2010-11 Guide for the College-Bound Student-Athlete
Your Path to the Student-Athlete Experience
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NOTICE
The information contained in this publication is provided as a service to prospective student-athletes and does not constitute binding advice on compliance with NCAA rules and bylaws. We try to provide quality information, but because this document is provided in an updated electronic form online that is subject to change as needed, we make no claims, promises or guarantees about the accuracy, completeness or adequacy of the information contained in this publication.
For more information, see eligibilitycenter.org.
How to Use this Guide…
The Guide addresses issues for three important groups of readers:

• High school students who hope to participate in college athletics at an NCAA college or university;
• Parents and legal guardians; and
• High school counselors and athletics administrators.

What is the NCAA?
The NCAA, or National Collegiate Athletic Association, was established in 1906 and serves as the athletics governing body for more than 1,300 colleges, universities, conferences and organizations. The national office is in Indianapolis, but the member colleges and universities develop the rules and guidelines for athletics eligibility and athletics competition for each of the three NCAA divisions. The NCAA is committed to the student-athlete and to governing competition in a fair, safe, inclusive and sportsmanlike manner.

The NCAA membership includes:

• 335 active Division I members;
• 288 active Division II members; and
• 432 active Division III members.

One of the differences among the three divisions is that colleges and universities in Divisions I and II may offer athletics scholarships, while Division III colleges and universities may not.

What is the NCAA Eligibility Center?
The NCAA Eligibility Center will certify the academic and amateur credentials of all college-bound student-athletes who wish to compete in NCAA Division I or II athletics.

To assist with this process, the Eligibility Center staff is eager to foster a cooperative environment of education and partnership with high schools, high school coaches and college-bound student-athletes. Ultimately, the individual student-athlete is responsible for achieving and protecting his or her eligibility status.

How to find answers to your questions
The answers to most questions can be found in this guide or by:

• Accessing the Eligibility Center’s resource page on its Web site at www.eligibilitycenter.org, clicking on “Resources” and then selecting the type of student you are. You can then navigate through the resources to find helpful information.
• Contacting the Eligibility Center at the phone number on this page.

In addition, if you are sending transcripts or additional information to the Eligibility Center or have questions, please use the following contact information.

<table>
<thead>
<tr>
<th>Eligibility Center Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NCAA Eligibility Center:</strong></td>
</tr>
<tr>
<td>Certification Processing</td>
</tr>
<tr>
<td>P.O. Box 7136</td>
</tr>
<tr>
<td>Indianapolis, IN 46207-7136</td>
</tr>
<tr>
<td><strong>Package or overnight delivery:</strong></td>
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<tr>
<td>Certification Processing</td>
</tr>
<tr>
<td>1802 Alonzo Watford Sr. Drive</td>
</tr>
<tr>
<td>Indianapolis, IN 46202</td>
</tr>
<tr>
<td><strong>Web address:</strong></td>
</tr>
<tr>
<td><a href="http://www.eligibilitycenter.org">www.eligibilitycenter.org</a></td>
</tr>
<tr>
<td><strong>Eligibility Center customer service:</strong></td>
</tr>
<tr>
<td>U.S. callers (toll free): 877/262-1492</td>
</tr>
<tr>
<td>International callers: 317/223-0700</td>
</tr>
<tr>
<td>Fax: 317/968-5100</td>
</tr>
</tbody>
</table>

When to call the NCAA
Please contact the NCAA when you have questions such as these:

• What are the rules and regulations related to initial eligibility?
• What are the rules and regulations related to amateurism?
• What are the regulations about transferring from one college to another?
• What are the rules about athletics scholarships and how can they be reduced or canceled?
• I have an education-impacting disability. Are there any other requirements for me?

NCAA
P.O. Box 6222
Indianapolis, IN 46206-6222
317/917-6222 (customer service hours: Monday – Friday, noon – 4 p.m. Eastern time)
Dear College-Bound Student-Athlete:

This Guide has been designed to help you, your family and your high school administrators understand the NCAA initial-eligibility process and to prepare you for transitioning from high school to becoming an NCAA Division I or II student-athlete.

With more than 1,000 colleges and universities across three divisions, NCAA schools offer a variety of academic and athletics programs to meet your needs. From the smallest college towns to the largest metropolitan cities, NCAA member schools provide the opportunity for education and growth in dynamic learning environments. With so many choices available, it is never too early to start doing your homework. Work closely with your high school counselors, talk to college admissions officers, listen to your parents and mentors, and then choose wisely. You will be glad you did.

Your participation as a student-athlete will complement your academic education while teaching you life skills not available in the classroom. Growing as a person, both on and off the field, and getting your degree should be your top priority. This new phase of your life can be a wonderful experience if you work hard and prepare for it.

As the “front porch” of the NCAA and the first stop on your way to becoming an NCAA student-athlete, the NCAA Eligibility Center continually strives to make your registration and certification experience positive and beneficial. We are here to help you. So, do not hesitate to contact us if you need anything.

The NCAA Eligibility Center
Academic-Eligibility Requirements

If you want to participate in athletics or receive an athletics scholarship during your first year, you must:
• Graduate from high school;
• Complete these 16 core courses:
  - 4 years of English
  - 3 years of math (Algebra 1 or higher)
  - 2 years of natural or physical science (including one year of lab science if offered by your high school)
  - 1 extra year of English, math, or natural or physical science
  - 2 years of social science
  - 4 years of extra core courses (from any category above, or foreign language, nondoctrinal religion or philosophy);
• Earn a minimum required grade-point average in your core courses; and
• Earn a combined SAT or ACT sum score that matches your core-course grade-point average and test score sliding scale (for example, a 2.400 core-course grade-point average needs an 860 SAT).

Requirement to graduate with your high school class
You must complete the 16 core-course requirement in eight semesters, which begins when you initially started high school with your ninth-grade class. If you graduate from high school in eight semesters with your class, you may use one core-course unit completed within one year after graduation (summer or academic year) to meet NCAA Division I initial-eligibility requirements.

You may complete the core course at a location other than the high school from which you graduated and may initially enroll full time at a collegiate institution at any time after completion of the core course.

Division I Qualifier
Being a qualifier enables you to:
• Practice or compete for your college or university during your first year of college;
• Receive an athletics scholarship during your first year of college; and
• Play four seasons in your sport if you maintain your eligibility from year to year.

Division I Nonqualifier
As a nonqualifier, you will not be able to:
• Practice or compete for your college or university during your first year of college; or
• Receive an athletics 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.

<table>
<thead>
<tr>
<th>Core GPA</th>
<th>SAT</th>
<th>ACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.500 &amp; above</td>
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</tbody>
</table>
**Division II**

2010 - July 31, 2013
If you enroll in a Division II college and want to participate in athletics or receive an athletics scholarship during your first year, you must:
- Graduate from high school;
- Complete these 14 core courses:
  - 3 years of English
  - 2 years of math (Algebra 1 or higher)
  - 2 years of natural or physical science (including one year of lab science if offered by your high school)
  - 2 additional years of English, math, or natural or physical science
  - 2 years of social science
  - 3 years of extra core courses (from any category above, or foreign language, nondoctrinal religion or philosophy);
- Earn a 2.000 grade-point average or better in your core courses; and
- Earn a combined SAT score of 820 or an ACT sum score of 68.

For individuals enrolling at a college or university in Puerto Rico, earn a combined Prueba de Aptitud Academica score of 730.

August 1, 2013, and After
If you enroll in a Division II college on or after August 1, 2013, and want to participate in athletics or receive an athletics scholarship during your first year, you must:
- Graduate from high school;
- Complete these 16 core courses:
  - 3 years of English
  - 2 years of math (Algebra 1 or higher)
  - 2 years of natural or physical science (including one year of lab science if offered by your high school)
  - 3 additional years of English, math, or natural or physical science
  - 2 years of social science
  - 4 years of additional core courses (from any category above, or foreign language, nondoctrinal religion or philosophy);
- Earn a 2.000 grade-point average or better in your core courses; and
- Earn a combined SAT score of 820 or an ACT sum score of 68.

For individuals enrolling at a college or university in Puerto Rico, earn a combined Prueba de Aptitud Academica score of 730.

**Division II Qualifier**
Being a qualifier enables you to:
- Practice or compete for your college or university during your first year of college;
- Receive an athletics scholarship during your first year of college; and
- Play four seasons in your sport if you maintain your eligibility from year to year.

**Division II Partial Qualifier**
You will be considered a partial qualifier if you do not meet all of the academic requirements listed above, but you have graduated from high school and meet one of the following:
- The combined SAT score of 820 or ACT sum score of 68;
- Completion of the 14 core courses with a 2.000 core-course grade-point average.

As a partial qualifier, you:
- Can practice with your team at its home facility during your first year of college;
- Can receive an athletics scholarship during your first year of college;
- Cannot compete during your first year of college; and
- Can play four seasons in your sport if you maintain your eligibility from year to year.

**Division II Nonqualifier**
You will be considered a nonqualifier if you did not graduate from high school, or, if you graduated and are missing both the core-course grade-point average or minimum number of core courses and the required ACT or SAT scores.

As a nonqualifier, you:
- Cannot practice or compete for your college or university during your first year of college;
- Cannot receive an athletics scholarship during your first year of college, although you may receive need-based financial aid; and
- Can play four seasons in your sport if you maintain your eligibility from year to year.

**Division III**

Division III colleges and universities develop student-athlete potential through a holistic educational approach that includes rigorous academics, competitive athletics and opportunity to pursue many interests and passions. Student-athletes are responsible for their own paths and are provided with many opportunities to develop within a comprehensive educational experience. Division III minimizes the conflicts between athletics and academics through shorter playing and practicing seasons, a lower number of contests, no redshirting or out-of-season organized activities, and a focus on regional in-season and conference play.

Division III college-bound student-athletes are not certified by the Eligibility Center because Division III colleges and universities each set their own admissions standards and there are no initial-eligibility requirements in the division. College-bound student-athletes should contact their Division III college or university regarding policies on admission, financial aid and athletics eligibility.
Core Courses, Grade-Point Average, Tests and Special Conditions

What Is A Core Course?

A core course must:
- Be an academic course in one or a combination of these areas: English, mathematics, natural/physical science, social science, foreign language, nondoctrinal religion or philosophy;
- Be four-year college preparatory;
- Be at or above your high school's regular academic level (no remedial, special education or compensatory courses); and
- Be completed not later than the high school graduation date of your class [as determined by the first year of enrollment in high school (ninth grade) or the international equivalent].

Not all classes you take to meet high school graduation requirements may be used as core courses. Courses completed through credit-by-exam will not be used.

Check your high school's list of NCAA courses located on the Resources page of the Eligibility Center Web site at www.eligibilitycenter.org or ask your high school counselor.

Keep Track Of Your Courses, Units and Credits

By logging onto www.eligibilitycenter.org and clicking the "Resources" tab, then "U.S. Students" and "Are You on Track?" you will find the Divisions I and II worksheets, which will help you keep track of your completed core courses, units, grades and credits you received for them, plus your ongoing core-course grade-point average. Generally, you will receive the same credit from the Eligibility Center as you received from your high school. Examples are provided in the English and math sections of both worksheets:

1 trimester unit = 0.34 units
1 semester unit = 0.50 units
1 year = 1.0 unit

Nontraditional Courses

What are Nontraditional Courses?

Nontraditional courses are those taught through the Internet (online or virtual), distance learning, independent study, individualized instruction, correspondence, computer software programs or other similar means.

There are many types of nontraditional educational programs available to high school students. When considering an online, distance learning, correspondence or even a credit recovery program, there are several things to consider. However, the following themes should be kept in mind:

- There is no substitute for working hard and staying on course academically.
- NCAA rules require that all core courses are academic, four-year college preparatory courses. Also, courses that are taught through distance learning, online, credit recovery, etc. need to be comparable in length, content and rigor to courses taught in a traditional classroom setting.
- All courses must include ongoing access between the instructor and student, as well as regular interaction for purposes of teaching, evaluating and providing assistance. This may include, for example, exchanging of e-mails between the student and teacher, feedback on assignments, and the opportunity for the teacher to engage the student in individual instruction.
- Any course taken must have a defined time period for completion. For example, it should be clear whether the course is meant to be taken for an entire semester or during a more condensed time frame, such as six weeks, etc.
- Nontraditional courses should be clearly identified as such on the high school transcript.

A Note on Credit Recovery Courses

Many high schools offer credit recovery or credit retrieval programs for students to receive credit or new grades for courses that they took previously or to take courses for the first time to get ahead or catch up. If your high school offers credit recovery, students need to make sure the following conditions are met:

- The school must follow its credit recovery policies, whether the student is an athlete or not. The Eligibility Center may request the policy if necessary.
- The credit recovery course must be comparable to the regular course. There are many examples in which the course the student failed was a rigorous, college-preparatory course, and the credit recovery course is taught at a lower level and lacks adequate rigor.
- The credit recovery course must meet the NCAA legislated definition of a core course (including the new nontraditional definition).
- The credit recovery course should be clearly identified as such on the high school transcript.
Core-Course Grade-Point Average

How Your Core-Course Grade-Point Average is Calculated
The Eligibility Center will calculate the grade-point average of your core courses on a 4.000 scale. The best grades from classes taken on your school's list of NCAA courses will be used. Grades from additional core courses you took will be used only if they improve your grade-point average.

To determine your points earned for each course, multiply the points for the grade by the amount of credit earned. Use the following scale unless your high school has a different scale on file with the Eligibility Center:

A – 4 points  C – 2 points
B – 3 points  D – 1 point

Remember: The Eligibility Center does not use plus or minus grades when figuring your core-course grade-point average. For example, grades of B+, B and B- will each be worth 3 quality points.

Special High School Grades and Grade-Point Average
If your high school uses numeric grades (such as 92 or 93), those grades will be changed to your high school's letter grades (such as A or B). See your high school's grading scale by pulling up your school's list of NCAA courses at www.eligibilitycenter.org.

If your high school normally “weights” honors or advanced courses, these weighted courses may improve your core-course grade-point average. Your high school must notify the Eligibility Center of such weighting. To see if your high school has a weighted scale that is being used for calculating your core-course grade-point average, visit www.eligibilitycenter.org for an explanation of how these grade weights are handled.

Examples of total quality point calculation:
• An A grade (4 points) for a trimester course (0.34 units): 4 points x 0.34 units = 1.36 total quality points
• An A grade (4 points) for a semester course (0.50 units): 4 points x 0.50 units = 2.00 total quality points
• An A grade (4 points) for a full-year course (1.00 units): 4 points x 1.00 units = 4.00 quality points

Calculate Your Core-Course Grade-Point Average
To calculate your estimated core-course grade-point average, divide the total number of points for all of your core courses by the total number of core-course units you have completed.

Note: Your calculation helps you keep track of your core-course grade-point average. Should you have any questions, contact your high school counselor.

Test-Score Requirements

ACT and SAT Requirements
You must achieve the required score on the SAT or ACT before your full-time collegiate enrollment. You must do this whether you are a citizen of the United States or of a foreign country. Also, state-administered ACT exams will be accepted by the Eligibility Center. You may take the national test given on one or more of the dates shown below.

IMPORTANT CHANGE:
All SAT and ACT scores must be reported to the Eligibility Center directly from the testing agency. Test scores will not be accepted if reported on a high school transcript.

When registering for the SAT or ACT, input the Eligibility Center code of 9999 to make sure the score is reported directly to the Eligibility Center.

Prueba de Aptitud Academica (Division II)
If you enroll in a Division II college or university located in Puerto Rico, you may use a minimum combined score on the Prueba de Aptitud Academica verbal and math reasoning sections of 730 to satisfy the test-score requirement.

National Testing Dates

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<tr>
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<td>October 23, 2010</td>
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Taking Tests More than Once
You may take the SAT or the ACT more than one time. If you take either test more than once, you may use your best subscore from different tests to meet the minimum test-score requirements. Here is an example:

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<th>Math</th>
<th>Verbal/Critical Reading</th>
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<td>SAT (12/09)</td>
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<td>440</td>
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Scores used | 420 | 470 | 890

Your test score will continue to be calculated using the math and verbal/critical reading subsections of the SAT and the math, science, English and reading subsections of the ACT. The writing component of the ACT or SAT will not be used to determine your qualifier status.
To document your education-impacting disability, send the following documentation by mail to:

NCAA Eligibility Center  
EID Services  
P.O. Box 7110  
Indianapolis, IN 46207-7110

Or fax to 317/968-5100.

- Copy of your professional diagnosis; and  
- Copy of your EIP, ITP, 504 plan or statement of accommodations.  
  (One of the above documents should be dated within the last three years.)

Note: Students should complete their Eligibility Center registration prior to submitting this documentation to the Eligibility Center. Please include your NCAA ID number, home address, telephone number, and high school graduation year.

Once approved, you will be notified in writing and will be provided with additional information regarding what accommodations are available.

Please note that NCAA academic requirements are the same for all students, including students with an education-impacting disability. Additionally, the information outlined above is for students who intend to enroll in an NCAA Division I or II college or university within the next few years. Because NCAA regulations are subject to change, the NCAA encourages you to consider how delaying your enrollment may impact your eligibility. For additional information, including a cover sheet and the “Buckley Statement”, which you may wish to complete to allow the Eligibility Center to speak to others about your education-impacting disability status, please access the “Frequently Asked Questions for Students with Education-Impacting Disabilities” page on www.NCAA.org.

Nonstandard Tests
If you have an education-impacting disability, you may also take a nonstandard test to satisfy test-score requirements. Follow these guidelines:

- Register for accommodations as described by ACT or SAT, submitting a properly documented and confirmed diagnosis.  
- Follow procedures governed by ACT or SAT. (The test may not be administered by a member of your high school athletics department or any NCAA school’s athletics department.)  
- If you take a nonstandard ACT or SAT, you may take the test on a date other than a national testing date, but you still must achieve the required test score.  
- Your high school counselor can help you register to take a nonstandard test.

Students with Education-Impacting Disabilities: Special Conditions

A student with an education-impacting disability must meet the same requirements as all other students, but may be provided certain accommodations to help meet those requirements. If you are a student with a diagnosed education-impacting disability, you will need to let the Eligibility Center know about your education-impacting disability only if you plan on using core courses after your eighth semester of high school and you plan on attending an NCAA Division I college or university. It is important to note that the accommodations provided to students with education-impacting disabilities for NCAA Division I schools are different than for Division II schools.

For Division I only, a student must graduate “on time” in order to use the following accommodations:

- Use up to three (3) additional approved core courses taken before full-time enrollment in college.

For Division II only, students may use the following accommodations:

- Use any approved core courses taken before full-time enrollment in college.

For Divisions I and II, students may use the following accommodations:

- Use courses for students with education-impacting disabilities that are designated on the high school’s list of NCAA courses.  
- May take a nonstandard test to satisfy test-score requirements.
Core Courses
If you are a high school student with an education-impacting disability and have received help (for example, taken special classes or received extra time for tests) because of that education-impacting disability, you are eligible for the following:
• You may use a course that your high school has designed for students with education-impacting disabilities, if it appears on your high school’s list of NCAA courses.
• You may take core courses any time before your enrollment as a full-time student in college, even during the summer after your last high school year. Remember, for Division I, you must document your education-impacting disability with the NCAA to receive this accommodation.

The GED
The General Education Development (GED) test may, under certain conditions, satisfy the graduation requirement, but it will not satisfy core-course grade-point average or test-score requirements. Contact the NCAA for information about GED submission.

Home School Students
Home-schooled students who plan to enroll in a Division I or II college must register with the Eligibility Center and must meet the same requirements as all other students.

International Students
If you are an international college-bound student-athlete or if you have received any secondary schooling outside of the United States, please refer to the Guide to International Academic Standards, located in the “International Students” section on the Resources page of the Eligibility Center’s Web site, www.eligibilitycenter.org.

Your Amateurism and You
If you want to participate in NCAA Division I or II athletics, you must also be certified as an amateur student-athlete. The Eligibility Center will determine the amateurism eligibility of all freshman and transfer college-bound student-athletes for initial participation at an NCAA Division I or II college or university. In Division III, certification of an individual’s amateurism status is completed by each college or university, not the Eligibility Center.

When you register with the Eligibility Center, you will be asked questions about your athletics participation. The information you will provide will be reviewed and a determination will be made as to whether your amateurism status should be certified or if a penalty should be assessed before certification. If a penalty is assessed, you will have an opportunity to appeal the decision.

The following precollege enrollment activities may be reviewed:
1. Contracts with a professional team.
2. Salary for participating in athletics.
3. Prize money.
4. Play with professionals.
5. Tryouts, practice or competition with a professional team.
6. Benefits from an agent or prospective agent.
7. Agreement to be represented by an agent.
8. Delayed initial full-time collegiate enrollment to participate in organized sports competition.

Additional information regarding NCAA amateurism rules is available on the Eligibility Center’s Web site by logging on to www.eligibilitycenter.org, then clicking on the “Resources” link at the top of the page.
Definition of a Professional Team.

In Division I, in sports other than men’s ice hockey and skiing, a team is considered professional for a college-bound student-athlete (who initially enrolls full time at a college or university August 1, 2010, or thereafter) if he or she is provided more than actual and necessary expenses for participation on the team. For those college-bound student-athletes who either compete in the sports of men’s ice hockey and skiing or initially enrolled full time at a college or university prior to August 1, 2010 (i.e., transfer student-athletes to Division I), a team is considered professional if it declares itself to be professional or provides any player more than actual and necessary expenses for participation on the team. Therefore, team sport college-bound student-athletes who compete in the sports of men’s ice hockey or skiing or who initially enrolled full time at a college or university prior to August 1, 2010, may have their eligibility negatively impacted by competing on teams with teammates who are compensated above actual and necessary expenses.

In Division II, a team is considered professional for a college-bound student-athlete (who participates on a team following initial full-time collegiate enrollment) if it declares itself to be professional or provides any player more than actual and necessary expenses for participation on the team.

Actual and necessary expenses are limited to the following:
(a) Meals and lodging directly tied to competition and practice held in preparation for such competition;
(b) Transportation (i.e., expenses to and from practice and competition, cost of transportation from home to training/practice site at the beginning of the season and from training/practice site to home at the end of the season);
(c) Apparel, equipment and supplies related to participation on the team;
(d) Coaching and instruction, use of facilities and entry fees;
(e) Health/medical insurance, medical treatment and physical therapy; and
(f) Other reasonable expenses (e.g., laundry money).

Definition of Organized Competition.

In Division I, athletics competition is considered organized if any one of the following conditions exists (used during delayed enrollment evaluations):
(a) Competition is scheduled and publicized in advance;
(b) Official score is kept;
(c) Individual or team standings or statistics are maintained;
(d) Official timer or game officials are used;
(e) Admission is charged;
(f) Teams are regularly formed or team rosters are predetermined;
(g) Team uniforms are used;
(h) A team is privately or commercially sponsored; or
(i) The competition is either directly or indirectly sponsored, promoted or administered by an individual, an organization or any other agency.

In Division II, athletics competition is considered organized if any one of the following conditions exist (used during delayed enrollment evaluations):
(a) Competition is scheduled in advance;
(b) Official score is kept;
(c) Individual or team standings or statistics are maintained;
(d) Official timer or game officials are used;
(e) Admission is charged;
(f) Teams are regularly formed or team rosters are predetermined;
(g) Team uniforms are used;
(h) An individual or team is privately or commercially sponsored; or
(i) The competition is either directly or indirectly sponsored, promoted or administered by an individual, an organization or any other agency.
The chart above summarizes the Divisions I and II pre-enrollment amateurism rules.
### Division I Worksheet

This worksheet is provided to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The NCAA Eligibility Center will determine your official status after you graduate. Remember to check your high school’s list of approved courses for the classes you have taken. Use the following scale:

A = 4 quality points; B = 3 Quality points; C = 2 quality points; D = 1 quality point.

**English (4 years required)**

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Credit</th>
<th>X Grade</th>
<th>= Quality Points (multiply credit by grade)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: English 9</td>
<td>0.5</td>
<td>A</td>
<td>(0.5 x 4) = 2</td>
</tr>
</tbody>
</table>

**Total English Units**

**Total Quality Points**

**Mathematics (3 years required)**

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Credit</th>
<th>X Grade</th>
<th>= Quality Points (multiply credit by grade)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: Algebra 1</td>
<td>1.0</td>
<td>B</td>
<td>(1.0 x 3) = 3</td>
</tr>
</tbody>
</table>

**Total Mathematics Units**

**Total Quality Points**

**Natural/physical science (2 years required)**

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Credit</th>
<th>X Grade</th>
<th>= Quality Points (multiply credit by grade)</th>
</tr>
</thead>
</table>

**Total Natural/Physical Science Units**

**Total Quality Points**

**Additional year in English, mathematics or natural/physical science (1 year required)**

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Credit</th>
<th>X Grade</th>
<th>= Quality Points (multiply credit by grade)</th>
</tr>
</thead>
</table>

**Total Additional Units**

**Total Quality Points**

**Social science (2 years required)**

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Credit</th>
<th>X Grade</th>
<th>= Quality Points (multiply credit by grade)</th>
</tr>
</thead>
</table>

**Total Social Science Units**

**Total Quality Points**

**Additional academic courses (4 years required)**

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Credit</th>
<th>X Grade</th>
<th>= Quality Points (multiply credit by grade)</th>
</tr>
</thead>
</table>

**Total Additional Academic Units**

**Total Quality Points**

**Core-Course GPA (16 required)**

<table>
<thead>
<tr>
<th>Total Quality Points</th>
<th>Total Number of Credits</th>
<th>Core-Course GPA (Total Quality Points/Total Credits)</th>
</tr>
</thead>
</table>
This worksheet is provided to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The NCAA Eligibility Center will determine your official status after you graduate. Remember to check your high school's list of approved courses for the classes you have taken. Use the following scale:

- A = 4 quality points; B = 3 quality points; C = 2 quality points; D = 1 quality point.

### English (3 years required)

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Credit</th>
<th>X</th>
<th>Grade</th>
<th>Quality Points (multiply credit by grade)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: English 9</td>
<td>.5</td>
<td></td>
<td>A</td>
<td>(.5 x 4) = 2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total English Units</th>
<th>Total Quality Points</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Mathematics (2 years required)

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Credit</th>
<th>X</th>
<th>Grade</th>
<th>Quality Points (multiply credit by grade)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: Algebra 1</td>
<td>1.0</td>
<td></td>
<td>B</td>
<td>(1.0 x 3) = 3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total Mathematics Units</th>
<th>Total Quality Points</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Natural/physical science (2 years required)

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Credit</th>
<th>X</th>
<th>Grade</th>
<th>Quality Points (multiply credit by grade)</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Total Natural/Physical Science Units</th>
<th>Total Quality Points</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Additional years in English, math or natural/physical science (2 years required; 3 years required Aug. 1, 2013, and after)

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Credit</th>
<th>X</th>
<th>Grade</th>
<th>Quality Points (multiply credit by grade)</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Total Additional Units</th>
<th>Total Quality Points</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Social science (2 years required)

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Credit</th>
<th>X</th>
<th>Grade</th>
<th>Quality Points (multiply credit by grade)</th>
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</thead>
</table>

<table>
<thead>
<tr>
<th>Total Social Science Units</th>
<th>Total Quality Points</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Additional academic courses (3 years required; 4 years required Aug. 1, 2013, and after)

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Credit</th>
<th>X</th>
<th>Grade</th>
<th>Quality Points (multiply credit by grade)</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Total Additional Academic Units</th>
<th>Total Quality Points</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Core-Course GPA (14 required; 16 required Aug. 1, 2013, and after)

<table>
<thead>
<tr>
<th>Total Quality Points</th>
<th>Total Number of Credits</th>
<th>Core-Course GPA (Total Quality Points/Total Credits)</th>
</tr>
</thead>
</table>
Steps to Achieving Your Eligibility

Freshmen and Sophomores
• Start planning now!
• Work hard to get the best grades possible.
• Take classes that match your high school’s list of NCAA courses. The Eligibility Center will use only approved core courses to certify your initial eligibility.
• You can access and print your high school’s list of NCAA courses at www.eligibilitycenter.org.
• If you fall behind, use summer school sessions before graduation to catch up.

Juniors
• At the beginning of your junior year, complete your registration at www.eligibilitycenter.org.
• Register to take the ACT, SAT or both and use the Eligibility Center code “9999” as a score recipient. Doing this sends your score directly to the Eligibility Center.
• Double-check to make sure the courses you have taken match your school’s list of NCAA courses.
• Ask your high school counselor to send an official transcript to the Eligibility Center after completing your junior year. If you have attended more than one high school, the Eligibility Center will need official transcripts from all high schools attended. (The Eligibility Center does NOT accept faxed transcripts or test scores.)
• Before registering for classes for your senior year, check with your high school counselor to determine the amount of core courses that you need to complete your senior year.

Seniors
• Take the SAT and/or ACT again, if necessary. The Eligibility Center will use the best scores from each section of the ACT or SAT to determine your best cumulative score.
• Continue to take college-prep courses.
• Check the courses you have taken to match your school’s list of NCAA courses.
• Review your amateurism responses and request final amateurism certification on or after April 1 (for fall enrollees) or October 1 (for spring enrollees).
• Continue to work hard to get the best grades possible.
• Graduate on time (in eight academic semesters).
• After graduation, ask your high school counselor to send your final transcript to the Eligibility Center with proof of graduation.
Online Registration: The Eligibility Center has designed a new Web site with you, the student-athlete, in mind. This is where you will find the tools and information you need to begin your college experience as a student-athlete.

To register with the Eligibility Center, go online to www.eligibilitycenter.org. To create an account, either click on the “New Account” button at the top right of the screen or the cell phone on the left side of the screen.

Account Creation
You will need to provide a valid e-mail address to create an account and begin the registration process. Be sure you provide an e-mail address that will be active even after you complete high school.

About Me
In this section, you just need to pass along some quick facts about you—information such as your name, address, date of birth and gender.

My Coursework
You will need to enter the name and location of the high school you currently attend in this section. If you have attended more than one school (including summer school) during grades nine, 10, 11 or 12, you will need to have that information ready as well. List all schools you previously attended. Make sure to include all schools, whether you received grades or credits. If you attended ninth grade at a junior high school located in the same school system in which you later attended high school, do not list the ninth-grade school.

My Sport
In this section, you will select the sport(s) you plan to participate in at an NCAA Division I or II college or university. The Eligibility Center will also ask about the high school and/or club teams you have been a part of and events you have participated in during your high school career.

Payment
Your account will be eligible for processing once the registration fee of $60 for U.S. students or $85 for international students has been paid (or submission of a fee waiver if you have been granted a waiver). You must pay online by debit, credit card or e-check.

Note: Effective September 1, 2010, the registration fee will increase to $65 for U.S. students and $95 for international students.

You are eligible for a waiver of the registration fee only if you have already received a waiver of the ACT or SAT fee. (This is not the same as a U.S. state voucher.) You must have an authorized high school official submit your fee waiver documentation online. If you have not yet been granted a fee waiver by ACT or SAT, you are not yet eligible for a waiver of the registration fee.
ACT
In order to be eligible for an ACT fee waiver, a student must meet one of these indicators of economic need:

- Family receives public assistance;
- Student is a ward of the state;
- Student resides in foster home;
- Student participates in free or reduced-price lunch program at school;
- Student participates in federally funded TRIO Program such as Upward Bound; or
- Family income is at or below the 2010-11 Bureau of Labor Statistics Low Standard Budget.

SAT
You are eligible for consideration for an SAT fee waiver if you are:

- An American citizen or a foreign national taking the SAT in the United States, Puerto Rico or U.S. territories; or
- An American citizen living outside the United States; and you meet the financial eligibility guidelines for fee waivers, such as participating in the Federal Free and Reduced Lunch/National School Lunch Program at your school. Your guidance counselor will share any additional eligibility guidelines with you.

If you are a home schooled student in the United States, Puerto Rico or U.S. territories who cannot afford to pay the test fees, you must provide proof of eligibility to your local high school or agency fee-waiver administrator/counselor. Only a school or agency counselor can provide you with the fee-waiver card for the appropriate test.
Athletes scholarships are awarded by NCAA Divisions I and II institutions. Division III institutions do not award financial aid based on athletics ability, but you may be eligible to receive academic scholarships or need-based financial aid. It is important to understand several points about athletics scholarships. (Note: The information below is a summary and does not include all Divisions I and II financial aid rules. Contact your college or university to get more detailed information about NCAA financial aid rules):

• Athletics scholarships in Divisions I and II are initially awarded for up to one academic year. In Division I, they may be renewed annually up to a total of five years of athletics aid within six years after initial enrollment in college. In Division II, they may be renewed up to a total of 10 semesters/15 quarters of athletics aid. But please keep in mind that your athletics aid can be reduced or not renewed at the end of each year.

• Athletics scholarships can be renewed, reduced, increased or canceled from year to year for almost any reason. If your scholarship is going to be reduced or cancelled at any time, your college or university must first provide you with an opportunity to appeal that decision.

• Athletics scholarships are awarded in a variety of amounts, ranging from full scholarships (including tuition, fees, room, board and books) to very small scholarships that, for example, provide only required course-related books.

• You must report all scholarships you receive to your college financial aid office. The total amount of financial aid a student-athlete can receive and the total amount of athletics aid a team can award may be limited. These limits can affect whether a student-athlete may accept additional financial aid from other sources. Ask financial aid officials at the college or university about other financial aid you may be eligible to receive and about the impact of that aid on athletics aid limits.

An athletics scholarship is a tremendous benefit to most families, but you should have a plan to pay for those college costs not covered by a scholarship (e.g., travel between home and school). You should also consider how you will finance your education if your athletics scholarship is reduced or canceled.
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.  A college coach may not have any in-person contact with you or your parents on or off campus at any time during a 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.  During this time, a 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 all or some of 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 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 assistance or other benefits that the college does not provide to students generally.

Quiet period.  During this time, a 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 college-bound student-athlete’s commitment to a school before he or she signs (or is able to sign) a National Letter of Intent.  A college-bound student-athlete can announce a verbal commitment at any time.  While verbal commitments have become very popular for both college-bound student-athletes and coaches, this “commitment” is NOT binding on either the college-bound student-athlete or the institution.  Only the signing of the National Letter of Intent accompanied by a financial aid agreement is binding on both parties.

Recruiting Calendars
To see recruiting calendars for all sports, go to NCAA.org.

National Letter of Intent
The National Letter of Intent (NLI) is a voluntary program administered by the Eligibility Center.  By signing an NLI, the college-bound student-athlete agrees to attend the college or university for one academic year.  In exchange, that institution must provide athletics financial aid for one academic year.

Restrictions are contained in the NLI itself.  Read them carefully.  These restrictions may affect your eligibility.

If you have questions about the NLI visit the Web site at www.national-letter.org or call 317/223-0706.
## Summary of Recruiting Rules for Each Sport—Division I

<table>
<thead>
<tr>
<th>RECRUITING METHOD</th>
<th>MEN'S BASKETBALL</th>
<th>WOMEN'S BASKETBALL</th>
<th>FOOTBALL</th>
<th>OTHER SPORTS</th>
</tr>
</thead>
</table>
| Recruiting materials | - You may receive brochures for camps and questionnaires.  
|  | - You may begin receiving recruiting materials June 15 after your sophomore year. | - You may receive brochures for camps and questionnaires. | - You may receive brochures for camps and questionnaires. | - You may receive brochures for camps and questionnaires. |
| Telephone calls | - You may make calls to the coach at your expense only.  
|  | - College may accept collect calls from you at end of your sophomore year.  
|  | - College coach cannot call you. | - You may make calls to the coach at your expense only.  
|  | - College coach cannot call you. | - You may make calls to the coach at your expense only.  
|  | - College coach cannot call you. | - You may make calls to the coach at your expense only.  
|  | - Men's Ice Hockey—You may begin receiving recruiting materials June 15 after your sophomore year. | - You may make calls to the coach at your expense only.  
|  | - Women's Ice Hockey—A college coach may call international prospects once on or after July 7 through July 31 after sophomore year. |
| Off-campus contact | - None allowed. | - None allowed. | - None allowed. | - None allowed. |
| Official visit | - None allowed. | - None allowed. | - None allowed. | - None allowed. |
| 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. |

<table>
<thead>
<tr>
<th>RECRUITING METHOD</th>
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<th>WOMEN'S BASKETBALL</th>
<th>FOOTBALL</th>
<th>OTHER SPORTS</th>
</tr>
</thead>
</table>
| Recruiting materials | - Allowed.  
|  | - You may begin receiving recruiting materials June 15 after your sophomore year. | - You may begin receiving September 1 of junior year. | - You may begin receiving September 1 of junior year. | - You may begin receiving September 1 of junior year. |
| 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 | - Once per month beginning June 15, before your junior year, through July 31 after your junior year.  
|  | - Once per month in April (on or after the Thursday following the Women’s Final Four) and May.  
|  | - Once between June 1 and June 20 after your junior year.  
|  | - Once between June 21 and June 30 after your junior year.  
|  | - Three times in July after your junior year (maximum of one call per week). | - Once from April 15 to May 31 of your junior year. | - 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.  
<p>|  | - Women’s Ice Hockey—Once per week beginning July 7 after your junior year. |
| Off-campus contact | - None allowed. | - None allowed. | - None allowed. | - None allowed. |
| Official visit | - None allowed. | - None allowed. | - None allowed. | - None allowed. |
| 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. |</p>
<table>
<thead>
<tr>
<th>Recruiting method</th>
<th>Men's Basketball</th>
<th>Women's Basketball</th>
<th>Football</th>
<th>Other Sports</th>
</tr>
</thead>
<tbody>
<tr>
<td>Telephone calls</td>
<td>You may make calls to the coach at your expense.</td>
<td>You may make calls to the coach at your expense.</td>
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<td>You may make calls to the coach at your expense.</td>
</tr>
<tr>
<td>College coaches may call you</td>
<td>Twice per week beginning August 1.</td>
<td>Once per week beginning August 1.</td>
<td>Once per week beginning September 1.</td>
<td>Once per week beginning July 1.</td>
</tr>
<tr>
<td>Official visit</td>
<td>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.</td>
<td>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.</td>
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</tr>
<tr>
<td>Unofficial visit</td>
<td>You may make an unlimited number of unofficial visits.</td>
<td>You may make an unlimited number of unofficial visits.</td>
<td>You may make an unlimited number of unofficial visits.</td>
<td>You may make an unlimited number of unofficial visits.</td>
</tr>
<tr>
<td>Evaluation and contacts</td>
<td>Up to seven times during your senior year.</td>
<td>Up to five times during your senior year.</td>
<td>Up to six times during your senior year.</td>
<td>Up to seven times during your senior year.</td>
</tr>
<tr>
<td>How often can a coach see me or talk to me off the college's campus?</td>
<td>A college coach may contact you or your parents/legal guardians not more than three times during your senior year.</td>
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</tr>
</tbody>
</table>

**Summary of Recruiting Rules—Divisions II and III**

<table>
<thead>
<tr>
<th>Recruiting method</th>
<th>Division II</th>
<th>Division III</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recruiting materials</td>
<td>A coach may begin sending you printed recruiting materials September 1 of your junior year in high school.</td>
<td>You may receive printed materials any time.</td>
</tr>
<tr>
<td>Telephone calls</td>
<td>A college coach may call you once per week beginning June 15 after your junior year. You may make calls to the coach at your expense.</td>
<td>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.</td>
</tr>
<tr>
<td>Off-campus contact</td>
<td>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.</td>
<td>A college coach may begin to have contact with you and your parents/legal guardians off the college's campus after your junior year.</td>
</tr>
<tr>
<td>Unofficial visits</td>
<td>You may make an unlimited number of unofficial visits any time.</td>
<td>You may make an unlimited number of unofficial visits any time.</td>
</tr>
<tr>
<td>Official visits</td>
<td>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.</td>
<td>You may make official visits starting the opening day of classes your senior year. You may make only one official visit per college.</td>
</tr>
</tbody>
</table>
# LIST OF NCAA-SPONSORED SPORTS

## Fall Sports
- Cross Country (W)
- Cross Country (M)
- Field Hockey (W)
- Football (M)
- Soccer (W)
- Soccer (M)
- Volleyball (W)
- Water Polo (M)

## Winter Sports
- Basketball (W)
- Basketball (M)
- Bowling (W)
- Fencing (M&W)
- Gymnastics (W)
- Gymnastics (M)
- Ice Hockey (W)
- Ice Hockey (M)
- Rifle (M&W)
- Skiing (M&W)
- Swimming and Diving (W)
- Swimming and Diving (M)
- Indoor Track and Field (W)
- Indoor Track and Field (M)
- Wrestling (M)

## Spring Sports
- Baseball (M)
- Golf (W)
- Golf (M)
- Lacrosse (W)
- Lacrosse (M)
- Rowing (W)
- Softball (W)
- Tennis (W)
- Tennis (M)
- Outdoor Track and Field (W)
- Outdoor Track and Field (M)
- Volleyball (M)
- Water Polo (W)

## Emerging Sports
- Equestrian (W)
- Rugby (W)
- Sand Volleyball (W)
- Squash (W)
The NCAA salutes
400,000 student-athletes participating in 23 sports at more than 1,000 member institutions

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Certification Processing
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