# Academy of Holy Angels

**September 30, 2026**

UNIVERSITY OF MINNESOTA

# NCAA Initial Eligibility and Recruiting

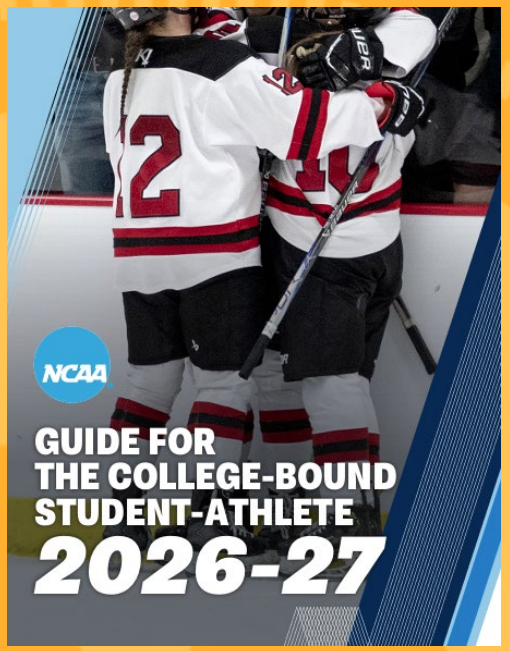
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## Guide for the College Bound Student-Athlete




- Covers Recruiting and Eligibility
- Download at www.ncaa.org (pdf)
- High school academic information (Divisions I, II, III)
- NCAA Eligibility Center registration (Divisions I & II)
  - Google “NCAA Eligibility Center”
- Sample questions to ask in the recruiting process

## NCAA Eligibility Center

- Located in Indianapolis, IN and run by the NCAA
- Review high school transcripts and test scores for all Division I and II prospects
- **Can register as early as 9th grade**
- Costs $110 to register ($170 for international prospects)
- SAT/ACT scores must be sent directly to the Eligibility Center by marking code 9999
- Work closely with your HS counselor to determine core courses/plan classes

## NCAA Core Course

- One full year of academic credit, taught at grade appropriate level

**The NCAA approves core courses, NOT the high school.**

- Each high school has an approved core course list on the Eligibility Center's website
- If the course is not on your high school list at the NCAA, it will not count as a core course
- If a course title on your transcript does not match the title on the NCAA's list, it will not count as a core course

## Division I Core-Course Requirements – 16 core courses needed:

- 4 years of English
- 3 years of Math (Algebra I or Higher)
- 2 years of Natural/Physical Science (one lab)
- 1 year of additional English, Math or Science
- 2 years of Social Science
- 4 years of Additional Core courses

***** Need to plan for this – not just graduate!**

# D1: Qualifier, Academic Redshirt, Non-qualifier

## Qualifier

- Athletic scholarship, practice and competition in your first year in residence
- Five years to compete

## Academic Redshirt

- Athletic scholarship and only practice in your first year in residence
- Five years to compete

## Non-Qualifier

- No scholarship, practice or competition in your first year in residence
- Only four years to compete, with no ability to regain 5th

# Division II –16 core courses needed:

- 3 years of English
- 2 years of Math (Algebra I or Higher)
- 2 years of Natural/Physical Science (one lab)
- 3 year of additional English, Math or Science
- 2 years of Social Science
- 4 years of additional core courses

# Division II GPA Requirements

- Core grade-point average must be at least 2.20 to be a final qualifier, 2.0 to be a partial qualifier

# 10 Core courses must be completed prior to start of senior year in HS; 7 of 10 must be in the following areas:

- English
- Math (Algebra I or Higher)
- Natural/physical science (one lab)

* The 10 core courses utilized to meet this rule may not be replaced by a course taken in the senior year.

# Determining Initial Eligibility

**Academic Component:**

1. Graduation;
2. Complete the minimum number of core courses; and
3. Minimum core grade point average

**Amateurism Component:**

1. Complete amateurism questionnaire

## College Admission Process vs. NCAA Eligibility

Two separate determinations:

- Being a NCAA qualifier does not automatically mean you will be admitted to an institution
- Being admitted to an institution does not mean you are eligible under NCAA requirements

**As of January 2023, test scores are no longer required by the NCAA for initial eligibility.**

**They may still be required on an institutional admissions basis!**

## Prospects jeopardize NCAA amateur status by:

- Formally declaring into professional contract or accepting a salary
- Accepting prize money that exceeds expenses for an athletic event
- Entering into agreement or accepting benefits from agents

## General Recruiting Concepts

- Rules are designed to protect the HS students
- **ASK QUESTIONS!!**
- Ask coaches recruiting you, ask academic resources on campus, ask your high school coaches and counselors

# General Recruiting Concepts

NCAA DIVISION I RECRUITING GUIDE (All sports except Football)

| Sport | Correspondence/ Private Messages | Incoming Telephone Calls | Outgoing Telephone Calls | Unofficial Visits | Official Visits | Off-Campus Contact | Verbal Offer |
|---|---|---|---|---|---|---|---|
| Baseball | 9/1 of junior year | Anytime | 9/1 of junior year | 9/1 of junior year | 9/1 of junior year | 7/1 after junior year | Not legislated |
| Men's Basketball | 6/15 after sophomore year | Anytime | 6/15 after sophomore year | 8/1 before sophomore year | 8/1 before junior year | Opening Day junior year | Not legislated |
| Women's Basketball | 9/1 of junior year | Anytime | 6/1 after sophomore year | Anytime | 1/1 of junior year | 9/1 of senior year | Not legislated |
| Men's Hockey | 1/1 of sophomore year | 1/1 of sophomore year | 1/1 of sophomore year | 1/1 of sophomore year | 8/1 before junior year | 8/1 before junior year | 8/1 before junior year |
| Softball | 9/1 of junior year | 9/1 of junior year | 9/1 of junior year | 9/1 of junior year | 9/1 of junior year | 9/1 of junior year | Not legislated. 9/1 of junior year is first recruiting interaction. |
| All Other Sports (except football) | 6/15 after sophomore year | 6/15 after sophomore year | 6/15 after sophomore year | 8/1 before junior year | 8/1 before junior year | 8/1 before junior year | Not legislated. 6/15 after sophomore year is first recruiting interaction. |

# General Recruiting Concepts

NCAA DIVISION I RECRUITING GUIDE

| | Correspondence/ Private Messages | Incoming Telephone Calls | Outgoing Telephone Calls | Unofficial Visits | Official Visits | Off-Campus Contact | Verbal Offer |
|---|---|---|---|---|---|---|---|
| Football | 6/15 after sophomore year | Anytime | 6/15 after sophomore year | Anytime | 4/1 of junior year | 1/1 of junior year | Not legislated |

# Financial Aid / Scholarship Basics

- DIII schools do not offer athletic scholarships
  - Other financial aid packages may be available
- Financial Aid Agreement is a contract between athlete and college (DI & DII)
  - Athletic scholarships may be multi-year agreements between prospect and institution. This is at the offering institution's discretion
- Full Scholarship = tuition & required fees, room & board, books, and cost of attendance
- Summer aid: Potentially available for scholarship athletes
- If you exhaust eligibility prior to finishing undergrad degree, could be eligible to receive scholarship to finish degree

# House Settlement: Key Changes

**Roster & Scholarships**

- Programs are now bound by roster size limits, not scholarship limits
- Head count & equivalency scholarships eliminated
- Any rostered student-athlete can receive any % of athletically-related aid

**NIL GO (Clearinghouse)**

- Managed by Deloitte – all student-athletes must register
- All external NIL deals must be disclosed in NIL GO
  - Within 5 business days of execution
  - Reviewed for valid business purpose & range of compensation

# Division I Roster Limits

**17.2 Roster Limitations. [S]** Each sport of a Division I institution that is a member of a defendant conference or opts in to the House settlement must comply with the roster limits set forth below in accordance with the provisions of Bylaw 17.2:

| Sport | Limit | Sport | Limit |
|---|---|---|---|
| Women's Acrobatics and Tumbling | 55 | Women's Rowing | 68 |
| Baseball | 34 | Women's Rugby | 36 |
| Men's Basketball | 15 | Men's Skiing | 16 |
| Women's Basketball | 15 | Women's Skiing | 16 |
| Women's Beach Volleyball | 19 | Men's Soccer | 28 |
| Women's Bowling | 11 | Women's Soccer | 28 |
| Men's Cross Country | 17 | Softball | 25 |
| Women's Cross Country | 17 | Women's Stunt | 65 |
| Women's Equestrian | 50 | Men's Swimming and Diving | 30 |
| Men's Fencing | 24 | Women's Swimming and Diving | 30 |
| Women's Fencing | 24 | Men's Tennis | 10 |
| Field Hockey | 27 | Women's Tennis | 10 |
| Football | 105 | Men's Indoor Track and Field | 45 |
| Men's Golf | 9 | Men's Outdoor Track and Field | 45 |
| Women's Golf | 9 | Women's Indoor Track and Field | 45 |
| Men's Gymnastics | 20 | Women's Outdoor Track and Field | 45 |
| Women's Gymnastics | 20 | Women's Triathlon | 14 |
| Men's Ice Hockey | 26 | Men's Volleyball | 18 |
| Women's Ice Hockey | 26 | Women's Volleyball | 18 |
| Men's Lacrosse | 48 | Men's Water Polo | 24 |
| Women's Lacrosse | 38 | Women's Water Polo | 24 |
| Men's and Women's Rifle | 12 | Men's Wrestling | 30 |
| | | Women's Wrestling | 30 |

# Name, Image and Likeness (NIL)

Definitions:

- **NIL:** Student-athlete using their name, image, or likeness for a commercial purpose (e.g. appear in advertisement, license NIL to company, post on social media)

- **Collective:** An NIL entity that assists student-athletes in finding NIL opportunities. They are usually associated with a particular school
  - Dinkytown Athletes – UMN Collective

# Name, Image and Likeness (NIL)

## NCAA Rules to Know

- NCAA rules permit high school students to get paid for an NIL opportunity (check with your high school athletic association for rules)
- Currently, universities cannot directly offer an NIL deal to a recruit, nor can they directly pay current student-athletes for an NIL opportunity
  - This is different from a Collective offering a recruit – which is permissible based on the Tennessee injunction that was granted

- Universities are permitted to provide education and discuss factual information about what their institution is doing with NIL
  - Coaches are also permitted to facilitate agreements for student-athletes, as long as the student-athlete has the final say
- You must perform an action in order to be paid for NIL (e.g. do something, grant permission to a company to use your NIL)
- NIL deal cannot be based on athletic performance

# Athletic Compliance Educational Session

**New Age-Based Model**

Student-athletes 5-year clock begins with the earlier of the following:

- When the student-athlete initially enrolls full time in any collegiate institution (e.g., international or domestic);or
- The start of the regular academic year immediately following the student-athlete's 19th birthday on or after September 1st.

**Examples:**

- Turns 19 on September 1, 2026 or later - Eligibility begins with the fall term of the 2027-28 academic year, unless enrolls full time earlier.
  - Age-based model only

**Application:**

- All student-athletes enrolling in 2027-2028 and beyond will be under the age based model

**So, what are the changes?**

- No more redshirting, season-of-competition limits, eligibility extension waivers, sport-specific eligibility, etc.

*Legislated exceptions for pregnancy, military, or religious mission.

# Questions?

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