



## HIGH SCHOOL TIMELINE

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



- » *Start planning now!* Register for a free Profile Page account at [eligibilitycenter.org](https://eligibilitycenter.org) for information on NCAA initial-eligibility requirements.
- » Find your high school's list of NCAA-approved core courses at [eligibilitycenter.org/courselist](https://eligibilitycenter.org/courselist) to ensure you are taking the right courses, and earn the best grades possible!

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



- » If you are being actively recruited by an NCAA school and have a Profile Page account, [transition](#) it to the right [Certification account](#).
- » Monitor the [task list](#) in your NCAA Eligibility Center account for next steps.
- » At the end of the school year, ask your high school counselor from each school you have attended to upload an official transcript to your Eligibility Center account.
- » If you fall behind academically, ask your high school counselor for help finding [approved courses](#) you can take.

### 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 are on track to complete the required number of NCAA-approved [core courses](#) and graduate on time with your class.
- » At the end of the school year, ask your high school counselor from each school you have attended to upload an official transcript to your Eligibility Center account.

### 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](https://eligibilitycenter.org).
- » 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.

*\*More information regarding the impact of COVID-19 can be found at [on.ncaa.com/COVID19\\_Spring2023](https://on.ncaa.com/COVID19_Spring2023).*

# Eligibility Centers

- Student athletes should register with NCAA and/or NAIA Eligibility Centers by their junior year .
  - Sophomore year recommended
- To Register for NCAA Eligibility Center – [eligibilitycenter.org](http://eligibilitycenter.org)
- To Register for NAIA Eligibility Center – [www.naia.org](http://www.naia.org)

*Need a NCAA/NAIA Fee Waiver?*

*See your campus college advisor.*



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NATIONAL ASSOCIATION OF  
INTERCOLLEGIATE ATHLETICS



# GPA Requirements

A photograph of graduates in black gowns and caps, celebrating with their arms raised and caps tossed into the air against a clear blue sky. The scene is bright and joyful, capturing the excitement of graduation.

- **Division I - FBS or FCS:**
  - MINIMUM CORE GPA 2.3
- **Division II**
  - MINIMUM CORE GPA 2.2
- **NAIA**
  - MINIMUM CORE GPA 2.0 AT PUBLIC SCHOOLS
- **Division 3**
  - STANDARDS SET BY SCHOOL
- **Junior College**
  - NO MINIMUM GPA FOR FRESHMAN – MUST GRADUATE HS



# SAT/ACT Testing & Registration Dates

## SAT

### Anticipated 2023–24 School Year Test Dates

SAT Test Date*
August 26, 2023
October 7, 2023
November 4, 2023
December 2, 2023
March 9, 2024
May 4, 2024
June 1, 2024

\*Your registration options will be limited if you aren't [taking the SAT for one of its main purposes](#).

## ACT

### 2023-2024 Test Dates (National)

Test Date	Regular Registration Deadline	Late Registration Deadline Late Fee Applies
September 9, 2023	August 4	August 18
October 28, 2023	September 22	October 6
December 9, 2023	November 3	November 17
February 10, 2024	January 5	January 19
April 13, 2024	March 8	March 22
June 8, 2024	May 3	May 17
July 13, 2024*	June 7	June 21

A person's legs in athletic wear running on a track, with a dark rounded rectangle overlaid containing text.

What are ways you  
can promote your  
athlete?

# 1. PERSONAL TWITTER PAGE

- a. Use your real name.
- b. Allow people to direct message you.
- c. Bio should include stats.
- d. Most recent Hudl link
- e. Keep Twitter handle easy to remember.



## 2. HUDL HIGHLIGHTS

a. Keep it brief, 2-3 minutes.

b. Mid-season and final season

c. Highlight player in each frame.





3. ATTEND COMBINES/CLINICS/CAMPS/SHOWCASES

4. VISIT WITH YOUR COACH SO THEY CAN HELP.

# FINANCIAL AID & SCHOLARSHIPS

- FAFSA will open October 1<sup>st</sup> of senior year.
  - Every family needs to complete this financial aid form regardless of income level or college offers.
  - **fafsa.ed.gov**
  - Your campus college advisor can individually walk families through the process or families can attend FAFSA workshops during their student's senior year.
- Scholarships
  - Naviance, emails from your campus college advisor





## 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
High School Student-Athletes	7,200,000	540,800	399,100	1,006,000	482,700	35,300
NCAA Student-Athletes	499,000	18,800	16,500	73,700	36,000	4,300
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.

JUST

HOW

MANY?

# IMPORTANT RECRUITING TERMS

**Celebratory standardized signing form (a form used by Division III schools):** This form is a standard NCAA-provided, nonbinding athletics celebratory signing form after a college-bound student-athlete has been accepted for enrollment at a Division III school.

**Contact:** A contact happens any time a college coach says more than “Hello” during a face-to-face meeting with you or your family members off the college’s campus.

**Contact period:** During a contact period, a college coach may have face-to-face contact with you or your family members, watch you compete, visit your high school and call or write to you or your family members.

**Dead period:** A college coach may not have any face-to-face contact with you or your family members on or off the college campus at any time during a dead period. The coach may call or write you or your family members during this time.

**Evaluation:** An evaluation happens when a college coach observes you practicing or competing.

**Evaluation period:** During an evaluation period, a college coach may watch you compete, visit your high school and call or write to you or your family members. However, a college coach may not have face-to-face contact with you or your family members off the college’s campus during an evaluation period.

**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:** If you play at a Division I school, you have five calendar years in which to play four seasons of competition. Your five-year clock starts when you enroll as a full-time student 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 are a full-time student if you are enrolled for at least 12 credit hours in a term, but some schools define a full-time student as someone who takes fewer than 12 credit hours in a term.

**Institutional request list:** An institutional request list is a list of college-bound student-athletes who an NCAA Division I and/or II school is interested in recruiting. The action of adding a college-bound student-athlete to the IRL informs the NCAA Eligibility Center of the school’s interest in having an academic and amateurism certification decision for the student-athlete.

**International student:** An international student is any student who is enrolled in a secondary school outside the United States, U.S. territories or Canada.

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

**Official visit:** During an official visit, the college can pay for transportation to and from the college for you (and up to two family members in Division I basketball and FBS football), lodging and meals (Division I allows for up to three meals per day) for you and up to four family members, as well as reasonable entertainment expenses, including five tickets to a Division I or II home sports event. Before a Division I or II college may invite you on an official visit, you will have to provide the college with a copy of your high school transcript and register for an Academic and Amateurism Certification account with the **Eligibility Center**. In Division I, you may not make an official visit during a recruiting shutdown period or a dead period. In Division II, you may not make an official visit during a dead period.

**Quiet period:** During this time, a college coach may not have any in-person contact with you or your family members off the college’s campus. A coach may not watch you play or visit your high school during this period. You and your family members may visit a college campus during this time. A coach may call or write to you or your family members during this time.

**Recruited:** If 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, you are considered recruited.

**Recruiting calendar:** NCAA member schools limit recruiting to certain periods during the year. **Recruiting calendars** promote the well-being of college-bound student-athletes and ensure fairness among schools by defining certain periods during the year in which recruiting may or may not occur in a particular sport.

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

**Season of competition:** 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 how long you played, 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 also use a season if you practice at any time after the first contest.

**Ten-semester/15-quarter clock:** If you play at a Division II or III school, you have the first 10 semesters or 15 quarters in which you are enrolled as a full-time student to complete your four seasons of competition. 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. Some people call these schools community or junior colleges.

**Unofficial visit:** Any visit by you and your family members to a college campus paid for by you or your family members. The only expense you may receive from the college is three complimentary admissions to a Division I home athletics contest and one meal on or off campus, or five complimentary admissions to a Division II home athletics contest. You may make as many unofficial visits as you like after the first permissible date in each sport. The only time you cannot talk with a coach during an unofficial visit is during a dead period. In Division I, it is not permissible to make an official visit during a recruiting shutdown period or a dead period. In Division II, you may not make an unofficial visit during a dead period. In Division III, you may receive one on-campus meal as well as admission to a home athletics event for you and those accompanying you.

**Verbal commitment:** A verbal commitment happens 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.

NCAA  
GUIDE  
FOR THE  
COLLEGE  
BOUND  
STUDENT  
ATHLETE



