



DEVELOPING PLAYERS FOR LIFE.

United Resources and College Advisory Plan (U'RCAP) Quick Reference Guide

1. How and when should players prepare for college?

When do most students start to track their Core GPA?

9th Grade- 8%

10th Grade- 12%

11th Grade- 35%- Cutting it close...

12th Grade- 45%- Far too late and your opportunity for college athletics may have already closed!

A. U14s (8th Grade), U15s (9th Grade- Freshmen), and U16s (10th Grade- Sophomores)

- Start planning now by working hard to earn the best grades possible.
- Access and print your high school's List of NCAA Courses at www.eligibilitycenter.org by clicking "Resources" at the top of the screen.
- Take only approved courses that are on your high school's List of NCAA Courses (Core classes- most electives are not considered for NCAA eligibility).
- Register at www.eligibilitycenter.org at the beginning of your sophomore year.
- If you fall behind, use summer school sessions before your senior year to catch up.

B. U17s (11th Grade- Juniors)

- Register to take the ACT, SAT or both and use the NCAA Eligibility Center code “9999” as a score recipient.
- Double check to make sure that you are taking courses that are approved on your high school’s List of NCAA Courses.
- Request that your high school counselor send an official transcript to the NCAA Eligibility Center after completing your junior year. (The NCAA Eligibility Center does NOT accept faxed or emailed transcripts.)

Transcripts are accepted electronically through Parchment, Scrip Safe, ConnectEDU, National Transcript Center/Pearson Edustructure, USMO ET and Xap. Check with your counselor to find out how your school distributes transcripts

C. U18s (12th Grade- Seniors)

- Take the ACT or SAT as many times as necessary (typically no more than three times each test).
- Continue to take college-preparatory courses.
- Check your List of NCAA Courses.
- Graduate on time (eight semesters).
- Visit the “My Planner” page of the NCAA Clearinghouse site after you register online to view your eligibility status and check for any missing information or documents.
- Review your sports participation (amateurism) responses and request final amateurism certification beginning April 1 (for fall enrollees) or October 1 (for spring enrollees).
- After graduation, ask your high school counselor to send your final transcript with proof of graduation to the NCAA Eligibility Center. This will vary from school to school, so make sure to follow your school’s process.

2. **Understanding the Core Course**

- A course that qualifies for high school graduation in one or more of the following: English, mathematics, natural or physical science, social science, foreign language or comparative religion or philosophy;
- Is considered four-year college preparatory;
- Is taught at or above the high school’s regular academic level;
- For mathematics courses, is at the level of Algebra I or higher; and
- Is taught by a qualified instructor as defined by the appropriate academic authority.

3. Non-Traditional Courses and Things to Think About Before Taking Such a Class

- What are Non-Traditional Courses?

Courses taught through:

- The Internet (online or virtual);
- Distance learning;
- Independent study;
- Individualized instruction;
- Correspondence;
- Computer software programs; or
- Other similar means.

What to consider before taking a Non-Traditional Course:

- Must include ongoing access between the instructor and student.
- Must have a defined time period for completion (i.e., six weeks).
- Should be clearly identified as nontraditional courses on the high school transcript.
- Must be four-year college preparatory and need to be comparable in length, content and rigor to courses taught in a traditional classroom setting.
- Must be an approved course on the List of Approved Core Courses (formerly 48H Course List)

4. Core Course Time Limitations

Division I

- From the time you enter the ninth grade, you have four (4) years or eight (8) semesters to complete your core-course requirement.
- If you fail to complete high school "on time" in eight semesters, core courses taken after the eighth semester will not be counted toward your NCAA academic-eligibility requirements.
- "On time" also means that if your high school graduation takes place June 1, you must graduate June 1. If you do not graduate June 1 with the rest of your high school class, you have not completed your requirements "on time."

Division II

You are permitted to use all core courses completed from your ninth-grade year until the time you enroll full time at a college or university.

5. Initial Eligibility Requirements: Division I

Academic Requirements:

- Graduate from high school.
- Complete NCAA-approved courses.
- Earn a minimum required core-course grade-point average (GPA).
- Earn a required SAT or ACT sum score.

6. Early Academic Certification

Students who meet the following criteria after six semesters will be certified as qualifiers:

For Division I: Minimum SAT (math and critical reading) of 900 or minimum sum score of 75 on the ACT; and a core-course GPA of 3.000 or higher in a minimum of 14 core courses:

3 English;
2 math;
2 science;
2 additional core courses in English, math or science; and 5 additional core courses in any area.

For Division II: Minimum SAT (math and critical reading) of 1000 or minimum sum score of 85 on the ACT; and a core-course GPA of 3.000 or higher in a minimum of 12 core courses:

3 English;
2 math;
2 science; and
5 additional core courses in any area.

7. Division I- Core Course Requirements

16 Core Courses

- 4 years English.
- 3 years math (Algebra I or higher).
- 2 years natural/physical science (1 year of lab if offered by high school).
- 1 year additional English, math or natural/physical science.
- 2 years social science.
- 4 years additional courses (from any area above, foreign language or comparative religion/philosophy).

8. Changes for Students entering college in August 2016 and later:

1. Minimum core-course GPA of 2.300 required (up from 2.0 GPA);
2. Slight change in GPA/test-score index (sliding scale); and
3. Ten core courses required before the beginning of senior year.

For college-bound student-athletes enrolling full time at an NCAA Division I college or university on or after August 1, 2016, there are three possible academic outcomes:

1. Qualifier = competition, athletics aid (scholarship), and practice the first year
2. Academic Redshirt = athletics aid the first year, practice in first regular academic term (semester or quarter)
3. Nonqualifier = no athletics aid, practice or competition the first year.

Students will need to meet the following requirements to receive athletics aid, practice and compete their first year:

A. To become a Qualifier:

16 core courses in the following areas:

- 4 years English;
- 3 years math at Algebra I level or higher;
- 2 years natural or physical science (one lab if offered at any high school attended);
- 1 year additional English, math or natural/physical science;
- 2 years social science; and
- 4 years additional from areas above or foreign language, philosophy or comparative religion.

Minimum required GPA:

Minimum GPA of 2.300 in those 16 core courses.

B. To become a Red Shirt:

16 core courses in the following areas:

- 4 years English;
- 3 years math at Algebra I level or higher;
- 2 years natural or physical science (one lab if offered at any high school attended);
- 1 year additional English, math or natural/physical science;
- 2 years social science; and
- 4 years additional from areas above or foreign language, philosophy or comparative religion.

Minimum GPA of 2.0-2.299 in those 16 core courses.

If you fail to meet the required 10 core courses prior to the start of your seventh semester (seven of which must be in English, math, or natural or physical science), you will be allowed to retake core courses in your seventh or eighth semester, which will be used in your academic certification for the purpose of meeting the academic redshirt requirements.

If you meet these requirements, you can receive an athletics scholarship during your first year at an NCAA Division I college or university.

After the first term is complete, you must successfully complete nine semester hours or eight quarter hours in each applicable term at your college or university to continue to practice for the remainder of the year.

C. Non-Qualifier:

If you do not meet either set of requirements, you are a non-qualifier.

A non-qualifier:

- Cannot receive athletics aid during the first year at an NCAA Division I college or university.
- Cannot practice or compete during the first year at a Division I college or university.

9. Division II Core Course Requirements:

16 Core Courses

3 years English.

2 years math (Algebra I or higher)

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

3 years additional English, math or natural/physical science.

2 years social science.

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

- Earn a 2.000 GPA or better in your core courses.
- Earn a combined SAT sum score of 820 or an ACT sum score of 68.

Beginning August 1, 2018:

Complete the required 16 core courses.

- Earn a minimum 2.200 GPA or better in your core courses.

- Earn a Minimum SAT or ACT score that matches the 16 core-course GPA on the full qualifier sliding scale

10. NCAA Division II Partial Qualifier:

A student-athlete will be allowed to practice and receive athletics aid in first academic year if he or she:

- Completes the required 16 core courses; and
- Minimum GPA of 2.000 with corresponding test score on the partial qualifier sliding scale.

11. Division III Core Course Requirements

- Unlike Divisions I and II, there is no uniform set of eligibility requirements for Division III schools.
- Eligibility for admission, financial aid, practice and competition is determined by the college or university.
- The NCAA Eligibility Center does not perform certifications for Division III college-bound student-athletes.

12. 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. Institutions make this request through the Institutional Request List (IRL) with the Eligibility Center. Once this happens, the student's information may be processed if all information is complete. This includes online registration, fee payment, ACT or SAT test score on file from the testing agency and an official transcript from each high school attended.

If a student's eligibility status is never requested by a member institution (the student is never placed on an institution's IRL), the Eligibility Center may not process that student's certification.

***It is important that when you are communicating with a coach to double check that you are on their IRL (Institutional Request List). If not, the NCAA will not review your transcript and it can affect your eligibility status. This also means you cannot attend an official recruiting visit

13. Scholarships: Will I get a soccer scholarship?

When looking at colleges, remember that you go to college to learn, not to play sports. You want to find a school that provides a great mix of the two. Remember, college is not just a four-year decision, it is a life-time decision. Below is some information to assist you in finding that right “mix” and to understand how college scholarships work:

Use the freerecruitingwebinar.org resource page for assistance

1. There are 11,375 Boys Soccer High School Programs and 10,901 Girls Programs
2. There are 1,194 Men’s Soccer College Programs and 1,350 Women’s College Programs
3. There are 204 DI Men’s Soccer Programs and 322 DI Women’s Soccer Programs
4. There are 179 DII Men’s Soccer Programs and 408 DII Women’s Soccer Programs
5. There are 388 DIII Men’s Soccer Programs and 408 DIII Women’s Soccer Programs
6. There are 9.9 Division I Men’s Soccer Scholarships allowed per program each year
7. There are 14 Division I Women’s Soccer Scholarships allowed per program each year
8. There are 9.0 Division II Men’s Soccer Scholarships allowed per program each year
9. There are 9.9 Division I Women’s Soccer Scholarships allowed per program each year
10. DIVISION III SCHOLARSHIP LIMITS- No scholarships are provided at the Division III level. However, financial aid is available. and Work Study is a great way to pay for college in DIII.

Savings for college can be tough. Using a 529 Plan can help: A 529 Plan is an education savings plan operated by a state or educational institution designed to help families set aside funds for future college costs. It is named after Section 529 of the Internal Revenue Code which created these types of savings plans in 1996. CollegeSavings.org is a great resource to assist with such a plan.

Did you know the average family spends \$10,000 per year on athletics? And the average young athlete plays for 10 years leading up to college?

14. The choices you make in high school can impact your college life and eventual career.

- A. Remember the 5 P’s
- Proper
 - Preparation
 - Prevents
 - Poor
 - Performance

This is a phrase you can use in the classroom, at home, or on the soccer field!

B. Social Media

Social Media is a powerful tool. YouTube can help you to become identified with great sports clips of your achievements. Facebook can help you further your identification process with colleges with a solid resume. But if you're not careful, you can end up on a social media site that can take away a scholarship, get you removed from your college of choice, or get you fired from a job.

