

## RSF Attack Soccer Recruiting Guide

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Men's Soccer Scholarships Allowed Per Team\*

**D1: 9.9 /// D2: 9 /// NAIA: 12 /// JC: 18**

Women's Soccer Scholarships Allowed Per Team\*

**D1: 14 /// D2: 9.9 /// NAIA: 12 /// JC: 18**

*\*These are spread out through the roster. Most college rosters have 20+ players. Some players could get a full athletic scholarship, some could get as low as 10% or none.*

There are no D3 athletic scholarships. Ivy League schools also, even though they are D1, don't offer athletic scholarships. Ivy League & D3 coaches help players find other scholarships to help cover costs.

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### GRADES MATTER!

Coaches will want a high GPA and high SAT/ACT scores to get you through admissions and to get you more academic scholarship ("merit") assistance to supplement a partial athletic scholarship.

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### Number of College Soccer Programs in 2014:

Men: D1: 203 /// D2: 204 /// D3: 410 /// NAIA: 193 /// JC: 216

Women: D1: 328 /// D2: 255 /// D3: 437 /// NAIA: 197 /// JC: 184

*The vast majority of college soccer opportunities are OUTSIDE Division 1!*

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### FAQ:

- **What's a "verbal commitment?"** A verbal commitment happens when you verbally agree to play sports for a college. The commitment is NOT binding on you or the school and can be made at any time. NCAA rules bar coaches and athletic programs from mentioning verbal commitments in the media -- which is why you see athletes talking about them, but never the coaches or schools.
- **What's a "walk-on?"** Someone who does not receive a scholarship, but who becomes a member of an athletic team.
- **What's an NLI?** National Letter of Intent -- a document signed by you agreeing to attend a D1 or D2 college for one academic year. 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 participating schools are prohibited from recruiting students who have already signed NLIs with other participating schools. **Soccer players sign NLIs in February of their senior year.**

# NCAA Soccer Recruiting Rules through High School

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## FRESHMAN & SOPHOMORE YEARS

### Communication with NCAA soccer coaches:

- Coaches may send general invitations for camps and questionnaires.
- Coaches can not visit you in your home or seek you out off-campus to talk to you.
- Coaches cannot call, email, or text you, but they can answer if you call them.
- They can call your club or HS coach -- always include your coach's name and phone number in any email you send to a coach!

D3 & NAIA Coaches can call and email you directly during your freshman & sophomore years.

### Campus Visits:

- NCAA official visits are not allowed. Official visits are trips that are paid for by the school.
- Unofficial visits are allowed. Unofficial visits are trips you plan and pay for yourself.

If you happen to run into a coach on campus, he/she can talk with you. When you plan to visit a school, email and call the coach ahead of time. Let the coach know when you will be visiting the school and that you will come by the athletics department to try to meet him/her.

### Tips for these years:

- **Start keeping a notebook or spreadsheet**, listing and organizing which colleges you have contacted. Note if/when you fill out the athletic questionnaire and the coaches' names & contact info. Also note when you email or call them. **YOU WILL THANK YOURSELF LATER!**
- Email coaches of programs that interest you. Include your coach's phone number and your team's schedule.
- Start working on a highlight video.
- Fill out the recruiting questionnaires on lots of schools' websites. Try to fill out 2 or 3 a week.
- Register with the NCAA Eligibility Center

# NCAA Soccer Recruiting Rules through High School

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## JUNIOR YEAR:

### Communication with NCAA soccer coaches:

- D1 coaches can call you and send letters & emails **starting Sept 1 of your junior year.**
- D1 coaches can not visit you in your home or initiate off-campus contact with you.
- D2 coaches can call, email, text, and initiate off-campus contact with you and your family starting **June 15 before junior year.**
- D3 coaches can call, email, text, and initiate off-campus contact with you and your family **once you have finished your sophomore year.**

*Remember: many D2 & D3 colleges don't start recruiting players until late in their junior year or their senior year, so don't worry if you don't have a lot of interest from D2 & D3 schools early in your junior year!*

### Campus Visits:

- D1 official visits are not allowed. Official visits are trips that are paid for by the school.
- D2 official visits are allowed starting **June 15th before your junior year.**
- D3 official visits are allowed starting **January 1st of your junior year.**
- You may make only one official visit per college.
- Unofficial visits are always allowed. If you happen to run into a coach on campus, he/she can talk with you.

### Official Visit info:

During an official visit, the college can pay for transportation to and from the college for you, lodging and meals for you and your parents/guardians, as well as reasonable entertainment expenses including three tickets to a home sports event. Before a D2 or D3 college may invite you on an official visit, you will have to provide the college with a copy of your high school transcript and register with the NCAA Eligibility Center.

### Tips for this year:

- **Attend ID camps** at colleges that interest you! Reach out to the coaching staff before the camp to tell them you are coming. Include the link to your highlight video.
- Tell your Attack coaches which schools you are visiting and which schools are your favorites.
- Keep emailing and calling coaches -- especially before you play in big tournaments. Include the link to your highlight video and your team's schedule.
- Keep your grades up!
- Register with the NCAA Eligibility Center if you haven't yet.
- Take the ACT, SAT, or both. Have the scores automatically sent to NCAA.

# NCAA Soccer Recruiting Rules through High School

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## SENIOR YEAR:

### Communication with NCAA soccer coaches:

- D1 coaches can visit you in your home or initiate off-campus contact with you and your family starting **July 1 after your junior year**.
- D1, D2 & D3 coaches can still call you and send letters & emails.
- D2 & D3 coaches can still initiate off-campus contact with you.

### Campus Visits:

- D1 official visits are allowed beginning **opening day of your senior year**.
- You are allowed up to a maximum of five official visits to D1 colleges.
- There is no limit to official visits to D2 and D3 colleges.
- You may make only one official visit per college.
- D2 official visits are allowed starting **June 15th before your junior year**.
- D3 official visits are allowed starting **January 1st of your junior year**.

### Official Visit info:

During an official visit, the college can pay for transportation to and from the college for you, lodging and meals for you and your parents/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 register with the NCAA Eligibility Center. Before a D1 college may invite you on an official visit, you will also need to provide an SAT, ACT, or PLAN score.

### Tips for this year:

- Enjoy your senior year!
- **Keep attending ID camps** at colleges that interest you! Reach out to the coaching staff before the camp to tell them you are coming. Include the link to your highlight video.
- Tell your Attack coaches which schools you are visiting and which schools are your favorites.
- Keep your grades up.
- Take the ACT/SAT again to try for higher scores so you can qualify for more merit aid.

Resources:

- [NCAA.org](http://NCAA.org)
- [NationalLetter.org](http://NationalLetter.org)
- [EligibilityCenter.org](http://EligibilityCenter.org)
- [NCSASports.org](http://NCSASports.org)
- [ScholarshipStats.com](http://ScholarshipStats.com)
- [AttackRecruiting.com](http://AttackRecruiting.com)