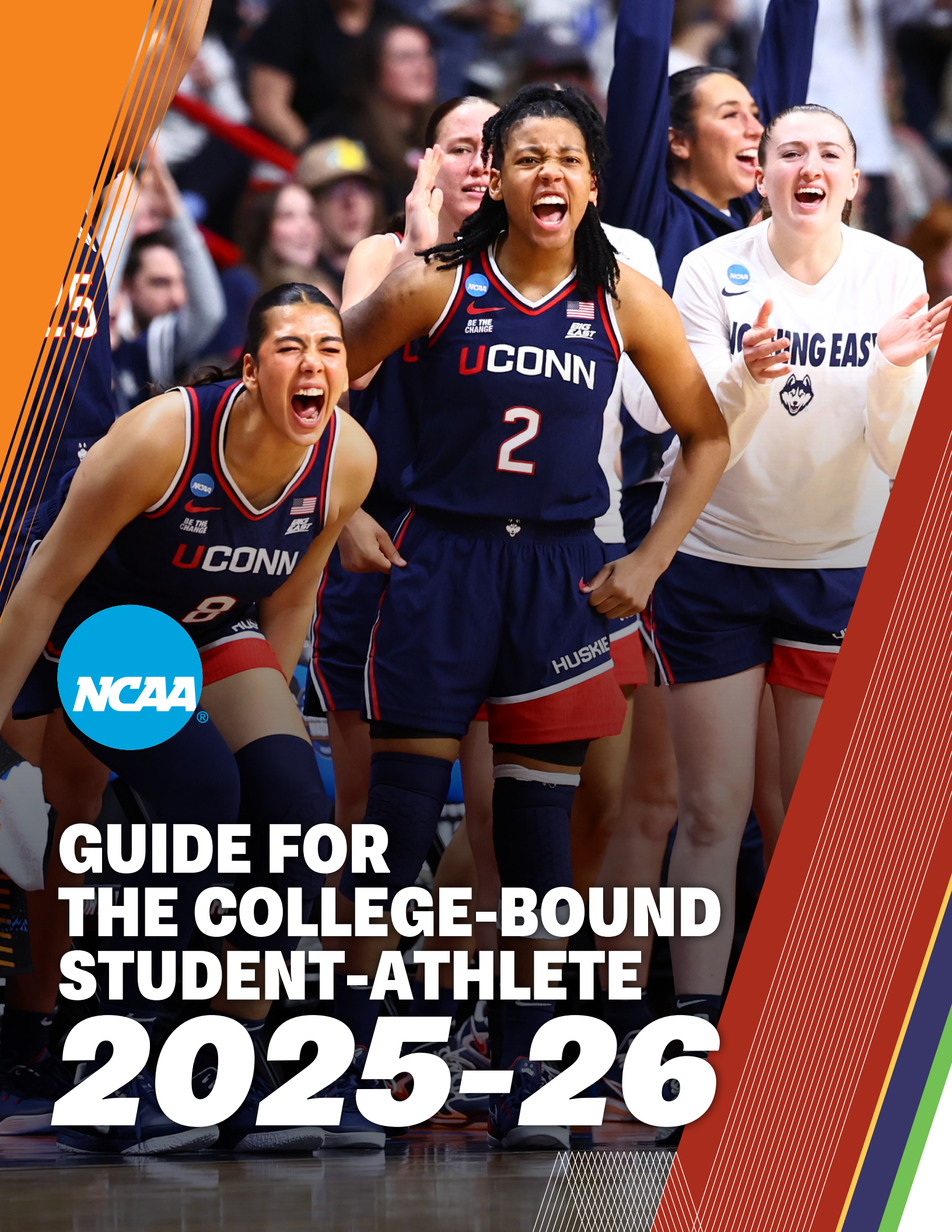
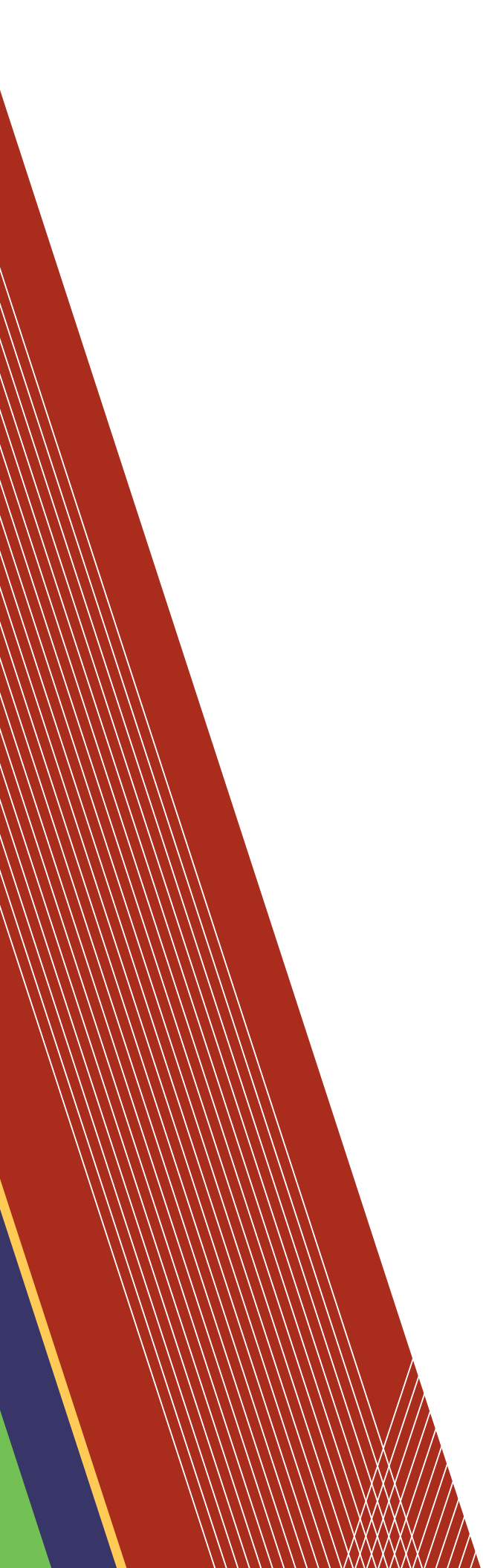


GUIDE FOR THE COLLEGE-BOUND STUDENT-ATHLETE

2025-26



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ELIGIBILITY CENTER

Information

Visit

eligibilitycenter.org
on.ncaa.com/playcollegesports

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YouTube **@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

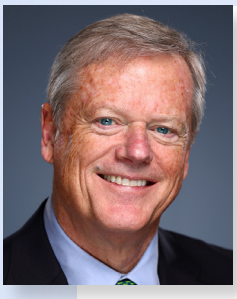
Have a Question About NCAA Eligibility?

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

Scan or click 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. Since 2024, college athletes like you have access to **post-eligibility injury insurance coverage**. 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 in this guide 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 91 national championships in 24 sports across Divisions I, II and III, with 46 championships for women, 42 for men and three coed national championships.

The NCAA also supports **emerging sports** to expand athletics opportunities and help these sports achieve NCAA championship status. If you plan to compete in a Division I or II emerging sport, you must still **register** with the **Eligibility Center** and meet **initial-eligibility standards**.

From March Madness® to rowing, rifle and skiing, the NCAA is dedicated to delivering championships that provide a first-class experience for student-athletes, coaches, fans and broadcast audiences alike.

Beyond the game, the NCAA emphasizes community impact – hosting youth clinics and fan events that turn each championship into a celebration 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
	Wrestling

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

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*	361 (33%)	293 (27%)	422 (39%)
MEDIAN UNDERGRADUATE ENROLLMENT	8,800	2,100	1,700
STUDENTS WHO ARE ATHLETES	1 in 22	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. **57%** of athletes receive athletics aid.	Partial athletics scholarship model. **62%** 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 **28,974** undergraduates. *The smallest?* **339**.

*The number of schools for each division is current as of the 2025-26 academic year. All other figures are based on 2024-25 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?

Division I and II schools require your initial **academic** and **athletics eligibility** to 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 Eligibility

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 standards.
- Meet with your high school counselor to ensure they are aware of your plans to compete in NCAA sports.
- Find your high school's list of **NCAA-approved core courses** to ensure you're taking the right courses, and earn the best grades possible!
- Use NCAA Research's **interactive map** to locate NCAA schools you're interested in attending.

10th GRADE PLAN



- If you're being **recruited** by an NCAA Division I or II school, **transition** your Profile Page account to an Academic and Athletics Certification account.
- Monitor the **task list** and **sign up for text alerts** in your **Eligibility Center account** for next steps.
- Research admissions requirements for NCAA schools you're interested in attending.
- Ask your high school counselor from each school you attended to upload your **official high school transcript** at the end of the school year.
- If you fall behind academically, ask your high school counselor for help finding **NCAA-approved core courses**.

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**.
- 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.
- Ask your high school counselor from each school you attended to upload your **official high school transcript** at the end of the school year.

12th GRADE GRADUATE



- Apply to and be accepted by your chosen NCAA school.
- Ensure your **sports participation** information is correct and **request your final athletics 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.
- Ask your high school counselor to upload your **final official high school transcript** with **proof of graduation** after you graduate.

Registration Checklist

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

Which Account Type Is Right for You?

1. **Academic and Athletics Certification Account:** If you plan to compete at a Division I or II school, register for an Academic and Athletics Certification account. This account type (including completed **payment** or a processed **fee waiver**) is needed to go on Division I official visits, sign an athletics aid agreement for a scholarship and compete at a Division I or II school.

2. **Athletics Certification Account:** If you're an **international student-athlete** (first-year enrollee or transfer) enrolling at a Division III school, you must register for an Athletics Certification account (or use your existing Academic and Athletics Certification account) and receive your final athletics 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.

3. **Profile Page Account:** If you're not yet in high school or secondary school, 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 an Academic and Athletics Certification account once you are **recruited** by a Division I or II school.

ELIGIBILITY CENTER ACCOUNT TYPES

In which division do you plan to compete?	Academic and Athletics Certification Account	Athletics Certification Account	Profile Page Account
Division I or II			
Before recruiting begins or middle school and younger students (**domestic or international**). Can be transitioned to a certification account when needed.			✓
High school student (**domestic or international**) enrolling for the first time at a Division I or II school.	✓		
Transferring from a two- or four-year college or university. (Check with the compliance office at the school you plan to 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).		✓	
High school student who was based and competed **outside of the U.S.** or participated on a sports team that that based and competed **outside of the U.S.**		✓	
Transferring from a two- or four-year college or university; attended **domestic high school(s)** only.			✓
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 a certification account when needed.			✓

*Students enrolling at a Division III school who have an existing Academic and Athletics Certification account should use that account and not create a new one.

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 30-45 minutes to complete. If you need to exit and come back at a later time, you can save and exit but must return and complete your account within 30 days.

*Unsure **which account type** is right for you?* Start with a **free Profile Page account**, then check with the compliance office at the NCAA school recruiting you. If you need assistance, contact the Eligibility Center 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**:

- ☐ **Student Information**
  Provide your name, gender, date of birth, primary and **secondary contact information** and address.
- ☐ **Valid Email**
  Use an email address 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 a sibling has registered with the Eligibility Center, use a different email address than the one they used.
- ☐ **Education History**
  List all U.S. and international secondary and high schools and additional programs you attended, even if you did not receive grades or credits. If you attended ninth grade at a junior high school in the same school system in which you later attended high school, the ninth-grade school should not be listed.
- ☐ **Sports Participation History**
  Select each sport you plan to participate in at an NCAA school. For **certification accounts**, list any teams you have practiced or played with, events in which you participated, expenses, awards and any individuals who advised you or marketed your athletic skills. This helps the Eligibility Center certify your athletics eligibility once you **request your final athletics certification**.
- ☐ **Payment (Certification Accounts Only)**
  Certification account registration is complete once your fee is paid (or **fee waiver** is requested, if eligible). Pay online via debit, credit card or eCheck. Effective September 1, the fee for an Academic and Athletics Certification account is $110 for **domestic students** and $170 for **international students**. The fee for an Athletics Certification account is $75. Profile Page accounts are free.

  *All fees are nonrefundable after 30 days. If you completed a duplicate registration and paid your registration fee twice, complete the **refund form**.*

Do You Need Assistance Registering?

Contact the Eligibility Center 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.

REMEMBER

Walk-on and "preferred" walk-on recruits must register with the Eligibility Center and meet initial-eligibility standards.



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 athletics-eligibility status. It can be challenging, 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.

In addition to each NCAA school's admission requirements, Division I and II schools require your initial **academic** and **athletics eligibility** 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, the Eligibility Center partners with you, your family, high school administrators, high school and club coaches and NCAA schools 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 requirement.

What Is a Core Course?

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

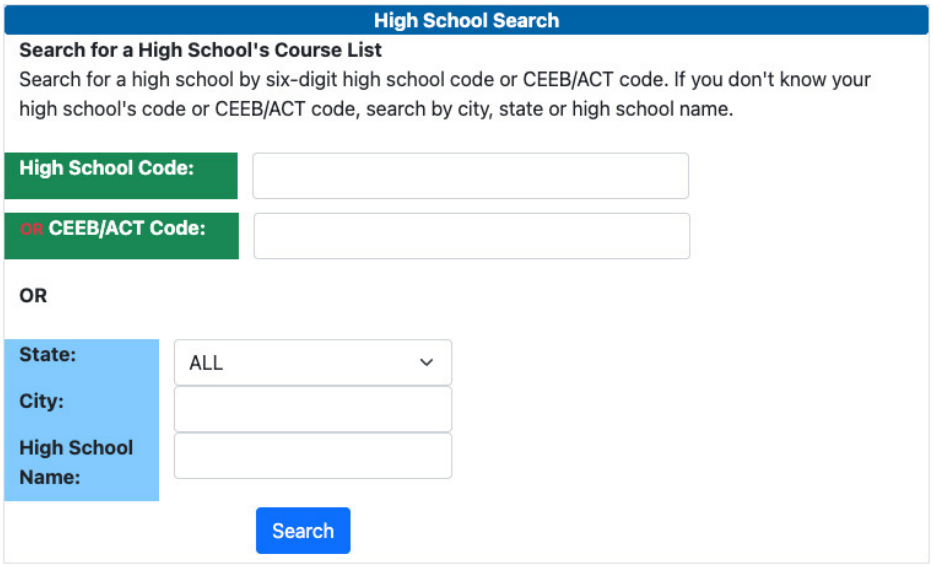
Be completed at a high school with a "Cleared" or "Extended Evaluation" Eligibility Center **account status**. ✓

Be completed in alignment with your high school's policies related to instruction, pacing, etc. ✓

Meet high school graduation requirements in one or more of the following subject areas: ✓



Be on your high school's list of **NCAA-approved core courses**. ✓



PLAN AHEAD

Scan or click 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 by the high school and approved by the Eligibility Center. Make sure you're taking courses on your high school's list of NCAA-approved core courses. Ask your high school counselor if you need help. Review the High School Information section of **your high school's account** for additional information.

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 course. (The higher grade counts toward your **core-course GPA**).

Dual-Enrollment Coursework

Dual-enrollment coursework may be used toward your initial-eligibility certification if it meets all requirements for an NCAA-approved **core course**. If used, the course will be awarded 0.5 units from your college transcript. To be awarded one full unit, the course must appear on your **official high school transcript** with grade and high school full credit.

If a teacher at your high school instructs and grades the dual-enrollment course, the course must be on your high school's list of NCAA-approved core courses. If the course is taught by a college or university's faculty, the course title does not need to appear on your high school's list of approved core courses. Check with your high school counselor for more information.

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 high school 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 course such as Algebra I or Spanish I before high school, the course may count toward your 16 core-course credits requirement as long as the course title is on your official high school transcript with grade and high school credit and appears on your high school's list of NCAA-approved core courses.

Courses Taken After High School

A course taken after high school graduation may be used toward your initial-eligibility certification. For **Division I**, only core courses completed in the four consecutive academic years (eight semesters) from your initial start of ninth grade will be used in your academic certification. However, if you **graduate from high school on time**, 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 (including a college course) at a location other than the high school from which you graduated.

» 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 may replace one of the remaining six core-course units needed.

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 (including a college course) at a location other than the high school from which you graduated.

Transcripts

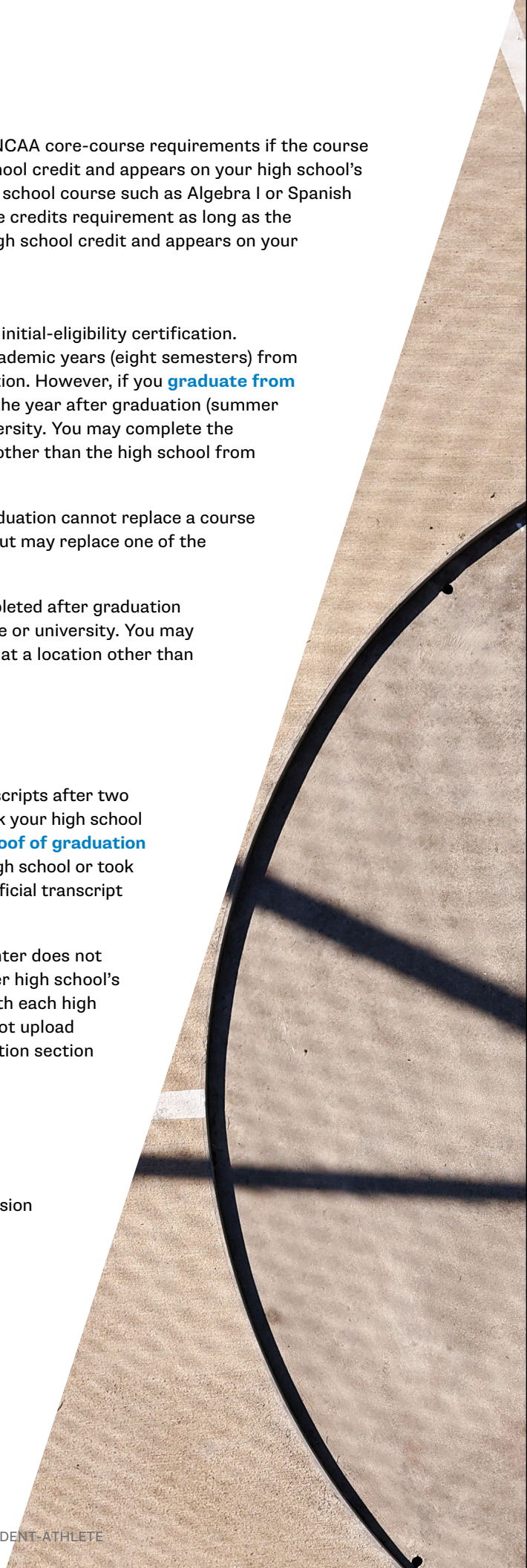
Ask your high school counselor to **upload** your official high school transcripts after two and three consecutive academic years (four and six semesters). Also ask your high school counselor to upload your **final official high school transcripts** with **proof of graduation** once you have completed high school. If you attended more than one high school or took courses from more than one program, the Eligibility Center needs an official transcript from each high school or program you attended.

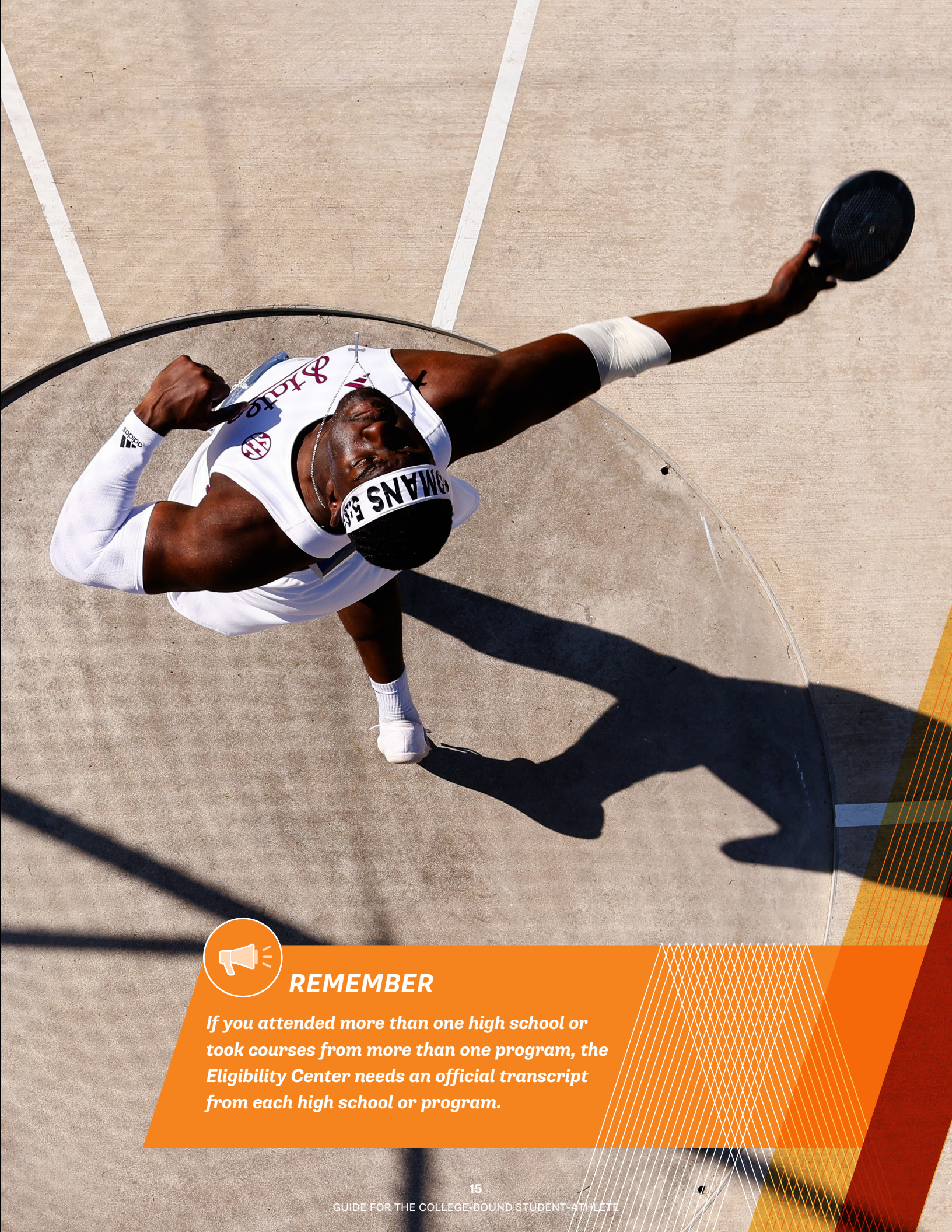
Except for school districts with **unified transcripts**, the Eligibility Center does not accept grades from one high school or program transcribed on another high school's transcript. Be sure to keep your Eligibility Center account **updated** with each high school and/or program you attended. Your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

» *International students:* For information on proper transcript and academic record submission procedures, **see page 21** or visit **on.ncaa.com/intlstudents**.

» *Homeschool students:* For information on proper document submission procedures, visit **on.ncaa.com/homeschool**.

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 took courses from more than one program, the Eligibility Center needs an official transcript from each high school or program.

Grade-Point Average



The 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 approved courses in the required subject areas will be used. This means that the cumulative GPA listed on your high school transcript could be different from the NCAA core-course GPA used in your certification. To find your high school's core course list, visit **on.ncaa.com/ccl**.

Your core-course GPA is calculated on a 4.0 scale. Numeric grades such as 92 or 87 are converted to letter grades, such as A or B, based on the high school's grading scale on file with the Eligibility Center. 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 3 quality points. **Weighted courses** may improve your core-course GPA. However, weighted grading scales must be submitted by the high school and approved by the Eligibility Center. (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 Scales 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 example, if your high school's lowest passing grade is a D, the Eligibility Center would assign a D as the 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 admissions or scholarship requirements.

Calculating 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 full-year course (1.00 unit):
4 points x 1.00 unit = 4.00 quality points

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

An A grade (4 points)
for a trimester course (0.34 unit):
4 points x 0.34 unit = 1.36 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 year = 1.00 unit
1 semester unit = 0.50 unit
1 trimester unit = 0.34 unit
1 quarter unit = 0.25 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 core courses**. Courses offered exclusively to students with an EID are indicated by an "=" symbol next to the course's title on the high school's list of NCAA-approved core courses. For more information on how to request EID accommodations, 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 U.S. 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. For information on international credentials equivalent to the U.S.-style GED, see page 7 of the **Guide to International Academic Standards for Athletics Eligibility**.

Division I Academic Standards

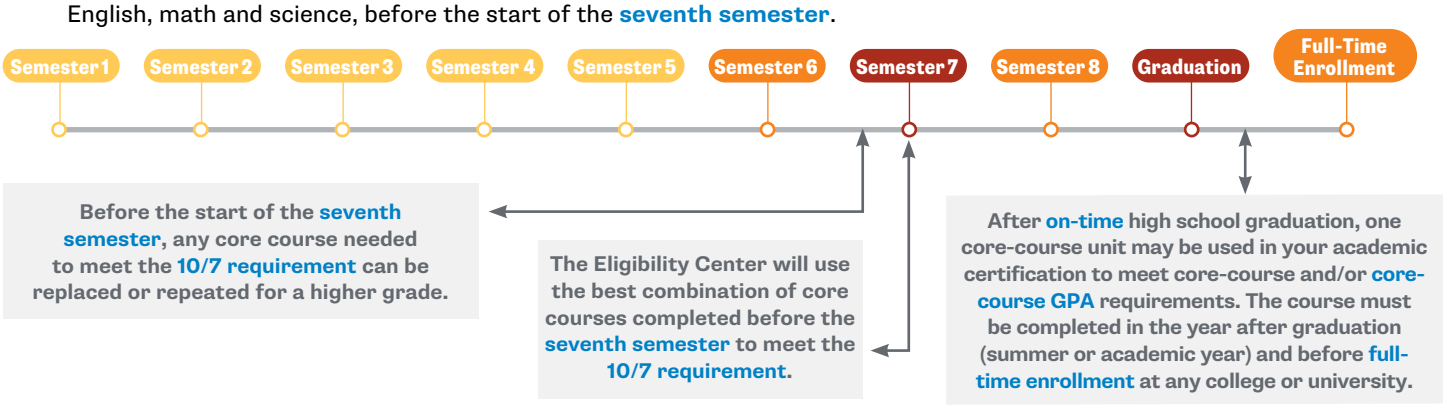
Division I schools require you to meet academic standards. To be eligible to practice, compete and receive an athletics scholarship in your first year of **full-time enrollment**, you must meet the following requirements:

NCAA DIVISION I

1. **Register** for an Academic and Athletics Certification account.
2. 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

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



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

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

Example Schedule

How To Plan 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 You Don't Graduate on Time?

In Division I, if you do not **graduate on time**, the Eligibility Center will still use your grades and core courses completed in the first four consecutive academic years (eight semesters) for your certification. You will still need to provide proof of graduation (once you graduate) but may not use any core courses taken after your fourth consecutive academic year (eighth semester).

What if You 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 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 your academic certification has been completed.

Early Academic Qualifier

If you meet **specific criteria** after three consecutive academic years (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. **Register** for an Academic and Athletics Certification account.
2. 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

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

What if You 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 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 your academic certification has been completed.

Early Academic Qualifier

If you meet **specific criteria** after three consecutive academic years (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



In Divisions I and II, **international student-athletes** have attended school abroad at any point from the initial start of school year nine through secondary school graduation and the school was not under U.S. sponsorship (such as American schools overseas and **Department of Defense Dependent Schools**) and did not offer the standard U.S. curriculum. These students must have the following submitted by their school or other appropriate entity:

- 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.

In Division III, **international student-athletes** have 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. These students should monitor their **task list** to determine if any academic documentation is needed to certify their amateur status.

In certain situations, the 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 information on how to submit international documentation, visit **on.ncaa.com/intldocs**.

Note: 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 **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 international student-specific questions, please use the **International Contact Form**.

ADDITIONAL INFORMATION

Visit the specific webpage for your country at **on.ncaa.com/countryspec**. For a list of non-English-language resources, 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 plan to compete at a Division I or II school must **register** with the Eligibility Center and meet initial-eligibility standards.

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



Athletics Eligibility



Athletics Eligibility

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 athletics-eligibility status. In some instances, the Eligibility Center may need additional information to evaluate your status.

Circumstances Reviewed as Part of the Certification Process

- Delaying your **full-time 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 agreement with an **agent**.

Requesting Final Athletics Certification

College-bound student-athletes enrolling for the first time at an NCAA Division I or II school and **international student-athletes** enrolling for the first time at a Division III school must **request their final athletics certification** before being certified to compete. (This includes transfers from two-year colleges, National Association of Intercollegiate Athletics schools, 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 athletics certification through your Eligibility Center account for each sport you plan to participate in at an NCAA school; *your athletics certification cannot be finalized without your request.* The date you can request your final athletics 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 your final athletics 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 your final athletics certification on or after Oct. 1 before enrollment.

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

Delayed Enrollment

After you graduate from 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 (as shown below) 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. 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 and may require serving 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.

- » 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* 6 MONTHS / Up to 20TH BIRTHDAY***	Up to 21ST BIRTHDAY	Grace Period* 3 YEARS	Up to 21ST BIRTHDAY	Grace Period* 3 YEARS**	Grace Period* 12 MONTHS	Grace Period* 12 MONTHS	Grace Period* 12 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. For Division III, 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. ***If you are eligible under the six-month delay period, you may be subject to delayed enrollment conditions if you continue to compete after your 20th birthday and before enrollment at a Division I school.



Frequently Asked Questions

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



Division III Amateurism Certification

DIVISION III
DISCOVER | DEVELOP | DEDICATE

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, cocurricular 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.

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?

The items below are considered recruiting activities. College coaches typically are the ones who recruit for their school. If you're being **recruited** by an NCAA Division I or II school, **transition** your Profile Page account to an Academic and Athletics Certification account. For more information regarding recruiting rules, visit **on.ncaa.com/recruiting**.



Calls



Texts



Emails



Messages via Social Media



Visits to Your High School



Expense-Paid Campus Visit



Athletics Aid Offer



Financial Aid Offer

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 11th grade (summer after year 10). Some recruiting best practices include:

- Discuss your goals with your support system to determine your **ideal competition level** and next steps.
- Use this **interactive map** to research NCAA school admissions requirements.
- Register for an **Eligibility Center account** before ninth grade (year nine of secondary school).
  - If you're being **recruited** by an NCAA Division I or II school, **transition** your Profile Page account to an Academic and Athletics Certification account.
- Research when your **division- and sport-specific recruiting activity periods** are throughout each year.
- Check your email often for Eligibility Center **tasks**.
- Work as hard in the classroom as you do in your sport! Earn the best **core-course GPA** possible.
- If possible, compete on elite teams and attend camps or showcases to gain exposure and build connections.
- Email college coaches with your achievements, highlight videos and interest in their program.
  - Include your name, position, **NCAA ID** and high school graduation year.
  - Depending on your sport and grade level, Division I coaches may not be permitted to write you back.
- 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 athletics 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 annually provide nearly $4.2 billion in athletics scholarships (often referred to as athletics aid) to 200,000 student-athletes. (**Division III schools** do not offer athletics scholarships.) Be sure you understand what is covered by any offer of scholarship you may receive from the NCAA school recruiting you, and the costs you would be responsible for outside of that aid.

Possible Elements of a Scholarship	Division I	Division II
Tuition and fees	✓	✓
Food and housing	✓	✓
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	✓	✓

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

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 financial aid, contact your NCAA school's financial aid or compliance office.

Athletics Aid Agreement

In your senior year of high school, you can sign a Division I or II **athletics aid agreement** for a scholarship. Once you sign:

- The signing school agrees to provide a scholarship if you're admitted to the school, remain eligible and meet the terms outlined in your agreement.
- Your Eligibility Center account will show "Signed."
- An email is sent to you, the signing school and any NCAA school that has you on their **institutional request list**.
- Other NCAA coaches must stop contacting you and your support system (e.g., family members, coaches, advisors).

You cannot sign with more than one school at a time. To talk to a new school, you must first be released by the signing school. For more information on athletics aid agreements, visit **on.ncaa.com/athleticsaid_students**.

Recruiting Guidelines

NCAA recruiting guidelines promote your well-being and ensure fairness by defining when recruitment may or may not occur. Certain recruiting activities, such as calls, visits to your high school and face-to-face contact, may have division- and sport-specific restrictions before certain grade levels in high school. To view your division- and sport-specific recruiting guidelines, scan the QR code or visit **on.ncaa.com/recruitguides**. ***Note:*** Division I uses recruiting calendars while Division II follows recruiting reminders. Division III does not use recruiting calendars or reminders.

Division, Sport and Grade Level Determine Recruiting Activities

	CONTACT PERIOD	EVALUATION PERIOD	QUIET PERIOD	DEAD PERIOD	RECRUITING SHUTDOWN
	Divisions I and II	Division I	Division I	Divisions I and II	Division I
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 hosting you. Before a Division I or II official visit, you must:

- » **Register** with the Eligibility Center.
- » 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.

Note: After the **first permissible date** in your division and sport, you may take official visits to as many different NCAA schools as you'd like. However, each NCAA school may extend only one official visit to you. In Divisions I and II, if there has been a head coaching change since your official visit, a second official visit may be allowed.

What Can an NCAA School Pay for During an Official Visit?

Division I	Division II	Division III
Transportation to and from the NCAA school hosting you for you and up to two family members.	Transportation to and from the NCAA school hosting you.	Transportation to and from the NCAA school hosting you.
Lodging.	Lodging.	Lodging.
Up to three meals per day for you and up to four family members.	Meals for you and those accompanying you.	Up to three meals per day for you and those accompanying you.
Up to $60 per person of reasonable entertainment expenses for you and up to four family members (including five tickets to a home sports event).	Up to $50 per person of reasonable entertainment expenses for you and those accompanying you (including tickets to a home sports event).	Up to $40 per person of reasonable entertainment expenses for you and those 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. You may take an unlimited number of unofficial visits. However, in Divisions I and II, each visit must occur after the **first permissible date** for your sport.

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 those accompanying you.	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.
Up to three tickets to a home sports event for you and those accompanying you.	Complimentary admission to a home sports event for you and those accompanying you.	Complimentary admission to a home sports event 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.

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

Dual-Enrollment Coursework: College coursework completed while you're enrolled in high school.

Education-Impacting Disability: Current impairment that has a substantial educational impact on a student's academic performance and requires accommodation. For more information, visit **on.ncaa.com/eid**.

Emerging Sport: NCAA-recognized women's sport intended to expand athletics opportunities for women and sport-sponsorship options for NCAA schools, as well as help that sport achieve NCAA championship status. For more information, visit **on.ncaa.com/emergingsport**.

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.

Financial Aid: Funds provided to you from various sources to pay or assist in paying your cost of education at an NCAA school.

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 athletics certification decision for you.

International Student: In Divisions I and II, an **international student-athlete** is any student who attended school abroad at any point from the initial start of school year nine through secondary school graduation and the school was not under U.S. sponsorship (such as American schools overseas and **Department of Defense Dependents Schools**) and did not offer the standard U.S. curriculum. In Division III, an **international student-athlete** 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 athletics aid agreement for a scholarship with a Division I or II school.

Official Visit: Any visit to a college campus paid for by the NCAA school hosting you.

Preferred Walk-On: Guaranteed a spot on the roster. "Preferred" status means a college coach wants you on the 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.

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

Recruiting Calendar/Reminder: Division I **recruiting calendars** and Division II **recruiting reminders** outline certain periods throughout the year in which recruiting may or may not occur in a particular sport.

Recruiting Shutdown: Period of time when no form of recruiting is permissible.

Signing Date Dead Period (Used By Division II Schools): 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.

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 college.

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 athletics aid agreement. 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

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 77% in Division II and 88% in Division III.

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

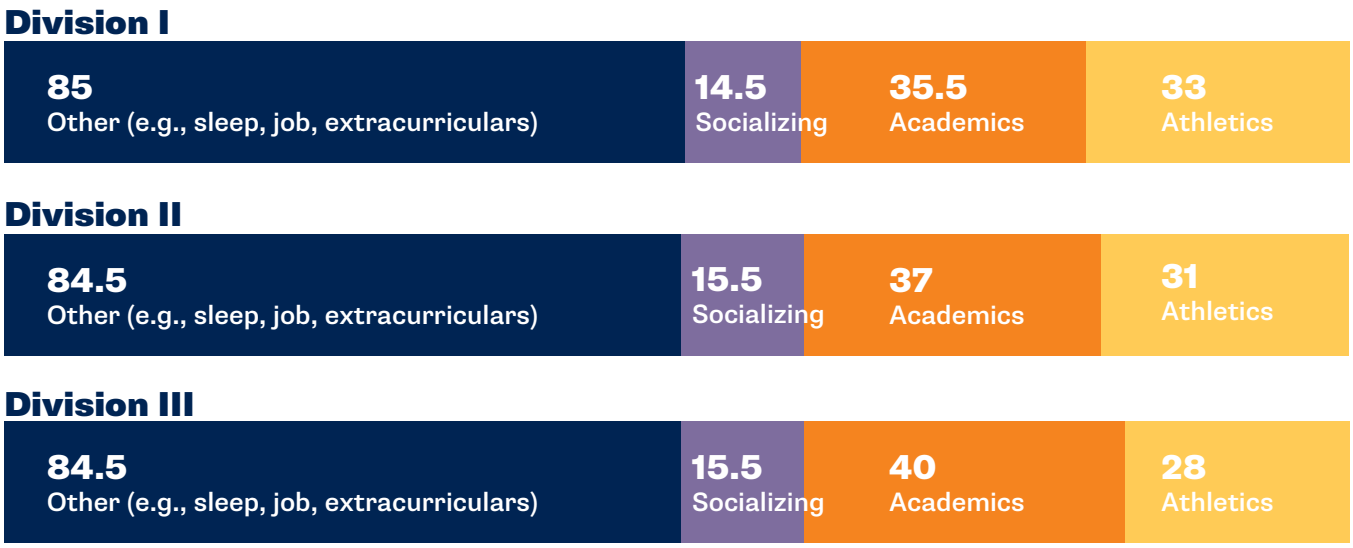
Over 90% of NCAA student-athletes say college sports helped them grow in personal responsibility, work ethic, teamwork and goal setting, according to the 2019 NCAA GOALS study.

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.

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.

What Takes Up Division I and II Student-Athletes' Time?

These are considered countable athletically related activities. 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.

Supplemental workouts

Practice

Competition

Strength and conditioning

Film review

Division I

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

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



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

Participation

1 in every 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.



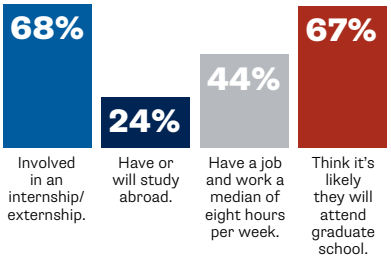
Division III

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/prevention.
» Internship/externship.
» Leadership.
» Practice.
» Strength and conditioning.
» Team fundraising.
» Teamwork.
» Time management.
» Work.

Experience

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.

Insurance

The NCAA provides catastrophic insurance for athletics-related injuries to student-athletes while they are playing an NCAA recognized sport and post-eligibility insurance for athletics-related injuries to student-athletes once they separate from their NCAA school or withdraw from their sport. Both programs are excess to the student-athlete's and the NCAA school's primary coverage. This insurance is provided at no cost to the student-athletes. For more information, visit **on.ncaa.com/insurance**.



Name, Image and Likeness

Some college-bound student-athletes may have the opportunity to receive compensation using their personal brand, often referred to as name, image and likeness. Check with your high school's state athletic association regarding its NIL policies. For more information, visit **on.ncaa.com/ncaanilassist**.

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 student-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 develops guidance, rules and policies based on the consensus of the medical, scientific, sports medicine and sports governing communities for student-athlete mental and physical health, safety and performance. This guidance also reflects input from student-athletes, coaches and administrators. For resources on mental health, sleep, preventing injury, nutrition and more, visit **on.ncaa.com/ssi**.

Transfer Students

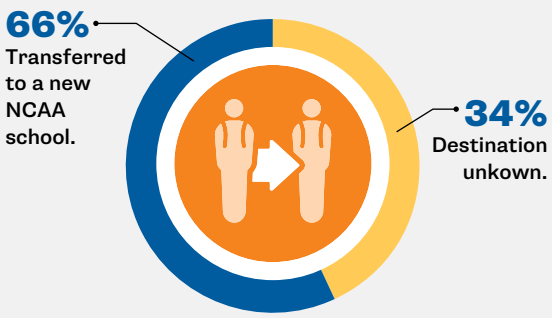
The decision to transfer to another school involves important and sometimes difficult choices. Make sure you understand the rules, options and potential consequences of your decision. You do not want to risk your education or your chance to play NCAA sports.

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 II) and permission to contact (Division III). 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 regarding your decision to transfer, first review **on.ncaa.com/transfer** to learn more.

- » Student-athletes transferring from a two-year school (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 2023-24, 66% were reported to have transferred to a new NCAA school. The remaining 34% may still be exploring transfer options, transferred to a non-NCAA school or left their sport. (Those who entered and withdrew are not included in this chart.)

*Based on the 2024 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 other 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**.


IT ALL STARTS
HERE!
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