

Arsenal Colorado

College Prep



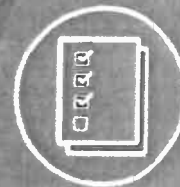
High School Timeline

9th GRADE REGISTER



- » If you haven't yet, register for a free Profile Page account at eligibilitycenter.org for information on NCAA initial-eligibility requirements.
- » Use NCAA Research's interactive map to help locate NCAA schools you're interested in attending.
- » Find your high school's list of NCAA-approved core courses at eligibilitycenter.org/courselist to ensure you're taking the right courses, and earn the best grades possible!

10th GRADE PLAN



- » If you're being actively recruited by an NCAA school and have a Profile Page account, transition it to the required 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 attend 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're on track to complete the required number of NCAA-approved core courses and graduate on time with your class.
- » Share your NCAA ID with NCAA schools recruiting you so each school can place you on its institutional request list.
- » At the end of the school year, ask your high school counselor from each school you attend 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.
- » Apply and be accepted to the NCAA school you plan to attend.
- » 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.

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	 DIVISION I	 DIVISION II <i>MAKE IT YOURS</i>	 DIVISION III DISCOVER DEVELOP DEDICATE
NUMBER OF SCHOOLS*	351 (33%)	296 (27%)	433 (40%)
MEDIAN UNDERGRADUATE ENROLLMENT	8,449	2,300	1,655
STUDENTS WHO ARE ATHLETES	1 in 22 	1 in 9 	1 in 6 
AVERAGE NUMBER OF TEAMS PER SCHOOL	19	16	19
PERCENTAGE OF NCAA STUDENT-ATHLETES IN EACH DIVISION	 36%	 25%	 39%
ATHLETICS SCHOLARSHIPS	Multiyear, cost-of-attendance athletics scholarships available 58% of athletes receive athletics aid	Partial athletics scholarship model 67% of athletes receive athletics aid	No athletics scholarships 80% of athletes receive nonathletics aid
DID YOU KNOW?	 Division I student-athletes graduate at a higher rate than the general student body.	 Division II is the only division with schools in Alaska, Puerto Rico and Canada.	 Division III's largest school has 27,642 undergraduates. The smallest? 228 .

The number of schools for each division is current as of the 2021-22 academic year. This does not include reclassification, 11- and 12-month or exploratory schools. Student-athlete participation is based on the 2021-22 academic year. NCAA changed its sports code in the beginning of the 2021-22 academic year.



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.

What are the eligibility requirements in each division?
If you want to compete at an NCAA school, you must meet academic and/or amateurism standards set by NCAA members. **Academic and amateurism standards** are outlined in this guide and can be found on each division's page on ncaa.org.

NJCAA Eligibility Requirements

HOW CAN I PLAY IN THE NJCAA?

Requirements:

- A student-athlete must be a graduate of a high school with an academic diploma, general education diploma or a state department of education approved high school equivalency test.
- Must be an amateur

Amateur Status:

- An amateur is someone who has not previously participated on a professional or semi-professional team or league or has not received remuneration above necessary expenses directly related to athletic skills
- Amateur players are those who engage in sports for physical, mental, or social benefits. Be sure of your amateur status by checking the NJCAA Rules of Eligibility or checking with an NJCAA athletic director.
- An athlete must maintain amateur status at all times once they reach their 19th birthday or initially enroll as a full-time student in college, whichever comes first.

International Students:

- High School transcripts must include the following:
 - Translated into English
 - Must be from years nine and up
 - Be an acceptable proof of graduation as defined by the district, state, province, or other governing body

Recruiting:

- The dos and don'ts of recruiting permitted under the NJCAA:
 - Only an athletic scholarship may be promised to a student-athlete. Schools may not offer gifts to the student-athlete, or family members to persuade them to attend.
 - Must have finished their junior year to go on an official visit. Schools may pay for all funds used during the official visit, but this may only occur once.
 - If a student-athlete signs an LOI with an NJCAA member institution, they become unrecruitable by other NJCAA programs and must notify any future recruiters of the signing.

Letters of Intent (LOI):

- The NJCAA Letter of Intent is used to commit an individual to a specific institution for a period of one academic year. The form is only valid for NJCAA member colleges and has no authority over NCAA and NAIA schools.
 - Once a student-athlete signs a Letter of Intent with an NJCAA member college they immediately become unrecruitable by any other NJCAA member college for the duration of the agreement.
 - It is NOT permissible to sign a Letter of Intent with two NJCAA colleges

Scholarships:

- Each NJCAA member institution can choose to compete in Division I, II, or III in a designated sport. Below is a breakdown of the athletic allowances per division:

ALLOWANCES PER DIVISION:	DIVISION I	DIVISION II	DIVISION III
TUITION & COURSE FEES	✓	✓	✗
ROOM & BOARD	✓	✗	✗
COURSE RELATED BOOKS	✓	✓	✗
UP TO \$200 IN COURSE REQUIRED SUPPLIES	✓	✓	✗
ONE TIME TRANSPORTATION COST	✓	✗	✗



Requirements:

- NJCAA member institutions are responsible for fully vetting every student-athlete's eligibility.
- Due to the unique academic and athletic situation of each individual, and the complexity of the NJCAA eligibility rules, it is recommended that each potential student-athlete discuss their athletic eligibility with the athletic personnel at the NJCAA college where they have chosen to attend.
- Athletic Participation
 - Students are allowed to participate in their first two (2) seasons of intercollegiate competition in any sport at an NJCAA college.
 - The NJCAA does not have an “eligibility clock” nor does the NJCAA have an age limit.

Transfer Students:

- Transfer Student
 - All transfer students must adhere to the eligibility rules of the NJCAA to be eligible for participation at a member institution.
 - Copies of all official college transcripts (**past, and present**) are required for eligibility.
 - NJCAA member institutions will certify, with previous institutions, seasons of participation.
- If the student-athlete was signed to an NJCAA Letter of Intent (LOI), at any time, in the previous, current, or upcoming academic year at another NJCAA member school, a fully executed NJCAA Transfer Waiver is required for the student-athlete to be eligible for participation following transfer.

Network **Rankings** **Regions** **Compete NJCAA** **Foundation**
In the NJCAA, eligibility is determined at the institutional level and all previous college work is taken into consideration when determining athletic eligibility. Each potential student-athlete must discuss their athletic eligibility with the athletic personnel and will have their eligibility status vetted at the NJCAA college where they have chosen to attend.

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National Junior College Athletic Association

8801 J.M. Keynes Drive - Suite 450. Charlotte, NC 28262
(719) 590-9788

[NJCAA Admin Portal](#)

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COMPETE NJCAA

Want to be part of the NJCAA experience?

The National Junior College Athletic Association (NJCAA) is the national governing body of two-year collegiate athletics and continues to be the leader in **championing academic and athletic opportunities** for student-athletes.

The organization is the second-largest national intercollegiate athletic organization in the United States (second to the NCAA) with over **500 member colleges** in 44 states.

Each year, nearly **70,000 student-athletes** compete in one of 28 different sports, with the organization sponsoring **53 national championship events** plus sanctioned football bowl games. To learn more, visit: [The NJCAA Experience](#)

As an NJCAA student-athlete, you have the opportunity to...

- **Compete for regional, district, and national championship titles**
- **Develop and improve** your skills against collegiate competition
- **Garner regional and national athletic and academic honors**
- Obtain a **first-class education** while preparing for the next step in life
- **Use the NJCAA official partners and sponsors for national championship events**

To search where you can begin your NJCAA experience, visit: [NJCAA Member College Directory](#)

Search
NJCAA Colleges



COST-EFFECTIVE EDUCATION

Community and technical colleges allow all students, including those from diverse socioeconomic backgrounds, to pursue higher education degrees or trade certifications. As education costs continue to rise at four-year institutions, NJCAA member colleges are an affordable option for student-athletes to continue their academic and athletic careers.

The Comparison

During the 2019-2020 academic year the **average yearly price** of tuition, fees, room, and board for students attending a two-year institution was significantly lower than the average yearly price for students attending a four-year college.

\$12,720

Two-Year Colleges



\$36,720

Four-Year Colleges



- VS -

Why pay more for the same classes?

When attending a four-year institution, students traditionally take general education courses during their first two years while exploring potential options for their major. By attending a two-year college, students have the opportunity to complete their general education requirements for a fraction of the price.

Two-year college courses and programs are structured to help students earn credits that transfer to four-year institutions or enter the workforce upon graduation.

COMPETE NJCAA + TRANSFER CREDITS OR ENTER WORKFORCE = LOWER COST



Often called JUCO, the NJCAA provides the opportunity for student-athletes across the country to compete at the highest levels of their respective sports. The NJCAA serves as a launchpad, reset point, or a first opportunity for thousands of student-athletes each year.

NJCAA alumni have made an impact on the four-year collegiate, professional, and international levels including MLB Hall of Famers, NFL MVPs, Olympic medalists, and more.

- **NFL:** Alvin Kamara, Tyreek Hill, Cam Newton, Jason Pierre-Paul, Gardner Minshew
- **MLB:** Bryce Harper, Albert Pujols, Jim Thome, Kirby Puckett, Andy Pettitte
- **NBA:** Jimmy Butler, Jae Crowder, Shawn Marion, Larry Johnson, Spud Webb
- **WNBA:** Sheryl Swoopes, Yolanda Griffith, Danielle Adams, Amber Holt, Elaine Powell
- **Track & Field:** Kenny Bednarek, Brittney Reese, Tyson Gay, Andre De Grasse, Veronica Campbell-Brown

The NJCAA is not *just* JUCO. The NJCAA is the national governing body for two-year collegiate athletics. The NJCAA *defines* JUCO.

To view more former NJCAA student-athletes, visit: [NJCAA Alumni](#)

To view news stories about former NJCAA student-athletes, visit: [NJCAA Alumni News](#)



After competing in the NJCAA, student-athletes may be recruited by four-year institutions (NCAA or NAIA) to transfer and continue their academic and athletic careers. Recruitment by or a scholarship to an NCAA or NAIA institution is not guaranteed. Prospective student-athletes should become familiar with each association's unique eligibility requirements.

To learn more about the NCAA, visit: [NCAA Eligibility](#)



Time Management

What 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 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.

Hours spent on activities per week (168 hours total)

Division I

85 Other (e.g., sleep, job, extracurriculars)	14.5 Socializing	35.5 Academics	33 Athletics
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Division II

84.5 Other (e.g., sleep, job, extracurriculars)	15.5 Socializing	37 Academics	31 Athletics
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Division III

84.5 Other (e.g., sleep, job, extracurriculars)	15.5 Socializing	40 Academics	28 Athletics
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Medians collected from the 2019 NCAA GOALS study.

What takes up a Division I and 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 the compliance office at the NCAA school you may attend for more information.



Supplemental workouts



Competition



Film review



Practice



Strength and conditioning



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

67%
of Division I student-athletes

63%
of Division II student-athletes

47%
of Division III student-athletes

Based on the 2019 NCAA GOALS study



COMPLIANCE

Recruiting

NCAA member schools have adopted rules to create an equitable recruiting environment that promotes student-athlete well-being. The rules define who may be involved in the recruiting process, when recruiting may occur and the conditions under which recruiting may be conducted. Recruiting rules seek, as much as possible, to control intrusions into the lives of student-athletes.

The NCAA defines recruiting as “any solicitation of prospective student-athletes or their parents by an institutional staff member or by a representative of the institution’s athletics interests for the purpose of securing a prospective student-athlete’s enrollment and ultimate participation in the institution’s intercollegiate athletics program.”

Frequently Asked Questions

What is a contact?

A contact occurs any time a college coach says more than hello during a face-to-face contact with a college-bound student-athlete or his or her parents off the college’s campus.

What is a contact period?

During a contact period a college coach may have face-to-face contact with college-bound student-athletes or their parents, watch student-athletes compete and visit their high schools, and write or telephone student-athletes or their parents.

What is an evaluation period?

During an evaluation period a college coach may watch college-bound student-athletes compete, visit their high schools, and write or telephone student-athletes or their parents. However, a college coach may not have face-to-face contact with college-bound student-athletes or their parents off the college’s campus during an evaluation period.

What is a quiet period?

During a quiet period, a college coach may only have face-to-face contact with college-bound student-athletes or their parents on the college’s campus. A coach may not watch student-athletes compete (unless a competition occurs on the college’s campus) or visit their high schools. Coaches may write or telephone college-bound student-athletes or their parents during this time.

What is a dead period?

During a dead period a college coach may not have face-to-face contact with college-bound student-athletes or their parents, and may not watch student-athletes compete or visit their high schools. Coaches may write and telephone student-athletes or their parents during a dead period.

What is the difference between an official visit and an unofficial visit?

Any visit to a college campus by a college-bound student-athlete or his or her parents paid for by the college is an official visit. Visits paid for by college-bound student-athletes or their parents are unofficial visits.

What is a National Letter of Intent?

A National Letter of Intent is signed by a college-bound student-athlete when the student-athlete agrees to attend a Division I or II college or university for one academic year. Participating institutions agree to provide financial aid for one academic year to the student-athlete as long as the student-athlete is admitted to the school and is eligible for financial aid under NCAA rules. Other forms of financial aid do not guarantee the student-athlete financial aid.

The National Letter of Intent is voluntary and not required for a student-athlete to receive financial aid or participate in sports.

Signing an National Letter of Intent ends the recruiting process since participating schools are prohibited from recruiting student-athletes who have already signed letters with other participating schools.

Official vs. Unofficial Visits

Official Visit

An **official visit** is any visit to a college campus paid for by the NCAA school you're visiting. Before a Division I or II official visit, you must:

- » Be on the **institutional request list** of the NCAA school inviting you.
- » Send the NCAA school inviting you a copy of your high school transcript.
- » Register for an **Eligibility Center Academic and Amateurism Certification account**.

Note: In Division I, you cannot take an official visit during your sport's recruiting **shutdown period** or **dead period**. In Division II, cannot take an official visit during your sport's **dead period**. In Division III, you can be offered an official visit after Jan. 1 of your junior year of high school (or year 11 of secondary school).



What can an NCAA school pay for during an official visit?

Division I	Division II	Division III
Transportation to and from the NCAA school you're visiting for you (and up to two family members).	Your transportation to and from the NCAA school you're visiting.	Your transportation to and from the NCAA school you're visiting.
Your lodging.	Your lodging.	Your lodging.
Up to three meals per day for you and up to four family members.	Your meals.	Up to three on-campus meals per day for you.
Reasonable entertainment expenses (including up to \$60 per recruited student-athlete and up to four family members accompanying you, including five tickets to a home sports event).	Reasonable entertainment expenses (including up to \$30 per recruited student-athlete and any family member accompanying you, including five tickets to a home sports event).	Reasonable entertainment expenses (including up to \$40 per recruited student-athlete and any family member accompanying you, including tickets to home sports events).

Unofficial Visit

An **unofficial visit** is any visit to a college campus paid for by you or your family members. In Division I, you may take as many unofficial visits as you like after the **first permissible date** in your sport. **Note:** In Division I, you cannot take an official visit during your sport's recruiting **shutdown period** or **dead period**. In Division II, cannot take an official visit during your sport's **dead period**.

What can an NCAA school pay for during an unofficial visit?

Division I	Division II	Division III
Complimentary admission (including three tickets for a home athletics contest).	Complimentary admission (including five tickets for a home athletics contest).	Complimentary admission (including tickets for you and those accompanying you).

Division I schools may provide you with multiyear scholarships. Division II schools may only provide you with a one-year scholarship. Additionally, Division I and II schools may provide funding for degree completion to finish your bachelor's or master's degree after your time playing NCAA sports ends.

If a school plans to reduce or not renew your aid, the school must notify you in writing by July 1 before the start of the impacted school year and provide an opportunity for you to appeal. In most cases, the head coach decides

who receives a scholarship, the scholarship amount and whether it will be renewed.

Many student-athletes also benefit from academic scholarships, NCAA financial aid programs, and need-based aid such as federal Pell Grants. You must report all financial aid you receive to your NCAA school's financial aid office. If you have questions about what financial aid can be accepted, contact your NCAA school's financial aid office or athletics department for more detailed information about NCAA financial aid rules.

National Letter of Intent

By signing a National Letter of Intent, you're agreeing to attend a Division I or II school for one academic year. NLI member schools agree to provide athletics financial aid to you for a minimum of one academic year as long as you're admitted to the school and are eligible for financial aid under NCAA rules.

The NLI is voluntary and not required for you to receive financial aid or participate in sports. Signing an NLI ends the recruiting process because coaches are prohibited

from recruiting student-athletes who have signed NLIs with other NLI-member schools.

If you sign an NLI but decide to attend another college, you may request a release, but it is at the signing school's discretion to grant your NLI release. If you sign an NLI with one school but attend a different school, you lose one full year of eligibility and must complete a full academic year at the new school before being eligible to compete. If you have questions about the NLI, visit nationalletter.org.

Recruiting Calendars

NCAA Division I and II recruiting calendars promote your well-being and ensure fairness among schools by defining certain periods during the year in which recruiting may or may not occur in a particular sport. To view your division- and sport-specific recruiting calendar scan the QR code or visit on.ncaa.com/RecruitCal.



What can happen during contact, evaluation, quiet and dead periods?

Keep in mind that certain recruiting activities, such as calls, visits to your high school, face-to-face contact and other forms of correspondence, may have division- and sport-specific restrictions prior to certain grade levels in high school.

*For more information regarding recruiting activity periods visit on.ncaa.com/RecruitCalendars.

Division, Sport and Grade Level Determines Recruiting Activities*

Contact Period	Evaluation Period	Quiet Period	Dead Period
College coaches may call, write, text or email you and your family.	College coaches may call, write, text or email you and your family.	College coaches may call, write, text or email you and your family.	College coaches may call, write, text or email you and your family.
College coaches may watch you compete.	College coaches may watch you compete.	College coaches may not watch you compete.	College coaches may not watch you compete.
College coaches may visit your high school.	College coaches may visit your high school.	College coaches may not visit your high school.	College coaches may not visit your high school.
College coaches may have face-to-face contact with you and your family.	College coaches may not have face-to-face contact with you or your family off the college's campus.	College coaches may only have face-to-face contact with you and your family on the college's campus.	College coaches may not have face-to-face contact with you or your family.



**NCAA Division I Dead and Quiet Periods in Sports for
Which No Recruiting Calendar Has Been Established**

August 1, 2023, through July 31, 2024

(See NCAA Division I Bylaw 13.17.13 for Complete Listing of Dead and Quiet Periods)

<p align="center">Women's Gymnastics</p> <p align="center">Dead Periods</p>	<ul style="list-style-type: none"> • November 6-9, 2023 (Monday through Thursday of the initial week for the fall signing of the National Letter of Intent). • December 1-30, 2023. • April 17-21 (noon), 2024 (the day before the first day of the National Collegiate Gymnastics Championships to noon on the day after the championships). • June 1-15, 2024.
<p align="center">Men's Ice Hockey</p> <p align="center">Dead Periods</p>	<ul style="list-style-type: none"> • November 6-9, 2023 (Monday through Thursday of the initial week for the fall signing of the National Letter of Intent). • April 10-14 (noon), 2024 (Wednesday prior to the NCAA Division I Men's Ice Hockey Championship to noon on the Sunday after the game).
<p align="center">Women's Ice Hockey</p> <p align="center">Dead and Quiet Periods</p>	<ul style="list-style-type: none"> • November 6-9, 2023 (Monday through Thursday of the initial week for the fall signing of the National Letter of Intent). • March 21-25 (noon), 2024 (the day prior to the National Collegiate Women's Ice Hockey Championship to noon on the day after the match). • Quiet Period: Monday prior to the American Hockey Coaches Association Convention through May 31.
<p align="center">Men's Soccer</p> <p align="center">Dead and Quiet Periods</p>	<ul style="list-style-type: none"> • November 6-9, 2023 (Monday through Thursday of the initial week for the fall signing of the National Letter of Intent). • December 8-10, 2023 (Friday through Sunday of the NCAA Division I Men's Soccer Championship). A coaching staff member may attend an event conducted in conjunction with and in the host city of the championship. • Quiet Period: December 23-25, 2023.

NCAA Division I Dead and Quiet Periods in Sports for
 Which No Recruiting Calendar Has Been Established
 August 1, 2023, through July 31, 2024
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<p>Women's Soccer Dead Periods</p>	<ul style="list-style-type: none"> • November 6-9, 2023 (Monday through Thursday of the initial week for the fall signing of the National Letter of Intent). • December 15, 2023 - January 5, 2024.
<p>Swimming and Diving Dead Periods and Recruiting Shutdown</p>	<ul style="list-style-type: none"> • November 6-9, 2023 (Monday through Thursday of the initial week for the fall signing of the National Letter of Intent). • Recruiting Shutdown: <ul style="list-style-type: none"> • August 21-27, 2023 (The third Monday in August through the following Sunday) • December 18, 2023 - January 7, 2024. • February 11-24, 2024 (Fourteen consecutive days beginning with the Sunday that is 38 days before the first day of the NCAA Division I Women's Swimming Championship).
<p>Men's Wrestling Dead Periods</p>	<ul style="list-style-type: none"> • November 6-9, 2023 (Monday through Thursday of the initial week for the fall signing of the National Letter of Intent). • March 20-24 (noon), 2024 (The day before the first day of the NCAA Division I Wrestling Championships to noon on the day after the championships). • July 29- August 4, 2024 (The Monday before the National Wrestling Coaches Association Convention through the day of adjournment of the convention).
<p>Women's Wrestling Dead Periods</p>	<ul style="list-style-type: none"> • November 6-9, 2023 (Monday through Thursday of the initial week for the fall signing of the National Letter of Intent). • July 22-28, 2024 (The Monday before the National Wrestling Coaches Association Convention through the day of adjournment of the convention).