

NCAA Eligibility

Students pursuing athletics at a NCAA division institution must meet eligibility requirements. We recommend student-athletes review the following information beginning their freshman year to schedule the appropriate core courses to meet NCAA standards.

FRESHMAN TO-DO LIST

Freshman year is all about planning ahead. If you think you might want to compete in college athletics, freshman year is when you should lay the groundwork.

You should meet with an Academic Advisor and develop the academic road map to ensure you are taking the right courses for NCAA eligibility. In addition, you should begin researching prospective schools, regarding both academics and athletics.

SOPHOMORE TO-DO LIST

Once you enter Sophomore year, it's time to start registering with the NCAA and/or NAIA. If you want to practice, compete, and receive an athletics scholarship during your first year at a Division I or II school.

Complete your application via the [NCAA Eligibility Center](#). Complete the same process on the [NAIA](#) site if you plan on attending a NAIA school.

It's critically important that you continue to stick to your academic road map. If the pursuit of college athletics is new to you this year, you should meet with an Academic Advisor to get on track.

You can also start making unofficial visits to schools on your list during Sophomore year.

JUNIOR TO-DO LIST

As with all students, regardless of athletics, your Junior year is your most important academic year. It should be a period where you focus on studying, achieving strong marks in class, and taking the ACT.

Once you have completed the ACT, you should upload your scores to the NCAA and/or NAIA sites on your eligibility profile.

SENIOR TO-DO LIST

Senior year is all about finishing strong and making the big decision. If necessary, retake the ACT to achieve a stronger score, and begin the process of applying to schools.

In the Fall, make official visits to schools. Remember, you can only officially visit five Division I and Division II schools.

January 1st, begin applying for financial aid.

DIVISION I CORE COURSES

NCAA Division I requires 16 core courses. This rule applies to any student entering any Division I college or university.

16 Core Courses:

4 years of English.

3 years of mathematics (Algebra I or higher).

2 years of natural/physical science (1 year of lab if offered by high school).

1 year of additional English, mathematics or natural/physical science.

2 years of social science.

4 years of additional courses (from any area above, foreign language or nondoctrinal religion/philosophy).

DIVISION II CORE COURSES

NCAA Division II requires 16 core courses.

16 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 social science.

3 years of additional English, mathematics or natural/physical science.

4 years of additional courses (from any area above, foreign language or nondoctrinal religion/philosophy).