2019 FOOTBALL RECRUITING GUIDELINES

THE MUST KNOW INFORMATION FOR ASPIRING FOOTBALL ATHLETES

IMPORTANT RECRUITING TERMS

DEAD PERIOD: A college coach may not have any face-to face contact with you or your parents on or off the college campus at any time during a dead period. The coach may write and call you or your parents during this time.

CONTACT PERIOD: During a contact period, a college coach may have face-to-face contact with you or your parents, watch you compete or visit your high school and write or telephone you or your parents.

EVALUATION PERIOD: During an evaluation period, a college coach may watch you compete, visit your high school and write or telephone you or your parents. However, a college coach may not have face-to-face contact with you or your parents off the college's campus during an evaluation period.

QUIET PERIOD: During this time, a college coach may not have any in-person contact with you or your parents off the college's campus. The coach may not watch you play or visit your high school during this period. You and your parents may visit a college campus during this time. A coach may write or call you or your parents during this time.

OFFICIAL VISIT: During an official visit, the college can pay for transportation to and from the college for you, lodging and meals (DI allows for up to three meals per day) for you and your parents or guardians, as well as reasonable entertainment expenses including three tickets to a home sports event. Before a college may invite you on an official visit, you will have to provide the college with a copy of your high school transcript and ACT, SAT or PLAN score (test scores are required for DI only) and register with the NCAA Eligibility Center.

UNOFFICIAL VISIT: Any visit by you and your parents to a college campus paid for by you or your parents. The only expense you may receive from the college is three complimentary admissions to a home athletics contest. You may make as many unofficial visits as you like and may take those visits at any time. The only time you cannot talk with a coach during an unofficial visit is during a dead period.

CONTACTING COLLEGE COACHES

GENERAL INFORMATION

General information includes camp brochures, questionnaires, and admissions information

ALL DIVISIONS: Anytime

PERSONALIZED RECRUITING MATERIALS

You may receive any written information including personal emails and letters.

DIVISION I: September 1 of junior year
DIVISION II: June 15 after sophomore year
OTHER DIVISIONS: Anytime

OFF-CAMPUS CONTACTS

This means you can visit the coach off their college campus.

DIVISION I: Following the last Sunday of November during senior year
DIVISION II: June 15 after sophomore year
DIVISION III: After sophomore year
NAIA: Anytime

UNOFFICIAL VISITS

You are allowed to take an unlimited amount of unofficial visits at any time during your career. An unofficial visit is any visit by you and your parents to a college campus paid for by you and your parents.

ALL DIVISIONS: Anytime

OFFICIAL VISITS

An official visit is any visit to a college campus by you and your parents paid for by the college.

DIVISION I: Allowed on the first day of classes senior year. You are limited to one official visit per college, up to a maximum of five official visits total
DIVISION II: Allowed June 15 after Sophomore Year
DIVISION III: Allowed January 1 of Junior Year
NAIA: Anytime

EVALUATION PERIOD

Remember, you are always allowed to call coaches, but there are several restrictions about when they can call you.

DIVISION I: Once from April 15 to May 31 of junior year
Once per week beginning September 1 of senior year
DIVISION II: Unlimited June 15 after sophomore year
DIVISION III/NAIA: Anytime

CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS: Anytime

DIVISION I WORKSHEET

This worksheet is provided to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The NCAA Eligibility Center will determine your academic status after you graduate. (Remember to check your high school's list of NCAA Courses for the classes you have taken.) Use the following scale:

A = 4 quality points; B = 3 quality points; C = 2 quality points; D = 1 quality point.

English (4 years required)

Course Title	**Credit**	**X**	**Grade**	**=**	**Quality Points (multiply credit by grade)**
Example: English 9	.5		A		(.5 x 4) = 2

Total English Units — Total Quality Points

Mathematics (3 years required)

Course Title	**Credit**	**X**	**Grade**	**=**	**Quality Points (multiply credit by grade)**
Example: Algebra 1	1.0		B		(1.0 x 3) = 3

Total Mathematics Units — Total Quality Points

Natural/physical science (2 years required)

Course Title	**Credit**	**X**	**Grade**	**=**	**Quality Points (multiply credit by grade)**

Total Natural/Physical Science Units — Total Quality Points

Additional year in English, mathematics or natural/physical science (1 year required)

Course Title	**Credit**	**X**	**Grade**	**=**	**Quality Points (multiply credit by grade)**

Total Additional Units — Total Quality Points

Social science (2 years required)

Course Title	**Credit**	**X**	**Grade**	**=**	**Quality Points (multiply credit by grade)**

Total Social Science Units — Total Quality Points

Additional academic courses (4 years required)

Course Title	**Credit**	**X**	**Grade**	**=**	**Quality Points (multiply credit by grade)**

Total Additional Academic Units — Total Quality Points

Core-Course GPA (16 required) Beginning August 1, 2016, 10 core courses to be completed prior to the seventh semester and seven of the 10 must be a combination of English, math or natural or physical science.

Total Quality Points _____ Total Number of Credits _____

Core-Course GPA (Total Quality Points/Total Credits) _____

*Source: NCAA Guide for the College-Bound Student Athlete

BODY TYPE BY DIVISION

DI-A

	HT	WT	40	BENCH	SQUAT
QB	6'4	220	4.6	275	375
RB	5'10	200	4.4	300	400
WR	6'2	190	4.4	250	325
TE	6'4	230	4.6	300	425
OL	6'5	280	5.0	325	450
S	6'2	200	4.5	300	400
CB	6'0	185	4.4	250	325
LB	6'2	220	4.5	300	425
DL	6'4	250	4.6	325	450

D I-A A /JC

	HT	WT	40	BENCH	SQUAT
QB	6'2	200	4.6	250	350
RB	5'9	190	4.5	275	375
WR	6'0	175	4.5	225	300
TE	6'3	220	4.7	275	400
OL	6'3	270	5.2	300	425
S	6'1	190	4.6	275	375
CB	6'0	185	4.5	225	300
LB	6'1	210	4.6	275	400
DL	6'3	230	4.7	300	425

DII/NAIA

	HT	WT	40	BENCH	SQUAT
QB	6'0	200	4.7	225	325
RB	5'8	180	4.6	250	350
WR	5'10	165	4.6	200	275
TE	6'2	215	4.8	250	375
OL	6'1	260	5.3	275	400
S	5'11	185	4.7	250	350
CB	5'10	175	4.6	200	275
LB	6'0	200	4.7	250	375
DL	6'2	220	4.8	275	400

DIII

	HT	WT	40	BENCH	SQUAT
QB	5'10	180	4.8	200	300
RB	5'7	160	4.7	225	325
WR	5'8	150	4.7	175	250
TE	6'1	205	4.9	225	350
OL	6'0	235	5.4	250	375
S	5'10	180	4.8	225	325
CB	5'9	160	4.7	175	250
LB	5'10	190	4.8	225	350
DL	6'0	210	4.9	250	375

**Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

FILMING BY POSITION

QUARTERBACKS

- Touchdown passes
- Rushing touchdowns
- Precision passes - hitting WR in stride
- Out passes (ball on a line)
- Deep throws
- Quick series throws
- Scrambles
- Throwing on the run
- 3 & 5 Step Drops - footwork
- Option style running QB highlights
- Taking snaps from under center

WIDE RECEIVERS

- Touchdown catches
- Route running
- Great fundamental catches
  - Sideline catch
  - In traffic catch
  - In stride catch
  - Tipped ball catch
  - Coming back to the ball catch
- Catching the ball with your hands
- Downfield stalk blocking, crack blocks, physical blocking
- Yards after catch

RUNNING BACKS

- Yards after contact
- Change of direction
- Touchdowns (rushing & receiving)
- Breakaway runs - field vision (cutback runs)
- Running routes
- Catching the football
- Blocking

OFFENSIVE LINEMAN

- Solid technique
- Good footwork
- Low pad level
- Pulling and trapping
- Pass blocking
- Knock downs
- Blocking at second level
- Finishing blocks
- Knee bend

DEFENSIVE LINEMAN

- Solid technique tackles & big hits
- Forced fumbles & batted passes
- QB pressures, knockdowns, sacks
- Tackles for loss, defeating the block (OL)
- DL techniques - use of hands, spin move, bull rush technique, rip move
- Penetration
- Redirect
- First step quickness

LINEBACKERS

- Solid technique tackles & big hits
- Pass drops - lat & vert footwork
- Pass deflections
- Tackles for a loss
- QB pressures, knockdowns, sacks
- Gap filling on run plays - defeating the block (OL & RB)
- Sideline to sideline pursuit

DEFENSIVE BACKS

- All big hits & big plays
- Open field tackles
- Pass deflections and interceptions
- Flowing to the play & stopping the run
- Cover speed (in coverage & downfield), recovery speed (chasing down a play)
- Ball skills
- Back pedal
- Transition
- Turn and run
- Breaking on the ball

CONNECT WITH US:

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GET RECRUITED TODAY.
Contact NCSA Athletic Recruiting for more information on how to take control of your recruiting process.

#MYTIME2WIN

312.205.7514
WWW.NCSASPORTS.ORG

HOW TO FILM:

- Be sure to film all of the players on the field, not just the featured player.
- Give a wide enough angle so the coach can watch the entire play develop.
- A tripod is highly recommended.
- Shoot from an elevated location, with a clean line of sight.
- The camera view should not be obstructed.
- Do not zoom in and out.

ACADEMIC-ELIGIBILITY REQUIREMENTS: DIVISION I

If you want to participate in athletics or receive an athletics scholarship during your first year, you must:

- Graduate from high school
- Complete these 16 core courses:
    - 4 years of English
    - 3 years of math (Algebra 1 or higher)
    - 2 years of natural or physical science (including one year of lab science if offered by your high school)
    - 1 extra year of English, math or natural or physical science
    - 2 years of social science
    - 4 years of extra core courses (from any category above, or foreign language, comparative religion or philosophy)
- Earn a minimum required grade point average of 2.3 in your core courses
- Earn a combined SAT or ACT score that matches your core-course grade-point average and test score sliding scale (for example, 2.400 core-course grade-point average needs an 860 SAT)

Requirement to graduate with your high school class

You must complete the 16 core-course requirement in eight semesters, which begins when you initially started high school with your ninth-grade class. If you graduate from high school in eight semesters with your class, you may use one core-course unit completed within one year after graduation (summer or academic year) to meet NCAA Division I initial eligibility requirements.

You may complete the core course at a location other than the high school from which you graduate and may initially enroll full time at a college or university at any time after completion of the core course.

Test Score Requirements

SAT and ACT Requirements

You must achieve the required score on the SAT or ACT before full-time collegiate enrollment. You must do this whether you are a citizen of the United States or an international country. Also, state-administered ACT exams will be accepted by the NCAA Eligibility Center.

Note: An inquiry may be submitted to the testing agency if there is an inconsistency between your academic record and your standardized examination score (e.g., core grade-point average versus ACT or SAT score) or multiple standardized examination scores (e.g., ACT versus SAT).

Remember: All SAT and ACT scores must be reported to the NCAA Eligibility Center directly from the testing agency. Test scores reported on a high school transcript will not be accepted.

When registering for the SAT or ACT, input the NCAA Eligibility Center code of 9999 to make sure the score is reported directly from the testing agency to the NCAA Eligibility Center.

NCAA D-1 SLIDING SCALE

CORE GPA	SAT	ACT	CORE GPA	SAT	ACT
3.550	400	37	2.750	720	59
3.525	410	38	2.725	730	60
3.500	420	39	2.700	740	61
3.475	430	40	2.675	750	61
3.450	440	41	2.650	760	62
3.425	450	41	2.625	770	63
3.400	460	42	2.600	780	64
3.375	470	42	2.575	790	65
3.350	480	43	2.550	800	66
3.325	490	44	2.525	810	67
3.300	500	44	2.500	820	68
3.275	510	45	2.475	830	69
3.250	520	46	2.450	840	70
3.225	530	46	2.425	850	70
3.200	540	47	2.400	860	71
3.175	550	47	2.375	870	72
3.150	560	48	2.350	880	73
3.125	570	49	2.325	890	74
3.100	580	49	2.300	900	75
3.075	590	50	2.275	910	76
3.050	600	50	2.250	920	77
3.025	610	51	2.225	930	78
3.000	620	52	2.200	940	79
2.975	630	52	2.175	950	80
2.950	640	53	2.150	960	81
2.925	650	53	2.125	970	82
2.900	660	54	2.100	980	83
2.875	670	55	2.075	990	84
2.850	680	56	2.050	1000	85
2.825	690	56	2.025	1010	86
2.800	700	57	2.000	1020	86
2.775	710	58			

NOTE: To compete in Division I, students enrolling on or after August 1, 2016 must earn a minimum 2.300 GPA in 16 core courses, 10 of which must be completed before the start of the seventh semester (seven of those 10 courses will become locked in for purposes of GPA calculation), and must earn a combined SAT or ACT score that matches your core-course GPA on the sliding scale above. The required 10 core courses prior to the start of the seventh semester and the "locked in" courses do not apply to academic redshirts (GPA between 2.000-2.299).

REMEMBER:

Meeting the NCAA academic requirements does not guarantee your admission into a college. You must apply for college admission.

NOTES: