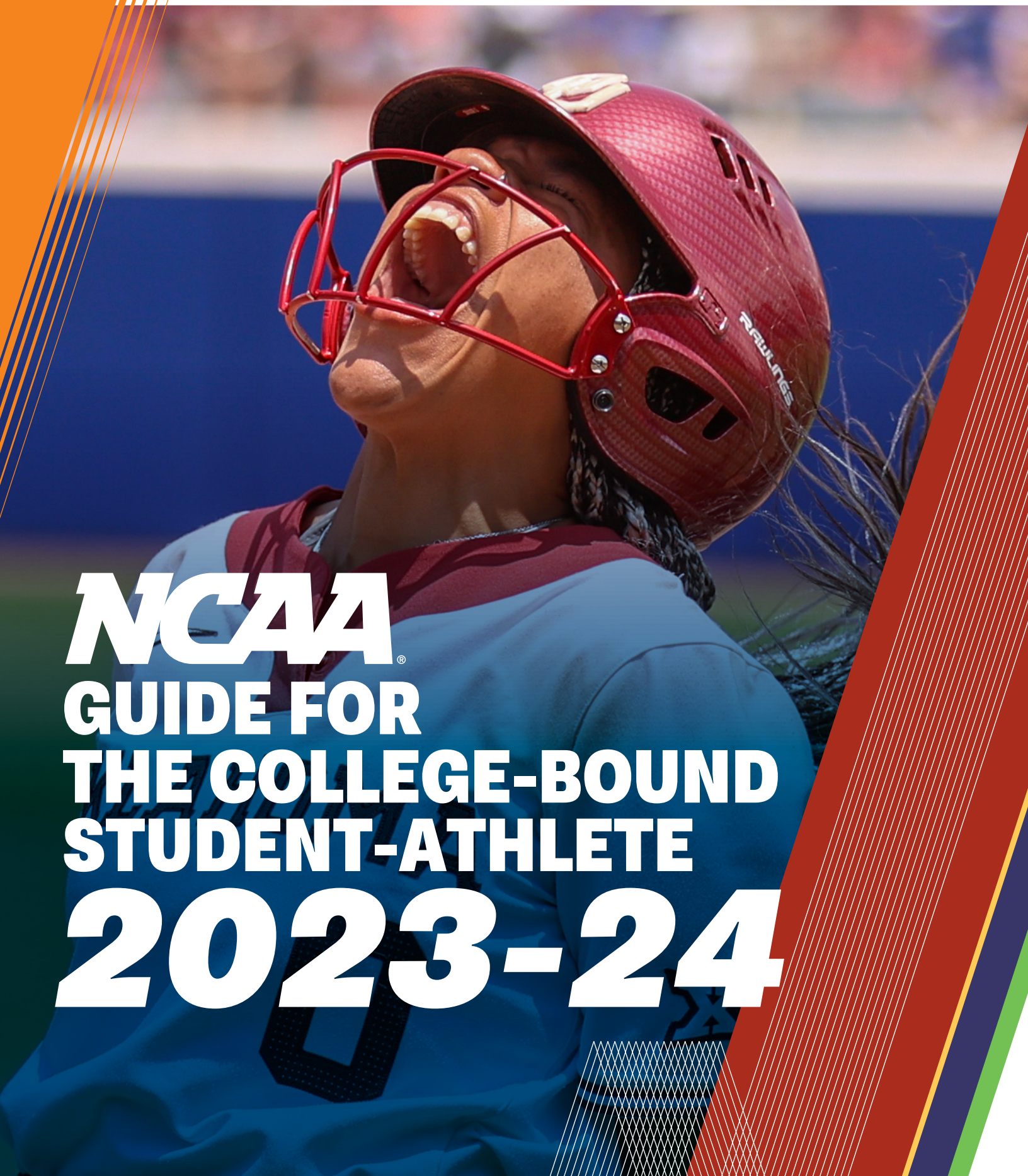
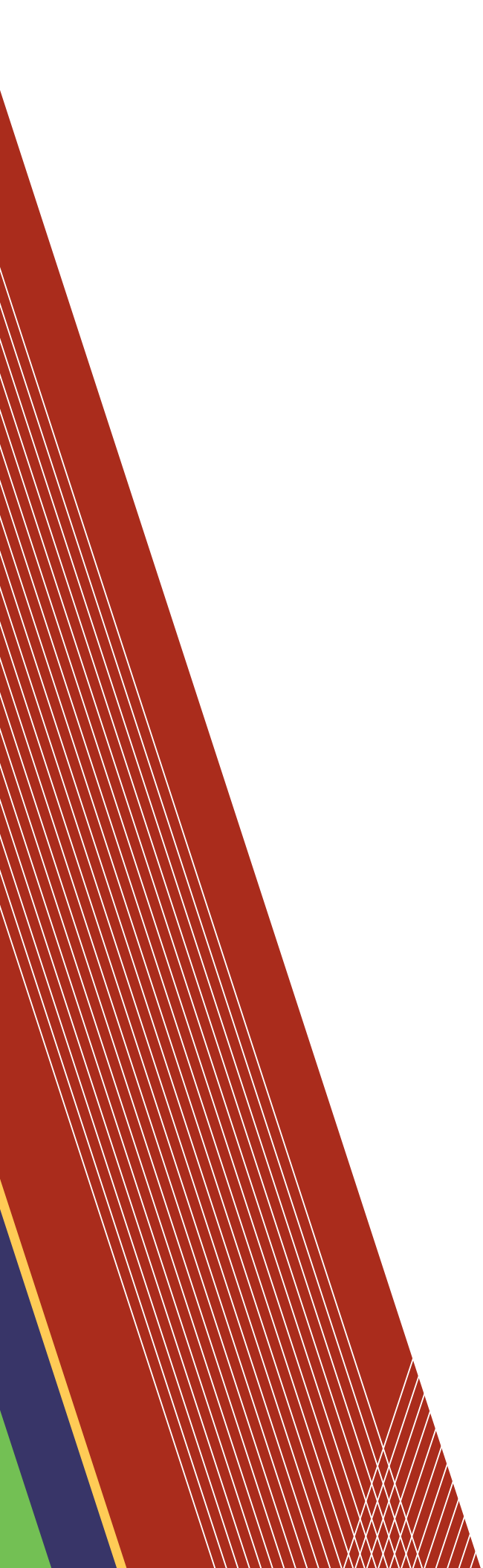
ELIGIBILITY CENTER



NCAA® GUIDE FOR THE COLLEGE-BOUND STUDENT-ATHLETE 2023-24



Inside

What Is the NCAA?

3 Welcome From the President
4 What is the NCAA?
4 NCAA Sports
5 Our Three Divisions

Academic Requirements

7 High School Timeline
8 Registration Checklist
11 Initial Eligibility
12 NCAA-Approved Core Courses
13 Nontraditional and Online Courses
15 Transcripts
16 Grade-Point Average
16 Test Scores
17 Education-Impacting Disabilities
17 Equivalency Tests/Diplomas
18 Division I Academic Standards
20 Division II Academic Standards
21 International Students
21 Home School Students

Amateurism Requirements

23 Amateurism
25 Division III Amateurism Standards

Recruiting

27 Best Practices
28 Questions to Ask
28 Scholarships
29 National Letter of Intent
29 Recruiting Calendars
30 Official vs. Unofficial Visits
31 Important Recruiting Terms

Student-Athlete Experience

33 Celebrating Student-Athlete Success
34 Time Management
36 NCAA Sport Science Institute
37 Transfer Students
37 Thinking of Going Pro?

ELIGIBILITY CENTER

Information

Visit
eligibilitycenter.org
ncaa.org/playcollegesports

Follow
Twitter @NCAAEC
YouTube @NCAAEC
Facebook @NCAAEC
Instagram @playcollegesports

Contact
U.S. and Canada (except Quebec):
877-262-1492 (toll free), 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.
- » Search frequently asked questions at ncaa.org/studentfaq.
- » Check the Help section of eligibilitycenter.org.
- » Visit ncaa.org/playcollegesports.
- » Contact the NCAA Eligibility Center.

Scan the QR code to register for a free Profile Page account!

NCAA, Make It Yours, March Madness and Sport Science Institute are trademarks of the National Collegiate Athletic Association. All other trademarks are property of their respective holders. August 2023.


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. College sports provide the unique opportunity to compete at a high level while working toward a college degree that will lead to lifelong achievement. The NCAA aims to make sure your college experience shapes your leadership skills, personal development and future success. No matter what career path you choose, your college degree 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 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. Those schools work together with the NCAA national office and athletics conferences across the country to support more than 500,000 college athletes that 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 **ncaa.org/divisions**.

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 90 national championships in 24 sports across Divisions I, II and III, with 45 championships administered for women, 42 for men and three coed national championships. That means almost 54,000 student-athletes participate in NCAA championships each year.

From signature events like the NCAA March Madness® basketball tournaments to rowing, rifle, softball and skiing, the NCAA administers championships to ensure student-athletes have a first-class experience. But the NCAA is also committed to quality events for everyone involved, from the coaches to the fans and broadcast audiences.

It is important to the NCAA that our championships have a positive impact on the communities that host them. The NCAA hosts youth clinics and various fan events to complement the competition – creating what is hoped to be a championship experience 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

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 (Division II only)
- Triathlon
- Wrestling

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
NUMBER OF SCHOOLS*	351 (33%)	296 (27%)	433 (40%)
MEDIAN UNDERGRADUATE ENROLLMENT	8,449	2,300	1,655
STUDENTS WHO ARE ATHLETES	1 in 22	1 in 9	1 in 6
AVERAGE NUMBER OF TEAMS PER SCHOOL	19	16	19
PERCENTAGE OF NCAA STUDENT-ATHLETES IN EACH DIVISION	36%	25%	39%
ATHLETICS SCHOLARSHIPS	Multiyear, cost-of-attendance athletics scholarships available **58%** of athletes receive athletics aid	Partial athletics scholarship model **67%** 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 **27,642** undergraduates. The smallest? **228**.

*The number of schools for each division is current as of the 2022-23 academic year. This does not include reclassifying, provisional or exploratory schools. Student-athlete participation numbers include NCAA championship sports only and are current as of the 2021-22 academic year.

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.

What are the eligibility requirements in each division?

If you want to compete at an NCAA school, you must meet academic and/or amateurism standards set by NCAA members. **Academic** and **amateurism standards** are outlined in this guide and can be found on each division's page on **ncaa.org**.



Academic Requirements

Division I and II schools require you to meet academic and **amateurism** standards. While Division III schools set their own admissions and academic requirements, **international student-athletes** (first-year enrollees and transfers) who are enrolling at a Division III school after Aug. 1, 2023, and must be certified as an amateur by the Eligibility Center.

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 requirements.

» Use NCAA Research's **interactive map** to help locate NCAA schools you're interested in attending.

» Find your high school's list of NCAA-approved core courses at **eligibilitycenter.org/courselist** to ensure you're taking the right courses, and earn the best grades possible!

10th GRADE PLAN



» If you're being actively recruited by an NCAA school and have a Profile Page account, **transition** it to the required **certification account**.

» Monitor the **task list** in your NCAA Eligibility Center account for next steps.

» At the end of the school year, ask your high school counselor from each school you attend to upload an official transcript to your Eligibility Center account.

» If you fall behind academically, ask your high school counselor for help finding **approved courses** you can take.

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 with your class.

» Share your **NCAA ID** with NCAA schools recruiting you so each school can place you on its **institutional request list**.

» At the end of the school year, ask your high school counselor from each school you attend to upload an official transcript to your Eligibility Center account.

12th GRADE GRADUATE



» **Request your final amateurism certification** beginning April 1 (fall enrollees) or Oct. 1 (winter/spring enrollees) in your Eligibility Center account at **eligibilitycenter.org**.

» Apply and be accepted to the NCAA school you plan to attend.

» Complete your final NCAA-approved **core courses** as you prepare for graduation.

» After you graduate, ask your high school counselor to upload your final **official transcript** with proof of graduation to your Eligibility Center account.

Registration Checklist

If you want to compete in NCAA sports, you need to register with the NCAA Eligibility Center at **eligibilitycenter.org**. Plan to register before your freshman year of high school (or year nine of secondary school).

Which account type do I need?

1. **Profile Page Account:** If you're not sure 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. If at any time you wish to pursue a Division I or II path, you'll be able to **transition** your account to the required **certification account**.

2. **Academic and Amateurism Certification Account:** You must receive an academic and amateurism certification from the Eligibility Center to compete at an NCAA Division I or II school. You must complete the Academic and Amateurism Certification account registration (including payment or **fee waiver**) before you go on official visits, sign a **National Letter of Intent**, receive an athletics scholarship or compete at a Division I or II school.

3. **Amateurism-Only Certification Account:** If you're an **international student-athlete** (first-year enrollees and transfers), you must receive an amateurism certification from the Eligibility Center to compete at an NCAA Division III school. You must register with a certification account and receive your final amateurism certification before you can compete at a Division III school.

   This account may also be right for domestic students transferring from a two-year school to a Division I or II school who did 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.

NCAA ELIGIBILITY CENTER ACCOUNT TYPES

In which division do you plan to compete?	Academic and Amateurism Certification Account	Amateurism-Only Certification Account	Profile Page* Account
Division I			
Any recent high school graduate (**domestic or international**), first-time enrolling at NCAA school.	✓		
Transferring from a two- or four-year college or university. Check with the compliance office at the school you may attend.	✓ OR	✓	
Division II			
Any recent high school graduate (**domestic or international**), first-time enrolling at NCAA school.	✓		
Transferring from a two- or four-year college or university. Check with the compliance office at the school you may attend.	✓ OR	✓	
Division III			
Recent high school graduate (domestic only), first-time enrolling at NCAA school.			✓
Recent high school graduate who maintains a permanent residence **outside of the U.S.**		✓	
Recent high school graduate who attended high school or college **outside of the U.S.** for any time (excluding U.S.-based students who study abroad).	✓ OR	✓ OR	✓
Recent high school graduate (**international only**), first-time enrolling at NCAA school.		✓	
Recent high school graduate who competed **outside of the U.S.**		✓	
Transferring from a two- or four-year college or university, attended domestic high school(s) only.			✓
Transferring from a two- or four-year college or university, attended at least one international high school (**U.S. territories** are considered domestic).		✓	
Division Undecided/Unknown			
Never enrolled full time at a two- or four-year college or university. Best for younger students or before recruiting begins. Can be transitioned to a certification account when needed.			✓

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 on below. For a Profile Page account, allow 15 minutes to complete. For certification accounts, allow between 30 and 45 minutes to complete. If you need to exit and come back at a later time, you can save and exit once your account is created.

***Unsure which account type is right for you?** Start with our **free Profile Page account**, then check with the compliance office at the NCAA school you may attend. If you need additional assistance, contact the Eligibility Center's Customer Service team at 877-262-1492, 9 a.m. to 5 p.m. Eastern time Monday-Friday for assistance. 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 as you create an account at **eligibilitycenter.org**:

- ☐ **Valid Email for Student**
  To register, you need a valid email address that 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 you have a sibling who has previously registered, you will need to use a different email address than the one in your sibling's account.

- ☐ **Basic Student Personal Information**
  This includes information such as your name, gender, date of birth, primary and secondary contact information, address and mobile number for texting.

- ☐ **Basic Student Education History**
  We will ask you to provide details about all secondary and high schools and additional programs you attend in the U.S. and internationally. Be sure to include all schools, regardless of whether you received grades or credits. If you attended ninth grade at a junior high school located in the same school system in which you later attended high school, do not list the ninth-grade school.

- ☐ **Student Sports Participation History**
  Select the sport(s) you plan to participate in at an NCAA school. For **certification accounts**, we will ask you to provide details for any expenses or awards you received, any teams you have practiced or played with or certain events in which you participated. We also ask about any individuals who have advised you or marketed your skills in a particular sport. This information helps the Eligibility Center certify your amateur status once you **request your final amateurism certification**.

- ☐ **Payment (Certification Accounts Only)**
  Your Academic and Amateurism or Amateurism-Only Certification account registration is complete only after your registration fee is paid (or upon indicating you're eligible for a **fee waiver**, if you're eligible). You may pay online by debit, credit card or echeck. For the Academic and Amateurism Certification account, the fee for college-bound student-athletes attending a high school in the U.S., **U.S. territories** or Canada is $100; the fee for international students is $160. For students for which an Amateurism-Only Certification account is the right choice, the fee for all students is $70. Profile Page accounts do not have a fee.

  All fees are nonrefundable 30 days after the certification account fee is paid. If you completed a duplicate registration and paid your registration fee twice, you may be eligible for a refund. To receive a refund, you will need to complete and submit an **NCAA refund form**.

Unsure if you've already created an account?
Contact Customer Service at 877-262-1492 prior to creating a new account to avoid duplicate account issues during recruiting.



REMEMBER

As a college-bound student-athlete, you're responsible for your eligibility – that means planning ahead, taking high school classes seriously and protecting your amateur status. It can be a challenging step, 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 by ensuring student-athletes are amateurs.

If you want to practice, compete and receive an athletics scholarship during your first year at a Division I or II school, the NCAA Eligibility Center must certify you as eligible. This includes both an academic and amateurism certification. **International student-athletes** planning to enroll at a **Division III school** are required only to receive an **amateurism certification** from the Eligibility Center. (**Domestic college-bound student-athletes** planning to enroll at a Division III school are not required to be certified by the Eligibility Center.) Throughout the process, Eligibility Center staff members partner with you and your family, as well as your high school administrators and coaches, to guide you on your journey.

NCAA-Approved Core Courses

The NCAA core curriculum (**core course**) requirement ensures you're taking high school courses that prepare you for the academic expectations of college. ***Note:*** Not all high school classes are NCAA-approved core courses and may not count toward your 16 core-course credit requirement.

What is a Core Course?

An NCAA-approved core course must meet the following requirements:

Is a four-year college preparatory course in one of these subject areas: English; Math (Algebra I or higher); Science (Including one year of lab, if offered); Social Science; World Language; Comparative Religion or Philosophy	✓
Is taught by a qualified instructor.	✓
Is taught at or above your high school's regular academic level.	✓
You receive credit toward high school graduation and course appears on an official transcript with course title, grade and credit awarded.	✓
Is in a noncore area, such as driver education, typing, art, music, physical education or welding.	✗
Prepares you for work or life, or for a two-year college or technical school, such as personal finance, consumer education or tech prep.	✗
Is taught below grade level, at a slower pace or with less rigor or depth, such as basic, essential, fundamental or foundational courses.	✗
Is a credit-by-exam course.	✗

REMEMBER

Scan the QR code to find your high school's list of NCAA-approved core courses.



Courses that meet the above criteria must be submitted to and approved by the Eligibility Center. Approved classes are included on **your high school's list** of NCAA-approved core courses. (For additional information on how your high school addresses core-course credits in your transcript, review the High School Information section of your high school's list of NCAA-approved core courses.) Make sure you're taking courses on your high school's approved list; ask your high school counselor if you need help. For more information regarding courses that can be taken in each core-course subject area, including additional subject areas, scan the QR code or visit **on.ncaa.com/CCL**.

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 of these courses, and the higher grade counts toward your **core-course GPA**. For more information on core-course credits, visit **ncaa.org/student-athletes/future/core-courses**.

Dual-Enrollment Coursework

Dual-enrollment coursework may be used to satisfy NCAA core-course requirements if the course appears on your high school transcript with grade and credit and meets all requirements for an **NCAA-approved core course**.



Nontraditional and Online Courses

Nontraditional courses are taught online or through distance learning, hybrid/blended, independent study, individualized instruction, correspondence or similar means.

REMEMBER

Log in to your Eligibility Center account frequently to update your school information if you take courses from additional academic programs.

To find out if a nontraditional program or course is approved, search for the school/program on eligibilitycenter.org/courselist and review the "High School" or "District Information" box.

Generally, for a nontraditional course to count as an NCAA-approved core course, it must meet all the following requirements:

- Course must meet all requirements for an **NCAA-approved core course**.
- All students in the course must have regular and ongoing instructor-led interaction for the purposes of instruction, evaluation and assistance for the duration of the course. For example, exchanging emails, online chats, phone calls, feedback on assignments and the opportunity for the teacher to engage the student in individual or group instruction.
- Course must have a defined time period for completion. For example, it should be clear how long students are required to be enrolled and working in the course and how long a school would permit a student to work on a single nontraditional course.
- Student work (e.g., exams, papers, assignments) must be available for evaluation and validation.
- The course should be clearly identified as nontraditional on the student's official high school transcript.

A nontraditional course may not be approved for any of the following reasons:

- Does not have teacher-based instruction.
- Does not require regular and ongoing instructor-led interaction between the student and teacher.
- Does not require students to complete the entire course.
- Does not prepare students for four-year college class work.
- Does not have official student grade records.
- Does not meet NCAA core-course requirements.

When viewing your **school/program's list** of NCAA-approved core courses you will find information about any nontraditional programs or courses in the "High School Information" or "District Information" box as seen below.

HIGH SCHOOL OR DISTRICT INFORMATION

Coursework from this school/program meets NCAA nontraditional core-course legislation.



REMEMBER

If you attend more than one high school or take courses from more than one program, the Eligibility Center needs an official transcript from each high school or program.

Courses Taken Before High School

High school classes taken prior to ninth grade may be used to satisfy NCAA core-course requirements if the course appears on your high school transcript with grade and credit and meets all requirements for an **NCAA-approved core course**. For example, if you take a high school class such as Algebra I or Spanish I before high school, the class may count toward your 16 core-course credits requirement.

Courses Taken After High School

A college course taken after high school graduation may be used toward your initial eligibility and awarded 0.5 units from your college transcript (unless awarded one full unit on your high school transcript). It must appear on your high school transcript with grade and credit meet all requirements for an **NCAA-approved core course**.

For **Division I**, only core courses completed in your first eight semesters will be used in your academic certification. If you graduate from high school on time (in eight semesters) with your incoming ninth-grade class, 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 at a location other than the high school from which you graduated as long as the course is taken prior to full-time enrollment at any college or university.

» 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 an additional core course after on-time graduation may replace one of the remaining six core-course units necessary to meet core-course requirements.

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 at a location other than the high school from which you graduated.

Transcripts

Ask your high school counselor from each school you attend to upload an official four-semester, six-semester and final transcript with proof of graduation (once you have completed high school) to your Eligibility Center account. If you attend more than one high school or take courses from more than one program, the Eligibility Center needs an official transcript from each high school or program you attend. High schools have the capability to upload transcripts directly to a student's account for free from the High School Portal.

Except for school districts with common 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 attend. A school cannot upload your transcript if it is not included in the Education section of your Eligibility Center account. Visit **on.ncaa.com/SubmitTranscript** to learn more about how your high school submits your transcript.

» *International students:* For information on proper submission procedures for transcripts and academic records, **see page 21** or visit **ncaa.org/international**.

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 attend an approved program that does not award credit, a grade report from the program should be submitted.

Grade-Point Average



The NCAA 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 the required number of NCAA core courses will be used. This means that the cumulative GPA listed on your high school transcript could be different than the NCAA core-course GPA used in your certification. Your core-course GPA is based solely on the grades you received in NCAA-approved core courses. To find your high school's list of NCAA-approved core courses, visit **eligibilitycenter.org/courselist**.

Your core-course GPA is calculated on a 4.0 scale. Numeric grades such as 92 or 87 are changed to letter grades, such as A or B. As part of this calculation, each grade received is assigned "quality points," as shown in the scale below. The Eligibility Center does not use plus or minus grades when calculating your core-course GPA. For example, grades of B+, B and B- will each be worth three quality points. Weighted honors or advanced placement courses may improve your core-course GPA, but your high school must notify the Eligibility Center that it awards weighted grades in these classes.

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 most high schools, the lowest passing grade is a D, so the Eligibility Center generally assigns a D as a 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 admission or scholarship requirements.

Calculating Your Quality Points

In order 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 trimester course (0.34 unit):
4 points x 0.34 unit = 1.36 total quality points

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

An A grade (4 points)
for a full-year course (1.00 unit):
4 points x 1.00 unit = 4.00 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 quarter unit = 0.25 unit
1 trimester unit = 0.34 unit
1 semester unit = 0.50 unit
1 year = 1 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.
- Deaf or 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 classes designed for students with EIDs if the classes appear on **your high school's list** of NCAA-approved courses. Courses offered exclusively to students with an EID are indicated by a "=" symbol next to the course's title on the high school's core-course list. For more information regarding EIDs scan the QR code or visit **on.ncaa.com/EID**.

If you have a documented disability (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 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 you graduate from high school on time (in eight semesters with your incoming ninth-grade 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.

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 all the following requirements:

NCAA DIVISION I

1. 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	OTHER Any area listed to the left or courses listed in additional discipline (world language, comparative religion or philosophy)
4 years	3 years	2 years	1 year	2 years	4 years

2. Complete 10 of your 16 NCAA-approved core-course credits, including seven in English, math or science, before the start of the seventh semester. Once you begin your seventh semester, any course that is needed to meet the 10/7 requirement cannot be replaced or repeated.



10/7 requirement: 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.

The Eligibility Center will use the best combination of core courses to meet the 10/7 requirement. Courses can be repeated or replaced if they are not needed to meet the 10/7 requirement.

» Students with solely international academic credentials (including Canada) are not required to meet the 10/7 requirement.

3. Complete your 16 NCAA-approved core-course credits in eight academic semesters or four consecutive academic years from the start of ninth grade. If you graduate from high school early, you still must meet core-course requirements.
4. Earn a minimum 2.3 **core-course GPA**.
5. Ask your high school counselor to upload your **final official transcript** with proof of graduation to your Eligibility Center account.

How to plan your 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 other	(1) Social Science and/or other	(1) Social Science and/or other	(1) Social Science and/or other
4 CORE COURSES	4 CORE COURSES	4 CORE COURSES	4 CORE COURSES



What If I Don't Graduate on Time?

In Division I, if you do not graduate on time (in four years/eight semesters), the Eligibility Center will still use your grades and coursework for the first four years/eight semesters for your certification. You will still need to provide proof of graduation (once you graduate) but may not use any coursework taken after your high school graduation toward your certification.

What If I 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 term in college and receive an athletics scholarship for the entire year.

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 the classes 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 a certification has been completed.

EARLY ACADEMIC QUALIFIER

If you meet **specific criteria** after 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 all the following requirements:

DIVISION II

MAKE IT YOURS

1. 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	OTHER Any area listed to the left or courses listed in additional discipline (world language, comparative religion or philosophy)
3 years	2 years	2 years	3 years	2 years	4 years

2. Earn a minimum 2.2 **core-course GPA**.
3. Ask your high school counselor to upload your **final official transcript** with proof of graduation to your Eligibility Center account.

What If I 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 the classes 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 a certification has been completed.

EARLY ACADEMIC QUALIFIER

If you meet **specific criteria** after 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



For Divisions I and II, an **international student** is one who has taken coursework outside the U.S. (not including **Department of Defense Dependent Schools or American schools abroad**) at any point from the initial start of school year nine through secondary school graduation. (For student-athletes planning to enroll at a **Division III** school, check with the compliance office to determine status.) As an international student enrolling at a Division I or II school, you must submit:

- 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.

Students enrolling at a Division III school should monitor their task list for any additional information needed to certify their amateur status.

ADDITIONAL INFORMATION

For specific details about the documents you must submit, refer to the current **Guide to International Academic Standards for Athletics Eligibility** or visit the International Student-Athletes page at **ncaa.org/international**. For a list of non-English-language resources for future student-athletes, visit **on.ncaa.com/Translated**.

In certain situations, the NCAA 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 frequently for task notifications.

- For information on how to submit international documentation, visit **on.ncaa.com/Intl_Docs**.
- 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 current **Guide to International Academic Standards for Athletics Eligibility** or visit your country's specific information page at **ncaa.org/countries**.

Need help? For specific questions that you can't find the answer to in our other resources, use our International Contact Form, found at **on.ncaa.com/IntlContact**.



Home School Students

Learning at home is not necessarily the same as being home-schooled. 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.

Courses evaluated as home school 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 re-teaching and feedback.
- Determines the overall grade the student achieved in the course.
- Places the grade on a transcript or grade report, or reports the grade to an approved home school umbrella program.

How to Register

If you're a home school student and want to play NCAA sports at a Division I or II school, you need to register with the NCAA Eligibility Center and meet the same standards as all other students.

Once you have completed your registration, visit **ncaa.org/student-athletes/future/home-school-students** and download the **Home School Toolkit**. This resource provides you with all the necessary **home school resources**.



Amateurism Requirements



Amateurism

When you register for an Academic and Amateurism or Amateurism-Only Certification account with the NCAA Eligibility Center, you will be asked a series of questions about your **sports participation** to determine your amateur status. In some instances, the Eligibility Center may need to gather additional information to evaluate your amateur status.

Circumstances Reviewed as Part of the Amateurism Certification Process

- Delaying your full-time collegiate 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/verbal agreement** with an **agent**.
- Involvement with a recruiting service.
- Participating on a Major Junior Hockey League team.

Requesting Final Amateurism Certification

College-bound student-athletes enrolling for the first time at an NCAA Division I or II school and **international students** enrolling for the first time at a Division III school must **request their final amateurism certification** before being certified to compete. (This includes transfers from junior colleges, National Association of Intercollegiate Athletics, 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 your circumstances.) You must request your final amateurism certification through your Eligibility Center account; *the Eligibility Center staff cannot finalize your amateurism certification without your request.* ***Note:*** You can request your final amateurism certification even if other tasks are still open in your account. When you can request your final amateurism 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 final amateurism certification on or after April 1 prior to enrollment.

Winter/Spring Enrollment: If you're enrolling at an NCAA school for the spring semester, you may request final amateurism certification on or after Oct. 1 prior to enrollment.

Delayed Enrollment

After you graduate 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 at a two-year or four-year college or university. If you do not enroll within your **division- and sport-specific grace period** and continue to compete in organized competition, or continue to compete on or after Oct. 1 or March 1 (whichever occurs first after the end of your grace period), you risk losing one season of NCAA eligibility for each consecutive 12-month period you continue to compete. You may also be required to serve an academic year in residence at your NCAA school before you can compete. 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 one season of NCAA eligibility for each consecutive 12-month period you continue to compete. (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 utilize a 12-month grace period in all sports after high school graduation; however, the continued participation in the following activities in each consecutive 12-month period after the initial 12-month grace period has ended will result in a season being charged. Division III requires serving a year in residence if a student participates in any of the following activities after the 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*	Up to	Grace Period*	Up to	Grace Period*	Grace Period*	Grace Period*	Grace Period
6	21ST	3	21ST	3	12	12	12
months	BIRTHDAY	YEARS	BIRTHDAY	YEARS**	months	months	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 one season of NCAA eligibility for each consecutive 12-month period you continue to compete.
** Competition must be sanctioned by the U.S. Ski and Snowboard Association or its international counterparts.



ADDITIONAL INFORMATION

For an overview of NCAA pre-enrollment amateurism bylaws visit **on.ncaa.com/PreEnroll_Amat_Bylaws**.

Frequently Asked Amateurism Questions

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



Division III Amateurism Standards

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, co-curricular 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.

NCAA DIVISION III
DISCOVER | DEVELOP | DEDICATE

While Division III schools set their own admissions and academic requirements, **international student-athletes** (first-year enrollees and transfers) who are enrolling at a Division III school after Aug. 1, 2023, and must be certified as an amateur by the Eligibility Center. This includes completing the **Amateurism-Only Certification account** registration before you can compete at a Division III school. Contact the Division III school you plan to attend for more information about its academic requirements.

Recruiting





Best Practices

If a college coach calls, texts, emails or contacts you via social media; comes to visit your high school; pays your expenses to visit the campus; or (in Divisions I and II) issues you a National Letter of Intent or a written offer of financial aid, you're considered recruited. But when and how do you get recruited? The recruiting process can begin as early as your freshman year (or year nine in secondary school), although in most cases the recruiting process starts before your junior year (or year 10 in secondary school).

- Talk with your family members, high school counselor and coaches about what level of competition they think you should aim for.
- Register for an **Eligibility Center account** before your freshman year of high school (or year nine of secondary school).
- Check your email often for open Eligibility Center tasks.
- Work as hard in the classroom as you do on the field or court! Earn the best **NCAA core-course GPA** possible.
- Use the NCAA Research's **interactive map** to help locate NCAA schools you're interested in attending.
- Research when your **division- and sport-specific recruiting activity periods** are throughout each year.
- If possible, play on elite travel teams and attend camps or showcases in your area to display your skills and build relationships.
- Email college coaches to share your academic and athletic achievements (including highlight videos) and why you're interested in their NCAA school's program.
  - In any contact with a coach, include your name, position and **NCAA ID** in the email subject line for easier reference by the coaching staff.
- If you're being actively recruited by an NCAA school and have a Profile Page account, **transition** it to the required **certification account**.
- Take **unofficial and official visits** to 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 amateurism certification from the Eligibility Center, you also must apply and be accepted to your NCAA school before you can compete on campus. Below are some important questions to ask college admissions staff as you make your decision:

- 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. Below are some important questions to ask NCAA coaches during the recruiting process:

- Academic resources.
- Additional team requirements.
- Athletic training and medical expenses.
- Coaching philosophy and style.
- Degree completion support.
- Injuries and rehabilitation.
- Mental health resources.
- 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 provide more than $3.8 billion in athletics scholarships annually to over 195,000 student-athletes. (**Division III schools** do not offer athletics scholarships.) Be sure you understand what is covered by any offer of athletics aid you may receive from the NCAA school recruiting you, and the costs you would be responsible for outside of that aid.

Possible Elements of Financial Aid	Division I	Division II
Tuition and fees	✓	✓
Room and board	✓	✓
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	✓	✓

Division I schools may provide you with multiyear scholarships. **Division II schools** may only provide you with a one-year scholarship. Additionally, Division I and II schools may provide funding for degree completion to finish your bachelor's or master's degree after your time playing NCAA sports ends.

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

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 what financial aid can be accepted, contact your NCAA school's financial aid office or athletics department for more detailed information about NCAA financial aid rules.

National Letter of Intent

By signing a **National Letter of Intent**, you're agreeing to attend a Division I or II school for one academic year. NLI member schools agree to provide athletics financial aid to you for a minimum of one academic year as long as you're admitted to the school and are eligible for financial aid under NCAA rules.

The NLI is voluntary and not required for you to receive financial aid or participate in sports. Signing an NLI ends the recruiting process because coaches are prohibited from recruiting student-athletes who have signed NLIs with other NLI-member schools.

If you sign an NLI but decide to attend another college, you may request a release, but it is at the signing school's discretion to grant your NLI release. If you sign an NLI with one school but attend a different school, you lose one full year of eligibility and must complete a full academic year at the new school before being eligible to compete. If you have questions about the NLI, visit **nationalletter.org**.

Recruiting Calendars

NCAA Division I and II recruiting calendars promote your well-being and ensure fairness among schools by defining certain periods during the year in which recruiting may or may not occur in a particular sport. To view your division- and sport-specific recruiting calendar scan the QR code or visit **on.ncaa.com/RecruitCal**.

What can happen during contact, evaluation, quiet and dead periods?

Keep in mind that certain recruiting activities, such as calls, visits to your high school, face-to-face contact and other forms of correspondence, may have division- and sport-specific restrictions prior to certain grade levels in high school. *For more information regarding recruiting activity periods visit **on.ncaa.com/RecruitCalendars**.

*Division, Sport and Grade Level Determines Recruiting Activities**			
Contact Period	***Evaluation Period***	***Quiet Period***	***Dead Period***
College coaches may call, write, text or email you and your family.	College coaches may call, write, text or email you and your family.	College coaches may call, write, text or email you and your family.	College coaches may call, write, text or email you and your family.
College coaches may watch you compete.	College coaches may watch you compete.	College coaches may not watch you compete.	College coaches may not watch you compete.
College coaches may visit your high school.	College coaches may visit your high school.	College coaches may not visit your high school.	College coaches may not visit your high school.
College coaches may have face-to-face contact with you and your family.	College coaches may not have face-to-face contact with you or your family off the college's campus.	College coaches may only have face-to-face contact with you and your family on the college's campus.	College coaches may not have face-to-face contact with you or your family.

Official vs. Unofficial Visits



Official Visit

An **official visit** is any visit to a college campus paid for by the NCAA school you're visiting. Before a Division I or II official visit, you must:

- 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.
- Register for an Eligibility Center **Academic and Amateurism Certification account**.

Note: In Division I, you cannot take an official visit during your sport's recruiting **shutdown period** or **dead period**. In Division II, cannot take an official visit during your sport's **dead period**. In Division III, you can be offered an official visit after Jan. 1 of your junior year of high school (or year 11 of secondary school).

What can an NCAA school pay for during an official visit?

Division I	Division II	Division III
Transportation to and from the NCAA school you're visiting for you (and up to two family members).	Your transportation to and from the NCAA school you're visiting.	Your transportation to and from the NCAA school you're visiting.
Your lodging.	Your lodging.	Your lodging.
Up to three meals per day for you and up to four family members.	Your meals.	Up to three on-campus meals per day for you.
Reasonable entertainment expenses (including up to $60 per recruited student-athlete and up to four family members accompanying you, including five tickets to a home sports event).	Reasonable entertainment expenses (including up to $30 per recruited student-athlete and any family member accompanying you, including five tickets to a home sports event).	Reasonable entertainment expenses (including up to $40 per recruited student-athlete and any family member 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 members. In Division I, you may take as many unofficial visits as you like after the **first permissible date** in your sport. ***Note:*** In Division I, you cannot take an official visit during your sport's recruiting **shutdown period** or **dead period**. In Division II, cannot take an official visit during your sport's **dead period**.

What can an NCAA school pay for during an unofficial visit?

Division I	Division II	Division III
Complimentary admission (including three tickets for a home athletics contest).	Complimentary admission (including five tickets for a home athletics contest).	Complimentary admission (including tickets for you and those accompanying you).

Important Recruiting Terms

Celebratory standardized signing form (a form used by Division III schools): A standard NCAA-provided, nonbinding athletics celebratory signing 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: Your division, sport and grade level determine when permissible recruiting activities (such as when college coaches may call, watch you compete, visit your high school, have face-to-face contact with you and your family, etc.) may occur. For more information regarding recruiting activity periods visit **on.ncaa.com/RecruitCalendars**.

Dead period: Your division, sport and grade level determine when permissible recruiting activities (such as when college coaches may call, etc.) and non-permissible recruiting activities (such as when college coaches may watch you compete, visit to your high school, have face-to-face contact with you and your family, etc.) may occur. For more information regarding recruiting activity periods visit **on.ncaa.com/RecruitCalendars**.

Evaluation: When a college coach observes you practicing or competing.

Evaluation period: Your division, sport and grade level determine when permissible recruiting activities (such as when college coaches may call, watch you compete, visit to your high school, etc.) and non-permissible recruiting activities (such as when college coaches may have face-to-face contact off the college's campus with you and your family, etc.) may occur. For more information regarding recruiting activity periods visit **on.ncaa.com/RecruitCalendars**.

Financial aid (scholarship): Any money you receive from a college or another source, such as outside loans or grants. Financial aid may be based on athletics ability, financial need, scholarships or academic achievement.

Five-year clock: In Division I, you have five calendar years in which to play four seasons of competition. Your five-year clock starts when you enroll full-time at any college. Thereafter, your clock continues, even if you spend an academic year in residence as a result of transferring, decide to redshirt, do not attend school or attend school part time during your college career.

Full-time student: 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 amateurism certification decision for you.

International student: In Divisions I and II, an **international student** is any student who is enrolled in a secondary school outside the U.S., U.S. territories or Canada. In Division III, an **international student** 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.

Official commitment: When you sign a **National Letter of Intent**, agreeing to attend a Division I or II school, for one academic year.

Official visit: Any visit to a college campus paid by the NCAA school you're visiting.

Quiet period: Your division, sport and grade level determine when permissible recruiting activities (such as when college coaches may call, have face-to-face contact on the college's campus with you and your family, etc.) and non-permissible recruiting activities (such as when college coaches may watch you compete, visit to your high school, etc.) may occur. For more information regarding recruiting activity periods visit **on.ncaa.com/RecruitCalendars**.

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 **National Letter of Intent** or a written offer of financial aid.

Recruiting calendar: NCAA Division I and II **recruiting calendars** promote your well-being and ensure fairness among schools by defining certain periods during the year in which recruiting may or may not occur in a particular sport.

Recruiting shutdown: A period when no forms of recruiting (e.g., contacts, evaluations, official or Division I unofficial visits, correspondence, or making/receiving calls) are permissible.

Season of competition/participation: Generally, NCAA rules say any competition in a season (regardless of the amount of time) counts as having played one season in that sport. If you play any time during a season (regardless of the amount of time) it counts as having played for an entire season in that sport. A season starts when you spend one second in competition on the field, court, gym or track. In Division III, you use a season if you practice or compete after the first contest. NCAA schools may have sport-specific exceptions to this general rule, so check with the compliance office at the NCAA school you may attend before participating.

Ten-semester/15-quarter clock: In Divisions II and III, you have the first 10 semesters or 15 quarters in which you're enrolled as a full-time student to complete your four seasons of competition/participation. You use a semester or quarter any time you attend class as a full-time student or are enrolled part time and compete for the school. You do not use a term if you only attend part time with no competition or are not enrolled for a term.

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. (AKA: Community or junior colleges.)

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 a **National Letter of Intent**. 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

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

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 four-year Graduation Success Rate of 89% in Division I and Academic Success Rates of 76% in Division II and 88% in Division III.

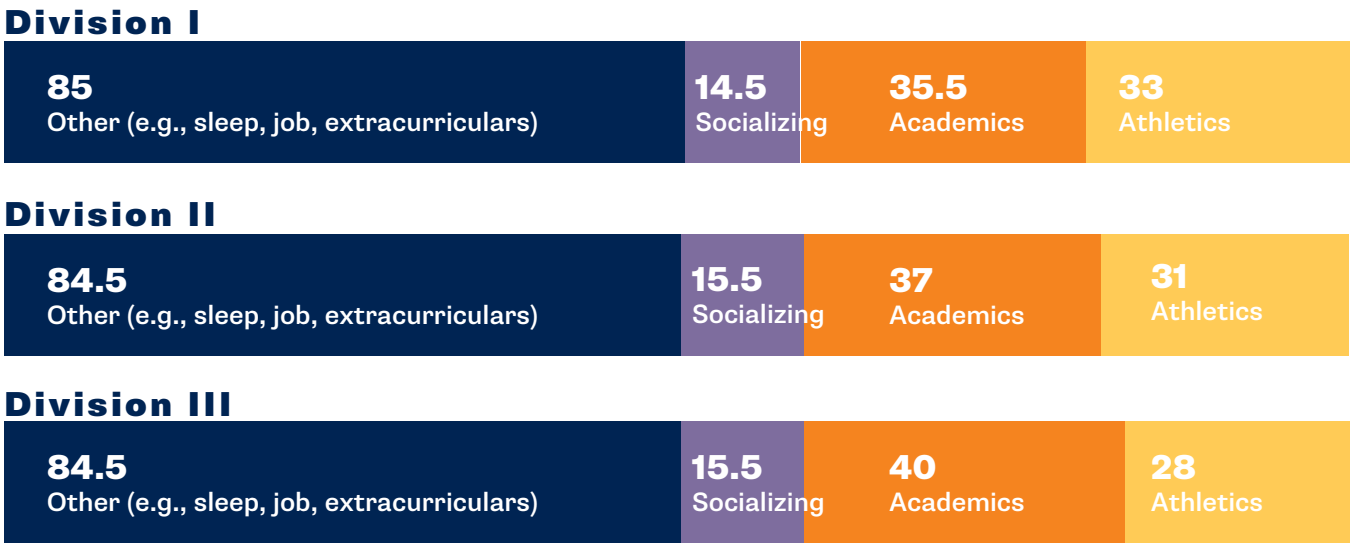
The Association applauds three core components that make up the student-athlete experience — academics, well-being and community service.

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 classes to competition and everything in between, the student-athlete schedule stays busy year-round. Know what awaits before you step foot on the field.

Hours spent on activities per week (168 hours total)



*Medians collected from the 2019 NCAA GOALS study.

What takes up a Division I and II student-athlete's time?

These are considered countable athletically related activities (CARA). 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.



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.

Division I

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

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



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

Participation

1 in every 7.8 **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.



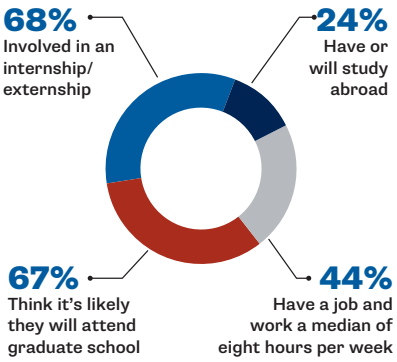
Division III

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



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.



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 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, 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 to foster lifelong physical and mental 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.
- Performance and training.
- Education and policy.

Resources

The NCAA collaborates with multidisciplinary teams, content experts, leading medical and sports medicine organizations, and NCAA member schools to develop and seek endorsement of interassociation best practices and recommendations. These interassociation documents also reflect input from student-athletes, coaches and administrators to support the important work of the NCAA membership in promoting the health and safety of college athletes. Below are links to current interassociation best practices and recommendations:

- **Consensus Recommendations from the NCAA Interassociation Task Force on Sleep and Wellness**.
- **Consensus Statement on Cardiovascular Care of College Student-Athletes**.
- **Independent Medical Care for College Student-Athletes Best Practices**.
- **Interassociation Consensus Document: Best Practices for Understanding and Supporting Student-Athlete Mental Wellness**.
- **Interassociation Recommendations: Preventing Catastrophic Injury and Death in Collegiate Athletes**.
- **Sexual Violence Prevention: An Athletics Tool Kit for a Healthy and Safe Culture**.

For additional health and safety resources, visit **on.ncaa.com/SSI**.

Transfer Students

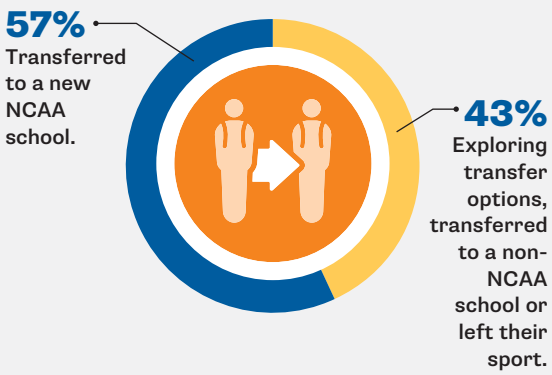
The decision to transfer to another school involves important and sometimes difficult choices. Make sure you understand the rules, the options and the potential consequences of your decision. You do not want to risk your education or your chance to play NCAA sports.

Depending on your college experience, you may be able to compete as soon as you transfer or you might have to be enrolled full time for one academic year at your new school before competing. This time is called an academic year in residence and is designed to allow you to become comfortable in your new environment. You will need to check with the compliance office at the NCAA school you may attend to determine when you will be eligible to compete.

If you're a college student-athlete and need to contact the Eligibility Center's Customer Service team regarding your decision to transfer, first review **on.ncaa.com/Transfer** to learn more about NCAA transfer requirements.

- Student-athletes transferring from a two-year school (junior or 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 2021-22, 57% were reported to have transferred to a new NCAA school. The remaining 43% may still be exploring transfer options, transferred to a non-NCAA school or left their sport.

*Based on the 2022 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.

	Men's Basketball	Women's Basketball	Football	Baseball	Men's Ice Hockey
High School Student-Athletes	540,800	399,100	1,006,000	482,700	35,300
NCAA Student-Athletes	18,800	16,500	73,700	36,000	4,300
NCAA Student-Athletes Drafted	52	31	254	791	71
*Percentage High School to NCAA	3.5%	4.1%	7.3%	7.5%	12.3%
*Percentage NCAA to Professional	1.2%	0.8%	1.6%	9.9%	7.4%

*Percent NCAA to major professional figures are based on the number of draft picks made in the NBA, WNBA, NFL, MLB and NHL 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 more 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!
MORE THAN 500,000 STUDENT-ATHLETES
24 SPORTS | OVER 1,000 SCHOOLS
NCAA ELIGIBILITY CENTER
ncaa.org/playcollegesports