

Valencia High School

WRESTLING

**Parent Information
2023-2024**

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Dear Parents,

During this wrestling season, your child will learn a great deal about the art and sport of wrestling. They will learn how to maintain their balance while moving forward, backward, and sideways. They will learn how to setup, execute, and finish moves. They will also learn techniques and strategies that will help them win matches. Your student will improve their coordination, increase their endurance, and they will become stronger.

To be a good wrestler, a student athlete must not only be physically tough, they must also be mentally tough. During a match, a wrestler cannot rely on anything or anyone else; it is just them and their opponent, one-on-one. The skills and self-discipline that your student will develop through wrestling will be invaluable to them in the years to come. This booklet is designed to help parents and fans better understand, appreciate, and enjoy the sport of wrestling. We hope that you find this booklet helpful, and that you have a great season!

The wrestling coach's job is to develop athletes and to help them win matches. As a parent, it is your job to monitor your child's academic progress and to encourage them to be successful in the classroom. These tips will help you do that.

The best way to help your athlete is to provide encouragement and to be positive, both at home and in the stands. If there's a problem at any time during the season, have your child talk to their coach. If the problem is not resolved, or if it is of a serious nature, call the coach yourself. Know that you are the most important person in your student's life and that your student wants you to be proud of them. Be in the stands for all dual meets and tournaments, and cheer loudly.

Help your student set goals. Sit down with your student at the beginning of each grading period and help them set realistic academic goals for that term. Setting goals gives your student something to work for, and it helps them understand what your expectations are.

Talk to your student about time management. Involvement with any sport requires a substantial time commitment. In order to be able to get everything done, athletes must develop good time management skills. Encourage your student to use all of the time they are given in school to study and to work on homework. Help your student create a study plan, and then help them identify anything that might sabotage their plan (e.g., lying down on the couch to watch TV before homework is done, obsessive behavior toward video games and social media).

Offer to help. Offer to help with homework, but don't give more help than is wanted. Your student may not ask again. Keep in mind that it is your student's responsibility to get their homework done and to prepare for tests.

Be interested. Make sure that your student knows that his academic progress is important to you. Attend all open houses and parent conferences. Know when each grading period ends, and

see all progress reports and report cards as soon as they come out. Do not just assume that someone will call you if there's a problem. If you do not see a progress report or report card, call the school and request a copy immediately.

Make your child accountable.

It's human nature to be tempted to "slack off" when we're not held accountable. Your student needs to know that you care and that you are monitoring his academic progress. They need to know that successes will be recognized and that poor performances will be noticed. Go over every progress report and report card with them, and contact the teacher if your student has a low grade in a class. Make sure your child's courses are appropriate for them. Help your student choose his courses carefully. If any of his courses are too difficult, too easy, or inappropriate, talk to their school counselor.

Work with the school.

Teachers, counselors, coaches, and principals are there to help your student get the best education possible. A divorce, health problem, or death in the family can affect your child's attitude and performance. If such a circumstance should arise, call the school and tell them what's going on. If you have a concern that relates to a specific class, call the teacher. For other concerns, call your student's counselor.

WEIGHT CLASSIFICATIONS

High School wrestlers compete in the following weight classes:

106	113	120	126
132	138	145	152
160	175	190	215
	285		

Weighing In

Wrestlers weigh in 30-60 minutes before dual meets and 1-2 hours before tournaments. When there are consecutive days of team competition, all wrestlers are granted an additional one-pound allowance per day. Contestants cannot wrestle more than one weight class above their weigh-in weight.

Weight Control

Each individual state association shall develop and utilize a weight-management program that includes a body fat assessment. Boys should have a minimum body fat no lower than 7%, and 12% for females. If the student is losing weight as the season progresses, usually because they are working hard and burning lots of calories, a monitored weekly weight loss plan cannot exceed 1.5% of body weight per week with regard to qualifying for the next lower weight class. Weight gain is not restricted. High school kids grow! And they will get stronger and gain muscle mass over the course of the season. Staying well hydrated is extremely important, and is essential for sleep, school and athletic performance.

The National Wrestling Coaches Association has created a web-based weight certification program to assist schools with the administration of this mandate. Your school's wrestling coach should be able to answer any questions that you may have about weight certification

WHAT EVERY COACH WANTS YOU TO KNOW

Your School's Athletic Eligibility Criteria

Valencia High School has an established minimum grade point average (GPA) of 2.0 on a 4.0 scale. If the student does not achieve and maintain at minimum 2.0 GPA, they will not be eligible to compete until the average is brought up to the minimum. If you have questions about your school's athletic eligibility guidelines, talk to your student's coach or contact the VHS athletic office. Our season starts in the middle of the first semester, so there will be a progress report and final semester grades. Our season extends into the second semester, so if the student is ineligible at the end of the first semester, they will be ineligible to start in the second semester. The regular season is finished before the second semester's progress report is issued.

The Importance of Conditioning

Wrestlers should follow a conditioning program that combines weight training and aerobic exercise (like running) during the off-season. Conditioning is important not only for performance enhancement, but also for injury prevention. Encourage your student to work with his coaches in order to develop a program that's appropriate for them.

Proper Nutrition Guidelines

Wrestling is a strenuous, physically demanding sport. It is therefore important for wrestlers to eat a healthy diet that includes vegetables, fruits, protein, and foods high in complex carbohydrates (e.g., whole wheat pasta/bread, potatoes). It is also extremely important for your child to drink enough fluids, particularly when practicing. The meal the night before a match is especially important for strength and endurance; it should be a nutritious meal high in carbohydrates. If your student is having difficulty maintaining weight while eating a healthy diet, you and your student should talk to the coaches.

First Aid for Minor Injuries

Injuries are a part of every sport. Wrestlers are most likely to get minor cuts, sprains, bumps, and bruises. Clean minor cuts with soap and water, and then apply an antiseptic ointment and a Band-Aid. For minor bumps, bruises, and sprains, elevate the area and put an ice pack (not heat) on it as soon as possible. Apply the ice pack for 15-20 minutes, wait 45-60 minutes, and apply it again. Do not apply ice packs from the freezer directly to the skin. If you make an ice pack by putting ice in a plastic bag (that was not in the freezer), that may be placed directly on the skin. Ice massages are also a good option. All injuries should be reported to the coaches before the next practice or competition.

Preventing Injuries

Preventing injuries should, of course, be of utmost importance to everyone. Athletes can avoid injury by: 1) being in good condition when the season starts, 2) having the right equipment, 3) warming up properly before all practices and matches, 4) drinking enough water, 5) getting the proper rest and nutrition, and 6) working closely with the coaches.

Skin Care. As a precaution against communicable diseases from skin to skin contact, wrestlers must shower after each practice or competition with an antibacterial soap. Each wrestler's competition uniform and practice clothes, including headgear and towels, must be cleaned after each use with an antibacterial soap or cleaner. The coach must be informed of any skin disorder, and the wrestler must be seen by a doctor (preferably a dermatologist) for diagnosis and, if necessary, treatment. A doctor's written verification of treatment, and a release to wrestle, may be requested by the referee before a wrestler is allowed to compete. To protect wrestlers, wrestling mats are cleaned with a disinfectant before each practice and competition.

Equipment

Schools often provide wrestlers with a singlet (uniform) and warm-ups. Wrestlers need to buy socks, wrestling shoes, mouthpiece for braces, knee pads, and ear protecting headgear. Each wrestler, should, also have a water bottle with their name on it. There are rules governing the use of special equipment (e.g., face masks, braces, supports). Equipment that does not permit the normal movement of joints is not permitted. Equipment that prevents opponents from applying normal holds is also not permitted. Any equipment which is hard and/or abrasive must be covered and padded.

THE MATCH

The Wrestler's Uniform & Grooming

Wrestlers must wear a close fitting one-piece uniform known as a singlet (with or without tights) or a two-piece alternative uniform (compression shorts and shirt) and light, heelless shoes that are laced above the ankles. They must also wear protective headgear.

Hair must be above the top of an ordinary shirt collar in the back, and sideburns and hair must be above the bottom of the earlobe. While wrestlers must be clean-shaven, a neatly trimmed mustache is permitted. A shaved head can be no more abrasive than a clean-shaven face, or the wrestler must wear a legal hair cover. No jewelry is allowed.

Equipment

Wrestling mats have a 10-foot center circle, a 28-foot circular wrestling area, and 1-2 inches of padding.

The Referee

The referee has full control of the match and his decisions are final. Referees make decisions based on the rules and guidelines found in the NFHS Wrestling Rules Book. The referee supervises weigh-ins, and he starts and ends each period. He awards points, issues warnings, and he declares the winner of each match. While the referee oversees all aspects of the match, his primary concern is for the health and safety of the wrestlers.

During the match, the referee indicates which wrestler has the position of advantage (which wrestler is in control) by pointing to them. When a wrestler makes a move for which he is to receive points, the referee holds up fingers to indicate how many points the wrestler is to be awarded. If the wrestler receiving the points is on the home team, the referee holds up the hand with the green wristband. If the wrestler receiving the points is on the visiting team, the referee holds up the hand with the red band. Points are recorded by the official scorer seated at the scorer's table.

During the match, the referee must make sure that the wrestlers stay in-bounds (in the circle). When the supporting points of the wrestlers are out-of-bounds, the referee stops the wrestling, and the wrestlers return to the center of the mat. To restart the match, the referee will start the wrestlers in the same positions they were in when they went out-of-bounds (the wrestler in control will start in control, if the wrestlers were neutral when the match was stopped, they will restart in the neutral position).

The Length of the Match

High school wrestling matches consist of three consecutive 2-minute time periods (Varsity). If the score is tied at the end of the third period, there is a 1-minute overtime period with sudden victory starting in the neutral position. If the first OT period finishes with the score still tied, there are 2 30-second tiebreaker periods. If the score is still tied, there will be a 30 second ultimate tie breaker. The wrestler who scored the first point(s) during regulation match time (the first 3 periods) will have the choice of starting position. The first wrestler to score wins the match. If the match is still tied the winner shall be the offensive wrestler. The official timekeeper keeps the overall time of the match, and he records the accumulated injury time-outs. In tournament consolation matches, the first period may be one minute, with the second and third periods being 2 minutes. For Junior Varsity matches, the 3 periods may be 1 ½ minutes per period, with consolation being 1 minute first period and then 1 ½ minute second and third periods..

Starting the Match –

Dual Meet

Before the Meet starts, the referee calls out the team captains and flips a coin to determine which team will have choice of starting position before the second and third periods. The winner of the coin toss may choose “odd” or “even”. The “odd or even” choice designates the number of the match, where the first match is “odd”, the second match is “even” and so on. Wrestlers begin each match on their feet, facing each other (the neutral position). Usually the home wrestler wears a green band around his ankle and the visiting wrestler wears a red band. The wrestlers shake hands, and when the referee blows his whistle, they begin wrestling.

Tournament

Wrestlers begin each match on their feet, facing each other. The referee designates one wrestler to wear a green band around his ankle and the other wrestler to wear a red band. The wrestlers shake hands, and when the referee blows their whistle, they begin wrestling. After the first period ends, the referee flips a coin (usually with one side green and the other red), to determine who gets choice of position for the second period. Whomever makes the choice for the second period, the other wrestler makes the choice for the third period.

Wrestling Positions

Wrestlers begin each period in the top, bottom, or neutral position. The first period begins with both wrestlers in the neutral position. To begin the second period, the designated wrestler gets their choice of starting position. They may choose neutral, top, bottom, or defer the choice to the other wrestler. Whichever wrestler gets to choose the starting position for the second period, the other wrestler gets the choice of starting position for the third period.

Neutral - The neutral position is one in which neither wrestler has control. In the neutral position, both wrestlers are on their feet, facing each other. The home wrestler has one foot on the green starting line and the visiting wrestler has one foot on the red starting line. From the neutral position, wrestlers change levels in order to create openings in their opponent's defenses. Wrestlers in this position also try to initiate attacks and score takedowns by using setups like the collar tie, wrist tie, snap downs, post-ups, and arm drag.

Defense (bottom wrestler) - If the wrestler is down, then he is the bottom wrestler, and he is in the defensive position (also known as the position of disadvantage). When a wrestler is in the defensive position, he is on his hands and knees in the center of the circle. It is important for a defensive wrestler to control his opponent's hands, and to accomplish an escape or a reversal as quickly as possible.

Offense (top wrestler) - If a wrestler is up, he is the top wrestler. The top wrestler is in the offensive position, also known as the position of advantage. In the offensive wrestling position, the wrestler is at the right or left side of his opponent, with at least one knee on the mat on the near side of the opponent. The offensive wrestler's head is on or above the mid-line of their opponent's back, and his arm is placed loosely around his opponent's body with the palm of the hand over the opponent's navel. The offensive wrestler's other hand is placed on or over the back of the opponent's near elbow. Prior to assuming the offensive position, the offensive wrestler may choose the Optional Starting position or the Neutral position. If the Neutral position is signaled, then the defensive wrestler is awarded 1 point for an Escape.

Optional starting position, the offensive wrestler signals to the referee by holding up their hands with the thumbs and index fingers touching forming a diamond shape between the hands. In this position, the wrestler is able to support all of his weight on both feet, one knee, or both knees. When in this position, the wrestler places his hands, with the thumbs touching, on his opponent's back between the neck and waist. Only the hands may be touching the opponents back. The offensive wrestler may not place a foot, leg or knee between the opponent's legs or feet, or to straddle the opponent, or in front of the forward starting line or the line extended.

Scoring Points - Individuals

Throughout the match, wrestlers are awarded points by the referee for the following moves: takedown, escape, reversal, and near fall. The points awarded for these moves accumulate throughout the match. (The referee can also award points to a wrestler if his opponent has used an illegal hold or if his opponent is stalling.)

Takedown (2 points) - A takedown occurs when a wrestler, starting from the neutral position, gains control of his opponent on the mat. Takedowns can be accomplished by attacking an opponent's legs and/or upper body. The headlock and the hip lock are examples of upper body attacks. The double leg, low single leg, high crotch, sweep single, arm drag, duck under takedowns attack are all examples of leg attacks. The fireman's carry is an example of a takedown that combines a leg attack and an upper body attack.

Escape (1point) - When the wrestler in the defensive position moves to a neutral position, they are awarded one point for an escape. The stand-up, the sit out, and the inside shoulder roll (Granby roll) are all examples of escapes. The stand-up is the most commonly used escape.

Reversal (2 points) - The wrestler in the defensive position is awarded 2 points for a reversal when he gains control of his opponent. This can take place while the defensive wrestler is on his feet or while he is on the mat. Wrestlers can sometimes turn an escape into a reversal, as they often do with the Granby roll or the Peterson roll. The switch is probably the most common reversal

Near Fall (2 or 3 points) - Points for a near fall are awarded when a wrestler has control of the opponent in a near pinning position. This occurs when the defensive wrestler is in one of the following positions: 1) both of their shoulders are restrained four or fewer inches from the mat, 2) one shoulder is touching the mat and the other is held at a forty-five degree angle to the mat, 3) he is in a high bridge or he's supported on both elbows. If the near-fall criteria is met for two seconds, a 2-point near fall is earned; if the near-fall criteria is met for five seconds, a 3-point near fall is earned. (If, after the near fall criteria is met, the defensive wrestler is injured and the match stopped, a 3-point near fall is awarded.)

Technical Violations (caution, 1 points) - Technical violations include assuming an incorrect starting position, a false start, the grasping of clothing or headgear, interlocking hands, and leaving the wrestling area without first receiving the referee's permission to do so. When a wrestler commits a technical violation, he may be given a caution (warning), or he may be penalized one point.

Illegal Holds (1 point) - When a referee sees an illegal hold being used, they stop the match and awards one point to the offender's opponent.

End of the Match

A match ends when one of the following occurs: 1) a fall (pin), 2) a technical fall, 3) time expires, 4) injury or blood default

Fall (Pin) - A fall (pin) is awarded when a wrestler holds any part of both of the opponent's shoulders (or scapulae) to the mat for two consecutive seconds. Common pinning combinations are: 1) the far side cradle (the opponent's head and far knee are clamped together), 2) the near side cradle (the opponent's head and near knee are clamped together), the half nelson (a wrestler gets his arm under his opponent's arm and up over his neck or head in order to get the opponent turned), chicken wing (a wrestler has an arm barred across the opponents back, between the opponent's arm and back, in order to turn the opponent).

Technical Fall - A technical fall is awarded when a wrestler has a 15 point advantage over his opponent.

Time Expires - If there has not been a fall or a technical fall by the end of the third period, the winner of the match is determined by the number of individual points scored. The wrestler with the most points wins the match by decision. If time expires and there is no winner, an overtime period is added.

Overtime - The 1-minute overtime period begins immediately after the regulation match. The wrestlers start in the neutral position, and the wrestler who scores first is declared the winner (sudden victory). If no winner is declared by the end of the 1-minute overtime, there are 2 30-second tiebreaker periods. The wrestler who scored the first points in the match has his choice of starting position. As soon as the referee blows the whistle, both wrestlers try to score as quickly as possible. If the score is still tied, there will be a 30 second ultimate tie breaker. The first point(s) scored will be the winner (sudden victory). If no points are scored, the offensive wrestler is declared the winner.

Injury Default

A wrestler is limited to two injury time-outs totaling a maximum of 1 ½ minutes. If a second injury time-out is taken, the opponent will have his choice of position for the restart. If the injured wrestler cannot continue after 1 ½ minutes of injury time-out, the match is awarded to the opponent. However, if the injury is caused by the opponent's illegal or unsportsmanlike conduct, and the injured wrestler is unable to continue after a 2 minute time out, then the match is awarded to the injured wrestler.

Bleeding (blood time) Default

The number of bleeding time-outs is determined by the referee, but cannot exceed 5 minutes in cumulative time per wrestler. If the referee feels it's necessary, he will stop the match in order to tend to the bleeding. If the bleeding is not controlled within five minutes, the match is terminated and the opponent is awarded the match by default, unless the bleeding was caused by an illegal move or unsportsmanlike conduct. In such a case, if the bleeding cannot be stopped within 5 minutes, the match is awarded to the injured wrestler.

Default: a wrestler is unable to continue wrestling for any reason.

Conduct Infractions

When a referee witnesses one of the following conduct infractions, he takes the appropriate action:

Unnecessary Roughness - physical acts that exceed normal aggressiveness (e.g., a wrestler uses his forearm or elbow on his opponent's spine or on the back of his opponent's head). The offending wrestler may be penalized one point.

Unsportsmanlike Conduct - any unsportsmanlike physical or nonphysical act occurring before, during, or after a match. These acts include failure to comply with the directions of the referee, shoving, swearing, taunting, baiting, throwing headgear, and spitting. The offending wrestler is penalized one point for the first offense.

Flagrant Misconduct - any physical or nonphysical act that is considered serious enough for disqualification. These acts, which can occur before, during, or after a match, include biting, hitting, butting, kicking, and elbowing. The offending wrestler is disqualified on the first offense.

Stalling - wrestling un-aggressively and/or not making an honest attempt to stay within the 10-foot circle. When a referee recognizes stalling (the wrestler is playing the edge of the mat, avoiding contact, not trying to improve his position, not trying to secure a takedown, etc.), he warns the offender. Further violations are penalized.

Penalties and Warnings are Cumulative

Penalty points are awarded to the offender's opponent. Penalties and warnings are cumulative throughout the match and the overtime period. The wrestler's opponent is awarded one point for the first offense, one point for the second offense, and two points for the third offense. On the fourth offense, the offending wrestler is disqualified.

INFRACTIONS, PENALTIES, and INJURY TIME-OUTS

Potentially Dangerous Holds

Some holds are not illegal, but they are potentially dangerous. **Potentially dangerous** holds occur when a body part is forced to the limit of its normal range of movement. The referee will caution a wrestler against forcing a potentially dangerous hold into an illegal hold. The referee, however, will not stop the wrestling action unless it is necessary to prevent an injury.

Illegal Holds

Illegal holds are dangerous and they can cause injury. When a referee sees an illegal hold being used, he awards one point to the offender's opponent. Illegal holds include, but are not limited to:

Slam - lifting and returning an opponent to the mat with unnecessary force.

Hammerlock- pulling an opponent's arm too high on his back or pulling his arm away from his back.

Headlock - locking arms or hands around an opponent's head without encircling an arm.

Full Nelson - locking arms under both arms of an opponent and behind his head.

Other illegal holds: include bending, twisting, or forcing a wrestler's head, knee, or limb beyond the normal limits of movement, pulling back a thumb or finger, and/or using any hold as a punishment.

Technical Violations

Technical violations include assuming an incorrect starting position, a false start, the grasping of clothing or headgear, interlocking hands, and leaving the wrestling area without first receiving the referee's permission to do so. When a wrestler commits a technical violation, he may be given a caution (warning), or he may be penalized one point.

Scoring - Team Points

Once the match is over, the wrestlers return to the 10-foot circle and the referee declares the winner by raising his hand. The winning wrestler's team is awarded the following points:

Dual Meet

Decision (wrestler wins by fewer than 8 points) - 3 points, Major Decision (wrestler wins by 8-14 points) - 4 points, Technical Fall – 5 points, Fall (pin) - 6 points, forfeit, default, disqualification – 6 points

Tournament Scoring

Championship bracket: Decision - 2 points (advancement points), Major Decision - 3 points (2 advancement points and 1 bonus point), Technical Fall - 3 points (2 advancement points and 1 bonus point), Fall (pin) - 4 points (2 advancement points and 2 bonus points), forfeit, default, disqualification – 4 points (2 advancement points and 2 bonus points). If the wrestler receives a bye, then the team will receive 2 advancement points, only if the next match is won.

Consolation bracket: Decision - 1 point (advancement point), Major Decision - 2 points (1 advancement point and 1 bonus point), Technical Fall - 2 points (1 advancement point and 1 bonus point), Fall (pin) - 3 points (1 advancement point and 2 bonus points), forfeit, default, disqualification – 3 points (1 advancement point, 2 bonus points).

Place points – place points are earned by the team whose wrestler advances to certain rounds based on the number of places being awarded in that tournament, i.e., 4, 6 or 8. If 4 places, 1st 14 points, 2nd 10 points, 3rd place 7 points, 4th 4 points. If 6 places, 1st 16 points, 2nd 12 points, 3rd 9 points, 4th 7 points, 5th 5 points, 6th 3 points. If 8 places, 1st 16 points, 2nd 12 points, 3rd 9 points, 4th 7 points, 5th 5 points, 6th 3 points, 7th 2 points, 8th 1 point.

Wrestling Web Sites

www.wrestlingusa.com (magazine about interscholastic wrestling)

www.amateurwrestlingnews.com (magazine devoted to amateur wrestling)

www.themat.com (the USA Wrestling Web site)

www.nwcaonline.com (the National Wrestling Coaches Association Web site)

WRESTLING TERMS

Bye - a wrestler advances to the next round without wrestling. A wrestler is given a bye when there are not enough wrestlers in a weight class to fill each line of the tournament bracket.

Decision - a win by the wrestler who has scored the most points. It is a regular decision if the winner's score exceeds the loser's score by fewer than 8 points. If the winner's score exceeds the loser's score by 8-14 points, it's a major decision.

Disqualification: a wrestler is removed from participation for flagrant misconduct, unsportsmanlike conduct, or for an accumulation of penalties.

Dual Meet- a competition between two schools in which there's a match in each of the 14 weight classes.

Forfeit: a wrestler fails to make weight or fails to appear on the mat ready to compete.

Seed - seeded wrestlers are acknowledged as superior wrestlers. Seeds are usually selected according to criteria established by the tournament director and/or by a vote of the participating team coaches.

Stalemate - two contestants are interlocked (in a position that will not result in a pin) and neither wrestler is able to improve his position. The referee starts the wrestlers again in the center of the circle.

Supporting Points - the parts of the wrestler's body that are supporting his weight. Supporting points can be the feet, knees, hands, the side of the thigh, and the buttocks.

Tournament - a competition which involves 3 or more schools.

Seven Basic Wrestling Skills –

Stance - having good body position during moves and counter-attacks, and in the various starting positions

Motion - keeping proper position and balance when defending and attacking

Changing Levels/elevation - raising and lowering the body to attack and defend

Penetration - moving forward to penetrate an opponent's defenses and to gain a takedown

Lifting - lifting an opponent off the mat

Back step - the action (footwork, level changes, etc.) taken to begin back step throws (headlock, hip lock, etc.)

Back-Archng – throwing an opponent from his feet to his back

COLLEGE REQUIREMENTS FOR ATHLETES

Colleges are affiliated with associations that have their own rules, regulations, and eligibility requirements. Eligibility guidelines for NCAA, NAIA, and NJCAA are outlined below. For more detailed information, visit their Web sites.

Athletes who want to go to a Division I college must have at least a 2.0 GPA in a specified number of core courses. They must also have the required SAT or ACT score. ACT/SAT requirements for Division I eligibility are based on a sliding scale. The higher the core GPA, the lower the test score required. A student with a 2.0 core GPA, for example, will be required to have a much higher test score than a student with a 3.0 core GPA. Division II athletes need a 2.0 GPA in their core courses and the required minimum ACT or SAT score.

Athletes should meet with their counselor to discuss NCAA requirements and to make sure that they're taking the right courses. In the spring of their junior year, athletes should take the ACT and the SAT. To initiate the eligibility process, athletes need to register with the NCAA Clearinghouse. This should be done after their sophomore year. www.ncaa.org

NAIA - NAIA colleges can award full or partial scholarships. To play a sport or receive an athletic scholarship, an athlete must meet 2 of the following 3 NAIA requirements: 1) have the required ACT or SAT score, 2) have an overall 2.0 GPA, 3) graduate in the top half of his/her class.

www.naia.org

NJCAA - NJCAA Division I and II colleges can offer scholarships; Division III colleges cannot. There are no academic eligibility requirements for athletes entering junior colleges.

www.njcaa.org