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NCAA rules basics for those considering DI or II athletics



NCAA DI College Athletics

Life after the “House Settlement”

House Settlement – what you need to know

- Roster limits – all rosters need to be at the designated roster limit by the day before the team's first date of competition for the 25-26 academic year.
- Scholarship limits – Team scholarship limits have been eliminated.
- Designated student athletes –Athletic Departments identified the group of student-athletes who meet the "designated student athlete" criteria by July 6, 2025. These student athletes can remain on rosters at the discretion of the Head Coach, over the roster limit for the duration of their athletic careers.
- Revenue Sharing–Athletic Departments can earmark funds to provide student athletes with revenue share funding, up to $20.5 million.

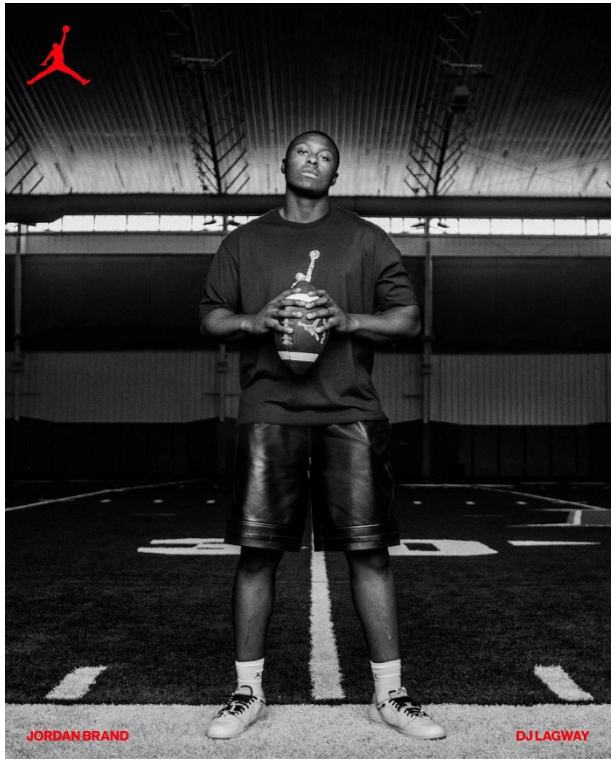


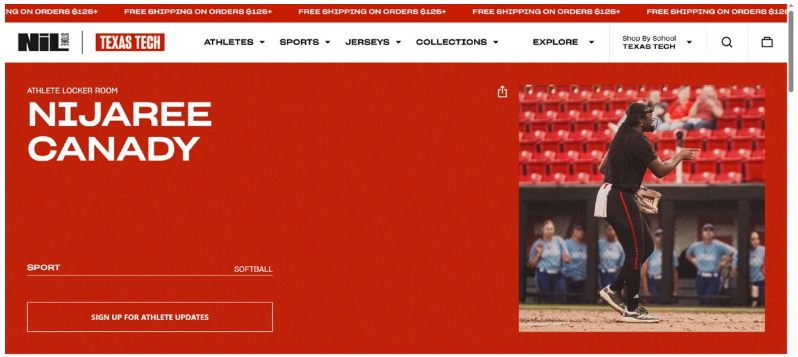
Sport	Old Scholarship Limit	New Roster Limit
Acrobatics & Tumbling (W)	14	55
Baseball (M)	11.7	34
Basketball (M)	13	15
Basketball (W)	15	15
Beach Volleyball (W)	6	19
Bowling (W)	5	11
Cross Country (M)	5	17
Cross Country (W)	6	17
Equestrian (W)	15	50
Fencing (M)	4.5	24
Fencing (W)	5	24
Field Hockey (W)	12	27
Football (M)	85	105
Golf (M)	4.5	9
Golf (W)	6	9
Gymnastics (M)	6.3	20
Gymnastics (W)	12	20
Ice Hockey (M)	18	26
Ice Hockey (W)	18	26
Lacrosse (W)	12	38
Lacrosse (M)	12.6	48
Rifle (M & W)	3.6	12
Rowing (W)	20	68
Rugby (W)	12	36
Skiing (M)	6.3	16
Skiing (W)	7	16
Soccer (M)	9.9	28
Soccer (W)	14	28
Softball (W)	12	25
Stunt (W)	14	65
Swimming & Diving (M)	9.9	30
Swimming & Diving (W)	14	30
Tennis (M)	4.5	10
Tennis (W)	8	10
Track & Field Indoor (M)	12.6	45
Track & Field Indoor (W)	18	45
Track & Field Outdoor (M)	12.6	45
Track & Field Outdoor (W)	18	45
Triathlon (W)	6.5	14
Volleyball (M)	4.5	18
Volleyball (W)	12	18
Water Polo (M)	4.5	24
Water Polo (W)	8	24
Wrestling (M)	9.9	30
Wrestling (W)	10	30

NCAA Division I scholarship limits POST House settlement

What is Name, Image and Likeness?

“NIL”








BUFFALO
Buffalo
2
BULLS
12
BULLS
22


CONVERSE
12
BUFFALO


Buffalo
SUBZERO
Buffalo
BULLS


HINKLE
20
THOMPSON
01


What else is different between the Divisions?
• Time commitment
• Level of play
• Eligibility standards

DI—UB, Stony Brook, Albany, Binghamton, Niagara, Canisius, St. Bonaventure, Syrause, Penn State, Michigan State, Duke, Stanford

DII—Roberts Wesleyan, Daemen, D'Youville, PA state schools, CW Post, Dowling, Concordia, Dominican, Le Moyne, Nyack, Pace, Queens, Saint Rose, St. Thomas Aquinas College

DIII-Cortland, Brockport, Buff State, St John Fisher, Nazareth, University of Rochester, Ithaca, Keuka

NCAA Division II

NCAA Division III
DISCOVER | DEVELOP | DEDICATE

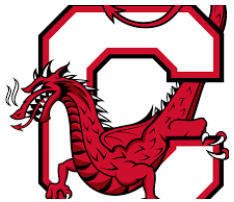
Baseball	9.0	Rifle	3.6
Basketball	10.0	Skiing	6.3
Cross Country/Track and Field	12.6	Soccer	9.0
Fencing	4.5	Swimming and Diving	8.1
Football	36.0	Tennis	4.5
Golf	3.6	Volleyball	4.5
Gymnastics	5.4	Water Polo	4.5
Ice Hockey	13.5	Wrestling	9.0
Lacrosse	10.8		

Division II men's and women's scholarship limits

Acrobatics and Tumbling	9.0	Rowing	20.0
Basketball	10.0	Rugby	12.0
Beach Volleyball	5.0	Skiing	6.3
Bowling	5.0	Soccer	9.9
Cross Country/Track and Field	12.6	Softball	7.2
Equestrian	15.0	Stunt	9.0
Fencing	4.5	Swimming and Diving	8.1
Field Hockey	6.3	Tennis	6.0
Golf	5.4	Triathlon	5.0
Gymnastics	6.0	Volleyball	8.0
Ice Hockey	18.0	Water Polo	8.0
Lacrosse	9.9	Wrestling	10.0

We live in a Division III “hotbed”….

Within three-five hours of the Western NY area, there are countless excellent, affordable DIII schools with successful athletic programs and great academics.







Athletics Scholarships

- Contracts that can be issued for 1-5 years [some conferences mandate four-year agreements]
- May be “full” (tuition, fees, room, board and books); or
- May include a cost of attendance stipend for supplies, clothing, etc
- May be “partial” or a percentage of a full scholarship (.5 or .75); or
- May be issued as a dollar amount ($5000) or
- May be issued as an item like “tuition” or “room and board”

Scholarship Basics

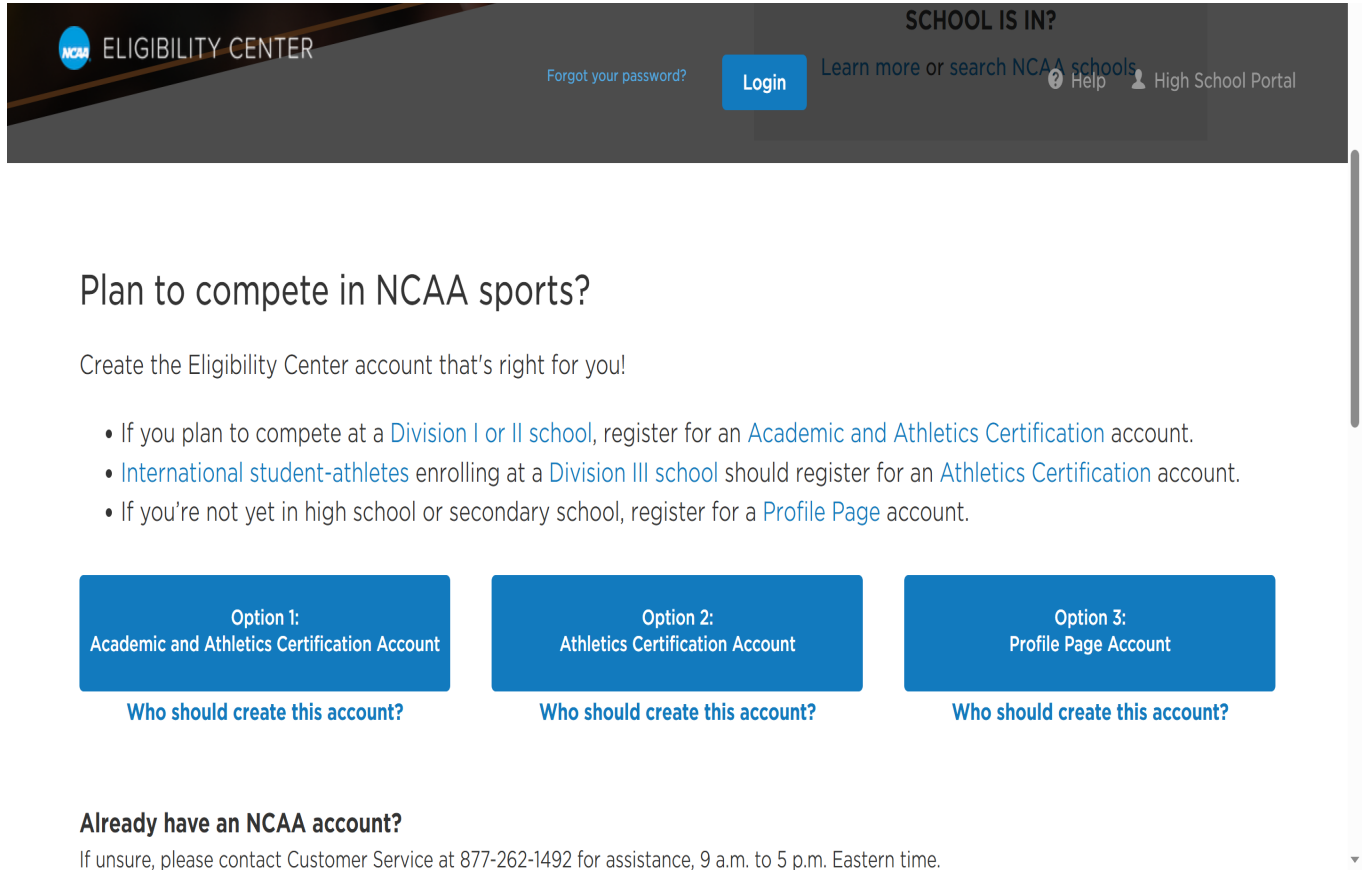
Can be taken away for:

- **Quitting the team voluntarily**
- **Becoming academically ineligible**
- **Disciplinary reasons**

- **All athletic scholarships will outline rules, expectations, and other stipulations.**
- **NCAA has implemented additional protections for scholarships.**

NCAA department that determines freshmen initial eligibility for Division I and II intercollegiate athletic competition and athletic scholarships





- NCAA EC registration is for any student who plans on competing at the DI or II level

- 3 types of NCAA accounts



- Register before junior year
- Pay the registration fee
- Counselor uploads transcript at the end of each academic year
- Upon graduation, counselor uploads final transcript with proof of graduation
- April 1 senior year-finalize “amateur” status with the NCAA through your eligibility center account

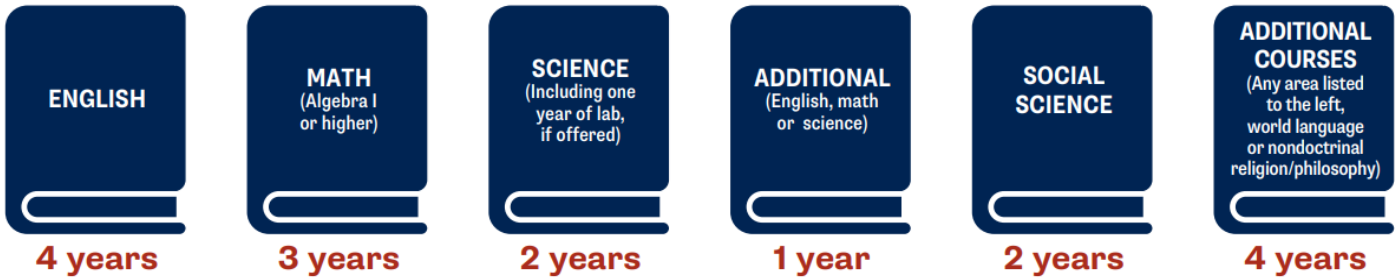
ACADEMIC REQUIREMENTS

To study and compete at a Division I or II school, you must earn 16 NCAA-approved **core-course credits**, earn a minimum 2.3 (Division I) or 2.2 (Division II) **core-course GPA** and submit your final transcript with proof of graduation to the Eligibility Center.

CORE-COURSE REQUIREMENTS

DIVISION I

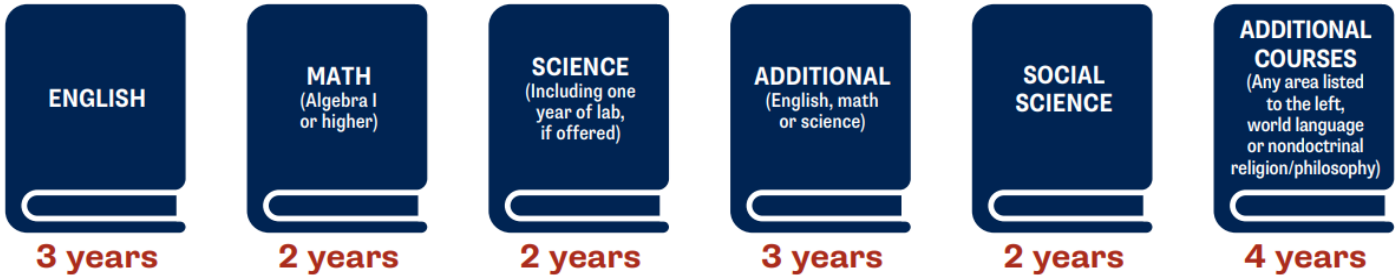
Earn 16 NCAA-approved core-course credits in the following areas:



For Division I, 10 of your 16 NCAA-approved core-course credits must be completed before the start of your seventh semester, including seven in English, math or science.

DIVISION II

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



GRADE-POINT AVERAGE

The Eligibility Center calculates your **core-course GPA** based on the grades you earn in NCAA-approved core courses.

» Division I requires a minimum 2.3 core-course GPA.
» Division II requires a minimum 2.2 core-course GPA.

- Are you on track?
- Registered?
- Have a transcript on file?
- Met with your counselor to ensure you have the right classes?



Division I recruiting – the basics



<u>June 15th at the end of grade 10</u>:

- Most sports can start calling and sending emails, texts, messages and printed recruiting materials. *Softball and w. basketball are slightly later.

- Camp brochures, admissions materials and NCAA educational materials can be mailed at any time.

- Evaluation: A coach comes to watch your game, practice, camp, clinic, tournament, PE class—this can take place at any time during your athletic career during permissible recruiting periods

- Contact: A coach talks to you, face to face, not on the institution's campus (at your school, home, game)



Recruiting Contacts

Most sports: August 1 at the beginning of 11th grade

Baseball: July 1 after 11th grade

Football: January 1 of 11th grade

Men's basketball: first day of 11th grade

Women's basketball: September 1 of 12th grade

Softball and Lacrosse: September 1 of 11th grade

Recruiting Visits to college campuses

Unlimited official paid visits --the school can pay travel, hotel, food, entertainment for you and your family.

Unofficial visits-where you pay all your expenses to visit campus and meet the coaches. Normally requested by the coach but recruits can ask to set these up as well. Tour campus, watch practice, attend a game, attend class, meet with academic staff, etc.



Unofficial visits

- Most sports-August 1 junior year
- Football and women's basketball-any time
- Men's basketball-August 1 start of grade 10
- Baseball, softball, lacrosse-September 1 junior year
- Men's ice hockey-January 1 sophomore year

These are VERY common and a main form of on campus recruiting in Division I.



Official Paid Visits
Most sports-August 1 junior year
Baseball, softball, lacrosse-September 1 junior year
Women’s basketball-April junior year
Football- April 1- June junior year; September 1 senior year
Typically reserved for the top prospects at each school and those being offered athletic scholarships



DII—recruiting differences

Communication permitted at any time

Contact date and official paid visit date = June 15th before 11th grade

Unofficial visit – any time

Tryouts permitted

- Have schedules, highlight video, and game video (links to online video) readily available and accessible online for coaches [online profiles]
- Have a copy of your transcript and test scores [if you have them, if not, that's ok]available upon request
- Recruiting services
- Follow the teams on social media—twitter, Instagram, Snapchat—good insight on their programs
- Schedule campus visits, coordinate with the coaching staff



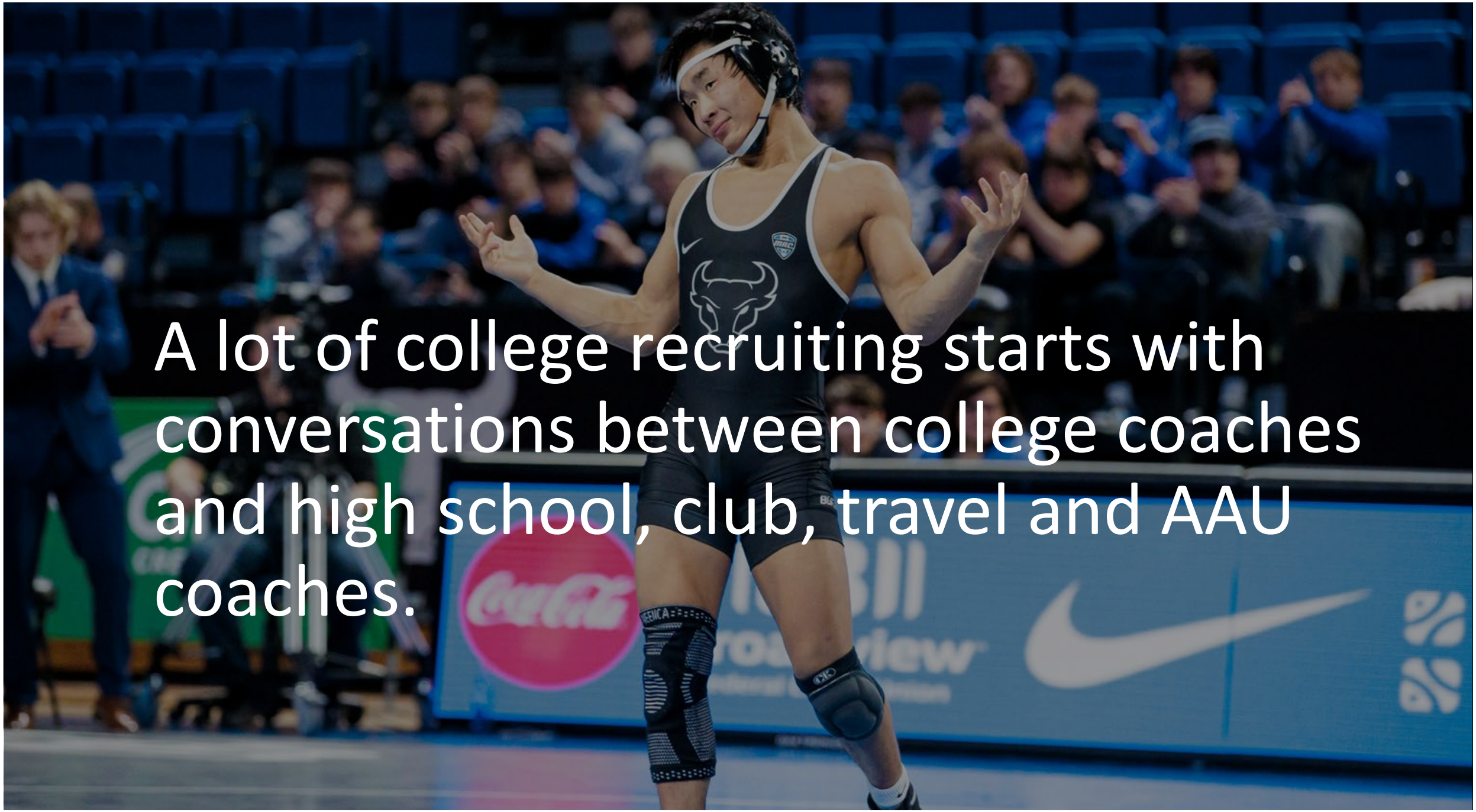
- Stay in contact—be responsive to emails, direct messages on social media, calls and texts
- Attend summer camps at your top schools
- Attend competitions at your top schools
- Recruit yourself—the number of kids looking for scholarships is EXPONENTIALLY higher than the number of scholarships available

Recommendation



Who are good people to speak on your behalf to college coaches? Who can attest to your athletic and academic ability? Which of your current coaches can start the recruiting conversations with college coaches?

- High school coach
- Travel/AAU/club coach
- Counselor and teachers
- Trainers or personal coaches


A lot of college recruiting starts with conversations between college coaches and high school, club, travel and AAU coaches.

Different styles/methods of recruiting

- Recruiting is very specific to Division, to coach, to sport and to school.
- Some sports rely on times and are looking for those who run/swim/jump/throw/pitch the fastest.
- Some coaches watch a lot of film to recruit.
- Some go to high school games, while some only watch large club/travel tournaments.


Pick a school for the **major, the location, the career/internship opportunities, the programs, the clubs, the faculty, the class size, the opportunity for financial aid----**what's the best fit for you? What level fits best—I, II or III?



- Close or far? Location?
- Big or small?
- High level academics
- Athletic $$
- Quality, winning coaches
- Playing time, ability to start right away
- Tradition/winning history
- New athletic facilities
- Job placement %
- On-campus apartments



- ✓ Not every student athlete in DI or DII is on an athletic scholarship.
- ✓ Many athletes on DI/II rosters are NON scholarship players—”walk-ons”.
- ✓ Can walk-ons earn scholarships? YES
- ✓ Do all walk-ons earn scholarships? NO

Have your questions ready



How many other athletes are they recruiting at your position?



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



Will I play as a freshman or will I “redshirt”?



How much scholarship money is available? Are there other grants or scholarships available?


Will I go home for the summer or does the team stay and train and take classes?
Do I go home for winter break/spring break or will I be on campus practicing?
Am I restricted from any majors due to class conflicts with practice times?
What level of academic support to athletes have access to?
Counseling services?
Nutrition services?
Mental health services?
Medical services?

High school grades MATTER

- **Every school has different admissions standards…find out what they are for your choices.**

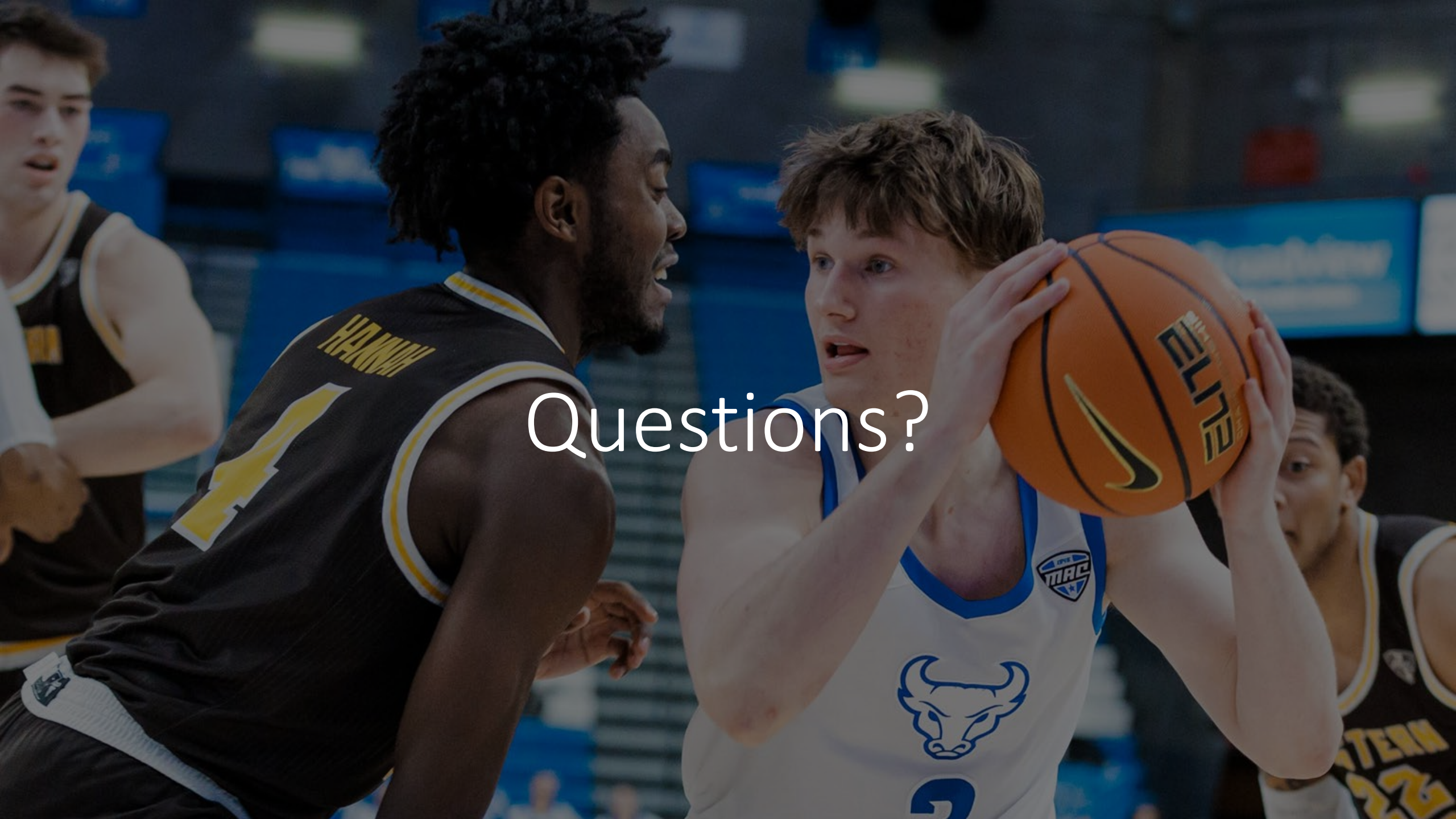
- Don’t think “if the coach wants me to play, then he/s will get me in to school”. Th NOT true at most schools.



Have a very firm understanding of:

- The cost of school, including living expenses and travel
- How much athletic $$, if any, you will get
- Other funding, including grants and loans—do your FAFSA!
- TAP, excelsior, loans, grants, Pell
- The criteria to get and KEEP any aid





Questions?