

Chatham County Schools

Student Athletic Handbook

2018-2019

To the parent –

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit him/her to compete. Your family interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences that assists students in personal adjustments.

We, who are concerned with the educational development of boys and girls through athletics, feel that a properly controlled, well-organized sports program meets with the students' needs for self-expression, mental alertness and physical growth. It is our hope to maintain a program that is sound in purpose and will further each student's educational maturity.

A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-denial. These are the reasons we place such stress on good training habits. Failure to comply with the rules of training and conduct means exclusion from the squad/team. This concept of self-discipline and self-denial is tempered by our responsibility to recognize the rights of the individual within the objectives of the squad/team. There is no place in high school athletics for students who will not discipline their minds and bodies for rigorous competition. We are striving for excellence and do not want our athletes to compromise with mediocrity.

When your son/daughter enlisted in one of our sports programs, he/she committed our staff to certain responsibilities and obligations that are:

- 1) to provide adequate equipment and facilities
- 2) to provide responsible coaches (coaches trained in the supervision and teaching of students)
- 3) to provide equalized contests with skilled officials

Likewise, we feel that you have committed yourselves to certain responsibilities and obligations. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletics.

It is the role of the department of athletics to make rules that govern the spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through this athletic publication for students and parents.

To the athlete –

Being a member of a Chatham County Schools athletic squad/team is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad/team of Chatham County Schools, you have inherited a wonderful tradition, a tradition you are challenged to uphold.

Our tradition has been to win with honor. We desire to win, but only with honor to our athletes, our schools, and our community. Such a tradition is worthy of the best efforts of all concerned. Over many years our squads/teams have achieved more than their share of league and tournament championships. Many individuals have set records and won All-State and All-Conference honors.

It will not be easy to contribute to such a great athletic tradition. When you wear the colors of your school, we assume that you not only understand our traditions, but also are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family.

1. RESPONSIBILITIES TO YOU: The most important of these responsibilities is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible good from your high school experiences. Your academic studies, your participation in other extracurricular activities as well as in sports, prepare you for your life as an adult.

2. RESPONSIBILITIES TO YOUR SCHOOL: Another responsibility you assume as a squad/team member is to your school. Chatham County Schools cannot maintain its position as having an outstanding school unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.

You assume a leadership role when you are on the athletic squad/team. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, the community, and other communities judge our school by your conduct and attitudes, both on and off the field. Because of this leadership role, you can contribute greatly to school spirit and community pride. Make Chatham County Schools proud of you, and your community proud of your school, by your faithful exemplification of these ideals.

3. RESPONSIBILITIES TO OTHERS: As a squad/team member you also bear a heavy responsibility to your home. If you never give your parents anything to be ashamed of, you will have measured up to the ideal. When you know in your heart that you have lived up to all of the training rules that you have practiced to the best of your ability every day, and that you have played the game “all out,” you can keep your self-respect and your family can be justly proud of you.

The younger students in the Chatham County School System are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them.

Chatham County Schools Athletic Program should provide a variety of experiences to aid in the development of favorable habits and attitudes in students that will prepare them for adult life in a democratic society.

The interscholastic athletic program shall be conducted in accordance with existing Board of Education policies, rules, and regulations. While the Board of Education takes great pride in winning, it does not condone “winning at any cost.” It discourages any and all pressures that might tend to neglect good sportsmanship and good mental health. At all times the athletic program must be conducted in such a way as to justify it as with any educational activity.

OUR GOAL – The student athlete shall become a more effective citizen in a democratic society.

OUR SPECIFIC OBJECTIVES – The student athlete shall learn:

1. To work with others - In a democratic society a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The squad/team and its objectives must be placed higher than personal desires.
2. To be successful - Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel.
3. To develop sportsmanship - To accept any defeat like a true sportsman, knowing we have done our best, we must learn to treat others, as we would have others treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation, and dependability.
4. To improve - Continual improvement is essential to good citizenship. As an athlete, you must establish a goal and you must constantly try to reach that goal. Try to better yourself in the skills involved and those characteristics set forth as being desirable.
5. To enjoy athletics - It is necessary for athletes to enjoy being part of the program, to acknowledge all of the personal rewards to be derived from athletics, and to give sufficiently of themselves in order to preserve and improve the program.
6. To promote desirable personal health habits - To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits, and to develop the desire to maintain this level of physical fitness after formal competition has been completed.

ELIGIBILITY REQUIREMENTS *(for the season and for games/practices)*

Protect Your Eligibility; Know the Rules: To represent your school in athletics, YOU:

- A. **Must** be a properly enrolled student at the time you participate and must be in regular attendance at that school.
- B. **Must** play for the school in which student enrolled in ninth grade and cannot change participation without a bona fide move as provided in Residence section of the NCHSAA Handbook.
 - a. If a student transfers from one member school to another member school within the same local education agency (LEA) must sit out 365 days for athletic participation. The LEA may create criteria for immediate athletic eligibility or transfers within the LEA. (See Chatham County Schools Policy 4150)
 - b. A student's first transfer from one member school in one LEA to another member school in a different LEA after initial entry into the 9th grade is not subject to the NCHSAA transfer rule, provided both LEA's agree to the transfer. For any transfer thereafter, the student must sit out for 2 consecutive semesters (at least 50% of the current semester plus the following semester) or 365 days, whichever is less.
- C. **Must not** be convicted of a felony in this or any other state, or adjudicated as a delinquent for an offense that would be a felony if committed by an adult in this or any other state.
- D. **Must not** have ten (10) or more total absences in the semester prior to athletic participation.
- E. **Must not** have exceeded eight (8) consecutive semesters of attendance or have participated in more than four (4) seasons in any sport (one season per year) since first entering grade nine (9).
- F. **Must** be under 19 years of age on or before August 31, 2018.
- G. **Must** live with a parent/legal custodian, be legally emancipated, or be covered by McKinney Vento and live within the Chatham County Schools administrative unit. (Must notify the athletic director if not living with a parent /legal custodian.)
- H. **Must** be counted present by PowerSchool on the day of an athletic game or practice in order to participate or the absence must be considered an excused absence per administration.
- I. **Must** meet promotion requirements at their school to be eligible.
- J. **Must** have passed a minimum of five (5) courses during the previous semester in a traditional schedule or three (3) in a block schedule or six (6) for schools on an A/B form of scheduling. Note: Seniors must meet this requirement in order to participate in athletics during the spring sports season of their senior year.
- K. **Must** have received a medical examination by a licensed physician within the past 395 days; if you miss five (5) or more days of practice due to illness or injury, you must receive a medical release from a licensed physician before practicing or playing.
- L. **And your parent/legal custodian must** read the Concussion Information Sheet and both the Student-Athlete and Parent/Legal Custodian must initial and sign the Student-Athlete Concussion Statement. This must be done on an annual basis (once every 365 days).
- M. **Must not** accept prizes, merchandise, money, or anything that can be exchanged for money as a result of athletic participation. This includes being on a free list or loan list for equipment, etc.
- N. **Must not** have signed a professional contract, have played on a junior college team or be enrolled and attending a class in college. This does not affect a regularly enrolled high school student who is taking a college course(s) for advanced credit.
- O. **Must not** participate in unsanctioned all-star or bowl games.

- P. **May not** participate (try-out, practice, play) at a second school in the Chatham County School System in the same sport season without a bona fide move.
- Q. **May not usually**, as an individual or a team, practice or play during the school day. All teams may not conduct practice until the academic and/or workday has finished.
- R. **May not** play, practice, or assemble as a team with your coach on Sunday.
- S. **May not** dress for a contest, sit on the bench, or practice if you are not eligible to participate.
- T. **Must not** play more than three (3) games in one (1) sport per week (exceptions: Baseball, Softball, Cheerleading and Volleyball); and not more than one (1) contest per day in the same sport (exceptions: Baseball, Softball, Cheerleading or Volleyball).
- U. **Must not** possess, use, distribute, sell, possess with intent to distribute or sell, or conspire or attempt to distribute or sell, or be under the influence of any narcotic drug, hallucinogenic drug, amphetamine, barbiturate, marijuana, anabolic steroid, other controlled substance, any alcoholic beverage, malt beverage, fortified wine, other intoxicating liquor, drug paraphernalia, counterfeit substance, any unauthorized prescription drug, or any other chemicals or products with the intention of bringing about a state of exhilaration, euphoria, or of otherwise altering the student's mood or behavior. The proper use of a drug authorized by valid medical prescription from a legally authorized healthcare provider shall not be considered a violation of this rule when the drug is taken by the person for whom the drug was prescribed, in accordance with Policy 6125 (Administering Medicines to Students).

Participation in extracurricular activities shall be restricted if a student is not performing at grade level as provided in board policy 3400, Evaluation of Student Progress, and/or has exceeded the number of absences allowed by board policy 4400, Attendance. Participation in extracurricular activities may be restricted if a student (1) has violated the code of student conduct in the board policies found in the 4300 series, or (2) has violated school or extracurricular activities and student organization rules. Additionally, students in violation of the Code of Student Conduct (Policy 4303) may be suspended from participation for a minimum of thirty (30) school days, the remainder of the particular sport season, or the period of time designated by the bylaws of the recognized state or national organization, whichever is greater.

- V. Students assigned OSS **may not** play or practice or sit on the bench or travel with the squad/team the day of the OSS. A student assigned ISS **will not** be allowed to play or practice, but may sit on the bench, and/or travel with the squad/team on the day assigned to ISS.

FELONY POLICY

Any student who is subject to the NCHSAA eight semester rule who:

1. Is convicted of a crime classified as a felony under North Carolina or federal law, OR
2. Is adjudicated delinquent for an offense that would be a felony if committed by an adult, is not eligible to participate in the North Carolina High School Athletic Association sports program. Such ineligibility shall be immediate and shall prohibit participation in the NCHSAA sports program from the date of conviction or adjudication of delinquency through the end of the student's high school career. Appellate or other post-conviction review of the conviction or adjudication of delinquency does not affect the student's immediate ineligibility.

Note: “Convicted” and “conviction,” for the purpose of this policy includes the entry of (a) a plea of guilty; or (b) a plea of no contest, nolo contendere, or the equivalent; or (c) a verdict or finding of guilty by a jury, judge, magistrate, or other duly constituted, established, and recognized adjudicating body, tribunal, or official, either civilian or military. A person is “convicted” or “adjudicated delinquent” for the purposes of this policy, in North Carolina state courts, the courts of the United States, another state, the armed services of the United States, or another country.

This summary of key athletic regulations is provided so that students can be made aware of rules, which might affect their eligibility. Students must understand that the rules above are general statements only. See your principal, athletic director, or coach if you have questions or need further explanation of details and exceptions.

A. **MEDICAL EXAMINATIONS:** A yearly physical examination is required. The NCHSAA’s physical examination form must be completed by the physician, nurse practitioner, or physician’s assistant, signed by the parent to give permission to participate, and submitted by the student-athlete to the coach or Athletic Director prior to participation. The date of the physical must be on or before the first possible day of practice for that season. If the date of the physical is after the first day of the season you will not be allowed to play during that sports season. The physical covers all sports for 395 days from the date of issue. The form will be kept on file in the athletic office.

B. **PARENTAL ACKNOWLEDGMENT OF ATHLETIC POLICIES:** Upon entering high school or at the time a student tries out for an athletic squad/team, he/she will be presented with this handbook (or it can be found on the Chatham County Schools web site found under “Operations – Athletics Program”) containing all the necessary forms and information for participating in athletics.

Each parent or guardian shall read all of the enclosed material and certify that they understand the athletic eligibility rules and policies each school year. This signed document will be filed in the Athletic Director’s office each school year.

C. **INSURANCE:** Chatham County Schools (CCS) purchases athletic insurance for all student-athletes that participate in Chatham County Schools’ athletic activities. This is an excess or secondary insurance policy; that is, this policy will pay within the limits of its schedule of payments, once your primary insurance has paid what it will. If the student-athlete has no other insurance, then this policy becomes the primary payer. **Note: the CCS policy may not pay the full remaining balances.**

The company will pay benefits only when eligible medical expenses are not recoverable from any other insurance policy.

It is the responsibility of the student-athlete and his/her parents to file the insurance claim using the form that has been provided to the school.

Chatham County Schools purchases catastrophic insurance for middle and high school student-athletes, which begin at \$25,000.

D. SCHOLASTIC AND ATTENDANCE ELIGIBILITY: In order to participate on a Chatham County Schools athletic squad/team, each athlete must have satisfied all of the scholastic and attendance eligibility requirements prior to participation.

E. RISK OF PARTICIPATION: All athletes and parents must realize the risk of serious injury, which may be a result of athletic participation. Chatham County Schools will use the following safeguards to make every effort to eliminate injury:

1. Conduct a mandatory parent/athlete meeting prior to the start of practice to fully explain the athletic policies and to advise caution and warn parents/athletes of the potential for injury.
2. Maintain a continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport.
3. Instruct all athletes about the dangers of participation in the particular sport.

F. FINANCIAL OBLIGATIONS AND EQUIPMENT:

1. Uniforms - In several sports, athletes will be required to purchase a portion of the game uniform, which will become their property.
2. Equipment - All athletes are responsible for the proper care and security of equipment issued to them. School furnished equipment is to be worn only for school sanctioned contests and practice. All equipment not returned in good condition at the end of the season will be subject to a financial penalty at replacement cost.
3. Uniform Return - All athletes are required to turn in uniforms in a timely fashion at the end of each season. If an athlete fails to turn in a uniform or equipment at the end of a season, the athlete's cumulative folder will be tagged with the cost of the equipment or uniform. In addition, athletes will not be allowed to try out for another squad/team in Chatham County Schools until the uniform or equipment is turned in or is paid for.
4. Fees - Any athlete owing fees for athletic related equipment, spirit pack(s), squad/team shirts/shorts or any other items related to athletics will not be allowed to try out for any squad/team until all fees are paid. This also includes fees owed from the previous year. Unpaid fees may impact a student's participation in their graduation ceremony.

CHATHAM COUNTY SCHOOLS ATHLETIC CODE OF CONDUCT

CONDUCT OF ATHLETES:

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators, and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is our major consideration and transcends any other consideration.

All athletes shall abide by a code of ethics, which will earn them the honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete, the squad/team or the school is not acceptable. Acts of unacceptable conduct, such as, but not limited to theft, vandalism, disrespect, violations of the law, tarnish the reputation of everyone associated with the athletic programs and is not acceptable.

Student-athletes of Chatham County Schools shall not possess, use, distribute, sell, possess with intent to distribute or sell, or conspire or attempt to distribute or sell, or be under the influence of any narcotic drug, hallucinogenic drug, amphetamine, barbiturate, marijuana, anabolic steroid, other controlled substance, any alcoholic beverage, malt beverage, fortified wine, other intoxicating liquor, drug paraphernalia, counterfeit substance, any unauthorized prescription drug, or any other chemicals or products with the intention of bringing about a state of exhilaration, euphoria, or of otherwise altering the student's mood or behavior. The proper use of a drug authorized by valid medical prescription from a legally authorized healthcare provider shall not be considered a violation of this rule when the drug is taken by the person for whom the drug was prescribed, in accordance with Policy 6125 (Administering Medicines to Students).

Participation in extracurricular activities shall be restricted if a student is not performing at grade level as provided in board policy 3400, Evaluation of Student Progress, and/or has exceeded the number of absences allowed by board policy 4400, Attendance. Participation in extracurricular activities may be restricted if a student (1) has violated the code of student conduct in the board policies found in the 4300 series, or (2) has violated school or extracurricular activities and student organization rules. Additionally, students in violation of the Code of Student Conduct (Policy 4303) may be suspended from participation for a minimum of thirty (30) school days, the remainder of the particular sport season, or the period of time designated by the bylaws of the recognized state or national organization, whichever is greater.

INDIVIDUAL COACHES' RULES:

Coaches may establish additional rules and regulations with the approval of the Athletic Director and Principal for their respective sports. These rules as pertaining to a particular sport must be given by the coach in writing to all squad/team members and explained fully at the start of the season. Penalties for violation of squad/team rules will also be in writing and shall be administered by the coach. Copies of all additional squad/team rules by coaches are on file in the athletic office.

BASIC ATHLETIC DEPARTMENT POLICIES:

A. **PARTICIPATION:** All students in Chatham County Schools are encouraged to participate in as many sports per year as they choose per academic and eligibility requirements.

B. **EQUIPMENT:** School equipment checked out by the student-athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss or unreasonable damage to any equipment is the athlete's financial obligation.

C. **MISSING PRACTICE:** An athlete should always consult his/her coach before missing practice. Missing practice, or a game without good reason, will be dealt with by his/her coach.

D. **TRAVEL:** All athletes must travel to and from athletic contests in transportation provided by the athletic department unless previous arrangements are made by the parents for exceptional situations or permitted by the coach. If permitted by the coach, written permission on approved CCS documentation must be given by the parent or guardian for the student/athlete to ride with an adult other than the parent/guardian.

E. **COLLEGE RECRUITMENT POLICY:** In the event a college recruiter should contact an athlete personally, he/she has an obligation to work through his/her coach and the athletic department. Inform your coach of such a contact as soon as possible. All student/athletes interested in participating in college athletics at the Division I or Division II levels must be registered with the NCAA Eligibility Center. The books and registration forms are available in the guidance office. **SEE APPENDIX FOR NCAA ELIGIBILITY CENTER REQUIREMENTS.**

F. **CONFLICTS IN EXTRACURRICULAR ACTIVITIES:** An individual student, who attempts to participate in several extracurricular activities, will, undoubtedly, be in a position of a conflict of obligations.

The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities.

Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to happen. It also means notifying the faculty sponsors/coaches involved immediately when a conflict does arise.

When a conflict arises, the sponsors/coaches will work out a solution. If a solution cannot be found, the principal will make the decision. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he/she should withdraw from that activity.

G. **ATTENDANCE:** Students must be counted present by PowerSchool on the day of an athletic game or practice in order to participate or the absence must be considered an excused absence per administration. Any athlete in violation of the rule, by practicing or playing on a day they did not meet the criteria above, will sit out the next contest.

H. **RELEASE FROM CLASS:** It is the responsibility of athletes to see their teacher the day before the classes they miss because of an athletic contest. All work shall be made up.

J. SELECTION POLICIES: Choosing the members of athletic squads/teams is the sole responsibility of the coaches of those squads/teams. Prior to trying out, the coach shall provide the following information to all candidates for the squad/team:

1. Extent of try-out period.
2. Practice commitment if they make the squad/team.
3. Game commitments.

K. REPORTING OF INJURY: All injuries, which occur while participating in athletics, should be reported to the coach and trainer/first responder. It will be the responsibility of the coach/athletic trainer to fill out an injury report form on all injuries and immediately give a copy of the injury report form to the Athletic Director to file in the athletic office. Once a physician treats athletes, the athlete must obtain the doctor's and/or trainer/first responder's permission to return to the activity.

L. ISS/OSS: Students assigned OSS may not play or practice or sit on the bench or travel with the squad/team the day of the OSS. A student assigned ISS will not be allowed to play or practice, but may sit on the bench, and/or travel with the squad/team on the day assigned to ISS.

M. PTA THRIFT SHOP: Each squad/team may be required to earn hours in the PTA Thrift Shop.

N. LOCKER ROOM REGULATIONS:

1. Roughhousing and throwing towels or other objects are not allowed in the locker room. Hazing of other players is not allowed.
2. No one except authorized personnel and assigned players are allowed in the locker room.
3. No glass containers are permitted in locker rooms.
4. All spiked or cleated shoes must be put on and taken off outside of the building. No metal or hard-plastic spikes or cleats are ever allowed in any other part of the school building.
5. The locker room is to be kept clean at all times. All trash should be disposed of in the trashcan and all clothes hung neatly in the locker or taken home.
6. Do not leave valuables in the locker rooms at any times.
7. Damaging school property is not allowed and is subject to Student Code of Conduct.

O. WEIGHT ROOM REGULATIONS:

1. All student-athletes are required to have a current athletic physical exam to participate in pre or post work outs.
2. Proper workout apparel is required at all times.
3. All students must be under supervision.
4. Lifters must work with a partner.
5. Replace all weights on racks immediately following use.
6. Do the lifts correctly. It is better to use lighter weights for correct lifting than heavier weights and run the risk of injury.
7. Warm-up with proper stretching exercises.
8. No horseplay or profanity.
9. No abuse of equipment. Any equipment that is broken must be reported immediately.
10. Remember strength training is not only a supplement to other athletic programs, but also a highly-skilled activity itself.
11. Failure to abide by these rules could warrant being banned from the weight room.

P. LEAVING THE SQUAD/TEAM: If a student-athlete fails to complete the season with any squad/team he or she is a member of, the athlete will forfeit any and all recognition, awards, or honors he or she might otherwise have been considered for. (THIS DOES NOT APPLY TO VERIFIED ILLNESS OR INJURY.) This same athlete MAY NOT begin practice, conditioning, or participate in open gym or skills development with any other Chatham County Schools squad/team, until the squad/team which he or she was a member of, has completed its season.

Chatham County Schools
Athletic Responsibility Acknowledgment
2018-2019

As a Chatham County Schools (CCS) student-athlete participating voluntarily in interscholastic athletics, I understand that:

1. I will abide by the Chatham County Schools' Code of Student Conduct, Chatham County Schools' Athletic Handbook, the coaches' squad/team rules, and the rules of the North Carolina High School Athletic Association.
2. I will conduct myself in an exemplary social manner at all times.
3. I will be responsible for all athletic equipment issued to me throughout the season, will return such equipment at the conclusion of the season, and will pay the current replacement cost for any of the equipment not accounted for by me at the end of the season.
4. I will not use or be in possession of tobacco, alcohol, or narcotics. If I do use any of these substances, am in the possession of such substances, or am suspended from school for the use or possession of these substances, I will be subject to disciplinary actions as outlined in the Chatham County Schools Code of Student Conduct.
5. I acknowledge that there is a certain risk of injury involved with athletic participation; even with the best coaching, use of the most advanced protective equipment, and strict observance of the rules, injuries are still a possibility and on rare occasions these can be so severe as to result in total disability, paralysis, or even death. It is impossible to eliminate this risk.
6. I, along with my parent or guardian, certify that I have read and understand all of the Chatham County Schools Athletics policies in the Athletic Handbook (found on the CCS web site under "Operations – Athletics Program") and in order to be eligible for participation, I must comply with requirements listed.
7. I will complete all eligibility documents prior to the first day of participation.

Chatham County Schools

Athletic Responsibility Acknowledgment 2018-2019

Student Athletic Handbook can be found on the CCS web site, under "Operations – Athletics Program".

SPORT: _____

Student-Athlete: _____ Date: _____
(Signature) (Printed Name)

Parent/Guardian: _____ Date: _____
(Signature) (Printed Name)

NCAA ELIGIBILITY CENTER

ELIGIBILITYCENTER.ORG

If you want to play sports at an NCAA Division I or II school, start by registering with the NCAA Eligibility Center at eligibilitycenter.org during your sophomore year.

CORE COURSES

This simple formula will help you meet the Divisions I and II core-course requirement:

4x4=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

GRADE-POINT AVERAGE

The NCAA Eligibility Center calculates your grade-point average (GPA) based on the grades you earn in NCAA-approved core courses. Visit eligibilitycenter.org for a full list of your high school's core courses.

TEST SCORES

You may 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 take a test. The NCAA Eligibility Center can accept official scores only from ACT or SAT and we won't use the scores from your high school transcript. If you direct the ACT or SAT to send us your scores every time you take a test, we will choose the best scores from each test subject to create your sum score.

DIVISION I REQUIREMENTS

To play sports at a Division I school, you must graduate from high school and meet ALL the following requirements:

1. Complete 16 NCAA core courses:
 - 4 years of English
 - 3 years of math (Algebra 1 or higher)
 - 2 years of natural/physical science (including one year of lab science if your high school offers it)
 - 2 years of social science
 - 1 additional year of English, math or natural/physical science
 - 4 additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
2. Complete 10 NCAA core courses, including seven in English, math or natural/physical science, before your seventh semester.
3. Earn at least a 2.3 GPA in your NCAA core courses.
4. Earn an ACT sum score or SAT combined score that matches your core-course GPA on the Division I sliding scale.