



# HIGH SCHOOL TIMELINE

## GRADE 9

### Plan

- Start planning now! Take the right courses and earn the best grades you can.
- Ask your counselor for a list of your high school's NCAA core courses to make sure you take the right classes. Or, find your high school's list of NCAA core courses at [eligibilitycenter.org/courselist](http://eligibilitycenter.org/courselist).

## GRADE 10

### Register

- Register for a Certification Account or Profile Page with the NCAA Eligibility Center at [eligibilitycenter.org](http://eligibilitycenter.org).
- If you fall behind on courses, don't take shortcuts to catch up. Ask your counselor for help with finding approved courses or programs you can take.

## GRADE 11

### Study

- Check with your counselor to make sure you are on track to graduate on time.
- Take the ACT or SAT, and make sure we get your scores by using code **9999**.
- At the end of the year, ask your counselor to upload your official transcript.

## GRADE 12

### Graduate

- Take the ACT or SAT again, if necessary, and make sure we get your scores by using code **9999**.
- Request your final amateurism certification after April 1.
- After you graduate, ask your counselor to upload your final official transcript with proof of graduation.

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## Core Courses

This simple formula will help you meet Divisions I and II core-course requirements.

$$4 \times 4 = 16$$

- + 4 English courses (one per year)
- + 4 math courses (one per year)
- + 4 science courses (one per year)
- + 4 social science courses (one per year)

= **16 NCAA CORE COURSES**

## For more information:

[ncaa.org/playcollegesports](http://ncaa.org/playcollegesports)  
[eligibilitycenter.org](http://eligibilitycenter.org)

## Search Frequently

### Asked Questions

[ncaa.org/studentfaq](http://ncaa.org/studentfaq)

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# Your NCAA Eligibility Center Checklist

Deadline	Task
<input type="checkbox"/> Start of Freshman Year	Download the list of NCAA core courses offered at your school—and the NCAA Core Course GPA Calculator worksheet—before you meet with your guidance counselor.
<input type="checkbox"/> Start of Freshman Year	Review the NCAA core course requirements with your counselor. Take at least one approved core course in each of the following: Math, English, Natural/Physical Science and Social Science or Foreign Language.
<input type="checkbox"/> Freshman Year	Create your free NCAA profile account.
<input type="checkbox"/> Start of Sophomore Year	Review your transcript with your counselor to ensure you're on the track to meet the NCAA core course requirements. Take at least one approved core course in the following: Math, English, Natural/Physical Science and Social Science or Foreign Language.
<input type="checkbox"/> Sophomore Year	Take the PSAT to familiarize yourself with standardized tests.
<input type="checkbox"/> End of Sophomore Year	Receiving DI or DII interest? Create an NCAA Certification Account (cost: \$90 for athletes in the U.S., Canada, and U.S. Territories and \$150 for international athletes).
<input type="checkbox"/> Start of Junior Year	Review your transcript with your counselor to ensure you're on the track to meet the NCAA core course requirements. Take at least one approved core course in Math, English, Natural/Physical Science and Social Science or Foreign Language. <i>**At the end of this year 10 of your 16 core course grades are "locked in." You must complete 7 of the 10 core courses required in Math, English or Natural/Physical Science.</i>
<input type="checkbox"/> Start of Junior Year	Have your counselor send your transcript to the NCAA Eligibility Center.
<input type="checkbox"/> Start of Junior Year	Take your first ACT and/or SAT—this will give you time to take it again if you need to. Use school code "9999" to have your scores sent to the NCAA.
<input type="checkbox"/> End of Junior Year	Review your transcript with your counselor to ensure you're on track to meet the NCAA core course requirements. Focus on the 10 core course rule.
<input type="checkbox"/> End of Junior Year	Have your counselor send your transcript to the NCAA Eligibility Center.
<input type="checkbox"/> Start of Senior Year	Review your transcript with your counselor to ensure you're on track to meet the NCAA core course requirements. You should know the exact courses you will need to hit eligibility based on your meeting at the end of your junior year.
<input type="checkbox"/> Start of Senior Year	Take your second ACT and/or SAT again if necessary. Use school code "9999" to have your scores sent to the NCAA.
<input type="checkbox"/> Senior Year	Complete your amateurism questionnaire within your NCAA Certification Account.
<input type="checkbox"/> April 1 of Senior Year	Request your final Amateurism Certification within your Certification Account.
<input type="checkbox"/> End of Senior Year	Have your counselor send your final high school transcripts and proof of graduation to the NCAA Eligibility Center.

# ONE OPPORTUNITY. LIMITLESS POSSIBILITIES.

If you want to play sports at an NCAA Division I or II school, start by registering for a Certification Account with the NCAA Eligibility Center at [eligibilitycenter.org](http://eligibilitycenter.org). If you want to play Division III sports or you aren't sure where you want to compete, start by creating a Profile Page at [eligibilitycenter.org](http://eligibilitycenter.org).

## ACADEMIC REQUIREMENTS

To play sports at a Division I or II school, you must graduate from high school, complete 16 NCAA-approved core courses, earn a minimum GPA and earn an ACT or SAT score that matches your core-course GPA.

## CORE COURSES

Visit [eligibilitycenter.org/courselist](http://eligibilitycenter.org/courselist) for a full list of your high school's approved core courses. Complete 16 core courses in the following areas:

## DIVISION I

Complete 10 NCAA core courses, including seven in English, math or natural/physical science, before your seventh semester.

<b>ENGLISH</b>	<b>MATH</b> (Algebra I or higher)	<b>NATURAL/ PHYSICAL SCIENCE</b> (Including one year of lab, if offered)	<b>ADDITIONAL</b> (English, math or natural/physical science)	<b>SOCIAL SCIENCE</b>	<b>ADDITIONAL COURSES</b> (Any area listed to the left, foreign language or comparative religion/philosophy)
<b>4 years</b>	<b>3 years</b>	<b>2 years</b>	<b>1 year</b>	<b>2 years</b>	<b>4 years</b>

## DIVISION II

<b>ENGLISH</b>	<b>MATH</b> (Algebra I or higher)	<b>NATURAL/ PHYSICAL SCIENCE</b> (Including one year of lab, if offered)	<b>ADDITIONAL</b> (English, math or natural/physical science)	<b>SOCIAL SCIENCE</b>	<b>ADDITIONAL COURSES</b> (Any area listed to the left, foreign language or comparative religion/philosophy)
<b>3 years</b>	<b>2 years</b>	<b>2 years</b>	<b>3 years</b>	<b>2 years</b>	<b>4 years</b>

## GRADE-POINT AVERAGE

The NCAA Eligibility Center calculates your grade-point average (GPA) based on the grades you earn in NCAA-approved core courses.

- DI requires a minimum 2.3 GPA.
- DII requires a minimum 2.2 GPA.

## SLIDING SCALE

Divisions I and II use sliding scales to match test scores and GPAs to determine eligibility. The sliding scale balances your test score with your GPA. If you have a low test score, you need a higher GPA to be eligible. Find more information about sliding scales at [ncaa.org/student-athletes/future/test-scores](http://ncaa.org/student-athletes/future/test-scores).

## TEST SCORES

Take the ACT or SAT as many times as you want before you enroll full time in college, but remember to list the NCAA Eligibility Center (code **9999**) as a score recipient whenever you register to take a test. If you take a test more than once, send us all your scores and we will use the best scores from each test section to create your sum score. We accept official scores only from the ACT or SAT, and won't use scores shown on your high school transcript.

# Division I Worksheet

This worksheet is provided to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The NCAA Eligibility Center will determine your academic status after you graduate. Remember to check your high school's list of NCAA-approved courses for the classes you have taken.

Use the following scale: A = 4 quality points; B = 3 quality points; C = 2 quality points; D = 1 quality point.

## English (4 years required)

10/7	Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
✓	Example: English 9	.5		A		$(.5 \times 4) = 2$
	<b>Total English Units</b>					<b>Total Quality Points</b>

## Mathematics (3 years required)

10/7	Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
	Example: Algebra 1	1.0		B		$(1.0 \times 3) = 3$
	<b>Total Mathematics Units</b>					<b>Total Quality Points</b>

## Natural/physical science (2 years required)

10/7	Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
	<b>Total Natural/Physical Science Units</b>					<b>Total Quality Points</b>

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

10/7	Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
	<b>Total Additional Units</b>					<b>Total Quality Points</b>

## Social science (2 years required)

10/7	Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
	<b>Total Social Science Units</b>					<b>Total Quality Points</b>

## Additional academic courses (4 years required)

10/7	Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
<b>Total</b>	<b>Total Additional Academic Units</b>					<b>Total Quality Points</b>
	Total Quality Points from each subject area / Total Credits = Core-Course GPA		/		=	
		Quality Points	/	Credits	=	Core-Course GPA

**Core-Course GPA (16 required)** Beginning August 1, 2016, 10 core courses must be completed before the seventh semester and seven of the 10 must be a combination of English, math or natural or physical science for competition purposes. Grades and credits may be earned at any time for academic redshirt purposes.

## When you're in 9th grade:

- Ask your counselor for a list of your high school's NCAA core courses and learn more about the academic requirements for both Division I and Division II
  - This is important because your high school's graduation requirements might not satisfy the NCAA or the colleges you want to attend
- Create a 4-year high school plan
- Check if your high school offers the PSAT 8/9
- Start to think and ask about careers that interest you
- Explore internship opportunities and ways to save for college

## When you're in 10th grade:

- Register for an NCAA Certification Account or Profile Page at the NCAA Eligibility Center
- Meet with your counselor again and ask these 20 questions to make sure you're on track with college planning
- Take the PSAT 10 or PSAT/NMSQT
- Research financial aid, and don't hesitate to ask an adult you trust for help. Some stats from the NCAA:
  - Division I colleges offer multiyear, cost-of-attendance athletics scholarships—59% of student-athletes receive athletics aid
  - Division II colleges offer partial athletics scholarships—62% of student-athletes receive athletics aid
  - Division III colleges do not offer athletics scholarships, but 80% of student-athletes receive nonathletics aid
- Attend college and career fairs with this checklist to help you get the information you want
- Participate in student clubs or volunteer

## When you're in 11th grade:

- Take the PSAT/NMSQT and learn about eligibility for the National Merit<sup>®</sup> Scholarship Program
- Ask your counselor about SAT fee waivers
  - If you're eligible, you'll get other benefits like unlimited free score reports and free college application fee waivers
- Register for the SAT and link your College Board account to Official SAT Practice on Khan Academy<sup>®</sup> for free practice tests
- If you've taken the PSAT/NMSQT, explore career opportunities with the interactive Roadmap to Careers
- Create a username and password for the Free Application for Federal Student Aid (FAFSA) and gather necessary tax returns and other financial documents
- Build a college list with the college search tool on BigFuture<sup>™</sup> and edit it as you discover more colleges
- Take the SAT and use code 9999 to make sure the NCAA gets your score
- Visit colleges
- Review application materials needed for the colleges you're interested in
  - Some colleges ask for letters of recommendation—think about which teacher, coach, or counselor you would ask
- At the end of the year, ask your counselor to upload your official transcript to the NCAA Eligibility Center

## When you're in 12th grade:

- Narrow down and strengthen your college list, and note early admission and regular application deadlines
- If you take the SAT again, make sure you practice with Official SAT Practice on Khan Academy and use code 9999 to send your score to the NCAA
- Order official SAT score reports for the colleges you're applying to
- Complete the FAFSA
- Draft your application essays and ask for feedback
- Ask your counselor to send your official transcript to colleges
- Complete your college applications by the deadline
- Request your final amateurism certification from the NCAA after April 1 at the NCAA Eligibility Center
- Commit to a college by May 1