

**Path
to
College
Athletics**

Table of Contents

I. Your High School Plan

II. NCAA Regulations and Requirements

III. Your Grade Point Average

IV. SAT and ACT Dates

**V. Questions about Academic
Requirements**

VI. Differences between Divisions I, II, III

VII. Recruiting Regulations

VIII. Questions for Your School Counselor

**IX. Explanations/Questions about
Financial Aid**

X. Helpful Websites

Your High School Plan

HIGH SCHOOL SCHEDULE

[Freshman](#) | [Sophomore](#) | [Junior](#) | [Senior](#)

FRESHMAN YEAR:

Get settled in high school.

Concentrate on a solid high school curriculum.

YOU MUST HAVE A STRONG CORE GPA TO GET INTO COLLEGE AND IT STARTS NOW.

SOPHOMORE:

Continue striving for academic success.

Research NCAA academic requirements.

Sign up for SAT/PSAT- given in October

Make sure that you are "on target" for all course requirements.

During summer between Sophomore and Junior years prepare your athletic resume.

Start investigating colleges and their admission requirements.

Prepare to send out your initial contact letters.

JUNIOR:

Send out athletic letters now, if you have not already done so.

Request the SAT/ACT test scores be sent to the NCAA Initial Eligibility Clearinghouse.

Now is the time for you to join the clearinghouse.

KEEP UP WITH STUDIES and once again review the NCAA requirements.

Send out updates as your season closes.

SENIOR:

Do not let up on academics.

Review your core class requirements with your counselor.

Again, send out your team schedule as soon as possible to all schools you are interested in.

Always play to the best of your ability, and remember you're a "student athlete"...

Student Comes First.
ACADEMICS BEFORE ATHLETICS!!!!!!

ACTION PLAN: HIGH SCHOOL FRESHMEN

Fall

Plan for the Year Ahead

Meet with your [counselor](#) to discuss your college plans. Review your schedule with him or her to make sure you're enrolled in [challenging classes](#) that will help you prepare for college. Colleges prefer four years of English, history, math, science, and a foreign language.

Use [College Search](#) to find out the required courses and tests of colleges that you might be interested in attending.

Start a calendar with important dates and deadlines.

Get more involved with your [extracurricular activities](#).

Go to college fairs in your area.

Winter

Learn about Colleges

Learn about [college costs](#) and how [financial aid](#) works.

Use the [College Savings Calculator](#) to see how much money you'll need for college, whether you're on track to save enough, and what you need to do to reach your goal. Talk to your parents about financing college.

[Visit colleges](#) while they're in session.

Find out about college firsthand from college friends who are home for the holidays.

Prepare for Tests

Talk to your counselor and teachers about taking a career interest inventory such as KUDER, SCOIS.

Spring Stay Focused

Sign up for [college preparatory courses](#).

Explore Summer Opportunities

Look for a great [summer opportunity](#) — job, internship, or volunteer position.

Check with your counselor and search online for [summer school programs](#) for high school students at colleges.

Summer

Make the Most of Your Break

Start a summer [reading list](#). Ask your teachers to recommend books.

Plan to [visit college campuses](#) to get a feel for your options. Start with colleges near you.

Finalize your summer plans.

ACTION PLAN: HIGH SCHOOL SOPHOMORES

Fall

Plan for the Year Ahead

Meet with your [counselor](#) to discuss your college plans. Review your schedule with him or her to make sure you're enrolled in [challenging classes](#) that will help you prepare for college. Colleges prefer four years of English, history, math, science, and a foreign language.

Start a calendar with important dates and deadlines.

Get more involved with your [extracurricular activities](#).

Use [College Search](#) to find out the required courses and tests of colleges that you might be interested in attending.

Go to college fairs in your area.

Consider Taking the PSAT/NMSQT®

Sign up for the [PSAT/NMSQT](#), which is given in October. Ask your counselor which date is offered at your school. Get free online [PSAT/NMSQT practice](#).

If you're taking the PSAT/NMSQT check 'yes' for [Student Search Service](#)® to hear about colleges and scholarships.

Winter

Prepare for Tests

Use the access code on your PSAT/NMSQT score report to sign in to [My College QuickStart](#)™. With this personalized planning kit, you can prepare for the SAT using a study plan based on your PSAT/NMSQT results and explore lists of suggested colleges, majors, and careers.

Talk to your counselor and teachers about taking the ACT PLAN and test preparation for SAT/ACT. Qualified students should inquire about taking SAT/ACT at the end of their sophomore year.

Learn about Colleges

Learn about [college costs](#) and how [financial aid](#) works.

Use the [College Savings Calculator](#) to see how much money you'll need for college, whether you're on track to save enough, and what you need to do to reach your goal. Talk to your parents about financing college.

[Visit colleges](#) while they're in session.

Find out about college firsthand from college friends who are home for the holidays.

Spring Stay Focused

Sign up for [college preparatory courses](#). Consider [AP](#)® courses.

Explore Summer Opportunities

Look for a great [summer opportunity](#) — job, internship, or volunteer position.

Check with your counselor and search online for [summer school programs](#) for high school students at colleges.

Summer

Make the Most of Your Break

Start a summer [reading list](#). Ask your teachers to recommend books.

Plan to [visit college campuses](#) to get a feel for your options. Start with colleges near you.

Finalize your summer plans.

ACTION PLAN: HIGH SCHOOL JUNIORS

Fall

Take the PSAT/NMSQT

The PSAT/NMSQT® will be offered to juniors in October.

Get [PSAT/NMSQT tips and a free practice test](#).

Start Your College Search

Start with you: Make lists of your abilities, preferences, and personal qualities. List things you may want to study and do in college.

Jumpstart your college planning by [reading about majors and careers](#).

Use College Search to find colleges with the right characteristics.

Start Thinking about Financial Aid

Talk to your counselor about your college plans and attend college night and financial aid night at your school. [Use financial aid calculators to estimate your aid eligibility and college costs](#).

Winter

Plan Your Spring Testing Schedule

You should take **both** the SAT and ACT. See the [SAT/ACT schedule of test dates](#) and [register online for the SAT](#).

Use the access code on your PSAT/NMSQT score report to sign in to [My College QuickStart™](#). With this personalized planning kit, you can prepare for the SAT using a study plan based on your PSAT/NMSQT results and explore lists of suggested colleges, majors, and careers.

Spring

Get Ready for the SAT

[Visit the SAT Preparation Center](#)[™] to take a free full-length official practice test and get a score and skills report. Be sure to sign up for [The Official SAT Question of the Day](#)[™] for daily practice.

Explore Colleges

Start visiting local colleges: large, small, public, and private. Get a feel for what works for you. Develop a list of 15-20 colleges that interest you. [Search for colleges and use My College List.](#)

Prepare for AP[®] Exams

Do well on AP Exams and receive credit or placement at most colleges. Get [AP Exam preparation.](#)

Plan Ahead for the Summer & Senior Year

Review your senior year class schedule with your counselor. Challenge yourself with honors and AP classes and stick with sequences you've begun, in the languages, for example. Read about [how to select your courses.](#)

Plan summer activities early. Enrich yourself by volunteering, getting an interesting [job or internship](#), or signing up for [special summer learning programs.](#)

Summer

Keep Your Momentum Up This Summer

Visit colleges. Take campus tours and, at colleges you're serious about, schedule interviews with admissions counselors. Be sure to bring your [campus visit checklist.](#)

Request applications from colleges to which you'll apply. Check important dates; some universities have early dates or rolling admissions. Consult the [College Application Calendar](#) and the [Financial Aid Calendar](#) for a basic idea of the applications timeline.

ACTION PLAN: HIGH SCHOOL SENIORS

Fall

Pulling Your Applications Together

Narrow your [list of colleges](#) to between 5 and 10 and review it with your counselor. Get an application and financial aid info from each. Visit as many as possible.

Make a master [calendar](#) and note:

Test dates, fees, and deadlines

College application due dates

Required [financial aid applications](#) and their deadlines

Recommendations, transcripts, and other necessary materials

Your high school's deadlines for application requests, such as your transcript

Ask for [recommendations](#). Give each person your resume, a stamped, addressed envelope, and any required forms.

Write [application essays](#) and ask teachers, parents, and friends to read first drafts.

Applying Early Action or Early Decision?

November 1: For [early admissions](#), colleges may require test scores and applications in early November. [Send your SAT® scores](#) at collegeboard.com.

Ask if your college offers an early estimate of financial aid eligibility.

Get Financial Aid Info

Attend financial aid info events in your area.

Use [Scholarship Search](#) at collegeboard.com, review scholarship books, check on school website (LCHS) and guidance bulletin boards about local and state funding sources.

Winter Application Details

Most regular applications are due between January 1 and February 15. Keep copies of everything you send to colleges.

Have your high school send your transcript to colleges. Contact colleges to make sure they've received all application materials.

Financial Aid: Apply Early. Apply Right.

You and your family should save the current year pay stubs to estimate income on aid forms that you'll file early next year. Submit your [FAFSA](#) as soon after January 1 as possible. Men 18 or older must register for the selective service to receive federal financial aid.

Many priority financial aid deadlines fall in February. To get the most attractive award package, apply by the priority date. Keep copies of everything you send.

Spring When the Letters Start Rolling In

You should get acceptance letters and financial aid offers by mid-April.

Use [Compare Your Aid Awards](#) to compare awards from different colleges. Questions? Talk to financial aid officers. Not enough aid? Ask if other financing plans are available.

If you haven't already, visit your final college before accepting.

May 1: Making Your Final Choice

You must tell every college of your acceptance or rejection of offers of admission or financial aid by May 1. Send a deposit to the college you choose.

[Wait-listed](#)? If you will enroll if accepted, tell the admissions director your intent and ask how to strengthen your application.

Need financial aid? Ask if funds will be available if you're accepted.

Summer Next Steps

Ask your high school to send a final transcript to your college.

Start preparing for the year ahead.

**NCAA
Regulations
and
Requirements**

NCAA Initial-Eligibility Clearinghouse

The clearinghouse evaluates your academic record to determine if you are eligible to participate at a Division I or II college as a freshman student-athlete. (The clearinghouse is not the NCAA, but an organization that performs academic evaluations for the NCAA.)

Clearinghouse Contact Information NCAA Initial-Eligibility Clearinghouse:

P.O. Box 4043

301 ACT Drive

Iowa City, IA 52243-4043

Package or overnight delivery:

301 ACT Drive

Iowa City, IA 52243-4043

Web address:

www.ncaaclearinghouse.net

Clearinghouse customer service

Representatives are available from 8 a.m. to 5 p.m.,

Central time, Monday through Friday.

U.S. callers (toll-free): 877/262-1492

International callers: 319/337-1492

Fax: 319/337-1556

Clearinghouse Registration

Complete the Student Release Form

To register with the clearinghouse, you must complete the Student Release Form (SRF), after your junior year, online, and send the clearinghouse the registration fee (\$50 for domestic and \$75 for international students). This SRF does two things:

- It authorizes each high school you have attended to send the clearinghouse your transcript, test scores, proof of graduation and other necessary academic information.
- It authorizes the clearinghouse to send your academic information to all colleges that request your eligibility status.

Online registration: The only method is to register online. Go online to www.ncaaclearinghouse.net

Select **Prospective Student-Athletes** and click on **Domestic Student Release Form** or **Foreign Student Release Form**.

Complete the SRF form online, and include your credit or debit card information to pay the fee. Indicate fee waiver if you qualify, and contact your counselor to verify online. Then follow instructions to complete the transaction.

Print a copy of your completed registration form and both Copy 1 and Copy 2 of the transcript release form.

Sign the transcript release forms, and give both to your high school counselor.

When completing the SRF sections, please follow the step-by-step instructions outlined below.

Section I: Student Information

Enter all information accurately, including your Social Security number (SSN) and date of birth. This information must match exactly other data the clearinghouse receives for you (such as high school transcripts and requests from colleges seeking your eligibility status). Be sure you provide an e-mail address that will be active even after you complete high school.

Section II: High School You Now Attend

Enter the name, address and code number of the high school you now attend, along with your expected date of high school graduation. Get your high school code from your counselor or use the code look-up at www.ncaaclearinghouse.net. Click on **Prospective Student-Athletes**, then **List of Approved Core Courses**.

Section III: Schools You Previously Attended

If you have attended more than one school (including summer school) during grades nine, 10, 11 or 12, complete Section III. List all schools you previously attended, starting with the most recent. Make sure to include all schools, whether or not you received grades

or credits. If you attended ninth grade in a junior high school located in the same school system in which you later attended high school, do not list the ninth-grade school. If you need to list more schools than space allows, use a separate sheet of paper.

Special instructions for Web users: If you need to enter more than six high schools, contact the clearinghouse at 877/262-1492. Or, once you've registered with the clearinghouse, select **Prospective Student-Athletes**, then **Registered Student Login**, then add information for the additional schools on your record.

Section IV: Personal Identification Number (PIN)

Create a personal identification number (PIN) of four digits (numbers between 0 and 9) that you can easily remember. Do not choose a PIN that might be easily guessed (like your birthday or street address). Record your PIN in the space provided below and keep it in a safe place.

PIN _____

Check your file status. Once you have submitted your SRF and PIN, you may check your status in one of two ways:

- Visit www.ncaaclearinghouse.net. On the home page, click on **Prospective Student-Athletes**, then **Registered Student Login** (enter your SSN and PIN).
- Call the clearinghouse customer service line at 877/262-1492. If you have forgotten your PIN, fax or mail your new PIN choice to the clearinghouse, along with your name, address, SSN, date of birth and signature.

Section V: Clearinghouse Communication Method

The clearinghouse may communicate with you by e-mail or regular mail. This will include most correspondence and certification reports. **E-mail correspondence will require that you have submitted a valid e-mail address in Section I of your SRF.** You will need to indicate the option you prefer.

We encourage you to select the e-mail option. E-mail will enable you to receive correspondence from the clearinghouse up to two weeks earlier than regular mail.

You may change your communication option or update your e-mail address at www.ncaaclearinghouse.net, or by writing or faxing the clearinghouse.

Section VI: Pay Your Fee (or submit fee waiver)

Your form will be eligible for processing only with payment of an application fee of \$50 for domestic students or \$75 for international students (or submission of a fee waiver if you have been granted a waiver). You must pay by debit or credit card.

You are eligible for a waiver of the registration fee only if you have already received a waiver of the ACT or SAT fee. Your SRF fee waiver section must then be completed by an authorized high school official and include the school seal. Your waiver may also be submitted online by an authorized high school official. 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.

Section VII: Authorization Signature

Carefully examine the entire SRF to make sure you have completed it correctly, included your fee payment authorization and signed it. If you are younger than 18 years old, your parent or legal guardian also must sign.

You will be asked to verify your signature by checking a box to certify your identity. A similar check box and name field is also included for your parent or guardian, who must provide a signature if you are younger than 18.

Section VIII: SRF Completion by Your High School

Your high school will complete your registration by sending Copy 1, along with your high school transcript, to the clearinghouse. After graduation, but before your high school closes for the summer, your high school must send Copy 2 to the clearinghouse, along with a copy of your final transcript confirming your high school graduation. Online registrants also will answer several questions about their amateur status and their past experiences in organized competition. It is important to answer these questions honestly to ensure that your amateur status can be determined.

Keep Track Of Your Courses, Units & Credits

Elsewhere in this guide are two tables to help you keep track of your completed core courses, units, grades and credits you received for them, plus your ongoing grade-point average. Generally, you will receive the same credit at the clearinghouse as you received from your high school. Examples are provided in the English and math sections of both worksheets:

1 trimester unit = 0.33 units

1 semester unit = 0.50 units

1 year = 1.0 unit

Keep Grade-Point Totals for Each Course

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 clearinghouse:

A – 4 quality points

B – 3 quality points

C – 2 quality points

D – 1 quality point

Remember: The clearinghouse 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.

Examples of total quality point calculation:

- An A grade (4 points) for a trimester course (0.33 units):
4 points x 0.33 units =1.32 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 Overall Grade-Point Average

To calculate your estimated core-course grade-point average, divide the total number of points for all your core courses by the total number of core-course units you have completed.

Note: Your calculation helps you keep track of your grade-point average. The clearinghouse will calculate your official core-course grade-point average once it has received your final transcript

Details for High School Counselors and Athletics Administrators

Initial Eligibility

Why an Initial-Eligibility Clearinghouse?

NCAA colleges and institutions agree that it is important for all high school students to meet minimum academic standards to practice or compete in college athletics. The clearinghouse evaluates student courses, grades and test scores, to determine whether students meet NCAA minimum academic requirements. The NCAA membership is committed to academic success and graduation of its student-athletes.

NCAA Initial Eligibility and College Admission are Both Needed

Admission to an NCAA college or university is not the same as NCAA initial eligibility. Each institution decides which students to admit, based on its admissions criteria. Keep in mind that if a student-athlete meets NCAA initial-eligibility standards, that student still may not be admitted to the institution. Likewise, a student-athlete who gains admission to a college or university may not meet NCAA initial-eligibility standards.

Help Students Select Courses Grades Eight –12

If students take a rigorous college-preparatory curriculum, they are more likely to be successful. Help your students select courses that:

- Meet high school graduation requirements;
- Adequately prepare them for rigorous college work;
and
- Meet NCAA initial-eligibility requirements.

Grade 11

- Encourage students to take the ACT or SAT or both.
- When registering for the test, students must select the clearinghouse (code 9999) as a score recipient.
- After completing grade 11, students who plan to participate in college sports at a Division I or II college should register with the clearinghouse. The clearinghouse registration form is available online at www.ncaaclearinghouse.net. **The student should not register before the end of the junior year**, because the clearinghouse cannot process a student's certification until it has received a transcript that shows at least six semesters.
- After the student registers, send the student's transcript to the clearinghouse. The transcript may be sent by regular mail or overnight delivery. **The clearinghouse will not accept faxed transcripts.**

Grade 12

- After graduation, review the student's transcript carefully. Make sure the transcript is accurate before you mail it. Once the clearinghouse receives a final transcript, it will not use an amended final transcript. Remember, faxed transcripts are not acceptable.
- You may check online the list of your graduating high school students who have registered with the clearinghouse, at www.ncaaclearinghouse.net. On the home page, click on **High School Administration**, then on **High School Administrator Login**. After logging in, click on **Graduation List Reports**.

Your High School's List of NCAA-Approved Core Courses

What is the list?

Each high school has its own list of NCAA-approved core courses. For the clearinghouse to use a course in a student's evaluation, the course on the transcript must be on your high school's list.

Where can I find my high school's list?

- Go to www.ncaaclearinghouse.net
- Select **High School Administration**.
- Click on **List of Approved Core Courses**.
 - Follow the prompts.

How can I update my high school's list?

- Go to www.ncaaclearinghouse.net.
- Select **High School Administration**.
- Click on **High School Administrator Login** .
- You will be required to input your high school six-digit code and your high school PIN. If your high school did not select a PIN, or you don't remember your high school PIN, see the login page for directions on how to obtain a PIN.
- After logging in, click on **Submit Core-Course Modifications**. From there, follow the prompts.

Why is this important?

- It is vital that your high school's list of approved core courses is kept up to date.
 - This will ensure that your students are given appropriate credit by the clearinghouse for the courses they have taken.
- If you have not reviewed and updated your list in the past year, the eligibility of your students may be affected.
- You must review your list at least once per year.

Core-Course Requirements

Core Courses

A core course is a recognized college-preparatory course taught by a qualified instructor. The course must fulfill a graduation requirement in the appropriate academic area at your high school. Remedial or basic-level courses are not core courses. Your high school's list of approved core courses, once submitted to the clearinghouse, will be available for anyone who wishes to view it on the clearinghouse Web site at www.ncaaclearinghouse.net.

Eighth-grade courses. Eighth-grade courses do not satisfy initial-eligibility requirements.

Courses completed after high school graduation. Courses taken after a student's eighth semester (fourth year) of high school will not satisfy Division I initial-eligibility requirements. In contrast, for Division II, all core courses completed after high school, but before initial full-time enrollment in college, may meet
NCAA
requirements.

Pass-fail grades. Pass-fail grades may be used to satisfy initial-eligibility requirements, but will be given the high school's lowest passing grade.

Independent study and courses taught on the Internet. Independent-study and Internet courses may satisfy initial-eligibility requirements if these courses meet core-course requirements. The instructor and student must have access to one another throughout the course, the student's work must be evaluated by appropriate authorities, and the course must appear
on the
student's high school transcript.

Credit-by-exam and vocational-school courses. Credit-by-exam and vocational-school courses do not satisfy initial-eligibility requirements.

Duplicate course work. If a student completes two classes that are considered to be duplicates (e.g., algebra I and algebra A/B), he or she will only receive core-course credit for one of the classes (typically the course with the higher grade).

Courses for students with disabilities. Students with disabilities may use courses specifically designed for such students. The course must be comparable to a core course in the mainstream curriculum and must appear on your high school's list of approved core courses.

Submit courses for students with disabilities online at www.ncaaclearinghouse.net

ACT and SAT Scores

Test-score requirements. Students must achieve a required SAT or ACT score (See page 9 for the Division I grade-point average/test-score that corresponds with their core-course grade-point average sliding scale. See page 10 for the Division II requirements.).

Students must take the tests under standard testing conditions on a national testing date before their initial, full-time enrollment at college. See the SAT Web site at www.collegeboard.com and the ACT Web site at www.act.org for national testing dates. Dates may also be found on page 12.

Calculation of highest score. If a student has taken the ACT or SAT more than once, that student's highest score from each subtest or subsection will be used to determine his or her score, provided all scores are submitted to the clearinghouse. See page 12 for an example.

NEW INFORMATION. All SAT and ACT test scores must be reported directly from the testing agency to the clearinghouse. The clearinghouse will not accept test scores reported on the high school transcript.

Nonstandard tests .Nonstandard tests are available for students with a diagnosed disability. Please visit the SAT or ACT Web sites for more information on registering for nonstandard tests.

Writing component. The writing component of the ACT and SAT will not be used by the clearinghouse to determine initial eligibility.

NCAA Core-Course Grade-Point Average

Calculation of core-course grade-point average.

The NCAA core-course grade-point average is calculated using only those core courses that are accepted and appear on the student's clearinghouse certification report.

Grade values. The following grade values are used in determining a student's grade-point average:

A= 4 points

C= 2 points

B= 3 points

D= 1 point

If your high school uses plus and minus grades (such as A+ or B), the plus or minus will not be used to calculate your core-course grade-point average.

Division I and II core-course grade-point average requirements. Students must achieve a minimum core-course grade-point average to compete at the Division I or II level. The core-course grade-point average for Division I students must correspond with the ACT or SAT score based on the core-course grade-point average and test-score qualifier index on page 9 of this guide. In Division II, a student-athlete must have a minimum core-course grade-point average of at least 2.000.

International students. If you have a student who has been educated in part at a international secondary school, it will be necessary to obtain transcripts from the international institution and send those transcripts and translations, along with the domestic transcript, to the clearinghouse. Students who graduate from high school in the United States will be evaluated under the same rules as all other domestic students.

Computer science reminder. The NCAA no longer accepts computer science courses, unless those courses receive graduation credit in mathematics or natural/physical science, and appear as such on the high school's list of NCAA-approved core courses.

Home school. Students who have been home schooled in whole or in part in grades nine through 12 must register with the clearinghouse. To determine what documents must be submitted to the clearinghouse, please visit the clearinghouse Web site at

www.ncaaclearinghouse.net

Clearinghouse Web Site Features

The following features are available to you as a high school administrator on the clearinghouse Web site.

- **Core-course modifications.** Submit revisions to your high school's core-course list.
- **Updates to clearinghouse contact data.** Update your school's contact name, graduation date, e-mail address, PIN or demographic data.
- **Graduation list reports.** Print a list of registered students from the current graduating class. After graduation, send the clearinghouse a final transcript with proof of graduation for each student on your roster.
- **Contact the clearinghouse.** E-mail inquiry to the clearinghouse is the easiest contact method.
- **Submit a fee waiver.** High school administrators may submit fee waiver verifications for eligible students only if the student received a fee waiver from SAT or ACT.

More information. For more information online, see the clearinghouse Web site at www.ncaaclearinghouse.net

Academic-Eligibility Requirements

Division I 2008 and Later

If you enroll in a Division I college in 2008 or later 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:
 - 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 required 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, non-doctrinal 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 on page 9 (for example, a 2.400 core-course grade-point average needs a 860 SAT).

Note: Computer science courses can be used as core courses only if your high school grants graduation credit in math or natural or physical science for them, and if the courses appear on your high school's core-course list as a math or science courses.

You will be a qualifier if you meet the academic requirements listed above. As a qualifier, you:

- Can practice or compete for your college or university during your first year of college;
- Can receive an athletics scholarship during your first year of college; and
- Can play four seasons in your sport if you maintain your eligibility from year to year.

You will be a non-qualifier, if you do not meet the academic requirements listed above. As a non-qualifier, 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 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 before beginning your fifth year of college).

Division II 2005 and Later

If you enroll in a Division II college in 2005 or later 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 required by your high school)
 - 2 extra 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, non-doctrinal 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.

****There is no sliding scale in Division II.***

Note: Computer science courses can be used as core courses only if your high school grants graduation credit in math or natural or physical science for them, and if the courses appear on your high school's core-course list as a math or science courses.

You will be a qualifier if you meet the academic requirements listed above. As a qualifier, you:

- Can practice or compete for your college or university during your first year of college;
- Can receive an athletics scholarship during your first year of college; and
- Can play four seasons in your sport if you maintain your eligibility from year to year.

You will be 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; OR
- 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.

You will be a non-qualifier 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 non-qualifier, 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 2005 and Later

Division III does not use the NCAA Initial-Eligibility Clearinghouse. Contact your Division III college regarding its policies on financial aid, practice and competition.

Remember!!!!!!!!!!

Meeting the NCAA academic rules does not guarantee your admissions into a college.

You must apply for admission.



NCAA FRESHMAN – ELIGIBILITY STANDARDS QUICK REFERENCE SHEET

The NCAA initial-eligibility rules have changed.

If you plan to enroll in any Division I or Division II college or university in fall 2005 or after, please read this information carefully.

For students entering any college or university on or after August 1, 2005, your NCAA initial eligibility will be evaluated under the new rules as described on this sheet.

For students entering any Division I college or university on or after August 1, 2008, your NCAA initial eligibility will be evaluated under the 16 core-course rule as described on this sheet.

THE NEW RULE:

- **INCREASES** the number of core courses from 13 to **14**. This additional core course may be in any area: English, mathematics, natural/physical science, social science, foreign language or nondoctrinal religion/philosophy. The breakdown of core-course requirements is listed below.
- **CHANGES** the Division I initial-eligibility index, or sliding scale. **See the reverse side for the Core GPA/test score sliding-scale index.**
- The 16 core-course rule **INCREASES** the number of core courses from 14 to **16** for Division I only. Students must complete **three** years of mathematics (Algebra I or higher), and **four** years of additional core courses. The additional core course may be taken in any area: English, mathematics, natural/physical science, social science, foreign language or nondoctrinal religion/philosophy. The breakdown of the requirements is listed below.

DIVISION I

2005-2007

14 Core Courses:

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

DIVISION I

16 CORE-COURSE RULE
2008 and after

16 Core Courses:

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

DIVISION II

2005 and after

14 Core Courses:

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

PLEASE NOTE: For students entering college on or after August 1, 2005, **computer-science** courses may only be used for initial-eligibility purposes if the course receives graduation credit in mathematics or natural/physical science and is listed as such on the high school's list of NCAA-approved core courses.

OTHER IMPORTANT INFORMATION

- In Division II, there is no sliding scale. The minimum core grade-point average is 2.000. The minimum SAT score is 820 (Verbal and Math sections only) and the minimum ACT sum score is 68.
- Students first entering a Division I or Division II collegiate institution on or after August 1, 2005, must meet the new 14 core-course rule.
- Students first entering a Division I collegiate institution on or after August 1, 2008, must meet the 16 core-course rule.
- The SAT combined score is based on the Verbal and Math sections only. The new writing section will not be used.

For more information regarding the new rule, please go to www.ncaa.org. Click on "Student-athletes and Parents" in the "Custom Home Pages" section. You may also visit the clearinghouse Web site at www.ncaaclearinghouse.net.

IF YOU HAVE QUESTIONS ABOUT NCAA ELIGIBILITY, PLEASE CALL THE NCAA INITIAL-ELIGIBILITY CLEARINGHOUSE TOLL-FREE AT 877/262-1492. YOU MAY ALSO CALL THE NCAA AT 317/917-6222.

DIVISION I CORE GRADE-POINT AVERAGE/ TEXT-SCORE SLIDING SCALE NEW CORE GPA/Test Score Index		
Core GPA	SAT <small>Verbal and Math ONLY</small>	ACT
3.550 & above	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	59
2.700	730	60
2.675	740-750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86

**Your
Grade
Point
Average**

Core Courses, Grade-Point Average & Tests

The amateurism and academic rules on pages 5 through 11 will be used to determine whether you may participate in sports during your first year in college. These rules are not a guide for your admission to college. Each college has its own admission requirements.

***Remember, meeting the NCAA academic rules does not guarantee your admission into a college. You must still apply for admission.**

Core Courses

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, non-doctrinal religion or philosophy;

- Be four-year college preparatory; and
- Be at or above your high school's regular academic level (no remedial, special education or compensatory courses).

Not all classes you take to meet high school graduation requirements may be used as core courses. Check your high school's list of approved core courses at the clearinghouse Web site at www.ncaaclearinghouse.net or ask your high school counselor.

Grade-Point Average

How Your Core-Course Grade-Point Average is Calculated?

The clearinghouse will calculate the grade-point average of your core courses on a 4.000 scale. The best grades from your NCAA core courses will be used. Grades from additional core courses you took will be used only if they improve your grade-point average. The clearinghouse will assign the following values to each letter grade:

A= 4 points

C= 2 points

B= 3 points

D= 1 point

Special High School Grades and Grade-Point Average

If your high school uses numeric grades (like 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 approved core courses at:

www.ncaaclearinghouse.net.

If your high school uses plus and minus grades (such as A+ or B-), the plus or minus will not be used to calculate your core-course grade-point average.

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 clearinghouse 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.ncaaclearinghouse.net for an explanation of how these grade weights are handled.

High School Credit Worksheet

	8 th	9 th	10 th	11 th	12 th	Total
Math						
English						
Science						
History						
Elective						
Elective						
Elective						
Elective						
Elective						
Elective						
Total						

GPA Worksheet

English

Final Grade

Points

History

Final Grade

Points

Math

Final Grade

Points

GPA Worksheet

Science	Final Grade	Points

Elective	Final Grade	Points

Elective

Final Grade

Points

Division I Worksheet

This worksheet is provided to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The clearinghouse 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)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: English 9	.5		A		(.5 x 4) = 2
Total English Units					Total Quality Points

Mathematics (2 years required 2006–2007; 3 years required 2008 and after)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: Algebra 1	1.0		B		(1.0 x 3) = 3
Total Mathematics Units					Total Quality Points

Natural/physical science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Natural/Physical Science Units					Total Quality Points

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

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Additional Units					Total Quality Points

Social science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Social Science Units					Total Quality Points

Additional academic courses (3 years required 2006–2007; 4 years required 2008 and after)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Additional Academic Units					Total Quality Points

Core Course GPA (14 credits required 2006–2007; 16 required 2008 and after)

Total Quality Points	Total Number of Credits	Core-Course GPA (Total Quality Points/Total Credits)

Division II Worksheet

This worksheet is provided to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The clearinghouse 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)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: English 9	.5		A		(.5 x 4) = 2
Total English Units					Total Quality Points

Mathematics (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: Algebra 1	1.0		B		(1.0 x 3) = 3
Total Mathematics Units					Total Quality Points

Natural/physical science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Natural/Physical Science Units					Total Quality Points

Additional year in English, mathematics or natural/physical science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Additional Units					Total Quality Points

Social science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Social Science Units					Total Quality Points

Additional academic courses (3 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Additional Academic Units					Total Quality Points

Core Course GPA (14 credits required)

Total Quality Points	Total Number of Credits	Core-Course GPA (Total Quality Points/Total Credits)			
-----------------------------	--------------------------------	---	--	--	--

**SAT
and
ACT
Dates**

ACT and SAT Tests

Test-Score Requirements

You must achieve the required score on an SAT or ACT test before your full-time college enrollment. You must do this whether you are a citizen of the United States or of a foreign country. You must take the national test given on one or more of the dates shown below.

SAT

October 9, 2010
November 6, 2010
December 4, 2010
January 22, 2011
March 12, 2011
May 7, 2011
June 4, 2011

ACT

October 23, 2010
December 11, 2010
February 12, 2011
April 9, 2011
June 12, 2011

Taking Tests More than Once

You may take the SAT or the ACT more than one time. If you take you may use your best sub-score from different tests to meet the minimum test-score requirements.

Here is an example:

	Math	Reading	Total
SAT (10/06)	350	470	820
SAT (12/06)	420	440	860
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.**

IMPORTANT CHANGE:

All SAT and ACT test scores **must** be reported to the clearinghouse **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 clearinghouse **code of 9999** to make sure the score is reported directly to the clearinghouse.

**Questions
about
Academic
Requirements**

Here are some questions you may still have after reviewing the previous sections.

Q: How do I know which courses are core courses?

A: You may view your high school's list of NCAA-approved core courses at www.ncaaclearinghouse.net. (On the **General Information** page of that Web site, select **List of Approved Core Courses**). Or, you can ask your high school counselor for the list.

Q: May courses taken in eighth grade satisfy core-course requirements?

A: No. Courses taken in eighth grade will not satisfy core-course requirements.

Q: What is the lowest grade that will be used for a course to count as a core course?

A: The lowest grade is D.

Q: How is my core-course GPA calculated?

A: Your core-course GPA is the average of your best grades achieved for all required core courses. If you have taken extra core courses, those courses will be used in your GPA, only if they improve your GPA.

Q: May independent-study, Internet and correspondence courses count as core courses?

A: Yes, if the following four conditions are met:

- The course meets core-course requirements;
- You and the instructor have access to each other during the course so that the instructor can teach, evaluate and provide assistance to you;
- Appropriate academic authorities evaluate your work according to the high school's academic policies; and
- The course is acceptable for any student to take and is placed on your high school transcript.

Q: Do pass-fail grades count?

A: Yes, these grades may satisfy your core-course requirements. The clearinghouse will assign your high school's lowest passing grade for a pass-fail class.

Q: Will courses taken after my senior year meet core-course requirements?

A: **For Division I, no.** Only courses completed in grades nine through 12 will qualify as core courses for Division I. Courses taken in summer school after your fourth (senior) year cannot be used. If you are missing one or more core courses after high school graduation, you must return to your high school during its regular academic year to take any missing courses and you can't enroll in a Division I college until the fall of the following year. For Division I, you may also retake any core course during that additional year at the same high school and substitute the new grade earned in that repeated year to recalculate your grade-point average.

For Division II, yes. All core courses completed before your full-time enrollment at a Division II college may be used by the clearinghouse.

For Division I students with diagnosed disabilities, yes. If you have a properly diagnosed and documented disability, as described on page 13 of the following website:

www.ncaa.org/library/general/cbsa/2006-07/2006-07_cbsa.pdf, you may use one or more core courses completed after high school but before full-time enrollment in college. See page 13 for more information.

Q: How are courses taken over two years counted?

A: A one-year course that is spread over a longer period of time is considered one course and will receive a maximum of one core-course credit.(Example: Algebra 1,spread over two years, would receive one unit of credit.)

Q: How does the NCAA treat courses similar in content?

A: Some approved core courses might be considered duplicates. That is, the content of one course is the same as that of another, even though the classes might have different titles If you have taken two classes considered to be duplicates, you will receive only one core-course credit (typically for the course with the higher grade).Please ask your high school counselor if you have questions about duplicate courses.

Q: Do courses for students with disabilities count as core courses?

A: Yes. If you have a diagnosed disability, you may use courses designed for students with disabilities to meet NCAA core- course requirements. These courses must appear on the high school's list of approved core courses for a student to receive NCAA credit for the course. These courses must be similar in content and scope as a regular core course offered in that academic area. Check with your high school counselor

Remember:

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

**Differences
between
Divisions
I, II, & III**

What's the difference between Divisions I, II and III?

Division I

Division I member institutions have to sponsor at least seven sports for men and seven for women (or six for men and eight for women) with two team sports for each gender. Each playing season has to be represented by each gender as well. There are contest and participant minimums for each sport, as well as scheduling criteria. For sports other than football and basketball, Division I schools must play 100% of the minimum number of contests against Division I opponents -- anything over the minimum number of games has to be 50% Division I. Men's and women's basketball teams have to play all but two games against Division I teams, for men, they must play 1/3 of all their contests in the home arena. Schools that have football are classified as Division I-A or I-AA. I-A football schools are usually fairly elaborate programs. Division I-A teams have to meet minimum attendance requirements (17,000 people in attendance per home game, OR 20,000 average of all football games in the last four years or, 30,000 permanent seats in their stadium and average 17,000 per home game or 20,000 average of all football games in the last four years OR, be in a member conference in which at least six conference members sponsor football or more than half of football schools meet attendance criterion. Division I-AA teams do not need to meet minimum attendance requirements. Division I schools must meet minimum financial aid awards for their athletics program, and there are maximum financial aid awards for each sport that a Division I school cannot exceed.

Division II

Division II institutions have to sponsor at least four sports for men and four for women, with two team sports for each gender, and each playing season represented by each gender. There are contest and participant minimums for each sport, as well as scheduling criteria -- football and men's and women's basketball teams must play at least 50% of their games against Division II or I-A or I-AA opponents. For sports other than football and basketball there are no scheduling requirements. There are not attendance requirements for football, or arena game requirements for basketball. There are maximum financial aid awards for each sport that a Division II school must not exceed. Division II teams usually feature a number of local or in-state student-athletes. Many Division II student-athletes pay for school through a combination of scholarship money, grants, student loans and employment earnings. Division II athletics programs are financed in the institution's budget like other academic departments on campus. Traditional rivalries with regional institutions dominate schedules of many Division II athletics programs.

Division III

Division III institutions have to sponsor at least five sports for men and five for women, with two team sports for each gender, and each playing season represented by each gender. There are minimum contest and participant minimums for each sport. Division III athletics features student-athletes who receive no financial aid related to their athletic ability and athletic departments are staffed and funded like any other department in the university. Division III athletics departments place special importance on the impact of athletics on the participants rather than on the spectators. The student-athlete's experience is of paramount concern. Division III athletics encourages participation by maximizing the number and variety of athletics opportunities available to students, placing primary emphasis on regional in-season and conference competition.

Recruiting Regulations

Introduction

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

Recruiting Terms

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

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

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

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

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

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

- Your transportation to and from the college;
- Room and meals (three per day) while you are visiting the college; and
- Reasonable entertainment expenses, including three complimentary admissions to a home athletics contest.
- Before a college may invite you on an official visit, you will have to provide the college with a copy of your high school transcript (Division I only) and SAT, ACT or PLAN score.

Prospective student-athlete- You become a “prospective student-athlete” when:

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

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

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

Recruiting Calendars

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

Summary of recruiting rules for each sport—Division I

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

	RECRUITING METHOD	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	OTHER SPORTS
SENIOR YEAR	Recruiting materials	+ Allowed.	+ Allowed.	+ Allowed.	+ Allowed.
	Telephone calls	+ You may make calls to the coach at your expense.	+ You may make calls to the coach at your expense.	+ You may make calls to the coach at your expense.	+ You may make calls to the coach at your expense.
	College coaches may call you	+ Twice per week beginning August 1.	+ Once per week beginning August 1.	+ Once per week beginning September 1.	+ Once per week.
	Off-campus contact	+ Allowed beginning September 9.	+ Allowed beginning September 16.	+ Allowed beginning November 27.	+ Allowed.
	Official visit	+ Allowed beginning opening day of classes your senior year. + You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.	+ Allowed beginning opening day of classes your senior year. + You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.	+ Allowed beginning opening day of classes your senior year. + You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.	+ Allowed beginning opening day of classes your senior year. + You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.
	Unofficial visit	+ You may make an unlimited number of unofficial visits.	+ You may make an unlimited number of unofficial visits.	+ You may make an unlimited number of unofficial visits.	+ You may make an unlimited number of unofficial visits.
	Evaluation and contacts	+ Up to seven times during your senior year.	+ Up to five times during your senior year.	+ Up to six times during your senior year.	+ Up to seven times during your senior year.
How often can a coach see me or talk to me off the college's campus?	+ A college coach may contact you or your parents/legal guardians not more than three times during your senior year.	+ A college coach may contact you or your parents/legal guardians not more than three times during your senior year.	+ A college coach may contact you or your parents/legal guardians (including evaluating you off the college's campus), six times. + One evaluation during September, October and November.	+ A college coach may contact you or your parents/legal guardians not more than three times during your senior year.	

Summary of recruiting rules—Divisions II and III

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

Questions for your School Counselor

Twenty Questions to Ask Your School Counselor

That's What They are There for- To Answer Your Questions

Your school counselor, or guidance counselor, is one of your best resources as you plan for college. Your counselor has information about admissions tests, college preparation, and your education and career options. Here are some basic questions to help get your conversation started:

1. What are the required and recommended courses—for graduation and for college prep?
2. How should I plan my schedule so I'll complete them?
3. Which elective courses do you recommend?
4. Which AP courses are available?
5. When is the PSAT/NMSQT going to be given here?
6. Is this school a testing center for the SAT, or will I need to go somewhere nearby?
7. Do you have any after-school or evening sessions available for college planning, or the SAT?
8. Do you have college handbooks or other guides that I can browse or borrow? Do you have a copy of the free *Taking the SAT* booklet, which has a practice test in it?
9. What activities can I do at home and over the summer to get ready for college?
10. What kinds of grades do different colleges require?
11. Are there any college fairs at this school, or nearby?

12. Where do other kids from this school attend college?
13. What are the requirements or standards for the honor society?
14. Can you put me in touch with recent grads who are going to the colleges on my wish list?
15. Do you have any information to help me start exploring my interests and related careers?
16. If my colleges need a recommendation from you, how can I help you know me better, so it can be more personal?
17. Are there any special scholarships or awards that I should know about now, so I can work toward them?
18. Can I see my transcript as it stands now, to see if everything is as I think it should be?
19. Do you have any forms I need to apply for financial aid?
20. How does our school compare to others, in terms of test scores and reputation?

**Explanations/
Questions
about
Financial Aid**

How Financial Aid Works

And How It Makes College Affordable for You

Financial aid is intended to make up the difference between what your family can afford to pay and what college costs. Over half of the students currently enrolled in college receive some sort of financial aid to help pay college costs.

In a Nutshell

The financial aid system is based on the goal of equal access—that anyone should be able to attend college, regardless of financial circumstances. Here's how the system works:

Students and their families are expected to contribute to the cost of college to the extent that they're able.

If a family is unable to contribute the entire cost, financial aid is available to bridge the gap.

Who Decides How Much My Family Is Able to Contribute?

The amount your family is able to contribute is frequently referred to as the Expected Family Contribution, or EFC. The figure is determined by whomever is awarding the aid—usually the federal government or individual colleges and universities.

The federal government and financial aid offices use need formulas that analyze your family's financial circumstances (things like income, assets, and family size) and compare them proportionally with other families' financial circumstances.

What the EFC Figure Means for Most Families

First, most families can't just pay the EFC out of current income alone. But, not to worry—the formulas assume that families will meet their contribution through a combination of savings, current income, and borrowing.

Second, financial aid is limited. The formulas therefore measure a particular family's ability to pay against other families' ability to pay.

Three Main Types of Financial Aid

Financial aid is any type of assistance used to pay college costs that is based on financial need.

Grants and Scholarships

Also called gift aid, grants don't have to be repaid and you don't need to work to earn them. Grant aid comes from federal and state governments and from individual colleges. Scholarships are usually awarded based on merit.

Loans

Most financial aid comes in the form of loans, aid that must be repaid. Most loans that are awarded based on financial need are low-interest loans sponsored by the federal government. These loans are subsidized by the government so no interest accrues until you begin repayment after you graduate.

Work

Student employment and work-study aid helps students pay for education costs such as books, supplies, and personal expenses. Work-study is a federal program which provides students with part-time employment to help meet their financial needs and gives them work experience while serving their campuses and surrounding communities.

Don't Rule Out Colleges with Higher Costs

Say your EFC is \$5,000. At a college with a total cost of \$8,000, you'd be eligible for up to \$3,000 in financial aid. At a college with a total cost of \$25,000, you'd be eligible for up to \$20,000 in aid. In other words, your family would be asked to contribute the same amount at both colleges.

10 Questions for the Aid Office

To Get the Right Answers, Ask the Right Questions

Each college has its own financial aid policies—how outside scholarships are treated, whether aid awards can be appealed—information that may or may not appear in materials they send you. Make the most of your next campus visit and schedule an interview with a member of the financial aid staff. He or she will be able to answer specific questions about costs, the financial aid process, and options for financing your education.

Here are 10 questions to get you started:

1. What's the average total cost—including tuition and fees, books and supplies, room and board, travel, and other personal expenses—for the first year?
2. By how much will total costs increase each year? How much have tuition, fees, room and board increased over the last three to five years?
3. Does financial need have an impact on admission decisions? How is financial aid affected if I apply via an early decision or early action program?
4. Does the school offer need-based and merit-based financial aid? Are there other scholarships available that aren't based on financial need? Do I need to complete a separate application for merit-based scholarships?

5. What is the priority deadline to apply for financial aid?
6. When will I be notified about financial aid award decisions?
7. If the financial aid package isn't enough, under what conditions, if any, will the aid office reconsider the offer?
8. How will the aid package change from year to year? What will happen if my family's financial situation changes? What will happen if my enrollment status (or that of a family member) changes?
9. What are the terms and conditions of the aid programs included in the aid package? What are the academic requirements or other conditions for the renewal of financial aid, including scholarships?
10. When can I expect to receive bills from the college? Is there an option to spread the yearly payment over equal monthly installments?

Frequently-Asked Questions on The National Letter of Intent/Financial Aid

1. [What is the National Letter of Intent?](#)
2. [What happens if I sign a National Letter of Intent then decide to go to a different college?](#)
3. [Can a college or university reduce or cancel my scholarship during the academic year?](#)
4. [How long does a scholarship last and can the college cancel my scholarship after the first year?](#)

1- The National Letter of Intent

The National Letter of Intent (NLI) is a binding agreement between a prospective student-athlete and an institution in which the institution agrees to provide a prospective student-athlete who is admitted to the institution and is eligible for financial aid under NCAA rules athletics aid for one academic year in exchange for the prospect's agreement to attend the institution for one academic year. All colleges and universities that participate in the NLI program agree to not recruit a prospective student-athlete once he/she signs an NLI with another college or university. Therefore, a prospective student-athlete who signs an NLI should no longer receive recruiting contacts and calls and is ensured an athletic scholarship for one academic year. The NLI must be accompanied by an institutional financial aid agreement. If the student-athlete does not enroll at that institution for a full academic year, he/she may be subject to specific penalties, including loss of a season of eligibility and a mandatory residence requirement.

Please note that the NLI program is not an NCAA national office administered program. It is administered through the Southeastern Conference (SEC) office. Specific questions regarding its application should be directed to the SEC office at (205) 458-3013. Additional information can be obtained through the NLI Program web page"

<http://www.national-letter.org>

Please contact the NCAA membership services staff at (317) 917-6222 if you have further questions.

2- Breach of National Letter of Intent by Student-Athlete prior to initial enrollment, practice and competition in order to attend another institution

If you sign a National Letter of Intent, you are committed to attend that institution for your initial year of collegiate enrollment. If you do not attend the signing institution or attend that institution for less than one academic year, and you enroll in another college that participates in the National Letter of Intent program there may be eligibility ramifications. The basic penalty may preclude you from representing the second college until you have completed two academic years in residence at the latter institution and you may lose two seasons of competition in all sports.

For further information, visit the [National Letter of Intent Web site](#) or contact the Collegiate Commissioners Association at:

Collegiate Commissioners Association
2201 Richard Arrington Blvd. N.
Birmingham, AL 35203-1103
(205) 458-3013

Institutional Financial Aid -- Reduction/Cancellation

If a student-athlete is receiving institutional financial aid based in any degree on athletics ability, that financial aid MAY be reduced or canceled during the period of award (e.g., during that year or term) only if the student-athlete:

1. Renders himself or herself ineligible for intercollegiate competition; or
2. Misrepresents any information on an application, letter of intent or financial aid agreement; or
3. Commits serious misconduct which warrants a substantial disciplinary penalty (the misconduct determination must be made by the university's regular student disciplinary authority)
4. Voluntarily quits the sport for personal reasons. In this case, the student-athlete's financial aid may not be given to another student-athlete during the term in which the aid was reduced or canceled.

Institutional financial aid based in any degree on athletics ability MAY NOT be reduced, canceled or increased during the period of award:

1. Based on a student-athlete's ability, performance, or contribution to a team's success; or
2. Because an injury prevents the student-athlete from participating; or
3. For any other athletics reason.

Please contact the certifying institution or conference for additional information. You also may contact the NCAA membership services staff at (317) 917-6222 if you have further questions

Institutional Financial Aid Renewal/Nonrenewal

Aid based in any degree on athletics ability cannot be awarded in excess of one academic year; the decision of whether a student-athlete is awarded institutional financial aid is made on a year-by-year or term-by-term basis, depending on the regulations of the institution.

If a student-athlete is receiving institutional financial aid based in any degree on athletics ability, the institution must notify the student in writing on or before July 1 whether the aid has been renewed or not renewed for the next academic year. This written notification comes from the institution's financial aid authority and not from the athletics department.

If the institution decides not to renew the aid, or is going to reduce the aid, the institution must notify the student-athlete in writing that he or she has the right to a hearing. This hearing is held before the institutional agency making the award.

Keep in mind that the decision to renew or not renew the financial aid is left to the discretion of the institution, to be determined with its normal practices for students generally.

Please contact the certifying institution or conference for additional information. You also may contact the NCAA membership services staff at (317) 917-6222 if you have further questions.

[NOTE: This is not a complete list of NCAA regulations regarding the National Letter of Intent or financial aid. Please call or write the NCAA or the Southeastern Conference if you have specific questions.]

Helpful Websites

Websites

NCAA Initial-Eligibility Clearinghouse:
www.ncaaclearinghouse.net

Federal and State Financial Aid form:
<http://www.fafsa.ed.gov>

Guide for the College Bound Athlete:
www.ncaa.org/library/general/cbsa/2006-07/2006-07_cbsa.pdf

Lake City High School:
<http://lchs.florence3.k12.sc.us/home.aspx>

-click on group pages, then departments, then guidance for college nformation and scholarships.