

Nazareth Area High School

College Recruitment Guide for Student Athletes

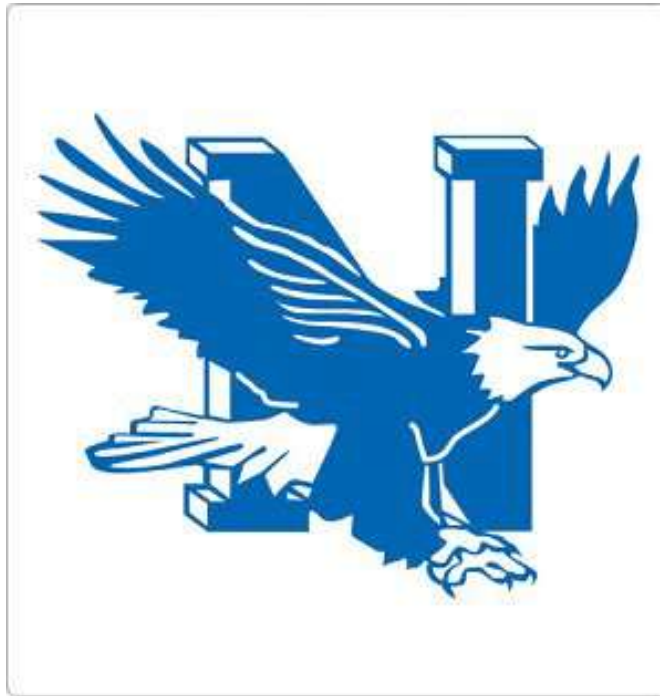


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Introduction Letter

This packet has been created for your convenience to help guide you through an important time in your life. Continuing your academic and athletic career in college requires a tremendous amount of work. Being a student-athlete makes your college admissions process different from other students. While this Recruitment Guide can assist you through the college recruiting and admissions process, you are the driving force to assure that the necessary tasks get accomplished. The Athletic Office, Guidance Counselors, Coaches, and Teachers here at Nazareth Area High School are available to help in any way. The success of this process also depends upon realistic evaluations of your ability, both in the classroom and in the sports arena. There are many people to assist you along the way, so never hesitate to ask for help.

Sincerely,

Nazareth Area High School Athletic & Counseling Offices

Academics & Eligibility

Intercollegiate athletics and academics go hand in hand. Your ability to participate in college sports is not solely dependent on your athletic performance. Organizations like the National Collegiate Athletic Association (NCAA) have established specific standards for all student-athletes who plan to compete in college. To be eligible to participate in college athletics you must meet these certain academic standards.

Believe it or not, the classes you choose now will be important when you are applying to colleges. **Your school counselor is a great resource; get to know your counselor!!** He or she can assist you with requirements for graduation, which classes to take each year, information about careers and colleges, and offer any special help you may need.

In order to be eligible to compete as a freshman in college you will need to make certain that you meet the academic eligibility and core-course requirements of the NCAA, especially if you are interested in playing at the NCAA Division I or II levels.

If you meet NCAA eligibility requirements, you are considered a QUALIFIER.

What is a Qualifier?

Being a qualifier entitles you to:

- Practice and/or compete for your school during your first year of college.
- Receive an athletic scholarship during your first year of college.
- Play four seasons in your sport if you maintain your eligibility from year to year.

Eligibility Requirements for Division I (to be a “Qualifier”)

If you want to participate in athletics or receive an athletic scholarship during your first college year, you must:

- Graduate from High School;
- Complete these 16 core courses:
 - 4 years of English
 - 3 years of Math (Algebra I or higher)
 - 2 years of natural or physical Science (one year of lab, if offered)
 - 1 extra year of English, Math, or natural or physical Science
 - 2 years of Social Science
 - 4 years of additional courses, (any area above foreign language or comparative religion/philosophy)
- ** Students must present a corresponding test score (ACT sum score or SAT combined score) and core-course GPA (min. 2.3 – **As of August 1, 2016**) on Sliding Scale B (p. 25).

What If I am Considered a Division I Non-Qualifier?

As a non-qualifier, you will not be able to:

- Practice or compete for your college/university during your first year of school; or
- Receive an athletic scholarship during your first year of college, although you may receive need-based financial aid.

You may be able to play only three seasons in your sport if you maintain your eligibility from year to year (to earn a fourth season you must complete at least 80 percent of your degree requirements before beginning your fifth year of college.)

Division I Test Score – GPA Sliding Scale

- See charts and additional information on pgs. 24-25

Eligibility Requirements for Division II (to be a “Qualifier”)

If you enroll in a Division II college and want to participate in athletics or receive an athletic scholarship during your first year, you must:

- Graduate from High School;
- Complete these 16 core course:
 - 3 years of English
 - 2 years of Math (Algebra I or higher)
 - 2 years of natural or physical Science (one year of lab, if offered)
 - 3 years of additional English, Math, or natural or physical Science
 - 2 years of Social Science
 - 4 years of additional courses (any area above foreign language or comparative religion/philosophy).
- **The current Division II core GPA requirement is a min. 2.000. Division II core GPA required to be eligible for competition as of August 1, 2018, is 2.200 (corresponding test-score requirements are listed on the Sliding Scale on p. 27)
- **The minimum Division II core GPA required to receive athletics aid and practice as a partial qualifier as of August 1, 2018 is 2.000 (corresponding test-score requirements are listed on the Sliding Scale on p. 27)

What is a Division II Partial Qualifier?

Beginning August 1, 2018, to become a full or partial qualifier for Division II, all college-bound student athletes must complete the 16 core course requirements.

As a partial qualifier, you:

- Can practice with your team at its home facility during your first year.
- Can receive an athletic scholarship during your first year.
- Cannot compete during your first year.
- Can play four seasons in your sport if you maintain your eligibility from year to year.

What is a Division II Non-qualifier?

You will be considered a non-qualifier if you did not graduate from high school, or, if you graduated and are missing both the core-course GPA and minimum number of core courses and that required ACT or SAT scores.

As a non-qualifier, you:

- Cannot practice or compete during your first year.
- Cannot receive an athletic scholarship during your first year, although you may receive need-based financial aid.
- Can play four seasons in your sport if you maintain your eligibility from year to year.

Division II Test Score – GPA Sliding Scale

- See charts and additional information on pgs. 26-27

What if I want to play NCAA Division III?

Division III does not use the NCAA Eligibility Center and requirements. Contact your Division III college or university regarding its policies on admission, financial aid, practice and competition.

Be sure to ask your High School Guidance Counselor for the list of NCAA Courses on the NCAA Eligibility Center's website. Only courses that appear on your school's approved List of NCAA Courses will be used in the calculation of the core GPA. Use the list as a guide.

Game Plan / Time Line

Freshman Year (9th Grade)

- Establish a four-year academic plan (with your guidance counselor) to meet all core course requirements.
- Take a strong academic course load.
- Maintain at least a 2.3 GPA (grade point average) out of 4.0 in core classes.
 - 2.3 = 77-79 and 4.0 = 94-100
- Inform your Coach, Counselor, and Athletic Director you may be interested in playing sports in college.
- Participate in as many or all sports you have an interest in.
- Attend at least one sport-specific camp or clinic to improve personal skills. (Talk to your Coach or A.D. about which camps would be best for you.)
- Weight train, condition, and continue to build skills in the off-season.
- Begin to record your athletic information and achievements to help build an athletic resume.
- Begin to record some game film and highlights for recruiters. (HUDL)
- Get involved in extracurricular and volunteer activities.
- Be aware of your off field lifestyle and the image it portrays.
 - Choose friends wisely; avoid troublesome crowds.
 - Keep your online social media profiles clean and appropriate.
 - Avoid drugs, alcohol and tobacco.
 - Don't fight or break the law.
- Begin thinking about the academic area of study you might want to major in, and research which schools excel in that area.

Sophomore Year (10th Grade)

- Continue taking a strong academic course load.
- Continue to maintain at least a 2.3 GPA (grade point average) out of 4.0 in core classes.
 - 2.3 = 77-79 and 4.0 = 94-100
- Continue to participate in as many or all sports you have an interest in.
- Attend at least one sport-specific camp or clinic to improve personal skills.
- Play in outside leagues and tournaments (Ex. AAU). Participate in college showcases and other college recruitment events to gain exposure.
- Continue to weight train, condition and build skills in the off-season.
- Continue to compile game film and highlights, as well as any athletic or academic achievements to form your resume.
- Research colleges that fit your academic and athletic needs.
 - Fill out online questionnaire (if applicable) to show interest and receive more info.

- Search the schools athletic site for roster turnover and recruiting trends.
- Determine potential level of collegiate competition (D I, II, III.)
- Investigate teams playing style and coaching style of schools you're interested in.
- Search for schools with academic majors that interest you.
- Send initial contact letters to college coaches at schools you are interested in attending.

Junior Year (11th Grade)

- Register with NCAA Eligibility Center (**must be done prior to the end of Junior year for D I & D II**)
- Continue to take a strong academic course load, and maintain a 2.3 or above.
- Make certain you are taking the required core academic courses.
- Register for, prepare, and take required standardized tests (Ex. SAT, ACT)
- Designate the NCAA to receive SAT & ACT test scores when registering by using the NCAA code when registering (Code is #9999)
- Continue to participate in as many or all sports you have an interest in.
- Attend at least one sport-specific camp or clinic to improve personal skills.
- Play in outside leagues and tournaments (Ex. AAU). Participate in college showcases and other college recruitment events to gain exposure.
- Continue to weight train, condition and build skills in the off-season.
- Continue to compile game film and highlights, as well as any athletic or academic achievements to keep resume and recruiting tape updated.
- Stay in contact with college coaches and update them on your achievements throughout the year.
- Call the college Coach to make an appointment to meet with him/her if you are going to visit and interview at the college. (Important: Coaches cannot return your call or contact you before July 1.)
- July 1 following the junior year is the first date that a college Coach can initiate contact with a prospective player – Contact may include a telephone call, text message, official or unofficial visit to campus.
- Schedule and take unofficial visits
 - Find time to meet with coaches around their busy schedules
 - Bring pen and notepad, and have a few questions ready about the program, the coach's level of interest and his or her plans to remain at the school during your four years
 - Provide coaches with your highlight tape and stat sheets
 - Talk to players on the team
 - Check out the facilities
 - Go to a class in your area of interest
 - Keep a list of pros and cons from each school and coaching staff after visits

Senior Year (12th Grade)

- Continue to take a strong academic course load, and maintain a 2.3 or above.
- Make certain you are taking the required core academic courses and on pace to meet all academic requirements for graduation.
- Take and/or Re-take required standardized tests (Ex. SAT, ACT)
- Designate the NCAA to receive SAT & ACT test scores when registering by using the NCAA code when registering. (Code is #9999)
- Continue to participate in as many or all sports you have an interest in.
- Attend at least one sport-specific camp or clinic to improve personal skills.
- Play in outside leagues and tournaments (Ex. AAU). Participate in college showcases and other college recruitment events to gain exposure.
- Continue to weight train, condition and build skills in the off-season.
- Continue to compile game film and highlights, as well as any athletic or academic achievements to keep resume and recruiting tape updated.
- Meet with your Guidance Counselor for help with all required forms and applications.
 - Obtain and submit college applications to desired schools before specific application deadlines. (Apply to several colleges)
 - Financial Aid forms and alternate funding options. (Ex. FAFSA, etc.)
- Narrow down schools of interest and eliminate others.
- Continue to visit the campuses of those schools in which you are interested (official or unofficial), make appointments to meet the coach as well as admissions and financial aid officers.
- Continue to write, e-mail, or call the coaching staff expressing interest in their school and athletic program.
- By mid-way point of senior year, have schools narrowed down to a few choices.
- Make final decision!
- Notify all college coaches you've been speaking with of your final decision.
- Contact your new college coach to request the team strength and conditioning manual, as well as any other offseason/preseason materials.
- Email/mail thank you letter to new coach and/or anyone who helped you through the process.

Students and parents must take the initiative and work on their own behalf. Please do not sit back and wait for someone to do it for you. Staying on top of all the information throughout the high school years makes it easier when the actual time comes to apply for college.

NCAA Eligibility Center

Registering with the NCAA Eligibility Center

Must be done prior to the end of your junior year

- Go to <http://NCAA.org/>
- Click on:
 - Student-Athletes
 - NCAA Eligibility Center
- Click on:
 - Student-Athlete Registration
 - NCAA College-Bound Student Athletes (Enter Here)
- Click on:
 - Create Account (Cell Phone)
 - Complete Registration
- Click on:
 - Resources
 - Forms
 - Transcript Release Form
- Bring signed "Transcript Release Form" to the Counseling Office

It is the Student's responsibility to complete this registration. You cannot make official visits (financed by the college) to a campus, try out or even practice with a college team until this paperwork is filed with the NCAA.

There are more informational charts on pgs. 21-23 with further detail into NCAA eligibility.

NCAA Rules & Regulations

High School athletes are bound by the same NCAA rules and regulations that college players are. Your failure to be aware of these requirements could jeopardize your athletic future. Read the following NCAA rules carefully and share them with your parents/guardians/coaches. Be sure to talk with your Guidance Counselor, Athletic Director, and Coach if you have any questions.

The following are general regulations. For more specifics, refer to the charts on p. 20-21. Certain deadlines for recruitment vary from sport to sport.

Division I & II Recruiting

Boosters – No alumni, boosters, or representatives of a college’s athletic interests may be involved in your recruiting (you may not receive letters or phone calls). This does not apply to regular admissions officers or athletic coaches.

Phone Calls – You can make calls to coach at your expense only. Coaches for most sports cannot call you until specific dates during your junior year.

Letters / Mail – You may receive brochures for camps and questionnaires at any time. Letters from college coaches, students, or faculty are not permitted until after specific dates before or during your junior year.

Contact (Face-to-Face) – There is no in person contact allowed throughout your sophomore and junior years. Beginning on specific dates in your senior year, in person contact is allowed. There are certain limits to how often a coach may contact you face-to-face off-campus.

Evaluation – An evaluation is an off-campus activity that is used to assess your athletic ability. This means a college coach or recruiter could come watch you play a high school game, AAU tournament, showcase, or combine. No evaluations may be done until your senior year. There is also a limit on the number of times a school may evaluate you. See chart.

Official Visits – During your senior year, you may have one expense paid visit to a school. You may receive FIVE total visits, ONE per school, to the schools in which you are interested. This restriction applies even if you are being recruited in more than one sport. You may not visit a school officially more than once. You may not go on an official visit unless you have been cleared by the Eligibility Center. An official visit may not exceed 48 hours. You may receive round trip transportation costs between your house and the school, meals, lodging, and complimentary tickets to athletic events.

Unofficial Visits – A visit is considered unofficial when you visit a campus at your own expense. You may take an unlimited number of unofficial visits during any of your years in high school. A coach may choose to invite you to campus for an unofficial visit to get to know you and enable you to get a feel for campus life and the team. Make sure that you and the coach are in agreement as to whether the visit is considered official or unofficial so that you do not go over your official visit quota and remain eligible.

Gifts – You may receive unofficial university publications, letters, game programs, media guides, pre-enrollment information, and a student-athlete handbook. You may not receive clothing, college mementos, cash, cars, improper expenses, gifts, or loans.

Division III Recruiting

Recruiting Materials – You may receive printed materials at any time.

Phone Calls – You may make calls to the coach at any time, at your expense. There is no limit on number of calls from a college coach or when they can be made.

Off-Campus Contact – A college coach may begin to have contact with you and your parents/guardians off the college's campus after your junior year.

Official Visits – You may make official visits starting the opening day of classes your senior year. You may make only one official visit per college, but there is no limit to the number of official visits you can take.

Unofficial Visits – You may make an unlimited number of unofficial visits any time.

Gifts – Rules are the same as D I & D II.

The above information is a brief overview of some rules & regulations. There are some helpful charts located on pgs. 20-27 with more details. To learn more please visit the NCAA website at NCAA.org

NCAA and Differences in Divisions

NCAA

The National Collegiate Athletic Association is the organization that is responsible for almost all inter-collegiate athletic competition. All of the big college-sporting events that you can watch on major television are run by the NCAA. These competitions almost always consist of Division I schools, but the NCAA also oversees two other divisions. Division II and Division III are the other options for college athletes that fall under the NCAA.

There are many differences between the different divisions, but most of them you will never have to worry about. Also, the recruitment information and timelines differ depending on what sport you play, so be sure to check the recruitment calendar and recruitment guidelines for your specific sport. It's mostly coaches who should be worrying about these rules, but it's nice to know that a coach isn't calling you back simply because he can't, not because he didn't like your voicemail.

Division I

Division I member schools are required to sponsor a minimum of seven sports for women and seven for men (or eight for women and six for men). This must include two sports for both men and women. Division I is home to many of the country's biggest universities. There are many scholarship opportunities and the competition level is at its highest. This division is seen as the first step towards professional sport.

Division II

Division II member colleges are required to sponsor at minimum of five sports for women and five for men, (or six for women and four for men). This must include two team sports for both women and men. Each college playing season must be represented by each gender as well. There are participant and contest minimums set for each sport and scheduling criteria as well. The NCAA sets maximum financial aid awards for each sport that a Division II institution cannot exceed. Division II athletics programs are financed through the college budget like other academic departments on campus. Division II schools tend to be smaller universities and colleges, some private, some public.

Division III

Division III member colleges are required to sponsor a minimum of five sports for women and five for men. There are no athletic scholarships offered by D III institutions. Student-athletes receive no financial aid related to their athletic ability and sports departments are funded and staffed like any other department in the university. Athletics at D III level encourages participation by maximizing the number and variety of athletics opportunities that are available to students. The emphasis is on conference and regional in-season competition. Division III colleges are limited as far as recruiting is concerned and the level of play varies greatly. The vast majority of Division III schools are smaller, private colleges and universities.

The above information is a brief overview of the differences. To learn more please visit the NCAA website at NCAA.org

Questions to Ask During Your Visit

Before you decide to make your first visit to college, it's a good idea to think carefully about the kind of information you are going to need to make an informed college selection. Once you do, you'll be able to ask the right questions. Here's some suggestions:

Ask the Coach / Recruiter:

- What position do you want me to play and how many others are you recruiting for the same position?
- What is your coaching philosophy? What is your offensive philosophy? What is your defensive philosophy? Are you considering any changes?
- Will I be red-shirted? If I need a 5th year, will the school help finance it?
- What happens to my scholarship / financial aid if I'm injured or ineligible?
- What types of academic support services are available for athletes?
- Has drug/alcohol use been an issue at your school or with your athletic program?
- What is expected of players in the off-season?

Ask the Athletes at the School:

- What does your typical daily schedule look like – in terms of course load and practices? How does it change whether you're in-season or out of season?
- Approximately how many hours per night do you study/do classwork?
- Generally, what are the feelings of professors towards athletes?
- How do you like the living spaces? How do you like the food?
- How is your relationship with your academic advisor? Do you find them helpful?
- Are the coaches available and supportive when you have academic concerns and challenges?

Ask the Non-Athletes at the School (Can also be used to ask Athletes):

- What do you think of the quality of education you are receiving?
- If you had the chance to do it all over again, would you still choose this school?
- What is the general opinion of the athletic program at this school?
- Do you like to attend the school's athletic events?

Ask the School Officials and Admissions Officers:

- What are the graduation rates for athletes at the school? Specifically, my sport?
- What is the average length of time that it takes someone to earn a degree in (your area of interest for a major)? For athletes in the chosen major?
- What are the placement rates and average starting salaries for graduates in my field of study?
- What is my eligibility for additional finance?

Questions to Ask Yourself

You will have to ask yourself several important questions in order to select the right school for you. The questions below will provide you with a good start. Take the time to think carefully about your answers and be sure to speak with your Guidance Counselor, Coach, Athletic Director, and parents about answers that might be difficult for you. Remember that you want the right academic and athletic experience.

- Did any of the coaches or recruiters have negative things to say about their school or any of the other schools that you are considering?
- Did any of the coaches or recruiters promise that you'd compete right away, or even be a starter? (If so, they could have been dishonest or misleading)
- Would you attend the school even if you had no intention of competing in athletics?
- Do the coaches and players seem genuine and caring for each other?
- Will you be academically successful at this school? Athletically successful? How do you measure up to the athletes already there?
- Were the coaches and players you met honest, available, friendly, and genuinely interested in you?
- Were the coaches interested in academics? Did they ask about your educational goals? Were they knowledgeable about your intended field of study?
- Will you fit in with the rest of the student body at the school? Will you fit in with the current team? Will you be comfortable here for four years?
- How would you feel if one or more of the coaches left? Will you still be happy with the school and your athletic participation?
- Does the school satisfy all of the criteria that you established with your parents and Guidance Counselor? This is perhaps the most important question.

Sample Athletic /Academic Resume

Johnny Student
1234 Victory Lane
Nazareth, PA 18064
610 – 555- 5555
johnny.student@gmail.com

Educational Background

GPA – 3.2 or 86%
PSAT – 1200 (610 CR – 590 M)
ACT - 28
SAT – 1210 (610 CR – 600 M)
Honor Role grades 9-12
Enrolled in 3 Honors courses
Will pursue a degree in Communications and a minor in Finance

Extracurricular

Student Government grades 11-12
Special Olympics grades 9-12
(List all other clubs, community service or activities)

Athletic Background

Basketball

Varsity Basketball Letterman grades 9-12
Team Captain grade 12
Awarded Scholar Athlete and Outstanding Senior Award
All-Conference 1st Team grade 12

Football

Varsity Football Letterman grades 10-12
Team Captain grade 12
JV Football grade 10
Freshman Football grade 9
All-Conference Honorable Mention grade 11
All-Conference 2nd Team grade 12

Sample Recruiting Letter

Heading

- Name
- Date
- Address

Paragraph 1

- Why do you like the school? (2-3 points)
 - Location - history - tradition - academics
- Why do you like the athletic program?
 - Success - facilities - staff - friends/teammates

Paragraph 2

- Speak in regards to you as a person and a student
 - Character - interesting fact or 2 - what makes you special - academic scores - establish relationship with the coach
- Speak in regards to athletic achievement and why you would be a good addition to their school and team
 - Skills - stats - strengths - successes

Paragraph 3

- Conclusion
 - Re-establish reasons for interest in the school
 - Make it clear you expect to be in further contact soon
 - Thank coach for their time and consideration

Extras

- Attach or provide highlight tape
- Have references or letters of recommendation ready

Include a list of 3-5 references (people who can speak highly on your behalf)

Ex. – Mr. Fred Coach, Head Football Coach (NHS) fred.coach@gmail.com (phone #)

Interesting Facts

There are 764 High Schools located in Pennsylvania (PA)

Over 350,000 students participate in interscholastic athletics in PA

There are approximately 25,000 high school/secondary schools in the United States

Over 7.8 million students participate in interscholastic athletics nationwide

About 2% of these participants are contacted by a college coach or recruiter

About 3.5% of these participants go on to participate in collegiate athletics
(D1-D2-D3)

Less than half of 1% of collegiate athletes receives substantial financial aid

**Think about how many student athletes have the same goals and aspirations
as YOU....What will you do to separate YOURSELF from the crowd!?**

Helpful Links and Documents

www.NCAA.org

- Eligibility Center

www.NFHS.org

- National Federation of State High School Associations

Field Level recruiting service (Free) – www.fieldlevel.com

- Online recruiting service used by almost 6,000 coaches
- Apps for phone and tablet
- Just register for a free account and coaches can view your profile, attributes, and statistics.

Pages 21-23 – Recruiting Regulations and Timelines

Pages 24-27 – NCAA Eligibility Information and Requirements

Recruiting Regulations

Introduction

College coaches must follow the rules outlined in this section. You are expected to follow these rules as well.

Recruiting Terms

Contact. A contact occurs any time a coach has any face-to-face contact with you or your parents off the college's campus and says more than hello. A contact also occurs if a coach has any contact with you or your parents at your high school or any location where you are competing or practicing.

Contact period. During this time, a college coach may have in-person contact with you and/or your parents on or off the college's campus. The coach may also watch you play or visit your high school. You and your parents may visit a college campus and the coach may write and telephone you during this period.

Dead period. The college coach may not have any in-person contact with you or your parents at any time in the dead period. The coach may write and telephone you or your parents during this time.

Evaluation. An evaluation is an activity by a coach to evaluate your academic or athletics ability. This would include visiting your high school or watching you practice or compete.

Evaluation period. The college coach may watch you play or visit your high school, but cannot have any in-person conversations with you or your parents off the college's campus. You and your parents can visit a college campus during this period. A coach may write and telephone you or your parents during this time.

Official visit. Any visit to a college campus by you and your parents paid for by the college. The college may pay the following expenses:

- Your transportation to and from the college;
- Room and meals (three per day) while you are visiting the college; and
- Reasonable entertainment expenses, including three complimentary admissions to a home athletics contest.

Before a college may invite you on an official visit, you will have to provide the college with a copy of your high school transcript (Division I only) and SAT, ACT or PLAN score and register with the NCAA Eligibility Center.

Prospective student-athlete. You become a "prospective student-athlete" when:

- You start ninth-grade classes; or
- Before your ninth-grade year, a college gives you, your relatives or your friends any financial aid or other benefits that the college does not provide to students generally.

Quiet period. The college coach may not have any in-person contact with you or your parents off the college's campus. The coach may not watch you play or visit your high school during this period. You and your parents may visit a college campus during

this time. A coach may write or telephone you or your parents during this time.

Unofficial visit. Any visit by you and your parents to a college campus paid for by you or your parents. The only expense you may receive from the college is three complimentary admissions to a home athletics contest. You may make as many unofficial visits as you like and may take those visits at any time. The only time you cannot talk with a coach during an unofficial visit is during a dead period.

Verbal commitment. This phrase is used to describe a prospect's commitment to a school before he or she signs (or is able to sign) a National Letter of Intent. A prospect can announce a verbal commitment at any time. While verbal commitments have become very popular for both prospects and coaches, this "commitment" is NOT binding on either the prospect or the school. Only the signing of the National Letter of Intent accompanied by a financial aid agreement is binding on both parties.

Recruiting Calendars

To look at recruiting calendars for all sports, go to NCAA.org.

NCAA Eligibility Center

Starting November 1, 2007, the NCAA Eligibility Center will begin processing academic and amateurism certifications and taking over all operations previously handled by the NCAA Initial-Eligibility Clearinghouse. Located in Indianapolis, Indiana, the eligibility center works closely with the NCAA national office, ensuring all academic and amateurism regulations are met. You may continue to access your initial-eligibility file by visiting www.ncaaclearinghouse.net. Customer service representatives are available to assist you. Please use the telephone numbers listed below (current clearinghouse information) to reach customer service representatives. Any additional information, including transcripts and test scores should be sent to:

Before November 1, 2007:

NCAA Initial-Eligibility Clearinghouse
301 ACT Drive
P.O. Box 4043
Iowa City, Iowa 52243-4043
www.ncaaclearinghouse.net
877/262-1492 (customer service Monday – Friday,
8 a.m. – 5 p.m. Central time)
319/337-1492 (international callers)
319/337-1556 (fax)

After November 1, 2007:

NCAA Eligibility Center
P.O. Box 7110
Indianapolis, Indiana 46206
www.ncaaclearinghouse.net
877/262-1492 (customer service Monday – Friday,
8 a.m. – 5 p.m. Eastern time)
317/223-0700 (international callers)

Summary of recruiting rules for each sport—Division I

	RECRUITING METHOD	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	OTHER SPORTS
SOPHOMORE YEAR	Recruiting materials	<ul style="list-style-type: none"> You may receive brochures for camps and questionnaires. You may begin receiving recruiting materials June 15 after your sophomore year. 	<ul style="list-style-type: none"> You may receive brochures for camps and questionnaires. 	<ul style="list-style-type: none"> You may receive brochures for camps and questionnaires. 	<ul style="list-style-type: none"> You may receive brochures for camps and questionnaires.
	Telephone calls	<ul style="list-style-type: none"> You may make calls to coach at your expense. College may accept collect calls from you at end of your sophomore year. College coach cannot call you. 	<ul style="list-style-type: none"> You may make calls to coach at your expense only. College coach cannot call you. 	<ul style="list-style-type: none"> You may make calls to coach at your expense only. College coach cannot call you. 	<ul style="list-style-type: none"> You may make calls to coach at your expense only. College coach cannot call you. Women's Ice Hockey—If you are an international prospect, a college coach may call you once in July after sophomore year.
	Off-campus contact	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed.
	Official visit	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed.
	Unofficial visit	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits.
	RECRUITING METHOD	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	OTHER SPORTS
JUNIOR YEAR	Recruiting materials	<ul style="list-style-type: none"> Allowed. You may begin receiving recruiting materials June 15 after your sophomore year. 	<ul style="list-style-type: none"> You may begin receiving September 1 of junior year. 	<ul style="list-style-type: none"> You may begin receiving September 1 of junior year. 	<ul style="list-style-type: none"> You may begin receiving September 1 of junior year. Men's Ice Hockey—You may begin receiving recruiting materials June 15 after your sophomore year.
	Telephone calls	<ul style="list-style-type: none"> You may make calls to the coach at your expense. 	<ul style="list-style-type: none"> You may make calls to the coach at your expense. 	<ul style="list-style-type: none"> You may make calls to the coach at your expense. 	<ul style="list-style-type: none"> You may make calls to the coach at your expense.
	College coaches may call you	<ul style="list-style-type: none"> Once per month beginning June 15, before your junior year, through July 31 after your junior year. 	<ul style="list-style-type: none"> Once per month in April, May and June 1-20. Once between June 21 and June 30 after your junior year. Three times in July after your junior year. 	<ul style="list-style-type: none"> Once from April 15 to May 31 of your junior year. 	<ul style="list-style-type: none"> Once per week starting July 1 after your junior year. Men's Ice Hockey— Once per month beginning June 15, before your junior year, through July 31 after your junior year.
	Off-campus contact	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> Allowed starting July 1 after your junior year. For gymnastics—allowed after July 15 after your junior year.
	Official visit	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed.
	Unofficial visit	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits.

	RECRUITING METHOD	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	OTHER SPORTS
SENIOR YEAR	Recruiting materials	• Allowed.	• Allowed.	• Allowed.	• Allowed.
	Telephone calls	• You may make calls to the coach at your expense.	• You may make calls to the coach at your expense.	• You may make calls to the coach at your expense.	• You may make calls to the coach at your expense.
	College coaches may call you	• Twice per week beginning August 1.	• Once per week beginning August 1.	• Once per week beginning September 1.	• Once per week beginning July 1. • Men's Ice Hockey—Once per week beginning August 1.
	Off-campus contact	• Allowed beginning September 9.	• Allowed beginning September 16.	• Allowed beginning November 25.	• Allowed.
	Official visit	• Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.	• Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.	• Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.	• Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.
	Unofficial visit	• You may make an unlimited number of unofficial visits.	• You may make an unlimited number of unofficial visits.	• You may make an unlimited number of unofficial visits.	• You may make an unlimited number of unofficial visits.
	Evaluation and contacts	• Up to seven times during your senior year.	• Up to five times during your senior year.	• Up to six times during your senior year.	• Up to seven times during your senior year.
	How often can a coach see me or talk to me off the college's campus?	• A college coach may contact you or your parents/legal guardians not more than three times during your senior year.	• A college coach may contact you or your parents/legal guardians not more than three times during your senior year.	• A college coach may contact you or your parents/legal guardians (including evaluating you off the college's campus), six times. • One evaluation during September, October and November.	• A college coach may contact you or your parents/legal guardians not more than three times during your senior year.

Summary of recruiting rules—Divisions II and III

	DIVISION II	DIVISION III
Recruiting materials	• A coach may begin sending you printed recruiting materials September 1 of your junior year in high school.	• You may receive printed materials any time.
Telephone calls	• A college coach may call you once per week beginning June 15 between your junior and senior year. • You may make calls to the coach at your expense.	• No limit on number of calls or when they can be made by the college coach. • You may make calls to the coach at your expense.
Off-campus contact	• A college coach can have contact with you or your parents/legal guardians off the college's campus beginning June 15 after your junior year. • A college coach is limited to three in-person contacts off campus.	• A college coach may begin to have contact with you and your parents/legal guardians off the college's campus after your junior year.
Unofficial visits	• You may make an unlimited number of unofficial visits any time.	• You may make an unlimited number of unofficial visits any time.
Official visits	• You may make official visits starting the opening day of classes your senior year. • You may make only one official visit per college and up to a maximum of five official visits to Divisions I and II colleges.	• You may make official visits starting the opening day of classes your senior year. • You may make only one official visit per college.

NCAA ELIGIBILITY CENTER QUICK REFERENCE GUIDE



Eligibility Center

NCAA Division I Initial-Eligibility Requirements

Core Courses: (16)

- **Initial full-time collegiate enrollment *before* August 1, 2016:**
 - **Sixteen (16) core courses** are required (see chart below for subject-area requirements).
- **Initial full-time collegiate enrollment *on or after* August 1, 2016:**
 - **Sixteen (16) core courses** are required (see chart below for subject-area requirements).
 - Ten (10) core courses completed before the seventh semester; seven (7) of the 10 must be in English, math or natural/physical science.
 - These courses/grades are "locked in" at start of the seventh semester (cannot be repeated for grade-point average [GPA] improvement to meet initial-eligibility requirements for competition).
 - *Students who do not meet core-course progression requirements may still be eligible to receive athletics aid and practice in the initial year of enrollment by meeting academic redshirt requirements (see below).*

Test Scores: (ACT/SAT)

- Students must present a corresponding test score and core-course GPA on the sliding scale (see Page No. 2).
 - **SAT:** critical reading and math sections.
 - Best subscore from each section is used to determine the SAT *combined* score for initial eligibility.
 - **ACT:** English, math, reading and science sections.
 - Best subscore from each section is used to determine the ACT *sum* score for initial eligibility.
- All ACT and SAT attempts *before* initial full-time collegiate enrollment may be used for initial eligibility.
- Enter **9999** during ACT or SAT registration to ensure the testing agency reports your score directly to the NCAA Eligibility Center. *Test scores on transcripts will not be used.*

Core Grade-Point Average:

- Only *core courses* that appear on the high school's List of NCAA Courses on the NCAA Eligibility Center's website (www.eligibilitycenter.org) will be used to calculate your core-course GPA. Use this list as a guide.
- **Initial full-time collegiate enrollment *before* August 1, 2016:**
 - Students must present a corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.000) on Sliding Scale A (see Page No. 2).
 - Core-course GPA is calculated using the **best 16 core courses** that meet subject-area requirements.
- **Initial full-time collegiate enrollment *on or after* August 1, 2016:**
 - Students must present a corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.300) on Sliding Scale B (see Page No. 2).
 - Core-course GPA is calculated using the **best 16 core courses** that meet both progression (10 before seventh semester; seven in English, math or science; "locked in") and subject-area requirements.

<p>DIVISION I Core-Course Requirement (16)</p> <ul style="list-style-type: none"> 4 years of English 3 years of math (Algebra I or higher) 2 years of natural/physical science (1 year of lab if offered) 1 year of additional English, math or natural/physical science 2 years of social science 4 years of additional courses (any area above, foreign language or comparative religion/philosophy) 	<p>DIVISION I – 2016 Qualifier Requirements</p> <p><i>*Athletics aid, practice, and competition</i></p> <ul style="list-style-type: none"> • 16 core courses <ul style="list-style-type: none"> ◦ Ten (10) core courses completed before the start of seventh semester. Seven (7) of the 10 must be in English, math or natural/physical science. <ul style="list-style-type: none"> ▪ "Locked in" for core-course GPA calculation. • Corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.300) on Sliding Scale B (see Page No. 2). 	<p>DIVISION I – 2016 Academic Redshirt Requirements</p> <p><i>*Athletics aid and practice (no competition)</i></p> <ul style="list-style-type: none"> • 16 core courses <ul style="list-style-type: none"> ◦ No grades/credits "locked in" (repeated courses after the seventh semester begins may be used for initial eligibility). • Corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.000) on Sliding Scale B (see Page No. 2). • Graduate from high school.
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Sliding Scale B
*Use for Division I **beginning August 1, 2016***

NCAA ELIGIBILITY CENTER QUICK REFERENCE GUIDE



Eligibility Center

Division II Initial-Eligibility Requirements

Core Courses

- **Division II currently requires 16 core courses.** See the chart below.
- **Beginning August 1, 2018**, to become a full or partial qualifier for Division II, all college-bound student-athletes must complete the 16 core-course requirement.

Test Scores

- **Division II** currently requires a minimum SAT score of 820 or an ACT sum score of 68. **Beginning August 1, 2018**, Division II will use a sliding scale to match test scores and core-course grade-point averages (GPA). The sliding scale for those requirements is shown on Page No. 2 of this sheet.
- The SAT score used for NCAA purposes includes only the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a sum of the following four sections: English, mathematics, reading and science.
- **When you register for the SAT or ACT, use the NCAA Eligibility Center code of 9999 to ensure all SAT and ACT scores are reported directly to the NCAA Eligibility Center from the testing agency. Test scores that appear on transcripts will not be used.**

Grade-Point Average

- Be sure to look at your high school's List of NCAA Courses on the NCAA Eligibility Center's website (www.eligibilitycenter.org). Only courses that appear on your school's approved List of NCAA Courses will be used in the calculation of the core GPA. Use the list as a guide.
- The current **Division II** core GPA requirement is a minimum of 2.000. **Division II** core GPA required to be eligible for competition **on or after August 1, 2018**, is 2.200 (corresponding test-score requirements are listed on the Sliding Scale on Page No. 2 of this sheet).
- The minimum **Division II** core GPA required to receive athletics aid and practice as a partial qualifier on or after August 1, 2018, is 2.000 (corresponding test-score requirements are listed on the Sliding Scale on Page No. 2 of this sheet).
- Remember, the NCAA core GPA is calculated using NCAA core courses only.

DIVISION II 16 Core Courses

- 3 years of English.
- 2 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 3 years of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

DIVISION II COMPETITION SLIDING SCALE		
<i>Use for Division II beginning August 1, 2018</i>		
Core GPA	SAT Verbal and Math ONLY	ACT Sum
3.300 & above	400	37
3.275	410	38
3.250	420	39
3.225	430	40
3.200	440	41
3.175	450	41
3.150	460	42
3.125	470	42
3.100	480	43
3.075	490	44
3.050	500	44
3.025	510	45
3.000	520	46
2.975	530	46
2.950	540	47
2.925	550	47
2.900	560	48
2.875	570	49
2.850	580	49
2.825	590	50
2.800	600	50
2.775	610	51
2.750	620	52
2.725	630	52
2.700	640	53
2.675	650	53
2.650	660	54
2.625	670	55
2.600	680	56
2.575	690	56
2.550	700	57
2.525	710	58
2.500	720	59
2.475	730	60
2.450	740	61
2.425	750	61
2.400	760	62
2.375	770	63
2.350	780	64
2.325	790	65
2.300	800	66
2.275	810	67
2.250	820	68
2.225	830	69
2.200	840 & above	70 & above

DIVISION II PARTIAL QUALIFIER SLIDING SCALE		
<i>Use for Division II beginning August 1, 2018</i>		
Core GPA	SAT Verbal and Math ONLY	ACT Sum
3.050 & above	400	37
3.025	410	38
3.000	420	39
2.975	430	40
2.950	440	41
2.925	450	41
2.900	460	42
2.875	470	42
2.850	480	43
2.825	490	44
2.800	500	44
2.775	510	45
2.750	520	46
2.725	530	46
2.700	540	47
2.675	550	47
2.650	560	48
2.625	570	49
2.600	580	49
2.575	590	50
2.550	600	50
2.525	610	51
2.500	620	52
2.475	630	52
2.450	640	53
2.425	650	53
2.400	660	54
2.375	670	55
2.350	680	56
2.325	690	56
2.300	700	57
2.275	710	58
2.250	720	59
2.225	730	60
2.200	740	61
2.175	750	61
2.150	760	62
2.125	770	63
2.100	780	64
2.075	790	65
2.050	800	66
2.025	810	67
2.000	820 & above	68 & above