



NCAA FRESHMAN-ELIGIBILITY STANDARDS QUICK REFERENCE SHEET

KNOW THE RULES:

Core Courses

- **NCAA Division I requires 16 core courses as of August 1, 2008.** This rule applies to any student first entering any Division I college or university on or after August 1, 2008. See the chart below for the breakdown of this 16 core-course requirement.
- **NCAA Division II requires 14 core courses.** See the breakdown of core-course requirements below. Please note, Division II will require 16 core courses beginning August 1, 2013.

Test Scores

- **Division I** has a sliding scale for test score and grade-point average. The sliding scale for those requirements is shown on page two of this sheet.
- **Division II** has a minimum SAT score requirement of 820 or an ACT sum score of 68.
- The SAT score used for NCAA purposes includes **only** the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a **sum** of the four sections on the ACT: English, mathematics, reading and science.
- **All SAT and ACT scores must be reported directly to the NCAA Eligibility Center by the testing agency. Test scores that appear on transcripts will not be used. When registering for the SAT or ACT, use the Eligibility Center code of 9999 to make sure the score is reported to the Eligibility Center.**

Grade-Point Average

- Only core courses are used in the calculation of the grade-point average.
- **Be sure** to look at your high school's list of NCAA-approved core courses on the Eligibility Center's Web site to make certain that courses being taken have been approved as core courses. The Web site is www.eligibilitycenter.org.
- **Division I** grade-point-average requirements are listed on page two of this sheet.
- The **Division II** grade-point-average requirement is a minimum of 2.000.

DIVISION I	
16 Core-Course Rule	
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 non doctrinal religion/philosophy).

DIVISION II	
14 Core-Course Rule	
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 non doctrinal religion/philosophy).

PLEASE NOTE: Beginning August 1, 2013, students planning to attend an NCAA Division II institution will be required to complete 16 core courses.

OTHER IMPORTANT INFORMATION

- Division II has 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.
- 14 core courses are currently required for Division II. However, beginning 2013, students will be required to complete 16 core courses.
- 16 core courses are required for Division I.
- The SAT combined score is based on the verbal and math sections only. The writing section will not be used.
- SAT and ACT scores must be reported directly to the Eligibility Center from the testing agency. Scores on transcripts will not be used.
- Students enrolling at an NCAA Division I or II institution for the first time need to also complete the amateurism questionnaire through the Eligibility Center Web site. Students need to request final amateurism certification prior to enrollment.

For more information regarding the rules, please go to www.NCAA.org. Click on "Academics and Athletes" then "Eligibility and Recruiting." Or visit the Eligibility Center Web site at www.eligibilitycenter.org.

Please call the NCAA Eligibility Center if you have questions:

Toll-free number: 877/262-1492.

NCAA DIVISION I SLIDING SCALE CORE GRADE-POINT AVERAGE/ TEST-SCORE New Core GPA / Test Score Index		
Core GPA	SAT Verbal and Math ONLY	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

List of Approved Core Courses (Form 48H)

High School Information

School Code: 262488

School Name: FORT ZUMWALT WEST HIGH SCHOOL

Address: 1251 TURTLE CREEK DRIVE

City, State: O FALLON, MO 63366

Instructions

The NCAA has approved the following courses for use in establishing the initial-eligibility certification status of student-athletes from this school. Some course titles may begin with one of the following prefixes. These prefixes are defined as follows:

- = Only students who have received proper NCAA approval for their diagnosed learning disability may receive credit for these approved courses.

Courses designated with a '=' symbol are courses that may be used only by students with a diagnosed disability. **Please note, not all high schools will have courses with this designation.** Also, in order for a student to receive credit for a course designed for students with disabilities, the student must have provided verification of his or her disability status by presenting to the NCAA Initial-Eligibility Clearinghouse either: (1) a nonstandard ACT or SAT score; or (2) notice of disability designation by the NCAA Disability Services staff.

NCAA legislation permits a student to receive credit for a core course only one time. As a result, if a student repeats a core course, the student will only receive credit once for the core course, and the highest grade earned in the course will be included in the calculation of the student's core course grade point average. Likewise, if a student completes a course that is duplicative in content with another core course, the student will only receive credit for one of the duplicative courses, and the course with the highest grade earned will be included in the calculation of the student's core course grade point average.

IMPORTANT NOTE: The NCAA has adopted a new standard for initial-eligibility. Click [here](#) to read about the changes. Computer science courses cannot be used to fulfill core course requirements for student-athletes first entering a collegiate institution on or after August 1, 2005.

High School Course Information

English	Course Weight	Title
		=RES CONTEMP LIT
		=RES WRITING/CONTEMP WORLD
		=SP RES AMERICAN LIT I & II
		=SP RES AMERICAN LITERATURE
		=SP RES ENG I
		=SP RES ENG II

V ADV LIT SURVEY
 AMERICAN LITERATURE
 AMERICAN LITERATURE/H

V COMPOSITION/ADV
 CONTEMPORARY LITERATURE
 CREATIVE WRITING
 ENGLISH I
 ENGLISH I/H
 ENGLISH II
 ENGLISH II/H
 RESEARCH WRITING
 SCIENCE FICTION/FANTASY & MYSTERY
 SHAKESPEARE
 SPEECH

V SPEECH/ADV
 WRITING IN A CONTEMPORARY WORLD

Social Science

Course Weight

Title

=SP RES GEOGRAPHY
 =SP RES US GOVT
 =SP RES US HISTORY
 =SP RES WRLD HISTORY
 CONCEPTS OF PSYCHOLOGY
 CONSTITUTIONAL LAW
 CONTEMPORARY ISSUES
 GOVERNMENT
 INTRODUCTORY PSYCHOLOGY
 PSYCHOLOGY/GENERAL
 SOCIAL PROBLEMS
 SOCIOLOGY
 U.S. FOREIGN POLICY
 UNITED STATES GOVERNMENT
 UNITED STATES HISTORY
 WESTERN CIVILIZATION
 WORLD GEOGRAPHY
 WORLD HISTORY

Mathematics

Course Weight

Title

=RES PRIN OF APPL ALG I (.5 UNITS MAX)

=RES PRIN OF APPL ALG II (.5 UNITS MAX)
 =RESOURCE ALGEBRA I
 =RESOURCE GEOMETRY
 ALGEBRA I
 ALGEBRA I-A (.5 UNIT MAX)
 ALGEBRA I-B (.5 UNIT MAX)
 ALGEBRA II
 CALCULUS
 COLLEGE PREPARATORY MATH
 GEOMETRY
 PRE-CALCULUS
 PRINC OF APPLIED ALG I (.5 UNITS MAX)
 PRINC OF APPLIED ALG II (.5 UNITS MAX)
 STATISTICS

Natural/Physical Science	Course Weight	Title	Lab
		=SP RES BIOLOGY	
		=SP RES ENVIRONMENTAL SCIENCE I	
		=SP RES ENVIRONMENTAL SCIENCE II	
		=SP RES UNIFIED SCIENCE	
		APPL.BIOLOGY/CHEM I	X
		APPL.BIOLOGY/CHEM II	X
		ASTRONOMY & METEOROLOGY	
		BIOLOGY	X
		BIOLOGY 9	X
	V	BIOLOGY/ADV	X
		CHEMISTRY	X
	V	CHEMISTRY/ADV	X
		ENVIRONMENTAL SCIENCE I	
		ENVIRONMENTAL SCIENCE II	
		GENERAL PHYSICS	X
		GEOLOGY	
		HUMAN ANATOMY & PHYSIOLOGY	X
		PHYSICAL SCIENCE	X
	V	PHYSICS/ADV	X
		UNIFIED SCIENCE	

Additional Core Course Weight Title

Courses

IMPORTANT NOTE: Computer science courses cannot be used to fulfill core course requirements for student-athletes first entering a collegiate institution on or after August 1, 2005.

FRENCH I

FRENCH II

FRENCH III

FRENCH IV

GERMAN I

GERMAN II

GERMAN III

GERMAN IV

SPANISH I

SPANISH II

SPANISH III

SPANISH IV

NAME:

Core Sheet

<u>Subject</u>	<u>Div. 1</u>	<u>Div. 2</u>	<u>Class</u>	<u>Grade</u>	<u>Points</u>	<u>Credit</u>
English	4	3	1			
			2			
			3			
			4			
Math	3	2	1			
			2			
			3			
Science	2	2	1			
			2			
			3			
Social Studies	2	2	1			
			2			
			3			
			4			
English, Math, Science	1	2	1			
			2			
Additional Core	4	3	1			
			2			
			3			
			4			
TOTAL:	16	14		TOTALS:		

ACT: _____ Total Points _____ Eng ___ RC ___ Math ___ Sci ___ GPA _____ Core: _____



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Recruiting Definitions

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

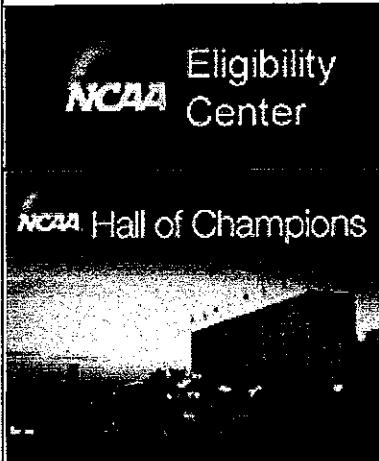
The college coach may not have any in-person contact with you or your parents at any time in the dead period. The coach may write and telephone you or your parents during this time.

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 and register with the NCAA Eligibility Center.

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.

Verbal Commitment

This phrase is used to describe a college-bound student-athlete's commitment to a school before he or she signs (or is able to sign) a National Letter of Intent. A college-bound student-athlete can announce a verbal commitment at any time. While verbal commitments have become very popular for both college-bound student-athletes and coaches, this "commitment" is NOT binding on either the college-bound student-athlete or the school. Only the signing of the National Letter of Intent accompanied by a financial aid agreement is binding on both parties.

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NCAA Division I Football Recruiting Calendar

August 1, 2009 through July 31, 2010

(See NCAA Division I Bylaw 30.10.3 for football calendar formula)

The dates in this calendar reflect the application of Bylaw 30.10 at the time of publication of this manual but are subject to change per Constitution 5.2.3.1 or if certain dates change (e.g., National Letter of Intent signing dates) are altered.

- (a) August 1 through November 28, 2009, [except for (1) below]: Quiet Period
- (1) 42 evaluation days (54 for U.S. service academies) (see Bylaw 13.02.6.2) during the months of September, October and November, (not to exceed a period of 42 days) selected at the discretion of the institution and designated in writing in the office of the director of athletics; authorized off-campus recruiters shall not visit a prospective student-athlete's educational institution on more than one calendar day during this period. Evaluation Period
- (b) November 29, 2009, through January 30, 2010, [except for (1) through (10) below]: Contact Period
- Six in-person off-campus contacts per prospective student-athlete shall be permitted during this time period with not more than one permitted in any one calendar week (Sunday through Saturday) or partial calendar week:
- (1) December 13, 2009, all junior college prospective student-athletes who intend to enroll midyear. Quiet Period
- (2) December 14-17, 2009, all junior college prospective student-athletes who intend to enroll midyear [except for (a) below]: Dead Period
- (a) Institutional staff members may have contact with a prospective student-athlete who has been admitted for midyear enrollment, provided the prospect has signed a National Letter of Intent or other offer of admission and/or financial aid to attend the institution and is required to be on campus to attend institutional orientation sessions for all students. Contact Period
- (3) December 18-19, 2009, all junior college prospective student-athletes who intend to enroll midyear. Quiet Period
- (4) December 20, 2009: Quiet Period

- | | |
|--|-------------------|
| (5) December 21, 2009, through January 1, 2010 [except for (a) below]: | Dead Period |
| (a) Institutional staff members may have contact with a prospective student-athlete who has been admitted for midyear enrollment, provided the prospect has signed a National Letter of Intent or other offer of admission and/or financial aid to attend the institution and is required to be on campus to attend institutional orientation sessions for all students. | Contact Period |
| (6) January 2-3, 2010: | Quiet Period |
| (7) January 4-9, 2010, all junior college prospective student-athletes who intend to enroll midyear. | Quiet Period |
| (8) January 10, 2010: | Quiet Period |
| (9) January 11-14, 2010, [except for (a) below]: | Dead Period |
| (a) Institutional staff members may have contact with a prospective student-athlete who has been admitted for midyear enrollment, provided the prospect has signed a National Letter of Intent or other offer of admission and/or financial aid to attend the institution and is required to be on campus to attend institutional orientation sessions for all students. | Contact Period |
| (10) January 15-16, 2010: | Quiet Period |
| (c) January 31, 2010: | Quiet Period |
| (d) February 1-4, 2010: | Dead Period |
| (e) February 5 through April 14, 2010: | Quiet Period |
| (f) April 15 through May 31, 2010, [except for (g) below]: | Evaluation Period |

Four weeks (excluding Memorial Day and Sundays) selected at the discretion of the member institution and designated in writing in the office of the director of athletics [as provided in (1) below]:

- (1) An authorized off-campus recruiter may use one evaluation to assess the prospective student-athlete's athletics ability and one evaluation to assess the prospective student-athlete's academic qualifications during this evaluation period). If an institution's coaching staff member conducts both an athletics and an academic evaluation of the prospective student-athlete on the same day during

this evaluation period, the institution shall be charged with the use of an academics evaluation only and shall be permitted to conduct a second athletics evaluation of the prospective student-athlete on a separate day during this evaluation period.

- (g) Those days in April/May not designated above for evaluation opportunities: Quiet Period
- (h) June 1 through July 31, 2010: Quiet Period

NCAA Division II Football Recruiting Calendar

June 1, 2009 through May 31, 2010

(See NCAA Division II Bylaw 30.11.3 for football calendar formula)

The dates in this calendar reflect the application of Bylaw 30.11 at the time of publication but are subject to change per Constitution 5.2.3.1 or if certain dates (e.g., National Letter of Intent signing dates) are altered.

- (a) June 1, 2009, to the beginning of the prospect's high school or two-year college football season (as determined by the first regularly scheduled practice immediately preceding the start of the regular season): Quiet Period
- (b) During the prospect's high school or two-year college football season (as determined by the first regularly scheduled practice immediately preceding the start of the regular season): Evaluation Period
- (c) November 1-30, 2009, [except for (1) below]: Evaluation Period
 - (1) For two-year college prospects, the conclusion of the prospect's two-year college football season (i.e., the conclusion of the institution's regularly scheduled contest rather than the conclusion of the institution's final postseason contest) through November 30: Contact Period
- (d) December 1, 2009, through March 8, 2010, [except for (1) below]: Contact Period
 - (1) February 1 (7 a.m.) through February 3, 2010, (7 a.m.): Dead Period
- (e) March 9 through May 31, 2010, [except for (f) below]: Quiet Period
- (f) April 15 through May 31, 2010, [except for (1) below]: Evaluation Period
 - (1) Four weeks (excluding Memorial Day and Sundays) selected at the discretion of the member institution and designated in writing in the office of the director of athletics:
- (g) Authorized coaching staff members may evaluate a high school football all-star game any time of the year, provided the game occurs within the state in which the member institution is located.

NCAA RECRUITING CHART

	DIVISION I MEN'S BASKETBALL	DIVISION I FOOTBALL	DIVISION I OTHER SPORTS	DIVISION II	DIVISION III	
Sophomore	<p>Recruiting Materials –</p> <ul style="list-style-type: none"> June 15 following sophomore year <p>Telephone Calls –</p> <ul style="list-style-type: none"> Once per month beginning June 15 following sophomore year 	<p>Women's Ice Hockey:</p> <p>Telephone Calls –</p> <ul style="list-style-type: none"> One call to international prospect on or after July 7 through July 31 following her sophomore year. <p>Men's Ice Hockey:</p> <p>Recruiting Materials –</p> <ul style="list-style-type: none"> June 15 following sophomore year <p>Telephone Calls –</p> <ul style="list-style-type: none"> Once per month beginning June 15 following sophomore year 	<p>Recruiting Materials –</p> <ul style="list-style-type: none"> September 1 <p>Telephone Calls –</p> <ul style="list-style-type: none"> Once per week July 1 (July 7 in women's ice hockey) following junior year for all sports except men's ice hockey. <p>Men's Ice Hockey:</p> <p>Telephone calls – one per month through July 31</p> <p>Off-Campus Contact –</p> <ul style="list-style-type: none"> July 1 following junior year Gymnastics – off-campus contact - July 15 following junior year 	<p>Recruiting Materials –</p> <ul style="list-style-type: none"> September 1 <p>Off-Campus Contact –</p> <ul style="list-style-type: none"> June 15 – No more than three off-campus contacts 	<p>Recruiting Materials –</p> <ul style="list-style-type: none"> Permissible <p>Telephone Calls –</p> <ul style="list-style-type: none"> No limitations <p>* Permissible freshman and sophomore years</p>	
Junior	<p>Recruiting Materials –</p> <ul style="list-style-type: none"> September 1 <p>Telephone Calls –</p> <ul style="list-style-type: none"> April call permissible on or after Thursday following Women's Final Four One call in May One call June 1 - 20 One call June 21 - 30 Three during month of July following junior year 	<p>Recruiting Materials –</p> <ul style="list-style-type: none"> September 1 <p>Telephone Calls –</p> <ul style="list-style-type: none"> One between April 15 and May 31 	<p>Recruiting Materials –</p> <ul style="list-style-type: none"> September 1 <p>Off-Campus Contact –</p> <ul style="list-style-type: none"> June 15 – No more than three off-campus contacts 	<p>Recruiting Materials –</p> <ul style="list-style-type: none"> Permissible <p>Telephone Calls –</p> <ul style="list-style-type: none"> No limitations <p>Off-Campus Contact –</p> <ul style="list-style-type: none"> Conclusion of junior year 		
Senior	<p>Telephone Calls –</p> <ul style="list-style-type: none"> Twice per week <p>Off-Campus Contact –</p> <ul style="list-style-type: none"> September 9 <p>Official Visit –</p> <ul style="list-style-type: none"> Opening day of classes 	<p>Telephone Calls –</p> <ul style="list-style-type: none"> September 1 – Once per week* <p>Off-Campus Contact –</p> <ul style="list-style-type: none"> Last Sunday following the last Saturday in November <p>Official Visit –</p> <ul style="list-style-type: none"> Opening day of classes Unlimited during contact period 	<p>Telephone Calls –</p> <ul style="list-style-type: none"> Once per week <p>Men's Ice Hockey: telephone calls once per week beginning August 1</p> <p>Off-Campus Contact –</p> <ul style="list-style-type: none"> No more than three off-campus contacts <p>Official Visit –</p> <ul style="list-style-type: none"> Opening day of classes 	<p>Telephone Calls –</p> <ul style="list-style-type: none"> June 15 – Once per week <p>Official Visit –</p> <ul style="list-style-type: none"> Opening day of classes 	<p>Recruiting Materials –</p> <ul style="list-style-type: none"> Permissible <p>Telephone Calls –</p> <ul style="list-style-type: none"> No limitations <p>Off-Campus Contact –</p> <ul style="list-style-type: none"> Permissible <p>Official Visit –</p> <ul style="list-style-type: none"> Opening day of classes 	<p>~No restriction on the number of contacts and evaluations</p> <p>~Contacts restricted at prospect's educational institution during school hours unless permission obtained from institution's executive officer. Contacts restricted at prospects practice/competition site until such time as the competition has concluded and the prospect has been released by the appropriate authority</p>
Evaluations and Contacts	<p>130 recruiting-person days during academic year</p> <p>~Not more than seven recruiting opportunities (contacts and evaluations combined) during the academic year per prospect</p> <p>~Not more than three off-campus contacts during prospect's senior year</p> <p>~No off-campus contacts during junior year</p> <p>~Practice/competition site restrictions</p>	<p>42 evaluation days during fall evaluation period (FCS and FBS)</p> <p>~Limit of three evaluations during academic year</p> <ul style="list-style-type: none"> One evaluation during fall Two evaluations - April 15 through May 31 (one evaluation to assess athletic ability and one evaluation to assess academic qualifications) <p>~Not more than six off-campus contacts per prospect at any site</p> <p>~FBS head coach; No off-campus recruiting, off-campus coaching clinic, visit to a prospective student-athlete's educational institution, or meeting with a prospective student-athlete's coach at an off-campus location during April 15 through May 31 evaluation period.</p> <p>~Practice/competition site restrictions</p>	<p>50 evaluation days – Softball between August 1 – July 31</p> <p>80 evaluation days – Women's Volleyball between August 1 – July 31</p> <p>~Seven recruiting opportunities (contacts and evaluations combined) per prospect and not more than three of the seven opportunities may be contacts</p> <p>~Practice/competition site restrictions</p>	<p>~No restriction on the number of evaluations</p> <p>~Contacts restricted at the site until such time as the competition has concluded and the prospect has been released by the appropriate authority</p>		



Academic Eligibility Frequently Asked Questions

When should a student register with the NCAA Eligibility Center?

Students should register with the Eligibility Center at the beginning of their junior year in high school. At the end of the student's junior year, a transcript, which includes six semesters of grades, should be sent to the Eligibility Center from the high school. Additionally, students should have their SAT or ACT scores forwarded directly to the Eligibility Center (by using code "9999") whenever they take the exam.

What requirements do I need to be able to practice, play and get a scholarship at an NCAA Division I or II college or university?

You need to complete the following:

1. Graduate from high school;
2. Complete a minimum of 16 (for Division I) or 14 (for Division II) core courses;
3. Present the required grade-point average (GPA) (see the sliding scale in the Guide for the College-Bound Student-Athlete for Division I or a minimum 2.0 GPA for Division II);
4. Present a qualifying test score on either the ACT or SAT (see the sliding scale in the Guide for the College-Bound Student-Athlete); and
5. Complete the amateurism questionnaire and request final amateurism certification.

How do I know if the courses I am taking will count as core courses?

You need to look at your high school's NCAA List of Approved Core Courses. Follow these steps:

1. Go to the NCAA Eligibility Center Web site at www.ncaaclearinghouse.net;
2. Click on "General Information";
3. Click on "List of Approved Core Courses";
4. Input your high school's CEEB code (if you know it) or search by your high school's name and state; and
5. Review the list.

***Very important:** If a core course you took is not on the list, it will not be used in your eligibility determination. Courses that appear on your transcript must exactly match what is on the list.

What do I do if a core course I took is not on the list?

See your high school counselor immediately. Someone at your high school is responsible for keeping your high school's list updated. It is important your high school does this each year to make sure the core courses you are taking appear on the list.

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

Follow your high school's policy regarding its lowest passing grade. If the Eligibility Center does not have this policy, the lowest passing grade that will be used is D.

Will credit-by-exam courses meet core-course requirements?

No. Courses completed through credit-by-exam will not be used.

Are vocational courses acceptable?

No. Traditional vocational courses (e.g., typing, auto mechanics, driver's education and health) are not acceptable.

Do pass/fail grades count?

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

May courses taken in the eighth grade that are high school core courses (e.g., Algebra I, Spanish 1, Freshman Composition) be used to meet the core-course requirement?

A high school course taken in the eighth grade may be used if the course is on the high school transcript with a grade and credit and if the course is on the high school's NCAA List of Approved Core Courses.

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

Yes, if the following four conditions are met:

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

May college courses count as core courses?

College courses may be used to satisfy core-curriculum requirements if the courses are accepted and awarded credit by the high school for any student and meet all other requirements for core courses. For NCAA Division I only, such courses must be placed on the student's high school transcript. Courses taken at a college will NOT appear on the high school's NCAA List of Approved Core Courses. The high school's NCAA List of Approved Core Courses will include only those courses taught/offered by the high school.

How are courses taken over two years counted?

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.)

May my study in a foreign country help me meet core-course requirements?

If you attended a secondary school outside the United States for all or part of grades nine through 12, different evaluation procedures will be applied to your international education documents. You must submit original-language documents with certified translations for Eligibility Center evaluation.

How is my core-course GPA calculated?

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.

Can weighted grades for honors or advanced-placement courses be factored into the calculation of the student's core GPA?

A school's normal practice of weighting honors or advanced courses may be used, as long as the weighting is used for computing GPAs. Weighting cannot be used if the high school weights grades for the purpose of determining class rank. Additionally, in no instance may the student receive greater than 1.000 additional quality points for purposes of calculating the GPA for initial eligibility.

How is the NCAA core GPA different from a student's overall GPA?

The NCAA core-course GPA is calculated using only NCAA-approved core courses in the required number of core units. High school GPAs generally include the grades from most or all courses attempted in grades nine through 12.

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

For Division I, maybe. Only courses completed in grades nine through 12 will qualify as core courses for Division I. If you graduate from high school on schedule (in eight semesters) with your incoming ninth grade class, you may use **one** core course completed in the year after graduation (summer or academic year). You may complete the core course at a location other than the high school from which you graduated and may initially enroll full time at a collegiate institution at any time after completion of the core course.

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

For Division I students with diagnosed disabilities, yes. If you have a properly diagnosed and documented disability, you may use one or more core courses completed after high school but before full-time enrollment in college.

How does the NCAA treat courses similar in content?

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.

May courses taken at high school "A" be accepted if they appear on high school "B's" transcript?

No. High school "A" may provide the Eligibility Center with an official copy of high school "B's" transcript, but grades from one high school cannot be accepted on another high school's transcript.

Does the prohibition against special education, remedial or compensatory courses apply to students with education-impacted disabilities?

No. In order for courses designated for students with education-impacted disabilities to be approved, the course must be substantially comparable, qualitatively and quantitatively, as a regular core course offered in that academic area.

Can students with a diagnosed education-impacted disability use courses that are designated for students with an education-impacted disability to meet NCAA core-course requirements?

Students with appropriately diagnosed education-impacted disabilities may use courses for students with education-impacted disabilities for the purpose of meeting NCAA core-course requirements. Courses for students with education-impacted disabilities must appear on the high school's NCAA List of Approved Core Courses in order for a student to receive NCAA credit for the course.

May a nonstandard ACT/SAT exam be used for initial eligibility?

Yes. Students with diagnosed education-impacted disabilities may take a nonstandard ACT or SAT exam. The test score must be provided to the Eligibility Center from the testing agency, just as any other test score.

How are students prioritized for processing at the Eligibility Center?

Students who have their status requested by an NCAA institution are prioritized by the Eligibility Center for processing. If a student's eligibility status is never requested by a member institution, the Eligibility Center may not process such a student's status.

*If you have additional questions or need further assistance, please contact the Eligibility Center's customer service staff at 877/262-1492.



Freshman Eligibility

To be eligible for NAIA competition

A freshman must be:

- Graduate of accredited high school
- Accepted as regular student in good standing
- Meet **two** of **three** requirements:

Test Score

Minimum score of
ACT — 18
SAT — 860 (Critical
Reading and Math
Sections only)

High School GPA

Minimum overall
high school GPA
of 2.000 on
4.000 scale

Class Rank

Top 50% of high
school graduating
class

Internet Use in Recruiting

Taken from Jim Tressel Head Coach for Ohio State University

One advantage of creating a profile on sites like MySpace or Face book is the opportunity for exposure. However, it can also be damaging because these are not private spaces. Anybody had access to your information and can use it any way they want.

College coaches, athletic directors and admission counselors could be viewing your profile, which is why you should double-think the content you include.

Most coaches are recruiting more than one athlete fro the same position. During the recruiting process, if coaches see pictures of a crazy, wild kid online, they might assume that's how the kid will act on campus.

Think it is not serious? According to the NCAA's Committee on Sportsmanship and Ethical Conduct, two-student athletes at LSU were kicked off their teams after posting negative comments on Face book about their coaches and team. A former offensive tackle at the University of Colorado was cited for harassment after being accused of using MySpace to send a threatening message to another athlete.

If you are trying to get recruited, keep it clean. Spotlight your athletic awards, academic achievements, general interests, and positive items about your personality. Eye-catching content you **shouldn't include**: photos with you dressed inappropriately; references to alcohol, drugs and sex; racial slurs or degrading remarks. Make sure you remove your phone number and email addresses, too.

Degrees of Coaches Interest

- Coach notices you if:
 - Mailed back questionnaire
 - Put you on school's mailing list

- Coach is interested if:
 - Does all of the above
 - Calls your high school coach
 - Comes and sees you play a game (any sport)
 - Emails you regularly
 - Mails you a media guide and school information

- Coach is very interested if:
 - Does all of the above
 - Sets up phone conversations with you
 - Sees you play a game (any sport) more than once

- Coach is committed if:
 - Does all of the above
 - Sets up regular phone calls
 - Invites you for a visit
 - Offers you a scholarship

Key Recruiting Checklist

Prior to Junior Year:

- Set seasonal, yearly and overall high school athletic and academic goals.
 - Write them down, be realistic.
 - Keep them where you can see them regularly as a reminder.
 - Assess your progress at the end of each quarter.
- Maintain good academic standing.
 - Good attendance record.
 - Avoid detentions or suspensions.
 - Maintain grades according to the clearing house.
- Identify athletic weaknesses; and work to eliminate them.
- Develop good relationships with teachers, they will eventually write letters of recommendations for you.
- Be aware of your off-field lifestyle and the image you portray.
 - Choose friends wisely; stick with people who have the same goals as you.
 - Keep online profiles clean.
 - Avoid drugs, alcohol and tobacco.
- Meet with your guidance counselor to discuss NCAA curriculum and grade requirements.
- Maintain poise and sportsmanship at all times. College coaches watch you during competition, even when you are not playing.
 - Cheer on teammates.
 - Respond to officials/referees in a positive manner.
 - Interact positively with coaches on the sideline.
 - Celebrate with class.

- Create a filing system to organize letters of interest from schools.
- Complete and return all questionnaires.
- Attend camps and clinics at schools you are interested in attending.
- Assess your athletic ability.
 - Talk to your coaches.
 - Measure yourself against other players at your position in your conference/district/state.
- Familiarize yourself with the NCAA guidelines and requirements.

Junior Year:

- Register, prep for and take standardized tests.
- Talk to players from your school who now play at the collegiate level and ask about:
 - The level of competition.
 - How college life and sports differ from their high school experiences.
 - Any additional advice they have to offer.
- Update wardrobe with clothes appropriate for meetings with college coaches.
- Prepare a list of questions for coaches when they call (Football: coaches may call after May 1st of junior year).
 - Their level of interest.
 - Chance of an official visit.
 - Who they have returning at the position they see you competing at.

Senior Year:

- Be prepared for an in-school visit from a college coach at any time.
 - Dress appropriately for school at all times.
- Re-take standardized tests if necessary.
- Avoid senioritis- continue to have a good attendance record.
- Plan to take official visits (only five are allowed to be paid for).
 - Have questions ready for meetings with coaches
 - Talk to as many players as possible.
 - Go to a class in your field of study.
 - Stay on campus.
 - Always conduct yourself properly.
 - Keep a list of pros and cons of each school/coach.
- Apply for financial aid (usually in January or February).
- Write applications essays early so you have time to edit them.
- Complete applications and mail before they are due.
- Make final decision.
- Notify all coaches who recruited you what your final decision is.

Recruit Information Sheet for FZW

- Fort Zumwalt West High School
- 1251 Turtle Creek Drive O'Fallon, MO 63366
- Phone : 636-379-0300 Fax: 636-281-0202
- Principal: Mr. Neil Berry
- Activities Director: Mr. Paul Boschert
- Class 6A Conference: GAC South Enrollment: 2,250

- Must enroll with NCAA clearinghouse after the first day of school your senior year. This is only for D-1, 1-AA, D-2 schools. Athlete must be registered with clearing house before they can take an official visit. Cost is roughly \$30.00
www.ncaaclearinghouse.net 1-877-262-1492

- **TIPS:**
 - Fill out every questionnaire you receive. Coaches network and discuss recruits.

 - Always put undecided when asked to list your college choices on a questionnaire.

 - Even if you are not interested in a particular school, be polite and respectful. Again coach's network and that school will be back at West to recruit future players.