

NCAA Eligibility & Recruiting Guide for Students and Families

What Does It Take to Play College Sports?

There are THREE requirements:

1. Graduate from High School

Graduating does NOT automatically make you NCAA eligible.

2. Achieve NCAA Initial Eligibility (Division I & II only)

- Create an account with the NCAA Eligibility Center
- Complete the 10/7 Rule: 10 of 16 core courses before senior year; 7 must be English, Math, and/or Science
- Meet NCAA core course GPA requirements
- Graduate on time with your class (8 semesters)

3. Be Admitted to the College

NCAA eligibility does NOT equal college admission. Students must apply, be accepted, and understand cost of attendance and financial aid.

Use each college's Net Price Calculator.

NCAA Divisions Overview

- Division I: Sport is your life, year-round training, heavy travel, most scholarship/NIL opportunities
- Division II: Competitive but more balanced, more regional, partial scholarships common
- Division III: Broad student experience, shorter seasons, no athletic scholarships (merit/need aid possible)
- Other options include NAIA and Community College (NJCAA)

What Is a Core Course?

Core courses are NCAA-approved academic classes in English, Math, Science, Social Science, World Language, and academic electives.

- Meet with your counselor early
- Check NCAA-approved course list
- Plan coursework starting in 9th grade



Recruiting Guide

Recruiting Reality

Only 1–2% of athletes are ‘Blue Chip’ recruits. Most students must actively market themselves.

5 Steps to Start Recruiting

1. Talk to HS/club coaches about your level
2. Research schools that sponsor your sport
3. Create a list of 12–15 schools (Reach / Target / Likely)
4. Complete each school’s recruiting questionnaire
5. Email coaches and follow up

What to Include When Emailing Coaches

- Name, position/event, grad year, HS and club info
- Highlight video link
- Athletic resume/profile
- Unofficial transcript and test scores (if applicable)
- Appropriate social media handle
- CC HS/club coach

Key Recruiting Rules

- NCAA rules apply to college coaches, not athletes
- Major contact date: June 15 before junior year
- Unofficial visits are unlimited (family pays)
- Official visits may be paid for by the school

Where to Get Help

- NCAA Eligibility Center website
- PSD NCAA Resource Page: www.puyallupsd.org/athletics
- School Counselor
- Building Athletic Director
- District Athletics Office

