



2026-2027 ACCEPTED COURSES for GPA CALCULATION

Grade Conversions

Honor	3.85 and above	A = 4	90-100 = 4
Scholastic	3.50-3.8499	B = 3	80-89 = 3
Varsity	3.499 and below	C = 2	70-79 = 2
		D = 1	60-69 = 1
		F = 0	≤ 59 = 0

Acceptable Courses

English/Language Arts (including ELD, if applicable)

- Composition/Writing
- Creative Writing
- Journalism (NOT yearbook, school newspaper)

Foreign Language

- Foreign Language Arts
- French, Spanish, German, Russian, Chinese, Sign Language, Navajo, etc...

Mathematics

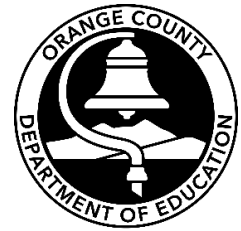
Science

- ALL basic sciences
- Forensic Sciences

Social Studies/Social Science/History



Orange County Department of Education
Educational and Student Services Division



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County Superintendent of Schools

Academic Pentathlon

GPA Calculation Instructions

General Guidelines

- The Orange County Department of Education (OCDE) utilizes the United States Academic Pentathlon (USAP) criteria to determine student grade point averages (GPAs) to ensure uniformity among all participants
- GPAs are calculated using grades for academic classes (Math, Science, English, Social Science, and Foreign Language) from the previous school year's transcript/report card
 - Refer to the USAP Acceptable Course List
 - **Do not include courses such as:** Speaking and Listening, Physical Education (P.E.), AVID, ASB, Music, Drama, Art, Band/Choir, Computers, etc.
- A full year's worth of grades is required (e.g., 2 semesters, 3 trimesters, or 4 quarters)
 - If a full year's worth of grades is not available, the student must compete in the Honor category
 - Only include final grading periods; progress grades do not need to be included
 - For sixth grade students, use the grade 5 report card/transcript; for seventh grade students, use grade 6; for eighth grade students, use grade 7
- There is no rounding for Academic Pentathlon GPAs
 - Example: $3.599 = 3.59$
- GPA Categories
 - Honor = 4.00 – 3.85
 - Scholastic = 3.84 – 3.50
 - Varsity = 3.49 – 0.00
 - Students can compete in a higher GPA category than their own, but may not compete in a lower category
- If the transcript/report card does not list standard A-F letter grades, use and include the district grade equivalency chart, refer to the equivalency charts in the Coach Handbook, or contact OCDE staff
 - New schools and coaches should send a transcript/report card to pentathlon@ocde.us (with student's information redacted) so a sample calculation can be prepared for them
- Standard Academic Pentathlon Grade Point Values
 - A = 4 points
 - B = 3 points
 - C = 2 points
 - D = 1 point
 - F = 0 points

Schools may calculate GPAs in 1 of 2 ways:

- (1) Either by hand directly on the transcript/report card, **OR**
- (2) Using the GPA Calculation Worksheet
 - Schools that wish to be eligible for the national competition are required to use the GPA Calculation Worksheet and must submit this form by the February 18 registration deadline

Calculating GPAs by Hand on the Transcript/Report Card

- Count the number of As, Bs, Cs, Ds, and Fs and multiply each of those numbers by the letter grade's point value. Then divide the total number of points by the total number of grades to get the GPA.
- For example, if after counting all the grades of acceptable courses on a report card, there are 4 As, 2 Bs, 1 C, 3 Ds, and 2 Fs, the calculations written on the report card would be as follows:

$$\begin{array}{r} 4 \text{ As} \times 4 = 16 \\ 2 \text{ Bs} \times 3 = 6 \\ 1 \text{ C} \times 2 = 2 \\ 3 \text{ Ds} \times 1 = 3 \\ \underline{2 \text{ Fs} \times 0 = 0} \\ 12 \qquad 27 \\ 27 \div 12 = 2.25 \\ \text{Varsity} \end{array}$$

Calculating GPAs Using the GPA Calculation Form

- The GPA Calculation Worksheet must be completed in Excel. Do not upload and complete it in Google Sheets.
- All yellow sections of the form must be completed
- Any red sections of the form that say "pick" are dropdown menus
- Acceptable courses should be listed in the "COURSE" column in the exact order they appear on the transcript/report card
- The "POINTS" column will automatically calculate based on the "LETTER GRADE" selected from the dropdown menu
 - For the purposes of the Academic Pentathlon, (+) and (-) letter grades are worth same value and do not impact calculations. For this reason, you will only be able to select from A, B, C, D, or F letter grades in the dropdown menu.

- [illegible]