



# NCAA Student Athlete Options & Opportunities



# Resources



AUSTRALIAN  
ATHLETICS

EVENTS & RESULTS ▾

FAN HUB ▾

PARTICIPANT HUB ▾

INFO HUB ▾

NEWS

JOIN THE COMMUNITY

## NCAA ATHLETES

AA is also very keen to keep close contact with Australian athletes who are attending college or university in the US to support them in making the best decision for their future, as well as providing on-going support and communication for athletes already at college in the US.

To assist athletes in making a decision, we've put together a guide on [Navigating the USA Collegiate System](#).

We also have the following video in which Adam Didyk and Sean Whipp [discuss the NCAA system and application process](#).

If you're considering attending college in the US and are happy for Athletics Australia to pass your details onto colleges, please fill out the NCAA Recruitment Availability Form below.

Once you decide to attend college in the US, and wish to keep in contact with Athletics Australia, please complete the NCAA Athlete Declaration Form below, which will give you access to the AA NCAA Facebook group.

Further information about NCAA recruitment and eligibility can be found below, as well as Information on the recruiting calendar.

If you have any questions around the college system, or are a college coach wishing to discuss athletes, please contact Adam Didyk at [adam.didyk@athletics.org.au](mailto:adam.didyk@athletics.org.au)



NCAA RECRUITMENT AVAILABILITY FORM

LINK

NCAA ATHLETE DECLARATION FORM

LINK



# “NCAA / College” What is it?





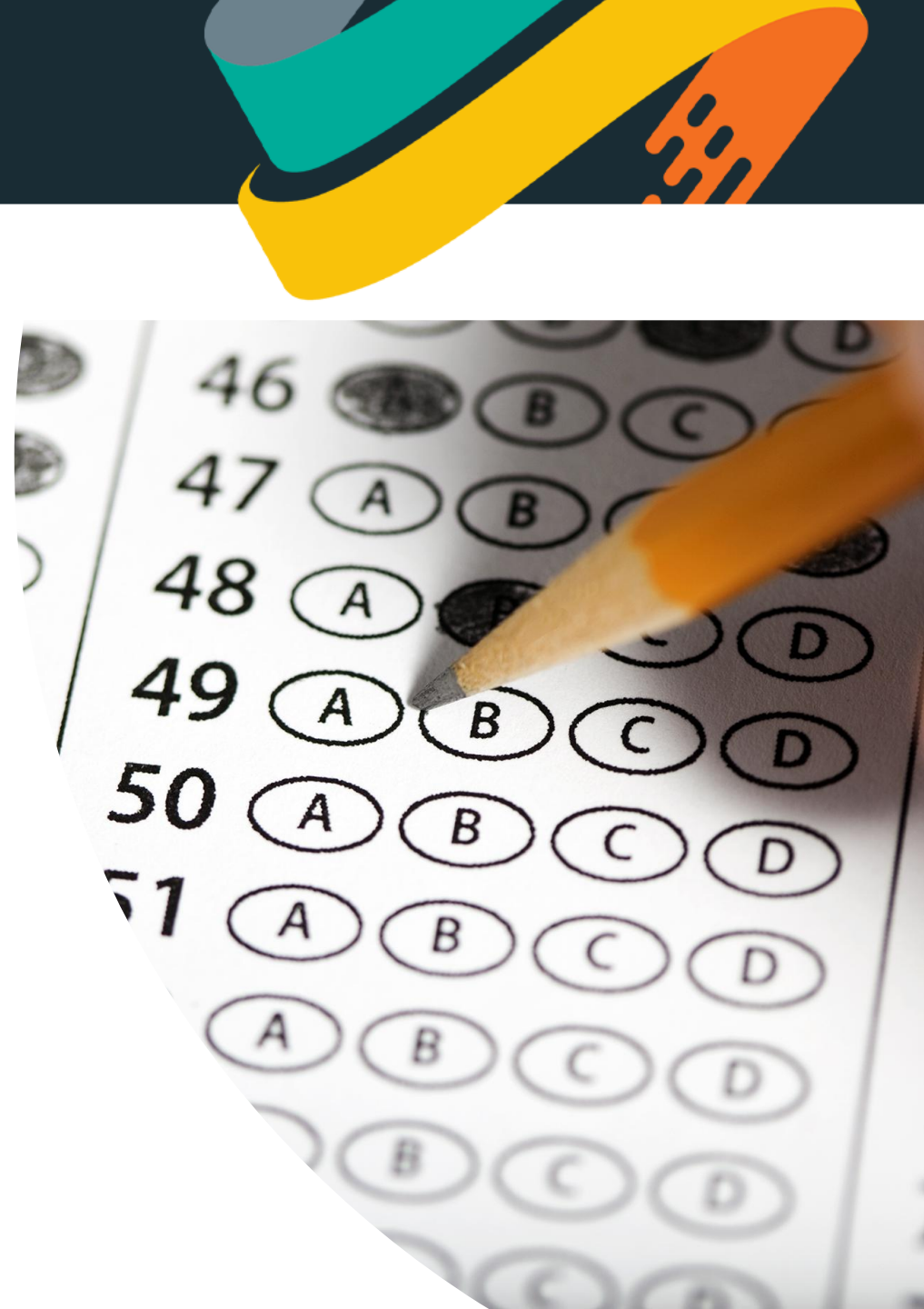
# **INTEREST: ACADEMICS vs ATHLETICS**

# ACADEMIC CHECKLIST (YEAR 9- 12)

- **Complete 16 core courses:**
  - Four years of English
  - Three years of math (Algebra 1 or higher)
  - Two years of natural/physical science (including one year of lab science if your high school offers it)
  - One additional year of English, math or natural/physical science
  - Two years of social science
  - Four additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
- Complete 10 core courses, including seven in English, math or natural/physical science, before you start year 12.
- Earn at least a 2.3 GPA in your core courses.  
**(A= 4.0, B = 3.0, C=2.0, D= 1.0, E=1.0, F=0)**

\*Earn an SAT combined score or ACT sum score matching your core-course GPA on the Division I sliding scale, which balances your test score and core-course GPA. If you have a low test score, you need a higher core-course GPA to be eligible. If you have a low core-course GPA, you need a higher test score to be eligible.

\*\**(N.B SAT / ACT may be requested by the institution, but is not a requirement. Current practices suggest this may be mandatory in the future.)*



# NCAA Eligibility Center

YEAR  
**9**  
REGISTER

- » If you haven't yet, **register** for a free Profile Page account at [eligibilitycenter.org](https://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 country's NCAA-approved core courses at [on.ncaa.com/IntlGuide](https://on.ncaa.com/IntlGuide) to ensure you're taking the right courses, and earn the best grades possible!

YEAR  
**10**  
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 **Eligibility Center account** for next steps.
- » Research the admission requirements for NCAA schools you're interested in attending.
- » At the end of the school year, **submit an official transcript** from years nine and 10 in your native language, and include a certified line-by-line **English translation**.
- » Use the **Division I and II Worksheets** to plan accordingly and monitor your progress toward meeting NCAA initial-eligibility requirements.

YEAR  
**11**  
STUDY

- » Ensure your **sports participation** information is correct in your Eligibility Center account.
- » Check with your school or program 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**.
- » Take **unofficial and official visits** to NCAA schools you're interested in attending and start applying early.
- » At the end of the school year, **submit an official transcript** from years nine and up in your native language, and include a certified line-by-line **English translation**.

YEAR  
**12**  
GRADUATE

- » Be accepted to the NCAA school you plan to attend.
- » Ensure your **sports participation** information is correct and **request your final athletics certification** beginning April 1 (fall enrollees) or Oct. 1 (winter/spring enrollees) in your Eligibility Center account.
- » Complete your final NCAA-approved **core courses** as you prepare for graduation.
- » After you graduate, **submit an official transcript** and proof of graduation from years nine and up in your native language, and include a certified line-by-line **English translation**.

## International Resources

- » [Guide to International Academic Standards for Athletics Eligibility.](#)
- » [Country-Specific International Webpages.](#)
- » [ncaa.org/international.](https://ncaa.org/international)
- » [Document Submission Guidelines.](#)
- » [Course Title Usage For International Education.](#)
- » [Frequently Asked Questions.](#)

**CONTACT THE NCAA ELIGIBILITY CENTER**

International (including Quebec):

[on.ncaa.com/intlcontact](https://on.ncaa.com/intlcontact)



[X @ncaaec](#) [@ncaaec](#) [@ncaaec](#) [@ncaaec](#) [@playcollegesports](#)

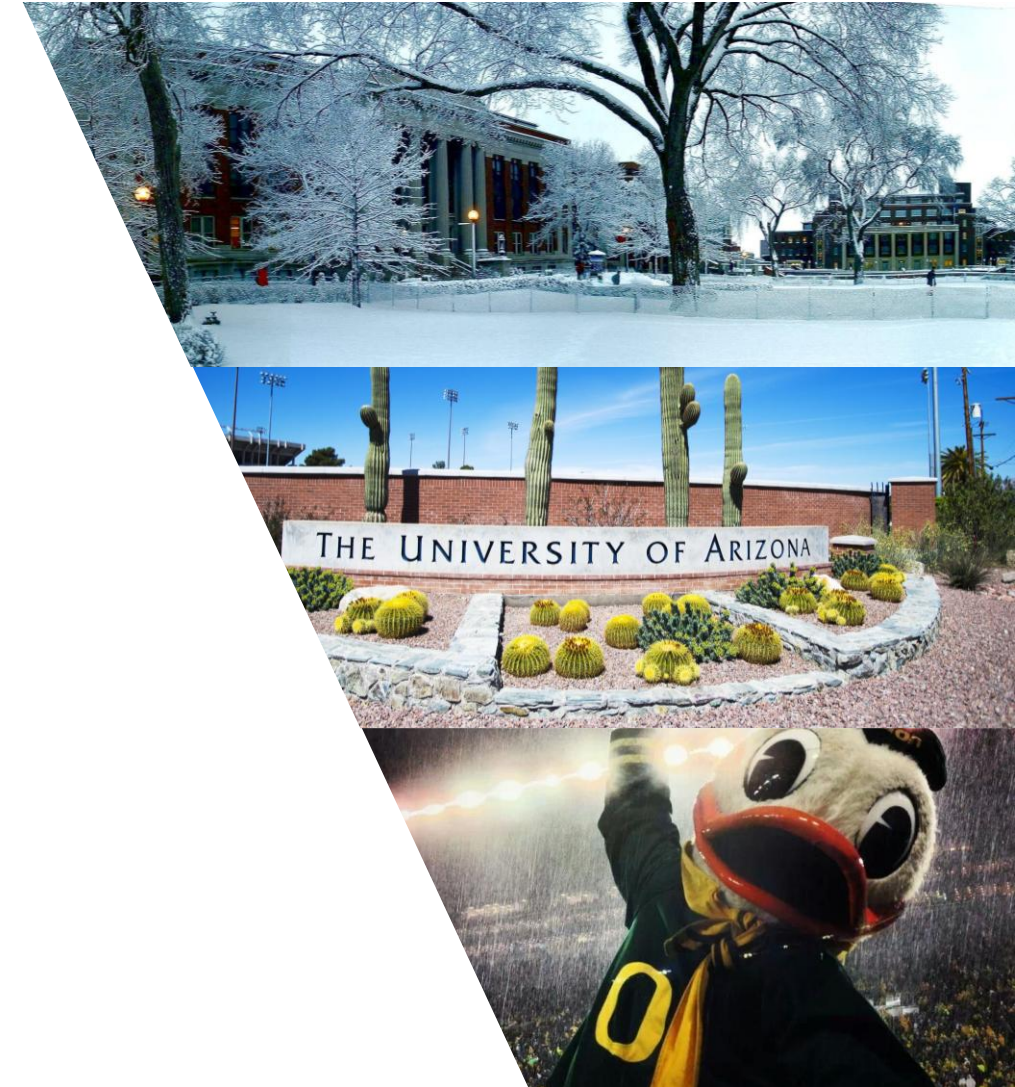
# COLLEGE CALENDAR

- **Fall Semester (August – December)**
  - Cross Country (August – November)
- **Spring Semester (January – May)**
  - Indoor Track (January to March)
  - Outdoor Track (April to June)
- **Summer Semester (June to August)**
  - Offseason



# WEATHER

- **Hot** Tuscon, AZ – July (38/25), Aug (37/24), November (23/9), December (19/5)
- **Cold** Minneapolis, Minnesota – July (29/18), Aug (27/16), November (5/-3), December (-3/-11), January (-5/-15), February (-2/-11), March (5/-5)
- **Rainy** = USC (23 days in a year), University of Oregon 129.5cm annually (Melbourne 6.5cm annually)



# RESEARCH

- TFRRS – The virtual fact-checker
- Divisions – I vs II vs III
- Conferences – PAC-12, SEC, ACC – What do they mean competitively?
- School size
- Event schools
  - The effect of ‘distance’ schools - Portland, USF, Colorado, NAU, Michigan, BYU, Villanova, Providence, Syracuse, Iona
  - Campbell/UTEP/Alabama
- NIL (Name, Image and Likeness)
  - Available to international athletes, however you need to perform any sponsors obligations in Australia only.
  - Some schools have Revenue Sharing available for Track/Cross Country athletes.
    - Money that can be paid on top or in place of scholarship.



# TFRRS – THE VIRTUAL FACT-CHECKER

The screenshot displays the TFRRS website interface. At the top, there is a navigation bar with the TFRRS logo on the left and tabs for TEAMS, CONFERENCES, MEET RESULTS, and PERFORMANCE LISTS. A LOGIN / REGISTER button is located on the right side of the navigation bar.

The main content area is divided into two sections. The left section, titled "LATEST RESULTS", features a sub-header "2019-20 WEEK 9" and an RSS feed icon. Below this is a table listing various track and field events.

Date	Event Name	State	Venue
Feb 2	University of South Alabama Jaguar Invitational	AL	Birmingham Metro CrossPlex
Feb 2	Mondo College Invitational	NC	JDL Fast Track
Feb 1	On Your Marks	CA	Westmont College (In)
Feb 1	Wesleyan University Invitational	CT	Wesleyan-Bacon FH
Feb 1	2020 Grinnell Indoor Invitational	IA	Grinnell-Bear Athletic Center
Feb 1	Titan Open 2020	IL	Illinois Wesleyan-Shirk Center
Feb 1	2020 ONU Invitational	IL	Olivet Nazarene-Student Rec. Center
Feb 1	IWU Midwest Indoor Classic	IN	Indiana Wesleyan-Indoor Sports Complex
Feb 1	Indianapolis Greyhound Invitational	IN	ARC-Indianapolis
Feb 1	Anderson Indoor Invite 2020	IN	Anderson U.-Wellness Center
Feb 1	Wendy's / Pittsburg State Invitational	KS	Pittsburg St-Robert W. Plaster Center
Feb 1	Boston University Bruce Lehane Scarlet and White Invite	MA	Boston University-Track & Tennis Center

The right section, titled "OFFICIAL QUALIFIER LISTS", is presented by the U.S. Track & Field and Cross Country Coaches Association. It features two tabs: "INDOOR" (selected) and "OUTDOOR". Below the tabs is a list of official qualifier events:

- NCAA DIV. I (Men | Women)
- NCAA DIV. II (Men | Women)
- NCAA DIV. III (Men | Women)
- NAIA (Men | Women)
- NJCAA (Men | Women)
- NCCAA (Men | Women)

# TFRRS – UNDERSTANDING THE LINGO

- **Freshman/FR-1:** First year of competing
- **Sophomore/SO-2:** Second year of competing
- **Junior/JR-3:** Third year of competing
- **Senior/SR-4:** Fourth year of competing
- **Team:** University/college
- **Conference:** A collection of universities that compete against each other regularly and are typically located geographically close to one another.
- **Performance List:** Allows you to sort by Division (I,II, III), Conference and season (indoor track, outdoor track)

\***Redshirt:** Did not compete in a season, could be because of academics, injury or performance. (May be impacted by new legislation)

2019 NCAA Division I Outdoor Qualifying (FINAL) 2019 NCAA Division I Outdoor Qualifying List

DISPLAYING: Top 95, All Events, All Years, Women

COMPARE 2+ TEAMS FILTER BY ATHLETE/TEAM

FILTER BY TEAM FIND AN ATHLETE

QUICK LINKS: 100 | 200 | 400 | 800 | 1500 | 5000 | 10,000 | 100H | 110H | 400H | 3000S | 4x100 | 4x400 | HJ | PV | LJ | TJ | SP | DT | HT | JT | Hep | Dec

### 100 Meters (Women)

	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	WIND
1	White, Kayla	SR-4	N. Carolina A&T	10.96	MEAC Outdoor Track & Field Championships	May 2, 2019	1.5
2	Terry, Twanisha	SO-2	USC	10.99	USC vs UCLA	Apr 27, 2019	2.1
3	Richardson, Sha'Carri	FR-1	LSU	11.00	SEC Outdoor Track & Field Championships	May 9, 2019	2.1
4	Gray, Kianna	SR-4	Kentucky	11.06	SEC Outdoor Track & Field Championships	May 9, 2019	2.1
5	Grant, Kiara	SO-2	Norfolk State	11.07	MEAC Outdoor Track & Field Championships	May 2, 2019	3.4

# PERFORMANCE STANDARDS

- **What does it take?**

- Performance standards
- Exceptions – the Ivy League & Colorado/Virginia Tech examples

- **Scholarships**

- Roster Limits
  - 17 Cross Country
  - 45 Track and Field
- Not all scholarships are full scholarships. Can be offered a combination of books, housing, food, tuition.

- There is some proposed legislation about 5 years of eligibility that would remove redshirts and medical exemptions (potentially also international competition waivers).

***5 Years from 19<sup>th</sup> Birthday or Last day of High School (whichever occurs first)***

- Between roster limits and five years of eligibility, some schools are moving to single year contracts, so they aren't bound to an athlete for 4-5 years.



# PERFORMANCE STANDARDS



EVENT:	MEN'S SCHOLARSHIP:	WOMEN'S SCHOLARSHIP:
100 METERS	10.40	11.45
200 METERS	20.80	23.30
400 METERS	46.40	53.50
800 METERS	1:48.00	2:05.00
1600 METERS	4:04.00	4:40.00
3200 METERS	8:45.00	10:00.00
100/110 METER HURDLES	13.60	13.35
300 METER HURDLES	36.50	41.70
400 METER HURDLES	51.30	57.00
POLE VAULT	17' 1 (5.21M)	13' 7 ¼ (4.15M)
HIGH JUMP	7' 0 ¼ (2.14M)	5' 10 ¼ (1.80M)
LONG JUMP	24' 7 ¼ (7.50M)	20' 8 (6.30M)
TRIPLE JUMP	50' 10 ¼ (15.50M)	43' 0 (13.10M)
SHOT PUT	63' 0 (19.20M) (12lbs) 59' 0 ¼ (18.00M) (7.26K)	49' 9 (15.15M)
DISCUS	203' 0 (61.87M) (1.6K) 185' 4 (56.50M) (2K)	162' 5 (49.50M)
JAVELIN	225' 0 (68.58M)	162' 5 (49.50M)
HAMMER	230' 0 (70.10M) (12lbs) 216' 6 (66.00M) (7.26K)	193' 1 (58.85M)
MEN'S HEPTATHLON	5,400 POINTS	
WOMEN'S PENTATHLON		4,000 POINTS
MEN'S DECATHLON	7,500 POINTS	
WOMEN'S HEPTATHLON		5,400 POINTS

EVENT:	MEN'S WALK-ON:	WOMEN'S WALK-ON:
100 METERS	10.65	11.80
200 METERS	21.50	24.40
400 METERS	47.50	55.20
800 METERS	1:50.00	2:08.00
1600 METERS	4:08.00	4:50.00
3200 METERS	8:55.00	10:30.00
100/110 METER HURDLES	14.10	13.90
300 METER HURDLES	37.10	43.00
400 METER HURDLES	52.50	59.90
POLE VAULT	16' 3 (4.95M)	13' 0 (3.97M)
HIGH JUMP	6' 10 (2.09M)	5' 9 (1.76M)
LONG JUMP	24' 0 (7.32M)	20' 0 (6.10M)
TRIPLE JUMP	50' 0 (15.24M)	41' 6 (12.65M)
SHOT PUT	60' 0 (18.29M) (12lbs) 57' 0 (17.37M) (7.26K)	45' 11 (14.00M)
DISCUS	193' 0 (58.82M) (1.6K) 169' 11 (51.81M) (2K)	147' 7 (45.00M)
JAVELIN	215' 0 (65.53M)	141' 1 (43.00M)
HAMMER	220' 0 (67.05M) (12lbs) 200' 0 (60.96M) (7.26K)	180' 5 (55.00M)
MEN'S HEPTATHLON	5,000 POINTS	
WOMEN'S PENTATHLON		3,800 POINTS
MEN'S DECATHLON	7,000 POINTS	
WOMEN'S HEPTATHLON		5,000 POINTS

- Sprints / Hurdle times must be electronic timing (F.A.T.)

# THE APPLICATION PROCESS

- **Contact coach at programs you're interested in**
    - Their contact information is readily available on the teams website
    - Best to provide your name, date of birth, when you'll graduate high school, SAT/ACT score, current GPA, athletic performances (personal bests, championships), vision of performance
    - Huge help in the application process, particularly NCAA Eligibility Centre and specific university requirements.
  - **SAT/ACT's**
    - Standardised testing (Maths/English – 5hr test)
    - Educational advantages in scholarship discussions
  - **NCAA Eligibility Centre**
    - Amateurism
    - Grant in Aid (previously National letter of intent).
  - **College Recruiting Agency**
    - May assist with Eligibility Requirements
    - Support Visa processes
    - **Typical Cost Range (Australia → NCAA)**  
**AUD \$3,000 – \$10,000+ total**
- Most Australian student-athletes who use a recruiting agency to compete in the NCAA will fall somewhere in this range, depending on sport, service level, and pathway.

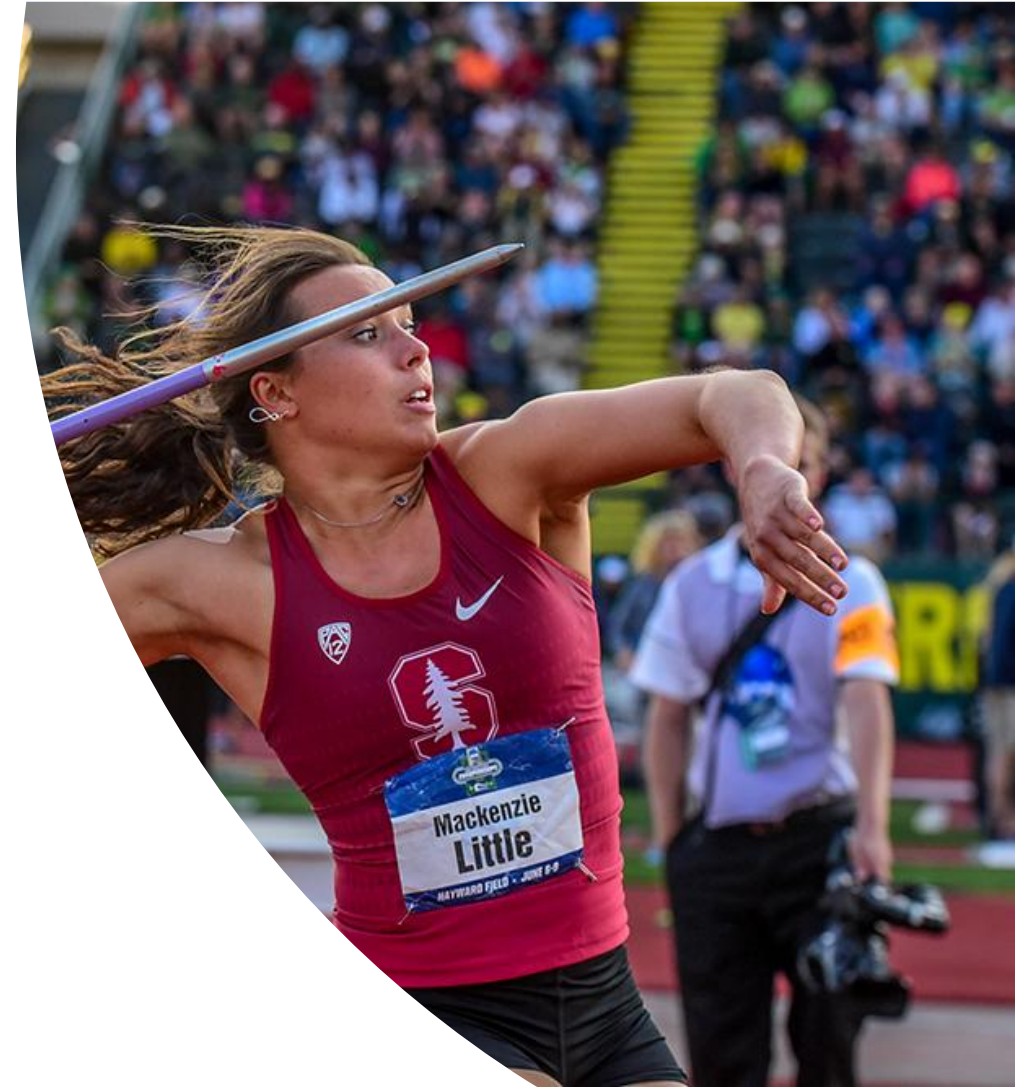
[www.ncaa.org/student-athletes/future/amateurism](http://www.ncaa.org/student-athletes/future/amateurism)

[www.eligibilitycenter.org](http://www.eligibilitycenter.org)



# RECRUITING CALENDAR

- Recruiting Method
- Recruiting Materials and Electronic Correspondence (e.g., recruiting letters, social media messages, text messages)
- You may receive brochures for camps, questionnaires, NCAA materials and non-athletics recruiting publications at any time. A coach may begin sending you recruiting materials and electronic correspondence June 15 between Year 10 & 11 in high school.
- Phone Calls / Emails / Messages to You or your family - a Coach may call a coach beginning December 15<sup>th</sup> after the completion of Year 10 until your first day of school in Year 11.
  - Child Safeguarding considerations
- Off-campus Contact: A college coach may have contact with you or your family off the college's campus beginning First day of class in Year 11.
- Unofficial Visit: You and your family may visit a college at your own expense beginning August 1 of your junior year in high school. This may be covered by the college(s) you choose to visit.
- Official Visit: A college may pay for you to visit the college beginning August 1 of your junior year in high school.
  - (Generally 2 nights accommodation for recruiting purposes)
- Recruiting at events - no coach contact can occur until the athlete has finished competition for that day. Also, no contact at a competition site prior to competition - e.g. an athlete couldn't meet with a coach at nationals in the days before they compete.



# NCAA Websites

- [www.ncaa.org/international](http://www.ncaa.org/international)
- [www.ncaa.org/student-athletes/future/amateurism](http://www.ncaa.org/student-athletes/future/amateurism)
- [www.eligibilitycenter.org](http://www.eligibilitycenter.org)
- <https://nilgo.com/>
  - Athletes with NIL deals valued at greater than \$600USD need to register with NIL Go, run by Deloitte.



# Current AA Engagement



- PTP – Overseas athletes

*AA recognise that developing athletes may choose to further their education outside of Australia, and, in some cases, athletes eligible to compete for Australia may reside overseas*

For those who nominate, being a part of PTP allows the athlete to fill any gaps they might have on the ground at their college, while also having access to those professionals when they make the trip back to Australia.

It also allows a connection to AA with any competition opportunities as well as team and selection policy updates.

# Pre Collegiate



- NCAA Contact Availability Form (Online)
  - Provides Permission for AA to provide contact details to Recruiting Coaches.
- Information sessions on NCAA
- Detailed Recruiting guidelines supporting Collegiate Compliance
- NCAA Declaration Form (**QR Code**)
  - Contact details (Athlete / Program Coach / Personal Coach)
  - Eligibility details
  - Pre collegiate performance / AA Teams
- Collegiate Coach Support



# Post Collegiate



- Mentoring
  - Opportunity to discuss options with AA's NCAA Liaison
  - Contact with AA's NCAA Mentors
  - Do I stay or do I come home?
  - What's on Offer in Australia?