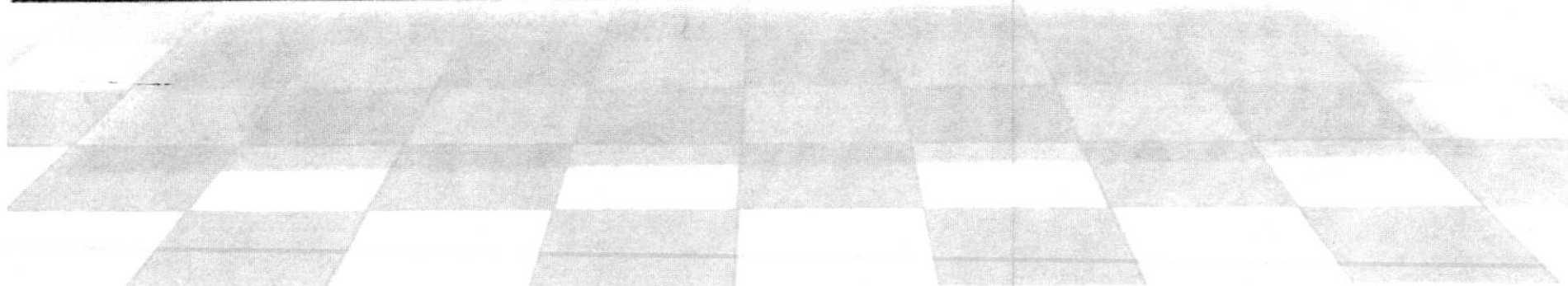


Playing College Athletics



Bill Baldrige
M14 Director of Teams



TWITTER REQUIREMENTS

USE A REASONABLE "HANDLE"
MEANING @

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

GOOD EXAMPLE

@baldridgelizzie

Use a photo of you in your uniform



Use your real name. Your handle should be easily searchable.

Jane Smith

@janesmith23

University High '25
CHI Basketball Select
Point guard
5'8"
4.0 GPA

Include your high school, class year, club team and position

Use your current location

📍 Chicago, IL 🌐 bit.ly/NCSAProfile 📅 Joined August 2020

173 Following 196 Followers

Link to your NCSA recruiting Profile

Tweets

Tweets & replies

📌 Pinned Tweet



Jane Smith @janesmith23 · 15m
2021-22 University High Season Recap...

Team finished 28-5 overall
Conference Champs, Finished 3rd at State
Individual Stats: 15ppg, 3rpg, 5apg
Awards: All-Conference & All-State selections
My season highlights:


Pin a tweet to your profile that college coaches will want to see. This is a great place to include your highlight video and stats!



2022 Mid Season Highlights
ncsasports.org

Lizzie Baldridge

@baldridgelizzie **Follows you**

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

 drive.google.com/file/d/1GoZHCP...

 **Joined August 2018**

150 Following 176 Followers



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

Tweets

Replies

Media

Likes

Pinned Tweet



Lizzie Baldridge @bal... · 3/22/22 ...

AAU SEASON IS HERE! Very excited for this year's final schedule! @M14Hoops_Girls

What are an athlete's options?



NCAA

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



NATA

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

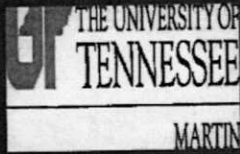


D1 – Up to 100% of tuition can be covered by an athletic scholarship
D2 – Limited amount of tuition can be covered by scholarship
D3 – 0% of tuition can be covered by an athletic scholarship

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

NCAA

D1:



340
Colleges
Universities

D2:



290
Colleges
Universities

D3:



Beloit
College



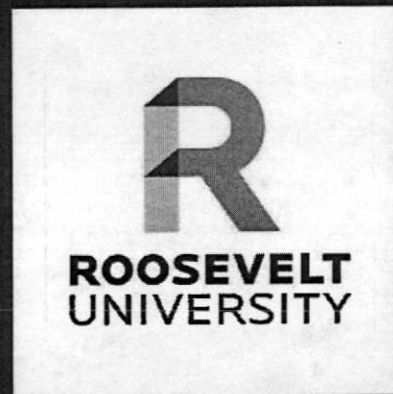
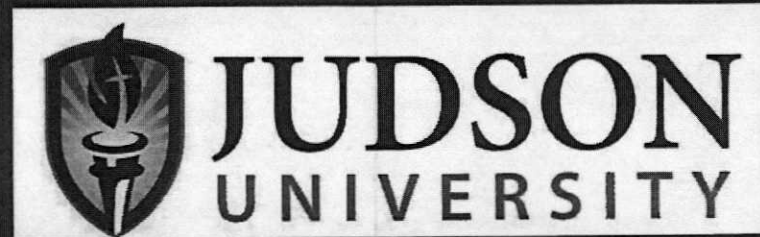
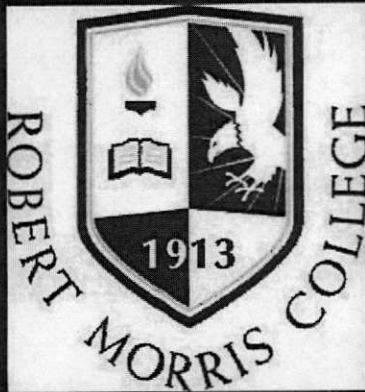
436
Colleges
Universities



Benedictine
University



Which schools are NAIA schools?



Most importantly...

Pick your school based on

Demographics

Cost

Academics

Career Goal

**PLAYING
TIME**

Distance -
Holidays

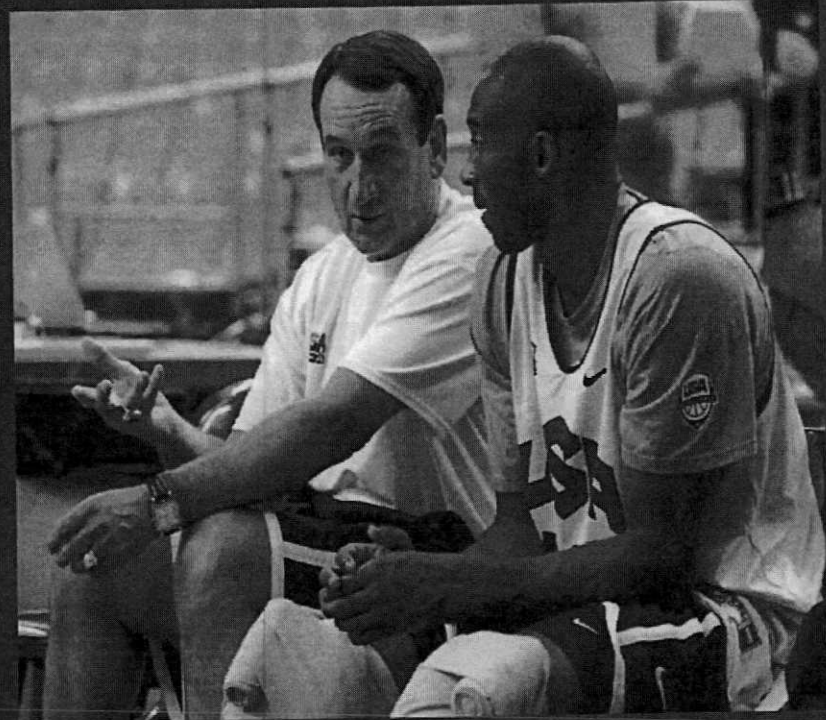
Size of School

Winning

Diversity -
Culture


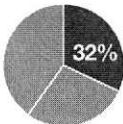

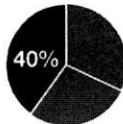







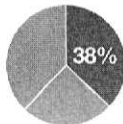



What to do now...

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



Our Three Divisions

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

	DIVISION I	DIVISION II	DIVISION III
 NUMBER OF SCHOOLS*	350 	300 	432 
 MEDIAN UNDERGRADUATE ENROLLMENT	8,466	2,323	1,655
 STUDENTS WHO ARE ATHLETES	1 in 23 	1 in 9 	1 in 6 
 AVERAGE NUMBER OF TEAMS PER SCHOOL	19	16	19
 PERCENTAGE OF NCAA STUDENT-ATHLETES IN EACH DIVISION			
 ATHLETICS SCHOLARSHIPS	Multiyear, cost-of-attendance athletics scholarships available 57% of athletes receive athletics aid	Partial athletics scholarship model 60% of athletes receive athletics aid	No athletics scholarships 80% of athletes receive nonathletics aid

*Numbers are from 2020-21. This does not include reclassifying, provisional or exploratory schools.

What are the eligibility requirements in each division?

College-bound students who want to compete at a Division I, II or III school must meet academic and/or amateurism standards set by NCAA members. Eligibility standards can be found on each division's page on eligibilitycenter.org.

How is each division governed?

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

Did you know?

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



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

DI's largest school has **25,854** undergraduates.

The smallest? **257**.



Learn more at ncaa.org.

NCAA Recruiting Facts

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

Division I

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

PARTICIPATION

188,710
student-athletes

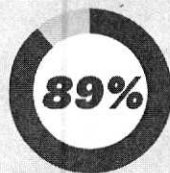
351
colleges and universities

ATHLETICS SCHOLARSHIPS

58%
of all student-athletes receive some level of athletics aid.

ACADEMICS

2021 Graduation Success Rate:



OTHER STATS

8,449
Median Undergraduate Enrollment

19
Average Number of Teams per School

5%
Percentage of Student Body Participating in Sports

26
Division I National Championships

Division II

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

PARTICIPATION

130,373
student-athletes

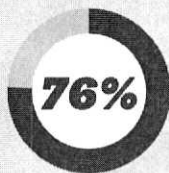
296
colleges and universities

ATHLETICS SCHOLARSHIPS

67%
of all student-athletes receive some level of athletics aid.

ACADEMICS

2021 Academic Success Rate:



OTHER STATS

2,300
Median Undergraduate Enrollment

16
Average Number of Teams per School

11%
Percentage of Student Body Participating in Sports

25
Division II National Championships

Division III

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

PARTICIPATION

201,387
student-athletes

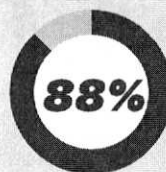
433
colleges and universities

FINANCIAL AID

80%
of all student-athletes receive some form of academic scholarship or need-based grant; institutional gift aid totals \$17,000 on average.

ACADEMICS

2021 Academic Success Rate:



OTHER STATS

1,655
Median Undergraduate Enrollment

19
Average Number of Teams per School

17%
Percentage of Student Body Participating in Sports

28
Division III National Championships



Want to play NCAA sports?

Visit ncaa.org/playcollegesports

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

Facts About NCAA Sports

Does the NCAA award athletics scholarships?

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

Do many high school athletes earn athletics scholarships?

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

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

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

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

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

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.



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

DI Time Management

What Division I student-athletes should expect.

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

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

These are considered countable athletically related activities (CARA). NCAA rules limit the time student-athletes can spend on these activities each week. Check with your campus athletics department for more information.

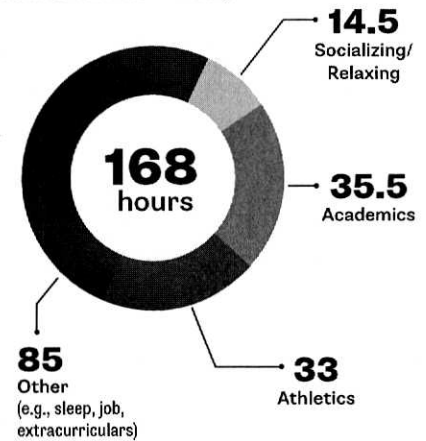


These activities do not count toward a team or student-athlete's countable athletically related activities limit.



Time spent on activities per week

(numbers listed in hours)
*Medians collected from the 2015 NCAA GOALS study.

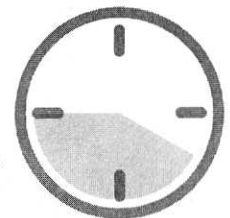


67% of Division I student-athletes said they spend as much or more time on athletics during the offseason as during their competitive season.

*Based on the 2015 NCAA GOALS study.

Game Day

During a typical day of competition, Division I student-athletes report spending anywhere from four to nine hours on their sport.



*Based on a 2015 survey of Division I student-athletes.

DII Time Management

What Division II student-athletes should expect.

Time management is a key component of any college student's success. From classes to competition and everything in between, the student-athlete's schedule is busy. Know what awaits when you step foot on campus.

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

These are considered countable athletically related activities (CARA).

NCAA rules limit the time student-athletes can spend on these activities each week. Check with your campus athletics compliance administrator for more information.

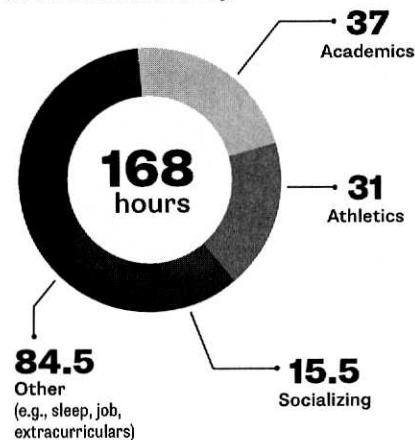


These activities do not count toward a team or student-athlete's countable athletically related activities limit.



Time spent on activities per week

(numbers listed in hours)
*Median figures, collected from the 2019 NCAA GOALS study.



63% of Division II student-athletes said they spend as much or more time on athletics during the offseason as during their competitive season.

*Based on the 2019 NCAA GOALS study.

1 in every 8.5 Division II student-athletes will participate in an NCAA championship during their college experience.



1/3 of Division II student-athletes work during the academic year for about nine hours per week on average.

*Based on the 2019 NCAA GOALS study.

DIII Time Management

What Division III student-athletes should expect.

Time management is a key component of any college student's success. From classes to competition and everything in between, the student-athlete's schedule is busy. Know what awaits when you step foot on campus.

The Division III experience includes:

These are considered countable athletically related activities (CARA).

NCAA rules limit the time student-athletes can spend on these activities each week. Check with your campus athletics compliance administrator for more information.



Academics



Competition



Compliance meetings



Film review



Graduate school



Injury treatment and prevention



Internship/externship



Leadership



Practice



Strength and conditioning



Team fundraising



Teamwork

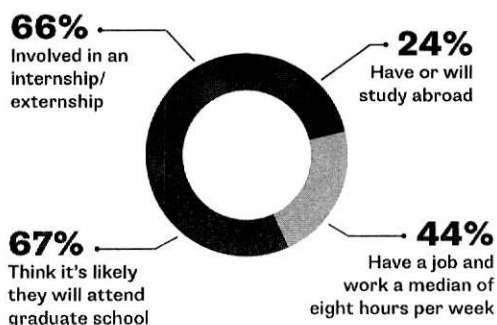


Time management



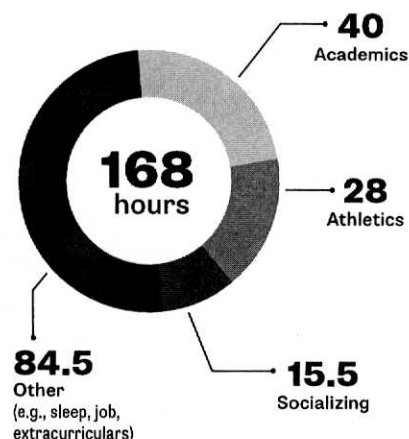
Work

Division III student-athletes note their athletics experience did not hinder their academic and co-curricular pursuits. In fact, it had a positive effect on their collegiate experience. (approximate percentages)



Time spent on activities per week

(numbers listed in hours)



Division III student-athletes report spending one day a week away from campus.

*Median amount; based on 2015 NCAA GOALS study.

50%

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

*Based on the 2015 NCAA GOALS study.

How many scholarships can universities
offer?

Division 1 schools
13 scholarships

Division 2 schools
10 scholarships

Division 3 schools
0 scholarships (only academic money)

NAIA has 8 scholarships available

Article ID: KB-4137

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

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

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

•**Division I.**

•**Division II.**

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

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

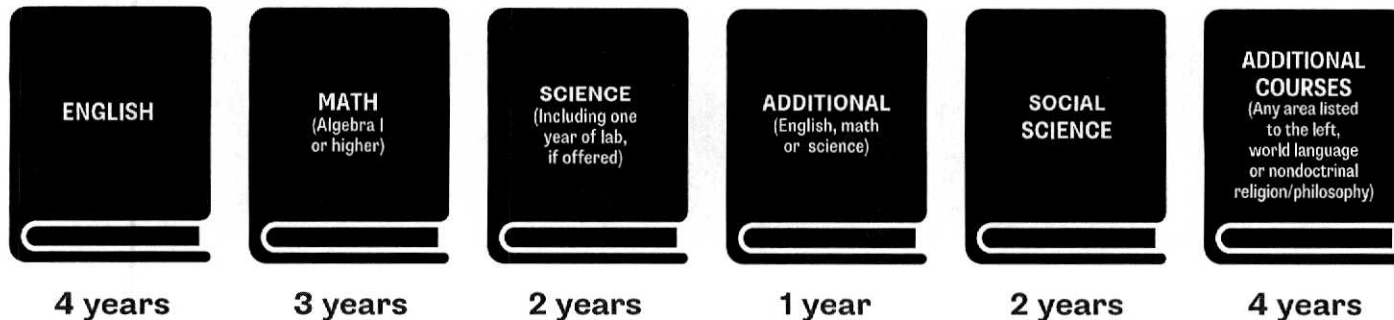
Was this helpful?

Yes No

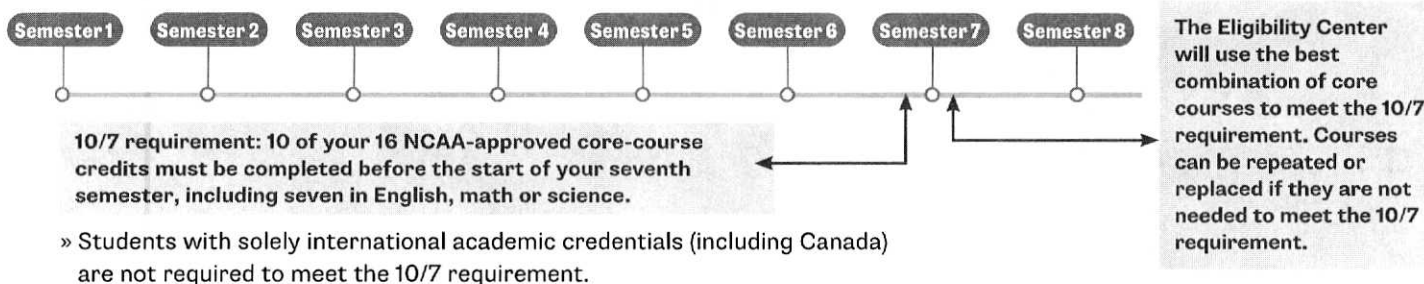
DIVISION I ACADEMIC STANDARDS

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

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



2. Complete 10 of your 16 NCAA-approved core-course credits, including seven in English, math or science, before the start of the seventh semester. Once you begin your seventh semester, any course that is needed to meet the 10/7 requirement cannot be replaced or repeated.



3. Complete your 16 NCAA-approved core-course credits in eight academic semesters or four consecutive academic years from the start of ninth grade. If you graduate from high school early, you still must meet core-course requirements.

4. Earn a minimum 2.3 core-course GPA.

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

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

$$4 \times 4 = 16$$

9th
GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

4 CORE COURSES

10th
GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

4 CORE COURSES

11th
GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

4 CORE COURSES

12th
GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

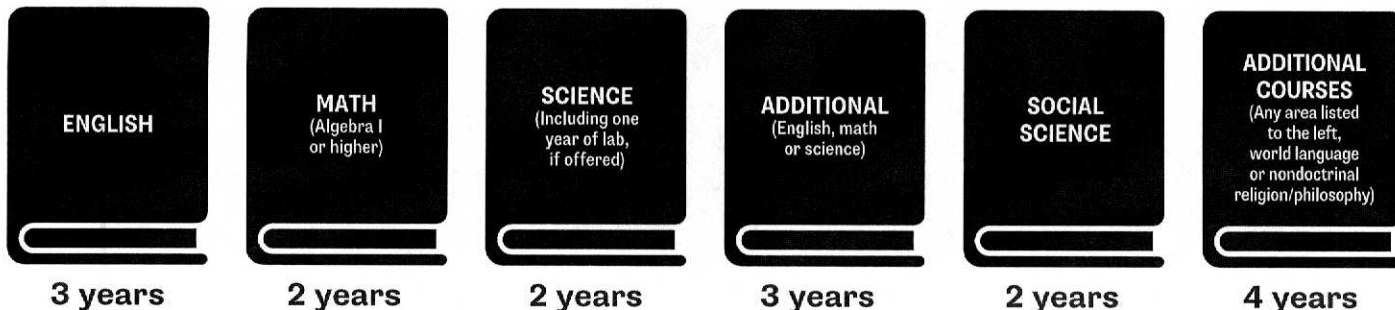
4 CORE COURSES

DIVISION II ACADEMIC STANDARDS

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



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



2. Earn a minimum 2.2 core-course GPA (minimum 2.2).

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

Student-athletes enrolling at an NCAA member school Aug. 1, 2021, or later who do not meet Division II qualifier standards will be deemed partial qualifiers. All Division II partial qualifiers may practice and receive an athletics scholarship, but may NOT compete, during their first year of full-time enrollment at a Division II school.



WHAT IS A CORE COURSE?

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

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

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

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

WHAT IS NOT A CORE COURSE?

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

- » Courses in noncore areas, such as driver education, typing, art, music, physical education or welding.
- » Courses that prepare students for the world of work or life, or for a two-year college or technical school, such as personal finance, consumer education or tech prep.
- » Courses taught below grade level, at a slower pace or with less rigor or depth, such as basic, essential, fundamental or foundational courses.
- » Credit-by-exam courses.

CORE-COURSE CREDITS

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

COURSES TAKEN BEFORE HIGH SCHOOL

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

COURSES TAKEN AFTER HIGH SCHOOL

For information about courses taken after high school, see **page 22** for Division I or **page 25** for Division II.

COLLEGE COURSES, DUAL-ENROLLMENT COURSES AND DUAL-CREDIT COURSES

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

REMEMBER



Find your high school's list of NCAA-approved core courses at eligibilitycenter.org/courselist.



Mens Live periods 2023 (evaluation periods)

- April 21-23 EVALUATION PERIOD (NCAA certified events only)
- April 28-30 EVALUATION PERIOD (NCAA certified events only)
- June 16-18 EVALUATION PERIOD (For scholastic events)
- June 23-25 EVALUATION PERIOD (For scholastic events)
- July 6-9 EVALUATION PERIOD (NCAA certified events only)
- July 15-16 EVALUATION PERIOD (NCAA certified events only)

Womens Live periods 2023 (evaluation periods)

- April 21-23 EVALUATION PERIOD (NCAA certified events only)
- May 19-21 EVALUATION PERIOD (NCAA certified events only)
- June 15-17 EVALUATION PERIOD (For scholastic events)
- July 7-10 EVALUATION PERIOD (NCAA certified events only)
- July 21-24 EVALUATION PERIOD (NCAA certified events only)

2022-23 NCAA RECRUITING CALENDAR

Division I Men's Basketball



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

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

Aug. 1, 2022-July 31, 2023

Aug. 1 through Sept. 8, 2022,
except as noted below:

• Aug. 6-15	QUIET PERIOD
Sept. 9 through Nov. 6	DEAD PERIOD
Nov. 7-10	RECRUITING PERIOD
Nov. 11 through March 29, 2023, except as noted below:	DEAD PERIOD
• Dec. 24-26	RECRUITING PERIOD
March 30-April 6 (noon)	DEAD PERIOD
April 6 (noon)-19, except as noted below:	RECRUITING PERIOD
• April 10-13	DEAD PERIOD
April 20 through July 5*, except as noted below:	QUIET PERIOD
• April 21-23	EVALUATION PERIOD (NCAA certified events only)
• April 24-27	RECRUITING PERIOD
• April 28-30	EVALUATION PERIOD (NCAA certified events only)
• May 1-4	RECRUITING PERIOD
• May 18-26	DEAD PERIOD

Recruiting periods defined

QUIET PERIOD

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

DEAD PERIOD

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

EVALUATION PERIOD

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

RECRUITING PERIOD

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

Continued on next page.

2022-23 NCAA RECRUITING CALENDAR

Division I Men's Basketball



Continued from previous page.

Aug. 1, 2022-July 31, 2023

April 20 through July 5*,
except as noted below:

- NBA Draft Combine - May 14-21

- June 16 (noon)-18 (6 p.m.)

- June 23 (noon)-25 (6 p.m.)

- NBPA Top 100 Camp - June 28-29

July 6-30*,
except as noted below:

- July 6-9
- July 15-16

- July 24-27

July 28-31

QUIET PERIOD

EVALUATION PERIOD
(For Combine only)

EVALUATION PERIOD
(For scholastic events approved by the NCAA and NFHS and intercollegiate events approved by applicable two-year college governing body only - see Bylaw 13.1.7.5.3)

EVALUATION PERIOD
(For NBPA Top 100 Camp only)

DEAD PERIOD

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

EVALUATION PERIOD
(for NCAA College Basketball Academy only)

QUIET PERIOD

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

Institutional camps/clinics and official/unofficial visits are not permitted for high school prospective student-athletes during this time.

Note: This recruiting calendar is based on Bylaw 13.17 and does not reflect any action taken by the NCAA Division I Council (e.g., temporary dead period). Member institutions should continue to monitor action related to the impact of COVID-19 and apply changes appropriately.

Recruiting periods defined

QUIET PERIOD

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

DEAD PERIOD

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

EVALUATION PERIOD

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

RECRUITING PERIOD

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



2022-23 NCAA RECRUITING CALENDAR

Division I Women's Basketball



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

Aug. 1, 2022-July 31, 2023

Aug. 1 through Aug. 31, 2022,
except as noted below:

	QUIET PERIOD
• Aug. 14-20	RECRUITING SHUTDOWN
Sept. 1-30	CONTACT PERIOD (Seniors only); Evaluation Period (scholastic events only)
Oct. 1 through Feb. 28, 2023, except as noted below:	EVALUATION PERIOD (Scholastic activities only)
• Dec. 24-26	DEAD PERIOD
March 1-29	CONTACT PERIOD (Seniors only); Evaluation period (all other PSAs for scholastic activities only)
March 30-April 3	DEAD PERIOD
April 4 through July 31, except as noted below:	QUIET PERIOD
• April 21-23	EVALUATION PERIOD (Certified nonscholastic events only)
• May 8-14	RECRUITING SHUTDOWN
• May 19-21	EVALUATION PERIOD (Including evaluations at certified nonscholastic events)
• June 13-14	DEAD PERIOD
• June 15-17	EVALUATION PERIOD (Scholastic activities only)

Recruiting periods defined

QUIET PERIOD

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

DEAD PERIOD

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

EVALUATION PERIOD

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

CONTACT PERIOD

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

RECRUITING SHUTDOWN

No form of recruiting is permitted.

Continued on next page.



2022-23 NCAA RECRUITING CALENDAR

Division I Women's Basketball



Continued from previous page.

Aug. 1, 2022-July 31, 2023

July 5-6	DEAD PERIOD
July 7-10	EVALUATION PERIOD
July 11-20	DEAD PERIOD
July 21-24	EVALUATION PERIOD

Exceptions:

1. Evaluations are permitted during the National Junior College Athletic Association championship competition.
2. Evaluations are permissible in all states that play the high school basketball season in the spring only from April 8-28, 2023, and July 8-31, 2023, provided evaluations outside of the April, May, June or July periods are counted within the 65 recruiting-person days.

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

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

Recruiting periods defined

QUIET PERIOD

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

DEAD PERIOD

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

EVALUATION PERIOD

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

CONTACT PERIOD

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

RECRUITING SHUTDOWN

No form of recruiting is permitted.

IMPORTANT RECRUITING TERMS

Celebratory standardized signing form (a form used by Division III institutions): 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 parents off the college's campus.

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

Dead period: A college coach may not have any face-to-face contact with you or your parents on or off the college campus at any time during a dead period. The coach may call or write you or your parents 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 parents. However, a college coach may not have face-to-face contact with you or your parents 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 (IRL) 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 (except Quebec).

Official commitment: When you officially commit to attend a Division I or II college, 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 Division 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 a Certification account with the **NCAA Eligibility Center**. In Division I, it is not permissible to make an official visit during a recruiting shutdown period or a dead period.

Quiet period: During this time, a college coach may not have any in-person contact with you or your parents off the college's campus. A 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 call or write to you or your parents 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 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 Division I home athletics contest 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 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.

Division I men's basketball NCAA recruiting rules

- Any time: Athletes can receive non-recruiting materials from college coaches, such as questionnaires, camp brochures, nonathletic institutional publications and NCAA educational materials published by the NCAA.
- Verbal offers: There are no restrictions on when coaches can extend verbal offers to recruits.
- August 1 of sophomore year: Athletes can begin taking unofficial visits.
- June 15 after sophomore year: Coaches can call, email, text, direct message and correspond with athletes in any form of private communication. Calls from coaches to athletes are unlimited at this time except during dead and quiet periods.
- Start of classes junior year: Coaches can initiate off-campus contact. Except during the April recruiting period, coaches can only conduct off-campus contact at the recruit's school or residence. Contact cannot occur the day of a competition or at a time during the day when the athlete's classes are in session.
- August 1 of junior year: Recruits can begin official visits, with a maximum of five total official visits during the junior year, with only one official visit per school. An additional five official visits may be taken between the day of completion of junior year and October 15 following completion of high school.

Division I women's basketball NCAA recruiting rules

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

When can Division II coaches contact athletes?

The NCAA Recruiting Rules for Division II schools are slightly more relaxed than those for Division I, and the rules are the same across all sports:

- **Non-recruiting materials:** Athletes can receive brochures for camps, questionnaires, NCAA materials and non-athletic recruiting publications at any time.
- **Printed recruiting materials:** Starting July 15 after an athlete's sophomore year, coaches can begin sending recruits printed recruiting materials.
- **Telephone calls:** Starting June 15 after an athlete's sophomore year, coaches can start calling athletes.
- **Off-campus contact:** Coaches can conduct off-campus communications with athletes and/or their parents starting June 15 after an athlete's sophomore year.
- **Unofficial visits:** Athletes can take unofficial visits at any time.
- **Official visits:** Athletes may start taking official visits starting June 15 after an athlete's sophomore year.

When can Division III coaches contact athletes?

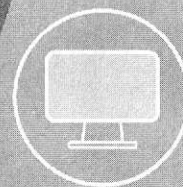
DIII schools have the most relaxed NCAA recruiting rules of all the division levels.

Similar to NCAA DII, they are the same for all sports:

- Recruiting materials: Athletes can receive recruiting materials at any time.
- Telephone calls: There is no limit on when college coaches can call athletes.
- Digital communications: There is no limit on when college coaches can contact athletes digitally.
- Off-campus contact: After the athlete's sophomore year, college coaches may begin to conduct off-campus communications.
- Official visits: Athletes can begin taking official visits after January 1 of their junior year.
- Unofficial visits: Athletes can make an unlimited number of unofficial visits at any time.

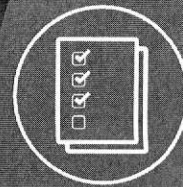
HIGH SCHOOL TIMELINE

9th GRADE REGISTER



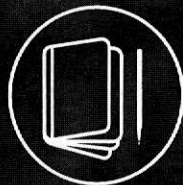
- » *Start planning now!* Register for a free Profile Page account at eligibilitycenter.org for information on NCAA initial-eligibility requirements.
- » Find your high school's list of NCAA-approved core courses at eligibilitycenter.org/courselist to ensure you are taking the right courses, and earn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

10th GRADE PLAN



- » If you are being actively recruited by an NCAA school and have a Profile Page account, **transition** it to the right **Certification account**.
- » Monitor the **task list** in your NCAA Eligibility Center account for next steps.
- » At the end of the school year, ask your high school counselor 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.

11th GRADE STUDY



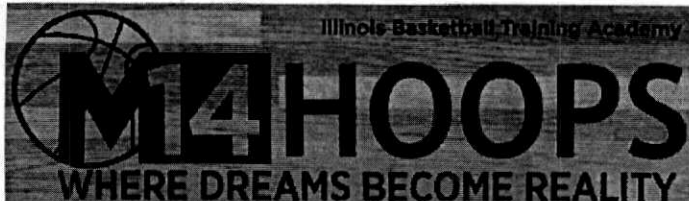
- » Ensure your **sports participation** information is correct in your Eligibility Center account.
- » Check with your high school counselor to make sure you are on track to complete the required number of NCAA-approved **core courses** and graduate on time with your class.
- » At the end of the school year, ask your high school counselor from each school you have attended to upload an official transcript to your Eligibility Center account.

12th 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.
- » 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 en.ncaa.com/COVID19_Spring2023.*



M14 College Recruiting Information

5 point plan

15U Recommendations

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

16U Recommendations

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

17U Recommendations

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

What is the NCAA Transfer Portal?

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

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

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

How many athletes are using the portal?

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