

College Athletics Recruiting Terms

Contact.

A contact occurs any time a coach has any face-to-face contact with you or your parents off the college's campus and says more than hello. A contact also occurs if a coach has any contact with you or your parents at your high school or any location where you are competing or practicing.

Contact period.

During this time, a college coach may have in person contact with you and/or your parents on or off the college's campus. The coach may also watch you play or visit your high school. You and your parents may visit a college campus and the coach may write and telephone you during this period.

Evaluation.

An evaluation is an activity by a coach to evaluate your academic or athletics ability. This would include visiting your high school or watching you practice or compete.

Evaluation period.

During this time, a college coach may watch you play or visit your high school, but cannot have any in-person conversations with you or your parents off the college's campus. You and your parents can visit a college campus during this period. A coach may write and telephone you or your parents during this time.

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 telephone you or your parents during this time.

Dead period.

A college coach may not have any in-person contact with you or your parents on or off campus at any time during a dead period. The coach may write and telephone you or your parents during this time.

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.

Official visit.

Any visit to a college campus by you and your parents paid for by the college. The college may pay all or some of the following expenses:

- Your transportation to and from the college;
- Room and meals (three per day) while you are visiting the college; and
- Reasonable entertainment expenses, including three complimentary admissions to a home athletics contest.

Before a DI 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 and register with the NCAA Eligibility Center.

Prospective student-athlete.

You become a “prospective student-athlete” when:

- You start ninth-grade classes;
- Before your ninth-grade year, a college gives you, your relatives or your friends any financial assistance or other benefits that the college does not provide to students generally.

Verbal commitment.

This phrase is used to describe a college bound student-athlete's commitment to a school before he or she signs (or is able to sign) a National Letter of Intent. A college bound student-athlete can announce a verbal commitment at any time. While verbal commitments have become very popular for both college-bound student-athletes and coaches, this "commitment" is NOT binding on either the college-bound student-athlete or the college or university. Only the signing of the National Letter of Intent accompanied by a financial aid agreement is binding on both parties.

National Letter of Intent

The National Letter of Intent (NLI) is a voluntary program administered by the NCAA Eligibility Center. By signing an NLI, the college-bound student-athlete agrees to attend the college or university for one academic year. In exchange, that college or university must provide athletics financial aid for one academic year. Restrictions are contained in the NLI itself. Read them carefully. These restrictions may affect your eligibility.

If you have questions about the NLI, visit the website at www.national-letter.org or call 317-223-0706.

Recruiting Regulations

Athletically Related Financial Aid

Athletics scholarships are awarded by NCAA Divisions I and II colleges and universities. Division III colleges and universities do not award financial aid based on athletics ability, but you may be eligible to receive academic scholarships or need-based financial aid. It is important to understand several points about athletics scholarships.

Note: The information below is a list of questions and answers about athletics scholarships but does not include all Divisions I and II financial aid rules. Contact your college or university to get more detailed information about NCAA financial aid (scholarship) rules.

- Does the NCAA award athletics scholarships?

No. Individual colleges and universities award athletics scholarships, not the NCAA. Divisions I and II schools offer athletics scholarships. Division III colleges and universities offer academic scholarships only. NCAA colleges and universities provide more than \$1.5 billion in athletics scholarships annually.

- Is an athletic scholarship guaranteed for four years?

At a minimum, an athletic scholarship must be a one academic year agreement. In Division I, colleges and universities are permitted to offer multi-year scholarships. Athletics scholarships may be renewed and the college or university must notify the student-athlete in writing by July 1 whether the athletics scholarship will be renewed for the next academic year. Individual colleges and universities have appeal policies for scholarships that are reduced or not renewed. In most cases, the coach decides who gets a scholarship, what it covers and whether it will be renewed.

- What do athletics scholarships cover?

Divisions I and II athletics scholarships are awarded in a variety of amounts. Colleges and universities are permitted to provide a student-athlete with tuition and fees, room, board and required course-related books.

- Can student-athletes receive other, non-athletics financial aid?

Yes. Thousands of student-athletes benefit from academic scholarships and need-based aid, such as federal Pell Grants. In addition, there is money available from the NCAA's own Student-Athlete Opportunity Fund. Sometimes student athletes cannot accept certain types of aid because of NCAA amateurism or financial aid requirements. You must report all scholarships you receive to your college financial aid office. Student-athletes and parents with questions or additional financial aid should check with the athletics department of the college or university or the college or university's financial aid office.

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- Do many high school athletes earn athletics scholarships?

No, very few in fact. According to recent statistics, about two percent of high school athletes are awarded athletics scholarships to compete in college. This small number means high school student-athletes and their parents need to have realistic expectations about receiving an athletic scholarship to play sports in college. Academic, not athletic, achievement is the most reliable path to success in life.

Summary of Recruiting Rules

Division I VOLLEYBALL

SOPHOMORE YEAR

Recruiting materials

- You may receive brochures for camps and questionnaires.

Telephone calls

- You may make calls to the coach at your expense only. • College coach cannot call you.

Off-campus contact

- None allowed.

Official visit

- None allowed.

Unofficial visit

- You may make an unlimited number of unofficial visits.

JUNIOR YEAR

Recruiting materials

- You may begin receiving September 1 of your junior year.

Telephone calls

- You may make calls to the coach at your expense.

College coaches may call you

- Once per week starting July 1 after your junior year.

Off-campus contact

- Allowed starting July 1 after your junior year.

Official visit

- None allowed.

Unofficial visit

- You may make an unlimited number of unofficial visits.

SENIOR YEAR

Recruiting materials

- Allowed.

Telephone calls

- You may make calls to the coach at your expense.

College coaches may call you

- Once per week beginning August 1.

- Unlimited calls the day after you sign an NLI, written offer of admission and/or financial aid; OR the day after the college receives a financial deposit from you.

Off-campus contact

- Allowed.

Official visit

- Allowed beginning opening day of classes your senior year.
- You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division II colleges.

Unofficial visit

- You may make an unlimited number of unofficial visits.

Evaluation and contacts

- Up to seven times during your senior year.
- Unlimited number of contacts and evaluation the day after you sign an NLI, written offer of admission and/or financial aid; OR the day after the college receives a financial deposit from you.

How often can a coach see me or talk to me off the college's campus?

- A college coach may contact you or your parents/legal guardians not more than three times during your senior year.

Summary of Recruiting Rules

Divisions II

Recruiting materials

- A coach may begin sending you printed recruiting materials June 15 before your junior year in high school.

Telephone calls

- No limit on number of calls by college coach beginning June 15 before your junior year.
- You may make calls to the coach at your expense.

Off-campus contact

- A college coach can have contact with you or your parents/legal guardians off the college's campus beginning June 15 before your junior year.
- No limit on number of contacts off campus.

Unofficial visit

- You may make an unlimited number of unofficial visits any time.

Official visit

- You may make official visits starting the opening day of classes your senior year.
There is no limit to official visits to Division II colleges.

Summary of Recruiting Rules

Divisions III

Recruiting materials

- You may receive printed materials any time.

Telephone calls

- No limit on number of calls or when they can be made by the college coach.
- You may make calls to the coach at your expense.

Off-campus contact

- A college coach may begin to have contact with you and your parents/legal guardians off the college's campus after your junior year.

Unofficial visit

- You may make an unlimited number of unofficial visits any time.

Official visit

- You may make only one official visit per college.

Women's Volleyball Recruiting Standards

Please keep in mind that these are general guidelines and each college coach will

DI Tier 1 (Upper level) Candidate:

High School Experience:

- Generally 3-4 year varsity starter
- Team Captain
- Generally attend a large high school (4A, 5A, 6A) with a nationally recognized volleyball program.
- Recognized early in their high school career with all-state, all-conference, all-region honors.
- High School All-Americans, Volleyball Magazine All-American, PrepVolleyball.com recognition

Club Experience:

- Extensive National level club experience, 5+ years
- High placement at National Tournaments
- Colorado Crossroads, Pacific NW, Hooiser Mideast, Big South, Northeast, SoCal, Lone Star, Far Western, Northern Lights
- AAU Nationals - Orlando, FL
- Reno Volleyball Festival - Reno, NV
- USA Junior Olympic Girls' Volleyball Championships
- All-American, USA JO All-Tournament recognition

National Experience:

- Junior, Youth, or USA Select National Team
- High Performance Camps & Regional Teams
- USA HP Championships

THE AVERAGE CHARACTERISTICS BY POSITION ARE BELOW:

OH/RS

Height 5'11"-6'2"

Avg. Weight 140 lbs

Block Jump 9'4"+

Approach Jump 9'10"

Setter

Height 5'8"-6'1"

Avg. Weight 130 lbs

Block Jump 9'2"+

Approach Jump 9'6"+

Middle Blocker

Height 6'0"-6'4"

Avg. Weight 155 lbs

Block Jump 9'5"+

Approach Jump 10'0"+

Libero/DS

Height 5'5"-6'0"

Avg. Weight 125 lbs

Vertical 28"+

DI Tier 2 (Mid-Lower level) Candidate:

High School Experience:

- Generally 2-3 year varsity starter
- Team Captain
- Most athletes come from a large high school although an outstanding player from a small school could also be a fit with the appropriate club experience.
- All-State, All-Region, All-Conference, PrepVolleyball.com recognition

Club Experience:

- National level club experience (3+ years) or extensive club experience outside the national level (5+ years).
- National Tournament Attendance
- Colorado Crossroads, Pacific NW, Hooiser Mideast, Big South, Northeast, SoCal, Lone Star, Far Western, Northern Lights
- AAU Nationals - Orlando, FL
- Reno Volleyball Festival - Reno, NV
- USA Junior Olympic Girls' Volleyball Championships

National Experience:

- High Performance Camps & Regional/State Teams
- USA HP Championships

THE AVERAGE CHARACTERISTICS BY POSITION ARE BELOW:

OH/RS

Height 5'10"-6'0"

Block Jump 9'1"

Approach Jump 9'7"

Setter

Height 5'8"-6'1"

Block Jump 9'0"+

Approach Jump 9'3"+

Middle Blocker

Height 5'11"-6'3"

Block Jump 9'3"

Approach Jump 9'9"

Libero/DS

Height 5'5"-5'10"

Vertical 24"+

DII Tier 1 (Upper level) Candidate:

High School Experience:

- Generally 2-3 year varsity starter
- Team Captain
- Most players earn All-Region, All-Conference honors during their high school career.
- Tend to be from larger schools, but a smaller school candidate is also an option with the appropriate club experience.

Club Experience:

- Club experience, 3+ years or 2+ years with a National level club.
- National Tournament Attendance preferred, but not required

THE AVERAGE CHARACTERISTICS BY POSITION ARE BELOW:

OH/RS

Height 5'8"-5'11"

Block Jump 9'2"

Approach Jump 9'6"+

Setter

Height 5'7"-5'10"

Block Jump 9'0"+

Approach Jump 9'2"+

Middle Blocker

Height 5'10"-6'2"

Block Jump 9'4"

Approach Jump 9'8"

Libero/DS

Height 5'2"-5'8"

Vertical 22"+

Special Note: Many upper level DII programs are highly competitive and would be equal to a mid-lower level DI program.

DII Tier 2 (Lower level) Candidate:

High School Experience:

- Generally 1-2 year varsity starter
- Possible award such as All-league, All-Conference

Club Experience:

- Club experience, 2+ years
- National Tournament Attendance preferred, but not required

THE AVERAGE CHARACTERISTICS BY POSITION ARE BELOW:

OH/RS

Height 5'8"-5'10"

Block Jump 9'0"

Approach Jump 9'4"

Setter

Height 5'4"-5'10"

Block Jump 8'10"+

Approach Jump 9'0"+

Middle Blocker

Height 5'9"-6'1"

Block Jump 9'2"

Approach Jump 9'6"

Libero/DS

Height 5'0"-5'8"

Vertical 18"+

DIII Tier 1 (Upper level) Candidate:

High School Experience:

- Generally 2-3 year varsity starter
- Team Captain
- Most players earned honors such as All-State, All-Conference, All-Region during their high school career.

Club Experience:

- Club experience, 3+ years or 2+ years with a National level club.
- National Tournament Attendance preferred, but not required

THE AVERAGE CHARACTERISTICS BY POSITION ARE BELOW:

OH/RS

Height 5'8"-5'10"

Block Jump 9'0"

Approach Jump 9'4"

Setter

Height 5'4"-5'10"

Block Jump 8'10"

Approach Jump 9'0"+

Middle Blocker

Height 5'9"-6'1"

Block Jump 9'2"

Approach Jump 9'6"

Libero/DS

Height 5'0"-5'8"

Vertical 20"+

Special Note: Most upper level DIII volleyball players would be very similar to a mid level DII player.

DIII Tier 2 (Mid-Lower Level) Candidate:

High School Experience:

- 1+ year varsity starter

Club Experience:

- Club experience is highly preferred

THE AVERAGE CHARACTERISTICS BY POSITION ARE BELOW:

OH/RS

Height 5'6"-5'11"

Block Jump 8'10"

Approach Jump 9'0"

Setter

Height 5'0"-5'10"

Block Jump 8'8"+

Approach Jump 8'10"+

Middle Blocker

Height 5'8"-6'0"

Block Jump 8'11"

Approach Jump 9'2"

Libero/DS

Height 5'0"-5'8"

Vertical 16"+

NAIA Tier 1 (Upper level) Candidate:

High School Experience:

- Generally 2-3 year varsity starter
- Team Captain
- Most players earn All-Region, All-Conference during high school career

Club Experience:

- Club experience, 3+ years or 2+ years with a National level club.

THE AVERAGE CHARACTERISTICS BY POSITION ARE BELOW:

OH/RS

Height 5'8"-5'11"

Block Jump 9'1"

Approach Jump 9'6"

Setter

Height 5'7"-5'10"

Block Jump 8'11"+

Approach Jump 9'2"+

Middle Blocker

Height 5'10"-6'2"

Block Jump 9'2"

Approach Jump 9'7"

Libero/DS

Height 5'2"-5'8"

Vertical 20"+

Special Note: Many upper level NAIA programs are highly competitive and would be equal to a mid-lower level DI program. Most upper level NAIA volleyball players would be very similar to an upper level DII player.

NAIA Tier 2 (Lower level) Candidate:

High School Experience:

- Generally 1-2 year varsity starter
- Possible award such as All-league, All-Conference

Club Experience:

- Club experience, preferably 2+ years

THE AVERAGE CHARACTERISTICS BY POSITION ARE BELOW:

OH/RS

Height 5'7"-5'10"

Block Jump 8'11"

Approach Jump 9'3"

Setter

Height 5'4"-5'10"

Block Jump 8'9"+

Approach Jump 9'0"+

Middle Blocker

Height 5'9"-6'1"

Block Jump 9'1"

Approach Jump 9'4"

Libero/DS

Height 5'0"-5'8"

Vertical 18"+

Preferred Grades for All Divisions:

**3.0 GPA +24 ACT + 1000 SAT (OUT OF 1600)
(NO SCORES NEEDED FOR UNDERCLASSMEN)**

In order to compile these Recruiting Guidelines, NCSA tracked hundreds of former NCSA student-athletes who have gone on to compete at the collegiate level, polled college coaches across the nation, and analyzed college rosters at all levels of competition.

Volleyball by the Numbers

SCHOOLS OFFERING VOLLEYBALL

NCAA Division I = 317
NCAA Division II = 276
NCAA Division III = 423
NAIA = 216
Junior College = 302
Total = 1,534

ATHLETIC SCHOLARSHIP OPPORTUNITIES

Division I(per school) = 12
Division II (per school) = 8
NAIA (per school) = 12
NJCAA (*varies per school) = 14

STUDENT-ATHLETE PARTICIPATION

NCAA Division I = 4,476
NCAA Division II = 3,907
NCAA Division III = 5,894
NAIA = 3,312
HS Student-Athletes = 405,832

Note: Division III schools offer merit, academic, and need-based scholarships.

Note: NAIA schools may vary in the amount of scholarships offered.