



THE NCAA GUIDE FOR THE COLLEGE-BOUND STUDENT ATHLETE



WHAT IS THE NCAA?

The National Collegiate Athletic Association is an organization dedicated to providing a pathway to opportunity for college athletes. More than 1,100 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 500,000 college athletes that make up more than 19,500 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.



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		WINTER SPORTS		SPRING SPORTS		EMERGING SPORTS
Men:	Women:	Men:	Women:	Men:	Women:	Women:
Cross Country	Cross Country	Basketball	Basketball	Baseball	Beach Volleyball	Acrobatics and Tumbling
Football	Field Hockey	Fencing	Bowling	Golf	Golf	Equestrian
Soccer	Soccer	Gymnastics	Fencing	Lacrosse	Lacrosse	Rugby
Water Polo	Volleyball	Ice Hockey	Gymnastics	Outdoor Track	Outdoor Track	Triathlon
		Indoor Track	Ice Hockey	Tennis	Rowing	Wrestling
		Rifle	Indoor Track	Volleyball	Softball	
		Skiing	Rifle		Tennis	
		Swimming	Skiing		Water Polo	
		Wrestling	Swimming			



SCHOLARSHIPS

NCAA Division I and II schools provide more than \$3.7 billion in athletics scholarships annually to nearly 190,000 student-athletes. Division III schools do not offer athletics scholarships.

Only about **2%** of high school athletes are awarded athletics scholarships to compete in college. Of the student-athletes participating in sports with professional leagues, **less than 2%** become professional athletes. A college education is the most rewarding benefit of your student-athlete experience.

Division I schools may provide tuition and fees, room and board, books and other expenses related to attendance at the school. Division II full scholarships cover tuition and fees, room and board, and course-related books and supplies. Most student-athletes who receive athletic scholarships receive an amount covering a portion of these costs.

Many student-athletes also benefit from academic scholarships, NCAA financial aid programs such as the NCAA Division I Student Assistance Fund, 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 and athletics department for help.

Division I schools may provide you with multiyear scholarships. **Division II schools** must 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. NCAA rules require you to be registered with the NCAA Eligibility Center to go on an official visit, receive a written offer of financial aid or sign a **National Letter of Intent**.

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.

Contact the NCAA school you hope to attend for more detailed information about NCAA financial aid rules.



NATIONAL LETTER OF INTENT

By signing a [National Letter of Intent](#), you are agreeing to attend a Division I or II school for one academic year. NLI member institutions agree to provide athletics financial aid to you for a minimum of one academic year as long as you are 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 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.

THINKING OF GOING PRO?

There are nearly 500,000 NCAA student-athletes, and **less than 2%** will go pro in their sport.


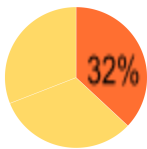
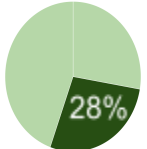
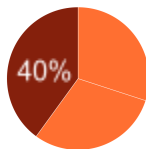



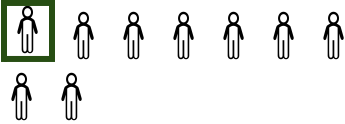
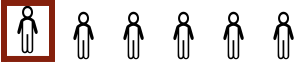

	Men's Basketball	Women's Basketball	Football	Baseball	Ice Hockey
HS Student-Athletes	540,769	399,067	1,006,013	482,740	35,283
NCAA Student-Athletes	18,816	16,509	73,712	36,011	4,323
NCAA Student-Athletes Drafted	52	31	254	791	71
*Percentage High School to NCAA	3.5%	4.1%	7.3%	7.5%	12.3%
*Percentage NCAA to Professional	1.2%	0.8%	1.6%	9.9%	7.4%




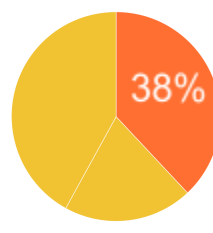
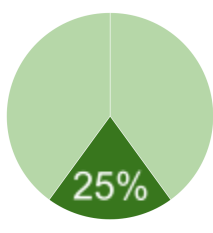
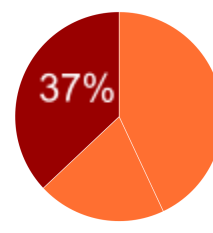

NCAA'S THREE DIVISIONS

The NCAA's three divisions were created in 1973 to align like-minded campuses in the areas of fairness, competition and opportunity.

DIVISION I	DIVISION II	DIVISION III
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 <p>NUMBER OF SCHOOLS</p>	<p>350</p> 	<p>300</p> 	<p>432</p> 
 <p>MEDIAN UNDERGRADUATE ENROLLMENT</p>	<p>8,466</p>	<p>2,323</p>	<p>1,655</p>
 <p>STUDENTS WHO ARE ATHLETES</p>	 <p>1 in 23</p>	 <p>1 in 9</p>	 <p>1 in 6</p>
 <p>AVERAGE NUMBER OF TEAMS PER SCHOOL</p>	<p>19</p>	<p>16</p>	<p>19</p>



 <p>PERCENTAGE OF NCAA STUDENT-ATHLETES IN EACH DIVISION</p>	 <p>38%</p>	 <p>25%</p>	 <p>37%</p>
 <p>ATHLETIC SCHOLARSHIPS</p>	<p>Multiyear, cost-of-attendance athletics scholarships available</p> <p>50% of athletes receive athletics aid</p>	<p>Partial athletics scholarship model</p> <p>60% of athletes receive athletics aid</p>	<p>No athletics scholarships</p> <p>80% of athletes receive non athletics aid</p>



INITIAL ELIGIBILITY



REMEMBER

Initial-eligibility standards help to ensure you are 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 Division II school, the NCAA Eligibility Center must certify you as eligible. Throughout the process, NCAA Eligibility Center staff members partner with students and their families, as well as high school administrators and coaches to guide you on your journey.

As college-bound student-athletes, you are responsible for your eligibility – that means planning ahead, taking high school classes seriously, and protecting your amateur status. It can be a difficult first step, but the benefits of being a student-athlete are worth the effort.



“

“There are only two options regarding commitment. You’re either IN or you’re OUT. There is no such thing as life in between.” – Pat Riley

”



HIGH SCHOOL TIMELINE

**9th
GRADE**

REGISTER

- Start planning now! Register for a free Profile Page account at eligibilitycenter.org for more information on NCAA initial-eligibility requirements

**10th
GRADE**

PLAN

- If you are being actively recruited by an NCAA school and have a Profile Page account, **transition** it to the right **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 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 you high school counselor to make sure you are on track to complete the required number of NCAA-approved **core courses** and graduate on time with your class
- Take the **SAT/ACT** and submit your scores to the Eligibility Center using code 9999
- At the end of the school year, ask your high school counselor to upload an official transcript to your Eligibility Center account.

**12th
GRADE**

GRADUATE

- **Request your final amateurism certification** beginning April 1st (fall semester) or October 1st (winter/spring enrollees) in your Eligibility Center account
- Take the **SAT/ACT** again if necessary, and submit scores to the Eligibility Center using code 9999
- Complete your final NCAA-approved **core courses** as you prepare for graduation
- After you graduate, ask your counselor to upload your final **official transcript** with proof of graduation to your Eligibility Center account.



STUDENT REGISTRATION

In order to compete in NCAA sports, you need to register with the NCAA Eligibility Center at eligibilitycenter.org. You should plan on registering your Freshman year of high school. The information below will help to guide you through the registration process.

TO GET STARTED, DETERMINE THE TYPE OF ACCOUNT YOU NEED:

1. **Profile Page Account:** If you are not sure in which division you want to compete, or plan on competing at a **Division III school**, create a free Profile Page account. If at any time you wish to pursue a Division I or Division II path, you'll be able to **transition** to the right **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 Division II school. Before you can go on official visits or sign a **National Letter of Intent**, you must have completed the Academic and Amateurism Certification account registration (including payment).

ELIGIBILITY CENTER REGISTRATION ESSENTIALS

Below are some items you should have with you as you create an account:

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 NCAA Eligibility Center uses email to update you about your account throughout the process.

BASIC STUDENT PERSONAL INFORMATION

- This includes information such as your name, gender, date of birth, primary and secondary contact information, address, and mobile number.

BASIC STUDENT EDUCATION HISTORY

- You will be asked to provide details about all secondary and high schools and additional programs you have attended in the United States. Be sure to include all schools, regardless of whether you received grades or credits.

STUDENT SPORTS PARTICIPATION HISTORY

- Select the sport(s) you plan to participate in at an NCAA school. For Certification accounts, provide details for any expenses or awards you received, any teams you have practiced or played with or certain events in which you participated. You will also be asked 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)

- You may pay online by debit, credit card or echeck. For the Academic and Amateurism Certification account, the fee for student-athletes attending a high school in the United States is \$100. 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.



WHAT IS A CORE COURSE?

NCAA schools require college-bound student-athletes to build a foundation of high school courses to prepare them for the academic expectations in college.

For a high school class to be an NCAA-approved core course, it must meet these conditions:

1. Be a four-year college preparatory course in one of these subject areas:
 - a. English
 - b. Math (Algebra I or higher)
 - c. Science
 - d. Social Science
 - e. World Language
2. Be taught by a qualified instructor
3. Be taught at or above your school's regular academic level
4. Receive credit toward high school graduation and appear on an official transcript with course title, grade and credit rewarded.

Approved classes are added to your [high school's list](#) of NCAA approved core courses. Make sure you are taking courses on the approved list; ask your high school counselor if you need help.

WHAT IS NOT A CORE COURSE?

Not all high school classes are NCAA-approved core courses. Some examples of courses that are not approved include:

- Courses in non core areas such as Drivers Ed, Typing, Art, Music, P.E
- Courses that prepare students for the world of work or life such as personal finance, consumer education, or tech.
- Courses taught below grade level, at a slower pace, or with less rigor or depth such as basic, fundamental, or foundational courses.

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 towards your core course GPA.

COURSES TAKEN BEFORE HIGH SCHOOL

If you take a high school class such as Algebra I or Spanish I before high school, the class may count towards your 16 core-course credit requirement if it appears on your high school's list of NCAA-approved courses and is shown on your high school transcript with grade and credit.

COLLEGE COURSES & DUAL-ENROLLMENT

College courses may be used to satisfy NCAA core-course requirements if the courses are awarded a grade and credit by the high school for any student, and meet all other requirements for core courses. College courses must be placed on the student's high school transcript with clarification of college completion.

HARBORFIELDS NCAA-APPROVED COURSES

Use the link below to see the full list of Harborfields approved NCAA core-courses





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 from 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.

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 on 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 slowest passing grade for a course in which you received a “Pass” grade.

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):
 $4 \text{ points} \times 0.34 \text{ unit} = 1.36 \text{ total quality points}$

➤ An A grade (4 points) for a semester course (0.50 unit):
 $4 \text{ points} \times 0.50 \text{ unit} = 2.00 \text{ total quality points}$

➤ An A grade (4 points) for a full-year course (1.00 unit):
 $4 \text{ points} \times 1.00 \text{ unit} = 4.00 \text{ quality points}$

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



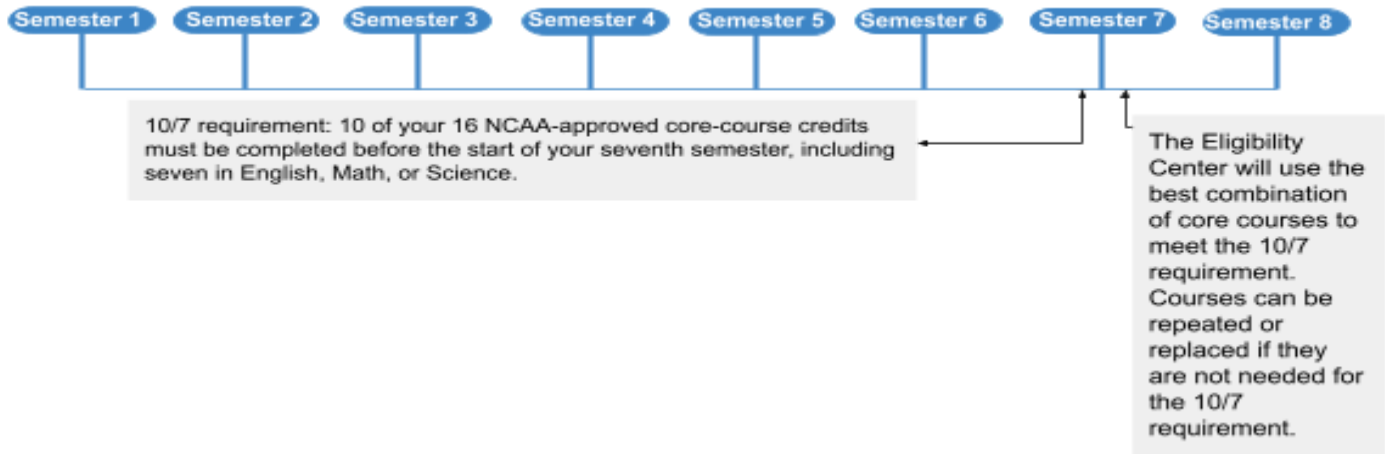
DIVISION I ACADEMIC STANDARDS

Division I schools require college-bound student-athletes to meet academic standards for NCAA-approved core courses, **core-course GPA** and test scores. To be eligible to practice, compete and receive an athletics scholarship in your first full-time year at a Division I school, you must meet *all* of the following requirements:

1. Earn 16 NCAA-approved core-course credits in the following areas:



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.



3. Complete your 16 NCAA-approved core-course credits in eight academic semesters or four consecutive academic years from the start of ninth grade.

4. Earn a corresponding test score that matches your core-course GPA (minimum 2.3) on the Division I sliding scale

5. Submit your final transcript with proof of graduation to the Eligibility Center.

How to plan your high school courses to meet the 16-core course requirement:

$$4 \times 4 = 16$$

9th GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science

4 CORE COURSES

10th GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science

4 CORE COURSES

11th GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science

4 CORE COURSES

12th GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science

4 CORE COURSES



ACADEMIC CERTIFICATION DECISIONS

For Academic and Amateurism Certification accounts, an academic certification will be conducted to determine if you meet Division I academic standards. Academic certifications are required for all college-bound student-athletes planning to compete at a Division I school. (An amateurism certification is also required, and is included as part of an Academic and Amateurism Certification account). The following items are required to complete your academic certification:

- Official transcripts from **all** high schools attended
- **Test scores.** More information regarding the impact of COVID-19 and test scores can be found at on.ncaa.com/COVID19_Spring2023
- No open academic tasks in your NCAA Eligibility Center Certification account
- Be on a Division I school's [institutional request list](#)

Being placed on a Division I school's [institutional request list](#) means you are being recruited and notifies the Eligibility Center to complete an academic evaluation for you after all of your required documents have been submitted.

DIVISION I SLIDING SCALE

Division I schools use a sliding scale to match your test score(s) and core-course GPA to determine eligibility. The sliding scale balances your test score with your core-course GPA (*see next page).



DIVISION I



DIVISION I QUALIFIER SLIDING SCALE

DIVISION I FULL QUALIFIER SLIDING SCALE		
Core GPA	SAT*	ACT Sum*
3.550	400	37
3.525	410	38
3.500	430	39
3.475	440	40
3.450	460	41
3.425	470	41
3.400	490	42
3.375	500	42
3.350	520	43
3.325	530	44
3.300	550	44
3.275	560	45
3.250	580	46
3.225	590	46
3.200	600	47
3.175	620	47
3.150	630	48
3.125	650	49
3.100	660	49
3.075	680	50
3.050	690	50
3.025	710	51
3.000	720	52
2.975	730	52
2.950	740	53
2.925	750	53
2.900	750	54
2.875	760	55
2.850	770	56
2.825	780	56
2.800	790	57
2.775	800	58

DIVISION I FULL QUALIFIER SLIDING SCALE		
Core GPA	SAT*	ACT Sum*
2.750	810	59
2.725	820	60
2.700	830	61
2.675	840	61
2.650	850	62
2.625	860	63
2.600	860	64
2.575	870	65
2.550	880	66
2.525	890	67
2.500	900	68
2.475	910	69
2.450	920	70
2.425	930	70
2.400	940	71
2.375	950	72
2.350	960	73
2.325	970	74
2.300	980	75
2.299	990	76
2.275	990	76
2.250	1000	77
2.225	1010	78
2.200	1020	79
2.175	1030	80
2.150	1040	81
2.125	1050	82
2.100	1060	83
2.075	1070	84
2.050	1080	85
2.025	1090	86
2.000	1100	86


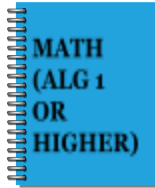
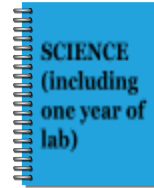
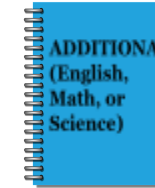

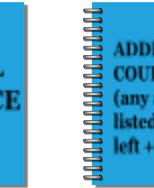
ACADEMIC REDSHIRT



DIVISION II ACADEMIC STANDARDS

Division II schools require college-bound student-athletes to meet academic standards for NCAA-approved core courses, **core-course GPA** and test scores. To be eligible to practice, compete and receive an athletics scholarship in your first full-time year at a Division II school, you must meet *all* of the following requirements:

1. Earn 16 NCAA-approved core-course credits in the following areas:

					
3 Years	2 Years	2 Years	3 years	2 years	4 Years

2. Earn a corresponding test score that matches your core-course GPA (minimum 2.2) on the Division II qualifier scale.

3. Submit your final transcript with proof of graduation to the NCAA Eligibility Center

ACADEMIC CERTIFICATION DECISIONS

For Academic and Amateurism Certification accounts, an academic certification will be conducted to determine if you meet Division II academic standards. Academic certifications are required for all college-bound student-athletes planning to compete at a Division II school. (An amateurism certification is also required, and is included as part of an Academic and Amateurism Certification account). The following items are required to complete your academic certification:

- Official transcripts from ***all*** high schools attended
- **Test scores.** More information regarding the impact of COVID-19 and test scores can be found at on.ncaa.com/COVID19_Spring2023
- No open academic tasks in your NCAA Eligibility Center Certification account
- Be on a Division II school's **institutional request list**

Being placed on a Division II school's **institutional request list** means you are being recruited and notifies the Eligibility Center to complete an academic evaluation for you after all of your required documents have been submitted.

DIVISION II SLIDING SCALE

Division II schools use a sliding scale to match your test score(s) and core-course GPA to determine eligibility. The sliding scale balances your test score with your core-course GPA (*see next page).



Division II



DIVISION II QUALIFIER SLIDING SCALE

DIVISION II FULL QUALIFIER SLIDING SCALE			
USE FOR DIVISION II BEGINNING AUGUST 2018			
Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
3.300 & above	400	400	37
3.275	410	410	38
3.250	430	420	39
3.225	440	430	40
3.200	460	440	41
3.175	470	450	41
3.150	490	460	42
3.125	500	470	42
3.100	520	480	43
3.075	530	490	44
3.050	550	500	44
3.025	560	510	45
3.000	580	520	46
2.975	590	530	46
2.950	600	540	47
2.925	620	550	47
2.900	630	560	48
2.875	650	570	49
2.850	660	580	49
2.825	680	590	50
2.800	690	600	50
2.775	710	610	51
2.750	720	620	52
2.725	730	630	52
2.700	740	640	53
2.675	750	650	53
2.650	750	660	54
2.625	760	670	55
2.600	770	680	56
2.575	780	690	56
2.550	790	700	57
2.525	800	710	58
2.500	810	720	59
2.475	820	730	60
2.450	830	740	61
2.425	840	750	61
2.400	850	760	62
2.375	860	770	63
2.350	860	780	64
2.325	870	790	65
2.300	880	800	66
2.275	890	810	67
2.250	900	820	68
2.225	910	830	69
2.200	920	840 & above	70 & above



DIVISION III REQUIREMENTS

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.

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 staff may need to gather additional information to evaluate your amateur status.

ISSUES REVIEWED AS PART OF THE AMATEURISM CERTIFICATION PROCESS

- Delaying your full-time collegiate enrollment to participate 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
- Receiving benefits from an agent or prospective agent
- Involvement with a recruiting service.

REQUESTING FINAL AMATEURISM CERTIFICATION

College-bound student-athletes enrolling for the first time at an NCAA Division I or II school must request their final amateurism certification before being eligible to compete. Students must request their final amateurism certification through their 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 are starting at a Division I, II or III school:

Fall Enrollment: If you are enrolling at a Division I, II or III school for the fall semester, you may request a final amateurism decision on or after April 1 before your enrollment at an NCAA school.

Winter/Spring Enrollment: If you are enrolling at a Division I, II or III school for the spring semester, you may request a final amateurism decision on or after Oct. 1 before your enrollment at an NCAA school.



RECRUITING CALENDARS

NCAA member schools limit recruiting to certain periods during the year. Recruiting calendars promote the well-being of college-bound student-athletes and ensure fairness among schools by defining certain periods during the year in which recruiting may or may not occur in a particular sport. Due to the COVID-19 pandemic, recruiting calendars may be adjusted. For the most up-to-date information, visit on.ncaa.com/RecruitCal.

MEN'S BASKETBALL, DIVISION I

RECRUITING METHOD	
Recruiting Materials and Electronic Correspondence (recruiting letters, social media messages, text messages)	<p>You may receive brochures for camps, questionnaires, NCAA materials and non athletics recruiting publications at any time.</p> <p>A coach may begin sending you recruiting materials and electronic correspondence June 15 between your sophomore/10th and junior/11th year of high school.</p>
Phone Calls to a Coach	<p>You or your family may call a coach at any time.</p>
Phone Calls from a Coach	<p>A coach may call you or your family beginning June 15th between your sophomore/10th and junior/11th year of high school.</p>
Off-Campus Contact	<p>A college coach may have contact with you or your family off the college's campus beginning the first day of your junior/11th year of high school. Contacts made in your junior/11th year may occur at your educational institution except for during the April recruiting periods, when off-campus recruiting contacts may be made at your educational institution or residence</p>
Unofficial Visit	<p>You and your family may visit a college at your own expense beginning Aug. 1 of your sophomore/10th year of high school</p>
Official Visit	<p>A college may pay for you and two family members to visit the college beginning Aug. 1 of your junior/11th year of high school. Up to five official visits can be taken between Aug. 1 of your junior/11th year and the end of your junior/11th year. An additional five official visits may be taken between the day after the end of your junior/11th year and Oct. 15 after graduation from high school.</p>



WOMEN'S BASKETBALL, DIVISION I

RECRUITING METHOD	
Recruiting Materials and Electronic Correspondence (recruiting letters, social media messages, text messages)	<p>You may receive brochures for camps, questionnaires, NCAA materials and non athletics recruiting publications at any time.</p> <p>A coach may begin sending you recruiting materials and electronic correspondence June 1 at the end of your sophomore/10th year of high school.</p>
Phone Calls to a Coach	You or your family may call a coach at any time.
Phone Calls from a Coach	A coach may call you or your family beginning June 1 at the end of your sophomore/10th year of high school.
Off-Campus Contact	Off-campus in-person recruiting contacts cannot occur before Sept. 1 of your senior/12th year of high school. Contacts may occur only at your educational institution or residence.
Unofficial Visit	You and your family may visit a college at your own expense at any time. Contact with coaches can occur consistent with recruiting calendar regulations.
Official Visit	A college may pay for you and two family members to visit the college beginning Jan. 1 of your junior/11th year of high school.

FOOTBALL, DIVISION I

RECRUITING METHOD	
Recruiting Materials and Electronic Correspondence (recruiting letters, social media messages, text messages)	<p>You may receive brochures for camps, questionnaires, NCAA materials and non athletics recruiting publications at any time.</p> <p>A coach may begin sending you recruiting materials and electronic correspondence Sept. 1 of your junior/11th year of high school.</p>
Phone Calls to a Coach	You or your family may call a coach at any time.
Phone Calls from a Coach	A coach may call you one time between April 15 and May 31 during your junior/11th year of high school. Beginning Sept. 1 of your senior/12th year, a coach may call you one time per week outside a contact period and make unlimited calls during a contact period
Off-Campus Contact	A college coach may have contact with you or your family off the college's campus beginning July 1 following the end of your junior/11th year of high school or opening day of classes of your senior/12th year (whichever comes first)
Unofficial Visit	You and your family may visit a college at your own expense at any time.
Official Visit	A college may pay for you and two family members to visit campus beginning April 1 of your junior/11th year of high school through the Sunday before the last Wednesday in June. After this date, a college may provide you the expense-paid visit after Sept. 1 of your senior/12th year.



MEN'S ICE HOCKEY, DIVISION I

RECRUITING METHOD	
Recruiting Materials and Electronic Correspondence (recruiting letters, social media messages, text messages)	<p>You may receive brochures for camps, questionnaires, NCAA materials and non athletics recruiting publications at any time.</p> <p>A coach may begin sending you recruiting materials and electronic correspondence Jan. 1 of your sophomore/10th year of high school.</p>
Phone Calls to a Coach	<p>You or your family may call a coach beginning Jan. 1 of your sophomore/10th year of high school.</p>
Phone Calls from a Coach	<p>A coach may call you or your family beginning Jan. 1 of your sophomore/10th year of high school</p>
Off-Campus Contact	<p>A college coach may have contact with you or your family off the college's campus beginning Aug. 1 of your junior/11th year of high school.</p>
Unofficial Visit	<p>You and your family may visit a college at your own expense beginning Jan. 1 of your sophomore/10th year of high school.</p>
Official Visit	<p>A college may pay for you to visit the college beginning Aug. 1 of your junior/11th year of high school.</p>

LACROSSE AND SOFTBALL, DIVISION I

RECRUITING METHOD	
Recruiting Materials and Electronic Correspondence (recruiting letters, social media messages, text messages)	<p>You may receive brochures for camps, questionnaires, NCAA materials and non athletics recruiting publications at any time.</p> <p>A coach may begin sending you recruiting materials and electronic correspondence Sept. 1 of your junior/11th year of high school.</p>
Phone Calls to a Coach	<p>You or your family may call a coach beginning Sept. 1 of your junior/11th year of high school.</p>
Phone Calls from a Coach	<p>A coach may call you or your family beginning Sept. 1 of your junior/11th year of high school.</p>
Off-Campus Contact	<p>A college coach may have contact with you or your family off the college's campus beginning Sept. 1 of your junior/11th year of high school. Contacts made during your junior/11th year may occur at your educational institution or residence.</p>
Unofficial Visit	<p>You and your family may visit a college at your own expense beginning Sept. 1 of your junior/11th year of high school</p>
Official Visit	<p>A college may pay for you to visit the college beginning Sept. 1 of your junior/11th year of high school</p>



BASEBALL, DIVISION I

RECRUITING METHOD	
Recruiting Materials and Electronic Correspondence (recruiting letters, social media messages, text messages)	<p>You may receive brochures for camps, questionnaires, NCAA materials and non athletics recruiting publications at any time.</p> <p>A coach may begin sending you recruiting materials and electronic correspondence Sept. 1 of your junior/11th year of high school</p>
Phone Calls to a Coach	<p>You or your family may call a coach at any time.</p>
Phone Calls from a Coach	<p>A coach may call you or your family beginning Sept. 1 of your junior/11th year of high school</p>
Off-Campus Contact	<p>A college coach may have contact with you or your family off the college's campus immediately after July 1 following the end of your junior/11th year of high school or opening day of classes of your senior/12th year (whichever is earlier).</p>
Unofficial Visit	<p>You and your family may visit a college at your own expense beginning Sept. 1 of your junior/11th year of high school.</p>
Official Visit	<p>A college may pay for you to visit the college beginning Sept. 1 of your junior/11th year of high school</p>

ALL OTHER SPORTS, DIVISION I

RECRUITING METHOD	
Recruiting Materials and Electronic Correspondence (recruiting letters, social media messages, text messages)	<p>You may receive brochures for camps, questionnaires, NCAA materials and non athletics recruiting publications at any time.</p> <p>A coach may begin sending you recruiting materials and electronic correspondence June 15 between your sophomore/10th and junior/11th year of high school.</p>
Phone Calls to a Coach	<p>You or your family may call a coach beginning June 15 between your sophomore/10th and junior/11th year of high school.</p>
Phone Calls from a Coach	<p>A coach may call you or your family beginning June 15 between your sophomore/10th and junior/11th year of high school.</p>
Off-Campus Contact	<p>A college coach may have contact with you or your family off the college's campus beginning Aug. 1 of your junior/11th year of high school.</p>
Unofficial Visit	<p>You and your family may visit a college at your own expense beginning Aug. 1 of your junior/11th year of high school.</p>
Official Visit	<p>A college may pay for you to visit the college beginning Aug. 1 of your junior/11th year of high school</p>



DIVISIONS II AND III

RECRUITING METHOD	DIVISION II	DIVISION III
Recruiting Materials	<p>You may receive brochures for camps, questionnaires, NCAA materials and non athletics recruiting publications at any time.</p> <p>A coach may begin sending you printed recruiting materials June 15 immediately preceding your junior/11th year of high school.</p>	<p>You may receive printed materials any time</p>
Telephone Calls	<p>No limit on number of calls by college coach beginning June 15 immediately preceding your junior/11th year of high school.</p> <p>You may make calls to the coach at your expense. Calls may include multiple coaches</p>	<p>No limit on number of calls or when they can be made by the college coach.</p> <p>You may make calls to the coach at your expense.</p>
Off-Campus Contact	<p>A college coach may have contact with you or your parents/ legal guardians off the college's campus beginning June 15 immediately preceding your junior/11th year of high school.</p> <p>No limit on number of contacts off campus.</p>	<p>A college coach may have contact with you or your relatives or guardians off the college's campus after your sophomore/10th year of high school.</p> <p>No limit on number of contacts off campus.</p>
Unofficial Visit	<p>You may make an unlimited number of unofficial visits any time, except during a dead period.</p>	<p>You may make an unlimited number of unofficial visits any time</p>
Official Visit	<p>A college may pay for you to visit the college beginning June 15 immediately preceding your junior/11th year of high school.</p> <p>Between June 15 before your junior/11th year and the end of your senior/12th year, you may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division II colleges.</p>	<p>A college may pay for you to visit the college beginning Jan. 1 of your junior/11th year of high school.</p> <p>There is no limit to official visits to Division III colleges. However, you may only be provided one visit per college</p>



QUESTIONS?

For any additional questions, please reach out to your school counselor, coaches, or athletic director for more information

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