

# NCAA, NAIA & NJCAA meeting

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Rules & Procedures for  
playing sports in college





**Playing**

**Spring Lake HS**

**Trine University**

2004 - 2008

2008 - 2012

# My background

**Coaching - HS**

**Britton Deerfield HS**

**Blissfield HS**

2015 season

2016- 2021 seasons



**Coaching -  
College**

**Siena Heights  
University**

**Adrian College**

SHU GA - 2014-2017

AC Men's coach - 2018 - current



# Division 1

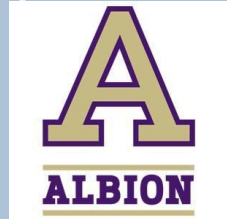
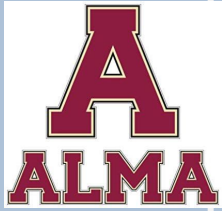
- Gives athletic scholarships
- May provide tuition & fees, room & board, books & other expenses
- Sign National Letter of Intent
- **MUST make a NCAA Clearinghouse profile (fee)**
- More emphasis on athletics
- Most television exposure



# Division 2

- **MUST make a NCAA Clearinghouse profile (fee)**
- May provide tuition & fees, room & board and course-related books
- Sign National Letter of Intent
- Offers “partial-scholarship” model
- Only NCAA division that conducts National Championships Festivals, Olympic-style events held at a single site over multiple days



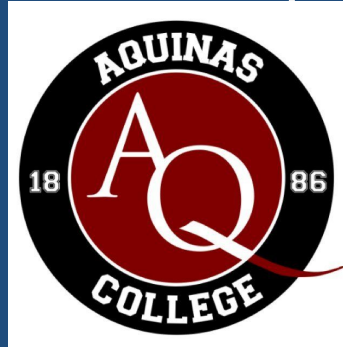


## Division 3

- No athletic scholarships
- Do **NOT** need to register with the NCAA Eligibility Center.
- Primary focus is on academics
- No National Letter of Intent
- Offers an intense & competitive athletics environment for student-athletes who play for the love of the game, without the obligation of an athletics scholarship.

# NAIA

- \$500 million in athletic scholarships
- Flexible recruiting and transfer regulations
- Student-athletes in the NAIA may get more playing time and more opportunities to compete on a championship level.
- [https://play.mynaia.org/media/1091/naia\\_guide\\_college\\_bound\\_student.pdf](https://play.mynaia.org/media/1091/naia_guide_college_bound_student.pdf)



# NJCAA



- National Junior College Athletic Association
- Specifically for two-year college student-athletes pursuing an Associates Degree.
- Perfect for students to fine tune their athletic & academic skills before transferring to a bigger school. (ex: "Last Chance U" on Netflix)
- Athletic scholarships are available.
- Varying levels of competition.



# Academic Information for D1 & D2

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## Transcripts

- Keep track of your records from school to school (if you've transferred)
- Once you've graduated, your counselor will upload your final transcript with proof of graduation date.

## Test Scores

- As of January 2023, test scores are **NO** longer required at any level of the NCAA eligibility!

## GPA

- NCAA only counts your GPA from the core-classes that you've earned in NCAA approved courses
- They do not use + or - grades. They convert it to a normal letter grade



# Division 3 Information

## GRADES & GPA

- Minimum GPA - 2.0
- Most are test optional now
- Based on admissions standards and policies
- No specific NCAA requirements
- Will offer grants & scholarships to help with on-campus costs

### Division 3

Number of schools

**438**



Percentage of student-athletes in division

**39%**



Percentage of athletes receiving non-athletics aid

**80%**



Median undergraduate enrollment

**1,740**



Students who are athletes

**1 in 6**



Does not offer athletic scholarships



# Academic Information - NAIA

- MUST register with the NAIA Eligibility Center
- Only need to meet **2 of the 3** requirements to be eligible
  - Overall GPA of 2.0 on 4.0 scale
  - Graduate in the top half of your high school class (letter must come from school)
  - Minimum test scores
    - 18 composite on ACT
    - 860 on the SAT
- Early decisions for Seniors
  - Once you've completed your junior year, with overall 3.0 GPA AND meet the minimum ACT or SAT scores, you can receive an eligibility decision early.
- How do I stay eligible?
  - Enrolled in a minimum of 12 credits
  - Maintain a 2.0 GPA
  - Make progress towards a degree

After completion of Junior Year

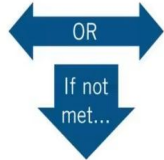
GPA of 3.3+  
WITHOUT qualifying  
test score



GPA of 3.0+  
WITH qualifying  
test score

After completion of 7th semester

GPA of 2.8+  
WITHOUT qualifying  
test score



GPA of 2.5+  
WITH qualifying  
test score

After graduation

GPA of 2.3+  
WITHOUT qualifying  
test score



Two of the following:  
• GPA of 2.0+  
• Qualifying test score  
• Rank in top 50%

# NAIA Eligibility Center

- \$80 enrolling full-time at an NAIA school in the first full term following HS graduation.
- Fee waivers available
- Your HS counselor can upload your official transcript to your portal on the NAIA Eligibility Center website.
  - You can also send via: Parchment, Regular mail & overnight mail

ELIGIBILITY CENTER  
**PLAYNAIA**  
*Your college sports experience starts here.* 

# Academic Information - NJCAA

APPENDIX A

## NJCAA ACADEMIC PROGRESS REQUIREMENTS

### Season of Participation

#### First Season of Participation

#### Second Season of Participation

# Of Previous Full-Time	First Season of Participation	Second Season of Participation
Zero (0) Previous terms of full-time enrollment.	High school graduate and current enrollment of 12 or more credits.*	Accumulation of 24 or more semester credits with an associated GPA of 2.0 or better.*
One (1) Previous term of Full-time enrollment.	Accumulation of 12 or more credits with an associated GPA of 1.75 or better.*	Accumulation of 24 or more semester credits with an associated GPA of 2.0 or better.*
Two (2) or more previous terms of full-time enrollment.	1) Earn 12 credits with a 2.0 GPA or better in the previous full-time term. <b>OR</b> 2) Accumulation of credits equal to or greater than the number of full-time terms attempted multiplied by 12.* <b>OR</b> 3) Accumulation of 24 semester credits with an associated GPA of 2.0 or better for the initial term of participation.* <b>OR</b> 4) Accumulation of 36 semester credits for a fall sport or 48 semester credits for a spring sport with an associated GPA of 2.0 or better. This provision can only be used one time. Once used the student must meet #1 or #2 above to maintain eligibility.*	1) Earn 12 credits with a 2.0 GPA or better in the previous term.* <b>OR</b> 2) Accumulation of credits equal to or greater than the number of full-time terms attempted multiplied by 12.* <b>OR</b> 3) Accumulation of 36 semester credits for a fall sport or 48 semester credits for a spring sport with an associated GPA of 2.0 or better. This provision can only be used one time. Once used the student must meet #1 or #2 above to maintain eligibility.*  <b>as well as:</b> Accumulation of 24 or more semester credits with an associated GPA of 2.0 or better.*


\* Must meet all NJCAA academic and athletic requirements for eligibility and participation in addition to the stated requirements.

- Most NJCAA have their own eligibility requirements, gpa & test score thresholds.
- Must be a high school graduate or equivalent.
- NO 'eligibility clock" or age limit on participating in sports.
- Must be enrolled in at least 12 credit hours
- Can sign a letter of intent to play for a NJCAA school
- Can give out athletic scholarships depending on which division that sports chooses to participate in



# High School Timeline

What should I be doing &  
when?



# As a FRESHMAN....

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- START PLANNING NOW!
- Take your studies seriously now so you don't have to make up classes or GPA later.
- Become familiar with your school's NCAA approved courses
- Start researching colleges of interest in the sport you wish to play
- Set up a meeting with your counselor or NCAA liaison

**9<sup>TH</sup>  
GRADE**



- *Start planning now!* Take the right courses and earn the best grades possible.
- Find your high school's list of NCAA-approved core courses at **[eligibilitycenter.org/courselist](https://eligibilitycenter.org/courselist)**.
- Sign up for a free Profile Page at **[eligibilitycenter.org](https://eligibilitycenter.org)** for information on NCAA requirements.

# 10<sup>TH</sup> GRADE

REGISTER



- If you fall behind academically, ask your counselor for help finding approved courses you can take.
- Register for a Profile Page or Certification Account with the NCAA Eligibility Center at [eligibilitycenter.org](https://eligibilitycenter.org).
- Monitor your Eligibility Center account for next steps.
- At the end of the year, ask your counselor at each high school or program you attended to upload your official transcript to your NCAA Eligibility Center account.

## As a SOPHOMORE....

- Take your studies seriously!
  - If you fail a class or fall behind, make sure you make up the class with a NCAA approved course
  - Create a NCAA Eligibility profile if you're looking at going to a Division 1 or 2 school
  - Talk to your counselor about your upcoming classes so you can stay on track with approved courses
  - If considering D1 or D2, start contacting coaches
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## As a JUNIOR....

- Check with your counselor to make sure you're on track with NCAA requirements
- Take the SAT and submit your scores to the Eligibility Center.
- Depending on the school, you may need to take the ACT also. Check with your individual school to see if that is necessary.
- Start narrowing down your choices & think about what you will major in
- Create a recruiting video & contact coaches (especially if you are a spring or fall sport!)

11<sup>TH</sup>  
GRADE



- Check with your counselor to make sure you are on track to complete the required number of NCAA-approved courses and graduate on time with your class.
- Take the ACT or SAT and submit your scores to the NCAA Eligibility Center using code 9999.
- Ensure your sports participation information is correct in your Eligibility Center account.
- At the end of the year, ask your counselor at each high school or program you attended to upload your official transcript to your NCAA Eligibility Center account.



# 12<sup>TH</sup> GRADE



- Complete your final NCAA-approved core courses as you prepare for graduation.
- Take the ACT or SAT again, if necessary, and submit your scores to the NCAA Eligibility Center using code 9999.
- Request your final amateurism certification beginning April 1 (fall enrollees) or Oct. 1 (winter/spring enrollees) in your NCAA Eligibility Center account at [eligibilitycenter.org](http://eligibilitycenter.org).
- After you graduate, ask your counselor to upload your final official transcript with proof of graduation to your NCAA Eligibility Center account.
- *Reminder:* Only students on an NCAA Division I or II school's institutional request list will receive a certification.

## As a SENIOR...

- Go on campus tours/official visits
- Continue to contact college coaches
- Update your recruiting video (if necessary)
- Create a NCAA Clearinghouse profile (\$90 fee) \*D1 & D2 only
- ~~Add Adrian HS as your school in the NCAA & NAIA Clearinghouse profiles~~
- Send your transcripts to the NCAA through Parchment
- Re-take the SAT again, if necessary.
- Sign National Letter of Intent \*D1 & D2 only
- Upload FINAL transcript after graduation

# How do I get recruited?



## 1) Make contact with the coach

Via email

Website contact form

Email to admissions rep

## 2) Fill out the recruit form on the school's athletic website

## 3) Game film!

-Make sure to have as much game film as possible!

- If your team uses Hudl, use the video tool to make your own recruit video.

## 4) Campus visit & tour

-Try to do an overnight visit if possible

## 5) Play a club sport to get more exposure

## 6) Get your high school coach involved!

# Recruiting by sport

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## Fall Sports

Football, Volleyball, Cross Country, Boys Soccer, Girls Swimming, Boys Tennis, Girls Golf

- ★ Contact with coaches by beginning or middle of Junior year.

## Winter Sports

Basketball, Cheerleading, Powerlifting, Wrestling, Boys Swimming, Bowling, Gymnastic, Ice Hockey

- ★ Contact with coaches between winter of junior year to beginning of senior year.

## Spring Sports

Baseball, Softball, Girls Tennis, Boys Golf, Track, Girls Soccer

- ★ Contact with coaches by winter of Junior year to have them see Junior year games.
- ★ Most rosters are full by your senior year season. Be EARLY!

- ★ You want to be on a coach's radar as soon as possible & at your JUNIOR year (spring athletes) and SENIOR year games.
- ★ Have recruit film ready to go when you start emailing/contacting coaches. This is your FIRST impression for coaches.

# Amateurism. What is it?

## DEFINITION

“The practicing of a sport on an unpaid basis rather than a professional basis.”

You can participate in any tournament, event or showcase as long as you **DO NOT** get paid or accept any form of monetary prize.

- Common issues reviewed in amateurism certification process:
  - Playing with professionals
  - Signing a contract with a professional team
  - Participating in tryouts or practices with a professional team
  - **Receiving payment or preferential treatment/benefits for playing sports**
  - **Receiving prize money**
  - Involvement with a recruiting service

# When is a school allowed to contact me?

- **NCAA Division 1**

- Depends on the sport & the season it is in. SEE RECRUITING CALENDAR
- May receive brochures for camps, questionnaires, NCAA materials & non athletics recruiting publications at any time.
- **Official visits:** Only ONE per college & up to five official visits to Division 1 colleges between June 15 before your junior year and end of senior year

- **NCAA Division 2**

- May receive brochures for camps, questionnaires, NCAA materials & non athletics recruiting publications at any time
- No limit on number of calls or off campus contacts by college coach beginning June 15 between your 10th & 11th grade year. YOU can make calls at your expense.
- **Official visits:** NO limit

- **NCAA Division 3**

- You may receive printed materials at any time
- No limit to number of calls, off campus contacts, or unofficial visits at any time
- **Official visits:** NO limit

# When is a school allowed to contact me?

- **NAIA**

- No regulations on the amount or type of contact a coach can have with a player
- Prospective athletes may attend a summer camp hosted by the school as long as it is open to the public & players abide by the rules that other campers are held to (ex. payment)

- **NJCAA**

- Each region is free to make their own set of rules.
- Best bet is to call the school of interest and ask them about their contact rules
- NO specific NJCAA contact rules

# Before you make a decision, consider these factors:

**1. Level of athletic competition**

**2. Size of school**

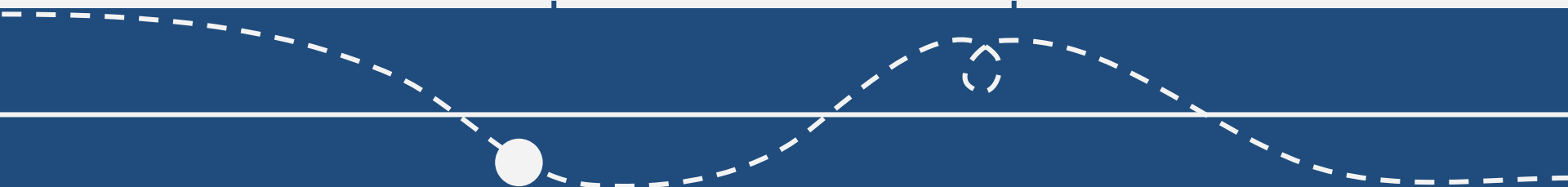
**3. Location of school**

**4. Academic Program**

- a) Selection of majors
- b) Reputation of academic program
- c) Advanced degree opportunities
- d) Class sizes

**5. Financial Feasibility**

- a) State colleges vs. Private schools
- b) In-state vs. out of state
- c) Financial aid packages



# Recruiting Services

NCSA



Smarthlete



College Athlete Advantage



Elite Sports



MVP Sports Recruiting



★ All of these are great resources and can connect you to schools you wouldn't think of.....BUT DON'T PAY for their services! You can do this on your own for free.



# Any Questions?

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