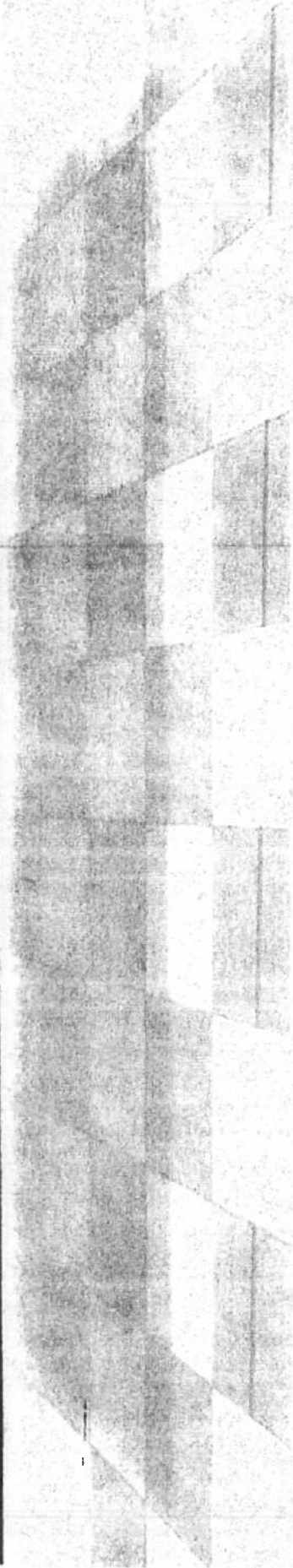


# Playing College Athletics



Bill Baldrige  
M14 Director of Teams



@baldridgeizzie

## GOOD EXAMPLE


- USE A GOOD PICTURE
- HIGH SCHOOL
- HIGH SCHOOL NUMBER
- CLUB NAME
- CLUB TEAM
- CLUB NUMBER
- GPA - IF ITS GOOD
- MOST RECENT HIGHLIGHTS LINK
- PIN UPCOMING CLUB SCHEDULE
- MAKE SURE COACHES CAN DM YOU - MAIL ICON ON TOP

USE A REASONABLE "HANDLE"  
@ MEANING

## TWITTER REQUIREMENTS

Lizzie Baldridge

@baldridgelizzie Follows you

York HS '23 #10 || M14 Hoops 17U 3SSB  
#10 || 4.0 GPA || 2021 Highlights 

 [drive.google.com/file/d/1GoZHCP...](https://drive.google.com/file/d/1GoZHCP...)


 Joined August 2018

150 Following 176 Followers

Followed by Abby Keighron,    viki matulevicius, Mikaela...

Tweets Replies Media Likes

 Pinned Tweet

 Lizzie Baldridge @bal... · 3/22/22 ...  
AAU SEASON IS HERE! Very

excited for this year's final  
schedule! @M14Hoops\_Girls



# What are an athlete's options?

## **NCAA**

- D1 – Up to 100% of tuition can be covered by an athletic scholarship
  - D2 – Up to 100% of tuition can be covered by an athletic scholarship
  - D3 – 0% of tuition can be covered by an athletic scholarship
- (# of scholarships are determined by sport for D1 and for D2)

## **NATA**

- Up to 100% of tuition can be covered by an athletic scholarship
- (# of scholarships are determined by sport)



- D1 – Up to 100% of tuition can be covered by an athletic scholarship
- D2 – Limited amount of tuition can be covered by scholarship
- D3 – 0% of tuition can be covered by an athletic scholarship

# Which schools are NCAA Division 1, 2, & 3?

NCAA

## D-1:



340

Colleges

Universities

## D-2:



290

Colleges

Universities

## D-3:



436

Colleges

Universities



Benedictine University



MILLIKIN UNIVERSITY



Which schools are NAIA schools?





Most importantly...

# Pick your school based on

Demographics

Cost

Academics

Career Goal

PLAYING  
TIME

Distance -  
Holidays

Size of School

Winning

Diversity -  
Culture

What to do now...

1. TALK TO YOUR COACH about your skill level and abilities. Get advice for exposure. **BE PREPARED FOR HONEST FEEDBACK.**





# Our Three Divisions

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

DISCOVER | DEVELOP | DEBATE  
DIVISION III



MAKE IT YOURS  
DIVISION II



DIVISION I



DIVISION

NUMBER OF SCHOOLS*	351 (33%)	296 (27%)	433 (40%)
--------------------	-----------	-----------	-----------

MEDIAN UNDERGRADUATE ENROLLMENT	8,449	2,300	1,655
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STUDENTS WHO ARE ATHLETES	1 in 22	1 in 9	1 in 6
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AVERAGE NUMBER OF TEAMS PER SCHOOL	19	16	19
------------------------------------	----	----	----

PERCENTAGE OF NCAA STUDENT-ATHLETES IN EACH DIVISION	36%	25%	39%
--	-----	-----	-----

ATHLETICS SCHOLARSHIPS	Multiyear, cost-of-attendance athletics scholarships available	Partial athletics scholarship model	No athletics scholarships
	58% of athletes receive athletics aid	67% of athletes receive athletics aid	80% of athletes receive nonathletics aid

DID YOU KNOW?	Division I student-athletes graduate at a higher rate than the general student body.	Division II is the only division with schools in Alaska, Puerto Rico and Canada.	Division III's largest school has 27,642 undergraduates. The smallest? 228.
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## DID YOU KNOW?



Division I student-athletes graduate at a higher rate than the general student body.



Division II is the only division with schools in Alaska, Puerto Rico and Canada.



Division III's largest school has 27,642 undergraduates. The smallest? 228.

## How is each division governed?

NCAA schools develop and approve legislation for their own divisions. Groups of presidents and chancellors lead each division in the form of committees with regularly scheduled meetings.

## What are the eligibility requirements in each division?

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

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

# NCAA Recruiting Facts

College sports create a pathway to opportunity for student-athletes.

## Division I

Division I schools, on average, enroll the most students, manage the largest athletics budgets, offer a wide array of academic programs and provide the most athletics scholarships and additional financial support.

### PARTICIPATION

188,710 student-athletes

351 colleges and universities

### ATHLETICS SCHOLARSHIPS

58%

of all student-athletes receive some level of athletics aid.

### ACADEMICS

2021 Graduation Success Rate:



### OTHER STATS

8,449 Median Undergraduate Enrollment

19 Average Number of Teams per School

5% Percentage of Student Body Participating in Sports

26 Division I National Championships

## Division II

Division II provides growth opportunities through academic achievement, high-level athletics competition and community engagement. Many participants are first-generation college students.

### PARTICIPATION

130,373 student-athletes

296 colleges and universities

### ATHLETICS SCHOLARSHIPS

67%

of all student-athletes receive some level of athletics aid.

### ACADEMICS

2021 Academic Success Rate:



### OTHER STATS

2,300 Median Undergraduate Enrollment

16 Average Number of Teams per School

11% Percentage of Student Body Participating in Sports

25 Division II National Championships

## Division III

The Division III experience provides an integrated environment that focuses on academic success while offering competitive athletics and meaningful nonathletics opportunities.

### PARTICIPATION

201,387 student-athletes

433 colleges and universities

### FINANCIAL AID

80%

of all student-athletes receive some form of academic scholarship or need-based grant; institutional gift aid totals \$17,000 on average.

### ACADEMICS

2021 Academic Success Rate:



### OTHER STATS

1,655 Median Undergraduate Enrollment

19 Average Number of Teams per School

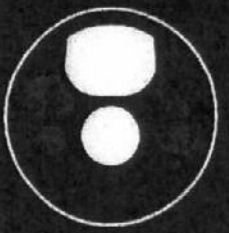
17% Percentage of Student Body Participating in Sports

28 Division III National Championships

Want to play NCAA sports?

Visit [ncaa.org](http://ncaa.org)

Graduation rate for student-athletes, including those who transfer from one school to another. Revised Fall 2022. The number of schools for each division is current as of the 2022-23 academic year. This does not include reclassifying, provisional or exploratory schools. Student-athlete participation numbers include NCAA championship sports only and are current as of the 2021-22 academic year.



# Facts About NCAA Sports

## Does the NCAA award athletics scholarships?

Individual schools award athletics scholarships. Division I and II schools provide more than \$3.7 billion in athletics scholarships annually to nearly 190,000 student-athletes. Division III schools, with more than 183,000 student-athletes, do not offer athletically related financial aid, but most student-athletes receive some form of academic scholarship or need-based grant.

## Do many high school athletes earn athletics scholarships?

Very few, in fact. About 2% of high school athletes are awarded some form of athletics scholarship to compete in college.

## Do many NCAA student-athletes go on to play professionally?

Fewer than 2% of NCAA student-athletes go on to be professional athletes. In reality, most student-athletes depend on academics to prepare them for life after college. Education is important. There are nearly half a million NCAA student-athletes, and most of them will go pro in something other than sports.

## Do NCAA student-athletes have difficulty meeting graduation requirements with the time demands of their sport?

While competing in college does require strong time-management skills and some thoughtful planning with academic advisors, on average NCAA student-athletes graduate at a higher rate than the general student body.

## ESTIMATED PROBABILITY OF COMPETING IN NCAA ATHLETICS BEYOND HIGH SCHOOL

Student-Athletes	All Sports	Men's Basketball	Women's Basketball	Football	Baseball	Men's Ice Hockey
NCAA Student-Athletes	499,000	18,800	16,500	73,700	36,000	4,300
High School Student-Athletes	7,200,000	540,800	399,100	1,006,000	482,700	35,300
Percentage Moving from High School to NCAA	7%	3.5%	4.1%	7.3%	7.5%	12.3%
Percentage Moving from NCAA to Major Professional*	2%	1.2%	0.8%	1.6%	9.9%	7.4%

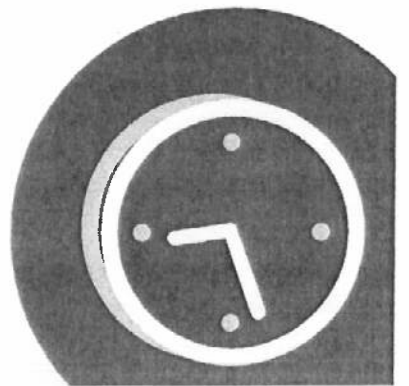
\*Percent NCAA to Major Professional figures are based on the number of draft picks made in the NBA, WNBA, NFL, MLB and NHL drafts.

Note: The number of student-athletes in this table is current as of the 2018-19 academic year. NFHS statement to media (August 2021): Due to challenges presented by the COVID-19 pandemic, the NFHS and its state associations were not able to obtain participation information for the 2019-20 and 2020-21 school years.

Over 500,000 Student-athletes  
20,000 Teams  
3 Divisions  
1 Association







# Time Management

## What student-athletes should expect

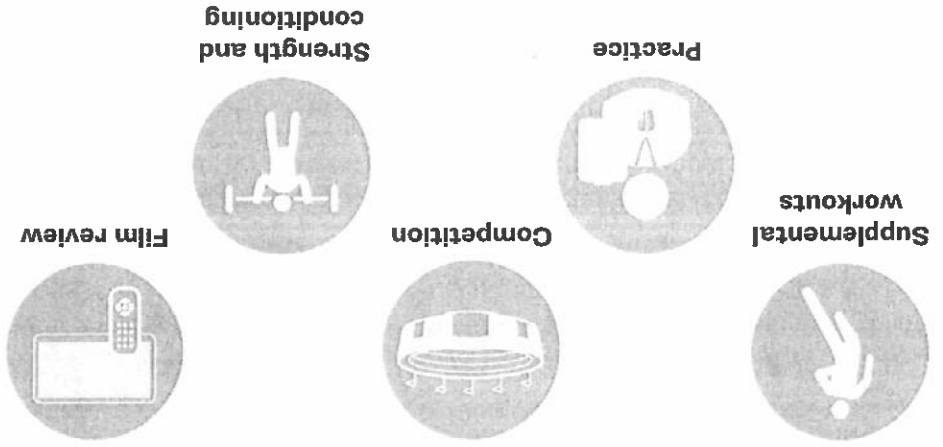
Time management is a key component of any college student's success, but it is especially important for students who play sports. From classes to competition and everything in between, the student-athlete schedule stays busy year-round. Know what awaits before you step foot on the field.

## Hours spent on activities per week (168 hours total)



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

These are considered countable athletically related activities (CARA). NCAA rules limit the time student-athletes can spend on these activities each week. Check with the compliance office at the NCAA school you may attend for more information.



Percentage of student-athletes who said they spend as much or more time on athletics during the offseason as during their competitive season.

67%

of Division I student-athletes

63%

of Division II student-athletes

47%

of Division III student-athletes

\*Medians collected from the 2019 NCAA GOALS study.

How many scholarships can universities

offer?

Division 1 schools  
13 scholarships

Division 2 schools  
10 scholarships

Division 3 schools  
0 scholarships (only academic money)

NAA has 8 scholarships available

Article ID: KB-4137

# Do I need to submit a standardized test score to the NCAA?

As of January 2023, standardized test scores are **not required** for all student-athletes who initially enroll full time on or after August 1, 2023. During the 2023 NCAA Convention, Divisions I and II adopted legislation to remove standardized test scores for these students. The vote was based on the recommendation from the **Standardized Test Score Task Force**, a specialized group charged with reviewing initial-eligibility requirements as part of the NCAA's eight-point plan to advance racial equality.

Among other requirements, college-bound student-athletes planning to compete at an NCAA Division I or II school are still required to have a 2.3 (DI)/2.2 (DII) grade point average in 16 NCAA-approved core-course units and provide proof of high school graduation. Division-specific information on initial-eligibility requirements is available here:

• [Division I](#)

• [Division II](#)

• [Division III](#): Click here for more information on Division III requirements for international student-athletes. Student-athletes planning to attend a Division III school are not required to have an academic certification from the Eligibility Center but may be required to have an amateurism certification.

Students should also check with the NCAA school they plan to attend regarding whether standardized test scores are necessary for admission or scholarship requirements. Please contact NCAA Customer Service at 877-262-1492 with questions.

Was this helpful?

Yes  No



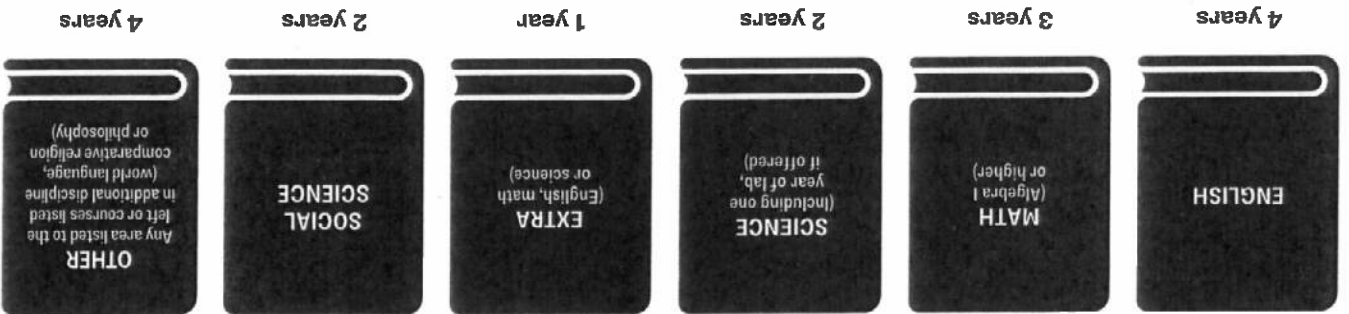
# Division I Academic Standards

DIVISION I

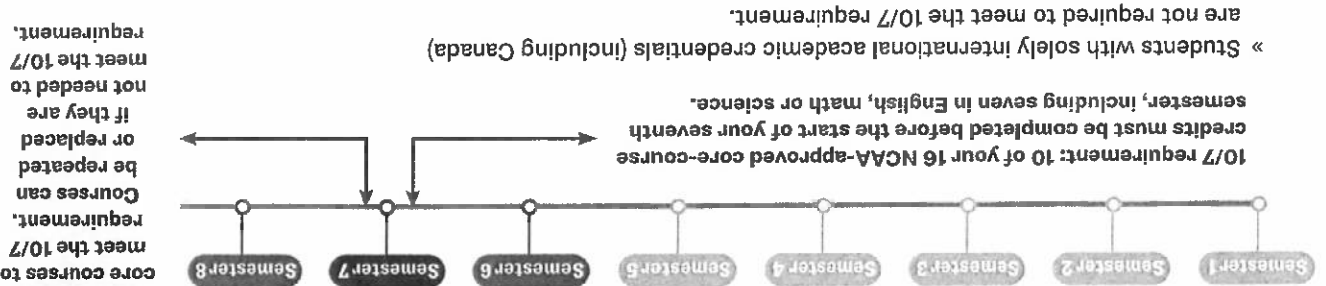


Division I schools require you to meet academic standards. To be eligible to practice, compete and receive an athletics scholarship in your first year of full-time enrollment, you must meet all the following requirements:

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. If you graduate from high school early, you still must meet core-course requirements.

4. Earn a minimum 2.3 core-course GPA.

5. Ask your high school counselor to upload your final official transcript with proof of graduation to your Eligibility Center account.

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

$$4 \times 4 = 16$$



# NCAA-Approved Core Courses

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

## What is a Core Course?

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



Is a four-year college preparatory course in one of these subject areas:

Is taught by a qualified instructor.

Is taught at or above your high school's regular academic level.

You receive credit toward high school graduation and course appears on an official transcript with course title, grade and credit awarded.

Is in a noncore area, such as driver education, typing, art, music, physical education or welding.

Prepares you for work or life, or for a two-year college or technical school, such as personal finance, consumer education or tech prep.

Is taught below grade level, at a slower pace or with less rigor or depth, such as basic, essential, fundamental or foundational courses.

Is a credit-by-exam course.



## Core-Course Credits

You can earn credit for a core course only once. If you take a course that repeats the content of another core course, you earn credit for only one of these courses, and the higher grade counts toward your core-course GPA. For more information on core-course credits, visit [ncaa.org/student-athletes/future/core-courses](http://ncaa.org/student-athletes/future/core-courses).

## Dual-Enrollment Coursework

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

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

**REMEMBER**

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

- April 19 - 21 EVALUATION PERIOD (NCAA certified events only)
- May 17 - 19 EVALUATION PERIOD (NCAA certified events only)
- June 13 - 15 EVALUATION PERIOD (For scholastic events)
- July 12 - 15 EVALUATION PERIOD (NCAA certified events only)
- July 19 - 22 EVALUATION PERIOD (NCAA certified events only)

Womens Live periods 2024 (evaluation periods)

- May 17 - 19 EVALUATION PERIOD (NCAA certified events only)
- June 21 - 23 EVALUATION PERIOD (For scholastic HS events)
- June 28 - 30 EVALUATION PERIOD (For scholastic HS events)
- July 11 - 14 EVALUATION PERIOD (NCAA certified events only)
- July 19 - 21 EVALUATION PERIOD (NCAA certified events only)

Mens Live periods 2024 (evaluation periods)



Continued on next page.

# 2023-24 NCAA RECRUITING CALENDAR

## Division I Men's Basketball



See NCAA Division I Bylaw 13.17.2 for Men's Basketball Calendar Formula.

**Note:** All live evaluations during the academic year recruiting periods shall be limited to: regularly scheduled high school, preparatory school and two-year college contests/tournaments and practices; regular scholastic activities involving prospective student-athletes enrolled only at the institution where the regular scholastic activities occur; and regularly scheduled international scholastic team or nonscholastic team practice and competition. During the May evaluation period, evaluations shall be limited to nonscholastic events that are certified per NCAA Division I Bylaw 13.18.

<b>Aug. 1 through Sept. 8, 2023,</b> <b>Aug. 1, 2023-Aug. 31, 2024</b> except as noted below:	<b>DEAD PERIOD</b>
<b>Aug. 6-20</b>	<b>DEAD PERIOD</b>
<b>Sept. 9 through Nov. 5</b>	<b>RECRUITING PERIOD</b>
<b>Nov. 6-9</b>	<b>DEAD PERIOD</b>
<b>Nov. 10 through April 30, 2024,</b> except as noted below:	<b>RECRUITING PERIOD</b>
<b>Dec. 24-26</b> <b>April 4-11</b>	<b>DEAD PERIOD</b>
<b>May 1 through June 30,</b> except as noted below:	<b>QUIET PERIOD</b>
<b>May 10-12: G League Elite Camp</b> <b>May 12-19: NBA Draft Combine</b>	<b>EVALUATION PERIOD</b> (For G League Elite Camp and NBA Draft Combine only)
<b>May 12</b>	<b>DEAD PERIOD</b>
<b>May 17-19</b> Evaluation period for NCAA certified events begins Friday at 8 a.m. and ends Sunday at 4 p.m.	<b>EVALUATION PERIOD</b> (NCAA certified events only)
<b>May 22-June 2</b>	<b>DEAD PERIOD</b>

### Recruiting periods defined

#### QUIET PERIOD

A quiet period is that period of time when it is permissible to make in-person recruiting contacts only on the member institution's campus. No in-person, off-campus recruiting contacts or evaluations may be made during the quiet period.

#### DEAD PERIOD

A dead period is that period of time when it is not permissible to make in-person recruiting contacts or evaluations on or off the member institution's campus or to permit official or unofficial visits by prospective student-athletes to the institution's campus.

#### EVALUATION PERIOD

An evaluation period is that period of time when it is permissible for authorized athletics department staff members to be involved in off-campus activities designed to assess the academic qualifications and playing ability of prospective student-athletes. No in-person, off-campus recruiting contacts shall be made with the prospective student-athlete during an evaluation period.

#### RECRUITING PERIOD

Authorized athletics department staff may make in-person, off-campus recruiting contacts and evaluations.

# 2023-24 NCAA RECRUITING CALENDAR

## Division I Men's Basketball

Continued from previous page.

Aug. 1, 2023-Aug. 31, 2024

May 1 through June 30,  
except as noted below:

• June 11-12: NBPA Top 100 Camp

• June 16  
• June 19

• June 21 (noon)-23 (6 p.m.)

• June 28 (noon)-30 (6 p.m.)

July 1-31,  
except as noted below:

• July 11-14  
Evaluation period for NCAA certified events, institutional camps and permissible governing body events begins Thursday at 8 a.m. and ends Sunday at 6 p.m.

• July 19-21  
Evaluation period for NCAA certified events, institutional camps and permissible governing body events begins Friday at 6 p.m. and ends Sunday at 3 p.m.

• July 23-25  
Evaluation period for NCAA College Basketball Academy only. Official visits for high-school prospects and institutional camps are not permitted.

Aug. 1-31,  
except as noted below:

• Aug. 6-20

QUIET PERIOD

EVALUATION PERIOD  
(For NBPA Top 100  
Camp only)

DEAD PERIOD

EVALUATION PERIOD  
(For approved NCAA, NFHS  
and applicable two-year  
college governing body  
scholastic events)

DEAD PERIOD

EVALUATION PERIOD  
(NCAA certified events,  
institutional camps  
and permissible governing  
body events)

EVALUATION PERIOD  
(NCAA College  
Basketball Academy only)

QUIET PERIOD

DEAD PERIOD

\*A prospective athlete may not make an unofficial visit during the month of July unless he has signed a National Letter of Intent or the institution's written offer of admission and/or financial aid, or the institution has received a financial deposit from the prospective student-athlete in response to an offer of admission (see Bylaw 13.7.2.1).

### Recruiting periods defined

#### QUIET PERIOD

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#### DEAD PERIOD

A dead period is that period of time when it is not permissible to make in-person recruiting contacts or evaluations on or off the member institution's campus or to permit official or unofficial visits by prospective student-athletes to the institution's campus.

#### EVALUATION PERIOD

An evaluation period is that period of time when it is permissible for authorized athletics department staff members to be involved in off-campus activities designed to assess the academic qualifications and playing ability of prospective student-athletes. No in-person, off-campus recruiting contacts shall be made with the prospective student-athlete during an evaluation period.

#### RECRUITING PERIOD

Authorized athletics department staff may make in-person, off-campus recruiting contacts and evaluations.



# 2023-24 NCAA RECRUITING CALENDAR

## Division I Women's Basketball

See NCAA Division I Bylaw 13.17.3 for Women's Basketball Calendar Formula.

**Aug. 1, 2023-July 31, 2024**

Aug. 1-31, 2023, except as noted below:

<p><b>RECRUITING SHUTDOWN</b></p> <p><b>CONTACT PERIOD</b> (Seniors only; Evaluation Period (all other PSAs for scholastic activities only))</p> <p><b>EVALUATION PERIOD</b> (Scholastic activities only)</p> <p><b>DEAD PERIOD</b></p> <p><b>CONTACT PERIOD</b> (Seniors only; Evaluation Period (all other PSAs for scholastic activities only))</p> <p><b>EVALUATION PERIOD</b> (Scholastic activities only)</p> <p><b>DEAD PERIOD</b></p> <p><b>CONTACT PERIOD</b> (Seniors only; Evaluation Period (all other PSAs for scholastic activities only))</p> <p><b>EVALUATION PERIOD</b> (Scholastic activities only)</p> <p><b>DEAD PERIOD</b></p> <p><b>RECRUITING SHUTDOWN</b></p> <p><b>EVALUATION PERIOD</b> (Certified nonscholastic events only)</p> <p><b>RECRUITING SHUTDOWN</b></p> <p><b>EVALUATION PERIOD</b> (Certified nonscholastic events only)</p> <p><b>DEAD PERIOD</b></p>	<p>• Aug. 14-20</p> <p>Sept. 1-30</p> <p>Oct. 1 through Feb. 29, 2024, except as noted below:</p> <p>• Dec. 24-26</p> <p>March 1 through April 3</p> <p>April 4-8</p> <p>April 9 through July 31, except as noted below:</p> <p>• April 19-21</p> <p>• May 6-12</p> <p>• May 17-19</p> <p>• June 11-12</p>
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Continued on next page.

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#### DEAD PERIOD

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#### EVALUATION PERIOD

An evaluation period is that period of time when it is permissible for authorized athletics department staff members to be involved in off-campus activities designed to assess the academic qualifications and playing ability of prospective student-athletes. No in-person, off-campus recruiting contacts shall be made with the prospective student-athlete during an evaluation period.

#### CONTACT PERIOD

Authorized athletics department staff may make in-person, off-campus recruiting contacts and evaluations.

#### RECRUITING SHUTDOWN

A recruiting shutdown is a period of time when no form of recruiting (e.g., contacts, evaluations, official or unofficial visits, correspondence or making or receiving telephone calls) is permissible.





# 2023-24 NCAA RECRUITING CALENDAR

## Division I Women's Basketball

Continued from previous page.

Aug. 1, 2023-July 31, 2024

• June 13 (noon) - June 15 (6 p.m.)

**EVALUATION PERIOD**  
(For scholastic events approved by the NCAA and NFHS and intercollegiate events approved by applicable two-year college governing body only - see Bylaw 13.1.7.6.2)

**DEAD PERIOD**

**EVALUATION PERIOD**

**DEAD PERIOD**

**EVALUATION PERIOD**

**EVALUATION PERIOD**  
(for NCAA College Basketball Academy only)

• July 10-11

• July 12-15

• July 16-18

• July 19-22

• July 26-29

### Exceptions:

1. Evaluations are permitted during the National Junior College Athletic Association championship competition.
2. Evaluations are permissible in all states that play the high school basketball season in the spring only from April 8-28, 2024, and July 8-31, 2024, provided evaluations outside of the April, May, June or July periods are counted within the 65 recruiting-person days.

\*A prospective student-athlete may not make an official or unofficial visit during the July evaluation periods (see Bylaw 13.1.5.5.2) unless she has signed a National Letter of Intent or the institution's written offer of admission and/or financial aid, or the institution has received a financial deposit from the prospective student-athlete in response to an offer of admission (see Bylaw 13.7.2.2).

Note: Scholastic activities include regularly scheduled high school, preparatory school and two-year college contests/tournaments, and practices.

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A recruiting shutdown is a period of time when no form of recruiting (e.g., contacts, evaluations, official or unofficial visits, correspondence or making or receiving telephone calls) is permissible.





# Important Recruiting Terms

- Celebratory standardized signing form (a form used by Division III schools):** A standard NCAA-provided, nonbinding athletics celebratory signing form after you have been accepted for enrollment at a Division III school.
- Contact:** Any time a college coach says more than "Hello" while face-to-face with you or your family off the college's campus.
- Contact period:** Your division, sport and grade level determine when permissible recruiting activities (such as when college coaches may call, watch you compete, visit your high school, have face-to-face contact with you and your family, etc.) may occur. For more information regarding recruiting activity periods visit [on.ncaa.com/RecruitCalendars](http://on.ncaa.com/RecruitCalendars).
- Dead period:** Your division, sport and grade level determine when permissible recruiting activities (such as when college coaches may call, etc.) and non-permissible recruiting activities (such as when college coaches watch you compete, visit to your high school, have face-to-face contact with you and your family, etc.) may occur. For more information regarding recruiting activity periods visit [on.ncaa.com/RecruitCalendars](http://on.ncaa.com/RecruitCalendars).
- Evaluation:** When a college coach observes you practicing or competing.
- Evaluation period:** Your division, sport and grade level determine when permissible recruiting activities (such as when college coaches may call, watch you compete, visit to your high school, etc.) and non-permissible recruiting activities (such as when college coaches may have face-to-face contact off the college's campus with you and your family, etc.) may occur. For more information regarding recruiting activity periods visit [on.ncaa.com/RecruitCalendars](http://on.ncaa.com/RecruitCalendars).
- Financial aid (scholarship):** Any money you receive from a college or another source, such as outside loans or grants. Financial aid may be based on athletics ability, financial need, scholarships or academic achievement.
- Five-year clock:** In Division I, you have five calendar years in which to play four seasons of competition. Your five-year clock starts when you enroll full-time at any college. Thereafter, your clock continues, even if you spend an academic year in residence as a result of transferring, decide to redshirt, do not attend school or attend school part time during your college career.
- Full-time student:** Each school determines what full-time status means. Typically, you're a full-time student if you're enrolled for at least 12 credit hours in a term.
- Institutional request list:** A list of college-bound student-athletes who an NCAA school is interested in recruiting. This informs the Eligibility Center of the school's interest in having an academic and/or amateurism certification decision for you.
- International student:** In Divisions I and II, an international student is any student who is enrolled in a secondary school outside the U.S., U.S. territories or Canada. In Division III, an international student is any student who attended high school outside of the U.S. or U.S. territories or whose permanent residence is outside of the U.S. This does not apply to U.S.-based students who study abroad unless they also compete while living abroad.
- Official commitment:** When you sign a National Letter of Intent, agreeing to attend a Division I or II school, for one academic year.
- Official visit:** Any visit to a college campus paid by the NCAA school you're visiting.
- Quiet period:** Your division, sport and grade level determine when permissible recruiting activities (such as when college coaches may call, have face-to-face contact on the college's campus with you and your family, etc.) and non-permissible recruiting activities (such as when college coaches watch you compete, visit to your high school, etc.) may occur. For more information regarding recruiting activity periods visit [on.ncaa.com/RecruitCalendars](http://on.ncaa.com/RecruitCalendars).
- Recruited:** When a college coach contacts you off campus, pays your expenses to visit the campus, or (in Divisions I and II) issues you a National Letter of Intent or a written offer of financial aid.
- Recruiting calendar:** NCAA Division I and II recruiting calendars promote your well-being and ensure fairness among schools by defining certain periods during the year in which recruiting may or may not occur in a particular sport.
- Recruiting shutdown:** A period when no forms of recruiting (e.g., contacts, evaluations, official or Division I unofficial visits, correspondence, or making/receiving calls) are permissible.
- Season of competition/participation:** Generally, NCAA rules say any competition in a season (regardless of the amount of time) counts as having played one season in that sport. If you play any time during a season (regardless of the amount of time) it counts as having played for an entire season in that sport. A season starts when you spend one second in competition on the field, court, gym or track. In Division III, you use a season if you practice or compete after the first contest. NCAA schools may have sport-specific exceptions to this general rule, so check with the compliance office at the NCAA school you may attend before participating.
- Ten-semester/15-quarter clock:** In Divisions II and III, you have the first 10 semesters or 15 quarters in which you're enrolled as a full-time student to complete your four seasons of competition/participation. You use a semester or quarter any time you attend class as a full-time student or are enrolled part time and compete for the school. You do not use a term if you only attend part time with no competition or are not enrolled for a term.
- Two-year college:** Any school from which students can earn an Associate of Arts, Associate of Science or Associate of Applied Science within two years. (AKA: Community or Junior colleges.)
- Unofficial visit:** Any visit to a college campus paid for by you or your family.
- Verbal commitment:** When you verbally agree to play sports for a college before you sign or are eligible to sign a National Letter of Intent. The commitment is not binding on you or the school.
- Walk-on:** Someone who is not typically recruited by a school to participate in sports and does not receive a scholarship from the school, but who becomes a member of one of the school's athletics teams.

## Division I men's basketball NCAA recruiting rules

- Any time: Athletes can receive non-recruiting materials from college coaches, such as questionnaires, camp brochures, nonathletic institutional publications and NCAA educational materials published by the NCAA.
- Verbal offers: There are no restrictions on when coaches can extend verbal offers to recruits.

- August 1 of sophomore year: Athletes can begin taking unofficial visits.

June 15 after sophomore year: Coaches can call, email, text, direct message and

correspond with athletes in any form of private communication. Calls from

coaches to athletes are unlimited at this time except during dead and quiet

periods

- Start of classes junior year: Coaches can initiate off-campus contact. Except during the April recruiting period, coaches can only conduct off-campus contact at the recruit's school or residence. Contact cannot occur the day of a competition or at a time during the day when the athlete's classes are in session.

- August 1 of junior year: Recruits can begin official visits, with a maximum of five total official visits during the junior year, with only one official visit per school. An additional five official visits may be taken between the day of completion of junior year and October 15 following completion of high school.

## Division I women's basketball NCAA recruiting rules

- Any time: Athletes can receive non-recruiting materials from college coaches, such as questionnaires, camp brochures, nonathletic institutional publications and NCAA educational materials published by the NCAA. Unofficial visits are also permitted.
- Verbal offers: There are no restrictions on when coaches can extend verbal offers to recruits.
- September 1 of junior year: Coaches can send electronic communications to athletes, including texts, instant messages, email and recruiting materials. According to NCAA rules, coaches can call athletes an unlimited number of times at this time.
- March 1 of junior year: NCAA recruiting rules allow coaches to conduct off-campus contact at the athlete's school or residence. No off-campus contact is allowed on the day of a recruit's game. Coaches are not permitted to contact athletes during school hours on school days.
- April of junior year starting the Thursday following the NCAA Women's Final Four: Recruits can begin taking up to five official visits, except during the dead periods.
- After an athlete has signed a National Letter of Intent, they are no longer subject to NCAA restrictions.

## What is the NCAA Transfer Portal?

It's the current method for NCAA athletes to transfer between schools. Adopted in 2018, the portal was designed "to help compliance administrators track transfers to better organize the process," an NCAA spokesman said via email.

The portal is a "notification-of-transfer" model, which an NCAA spokesman said was adopted to "empower student-athletes."

In the 2022-23 school year, the men's and women's basketball portals are open March 13-May 11.

## How many athletes are using the portal?

In 2021, there were 6,475 undergraduate transfers and 3,092 graduate transfers in all sports, according to NCAA tracking data.



# High School Timeline

## 9<sup>th</sup> GRADE REGISTER



- » If you haven't yet, register for a free Profile Page account at [eligibilitycenter.org](http://eligibilitycenter.org) for information on NCAA initial-eligibility requirements.
- » Use NCAA Research's interactive map to help locate NCAA schools you're interested in attending.

## 10<sup>th</sup> GRADE PLAN



- » If you're being actively recruited by an NCAA school and have a Profile Page account, transition it to the required certification account.
- » Monitor the task list in your NCAA Eligibility Center account for next steps.

## 11<sup>th</sup> GRADE STUDY



- » Ensure your sports participation information is correct in your Eligibility Center account.
- » Check with your high school counselor to make sure you're on track to complete the required number of NCAA-approved core courses and graduate on time with your class.

## 12<sup>th</sup> GRADE GRADUATE



- » Request your final amateurism certification beginning April 1 (fall enrollees) or Oct. 1 (winter/spring enrollees) in your Eligibility Center account at [eligibilitycenter.org](http://eligibilitycenter.org).
- » Apply and be accepted to the NCAA school you plan to attend.
- » Complete your final NCAA-approved core courses as you prepare for graduation.
- » After you graduate, ask your high school counselor to upload your final official transcript with proof of graduation to your Eligibility Center account.

## M14 College Recruiting Information

### 5 point plan

#### 15U Recommendations

1. Register with the NCAA Clearinghouse
2. Speak directly to your HS counselor concerning NCAA approved classes
3. Create a Twitter account
4. Create a highlight video.....only send varsity videos
5. Begin to practice for the ACT/SAT

#### 16U Recommendations

1. Create a varsity only highlight video
2. Create introduction email for college coaches.....parents never send emails
3. Attend Elite camps....at your perceived level
4. Attend exposure events
5. Practice ACT/SAT

#### 17U Recommendations

1. M14 will send out rosters with bios of every player to over 200 Universities
2. Send out game film plus highlight video...before AAU season
3. Attend Elite camps....after AAU season
4. On campus visits whenever possible after AAU season
5. Practice ACT/SAT