

Interscholastic



Notes and Updates

Fall Regional and State Championships: Cross Country—The regional cross country championships will be held on October 26, 2019 in the North at Troy Howard Middle School, Belfast and in the South at Twin Brook in Cumberland. The state championships will be held on November 2, 2019 at Twin Brook in Cumberland. The New England's will be held on November 9, 2019. Please refer to the bulletin for the scheduled starting times. **Field Hockey**—Regional Finals, October 30, 2019 ~ North: Hampden Academy and South: Sanford High School, and State Championships will be held on November 2, 2019, Messalonskee High School, Oakland. **Football**—8-Man State Championship, November 16, Site: TBD; State Championship Game, Class C, November 22, 2019, University of Maine, Orono, and Classes A, B, and D, November 23, 2019, Fitzpatrick Stadium, Portland. **Golf**—October 5, 2019, State Team Championships, Classes, A, B, and C, Natanis Golf Club, Vassalboro, October 12, 2019, State Individual, Natanis Golf Club, Vassalboro, and New England Championship, TBD, at Bretwood Golf Course, Keene, NH. **Soccer—Regional Finals, Classes A and C, November 5, 2019:** Class A North-Bath (McMahon Field), Class C North-Presque Isle Middle School (Gehrig T. Johnson Field), Class A South-Biddeford (Waterhouse Field), and Class C South-Lewiston High School. **Regional Finals, Classes B and D, November 6, 2019:** Class B North-Hampden Academy, Class D North-Presque Isle Middle School (Gehrig T. Johnson Field), Class B South-Biddeford (Waterhouse Field), and Class D South-Lewiston High School. **State Finals, Classes A and D, Hampden Academy, and Classes B and C, Falmouth High School on November 9, 2019. Volleyball**—State Championships on Friday, November 1, 2019, University of South

Maine: 6:00 p.m. ~ Class A and 8:30 p.m. ~ Class B and on Saturday, November 2, 2019, 1:00 p.m. ~ Class C—Hampden Academy.

Fundraising—Athletes are allowed to be a part of fundraising activities only during their sport season and during the summer recess. Booster clubs may raise funds anytime during the year but the students may not be a part of the activity if it occurs outside of the sport season. Coaches may work with booster clubs outside of the sport season.

Graduation Date Conflicts—Schools are reminded to check their graduation date for potential conflicts with MPA-sponsored regional and state championships. The championship dates are set well enough in advance so that each of 150+ high schools in the state can make its own decision on how best to avoid potential conflicts.

Program Information Forms—Program Information Forms are required for those teams that will be participating this fall in field hockey, soccer, football, and volleyball. These forms are available electronically and must be submitted if a school is going to participate in the tournament.

Small School Facility Waiver—A reminder that there is a waiver for small schools wishing to make their gym or athletic fields available outside of the sport season. Currently high school students may not use high school facilities for activities that occur outside of the approved sport season.

Superintendents' Agreements—Schools are reminded that students granted superintendents' agreements, including those that may be granted by the Department of Education, must still complete a Transfer Waiver Form prior to the start of the competitive season.

Thunder and Lightning

This is a reminder that if any school official or coach see lightning or hear thunder that they must **STOP** the contest and get participants off the field to their appropriate sites as arranged before the contest with the Athletic Administrator or their designee.

Please remember this for the safety of all participants, coaches, spectators, and officials involved.

Sportsmanship Awards

The Sportsmanship Committee has received a great deal of feedback regarding sportsmanship banners. The committee has voted to change the Sportsmanship Banner program to a 4' x 8' Add-a-year banner. We will have a generic banner without the Class, Region, and Year to do a team picture of the Sportsmanship winners at our championship events, as we have done in the past. After the picture, the team will be given a new vinyl Add-a-year banner and decals for the sport and year to put on it. Any subsequent awards received will then be given only the decals for the sport and year to be added to the original banner. If a school would like to have a banner(s) made to match and consolidate all of the past winners before putting the new decals on it, Varsity will honor the MPA price of \$229.00 + shipping billed to the school. To order, email Mike Bisson at mbisson@mpa.cc with a list of the sports and the corresponding years and they will be ordered for you.



Continued on Page 2

Wrestling State Team Dual Championships

The Wrestling Committee is excited to offer our first State Dual Wrestling Championships on Saturday, February 23, 2020. The committee feels this will bring more of a team atmosphere to our series of championship events and encourage all members of the team to be involved. The Wrestling Bulletin is updated with all of the details for the events held at:

Class A Skowhegan Area High School	Class B Penobscot Valley High School
Site Director: Jon Christopher	Site Director: Gerald Hutchinson
Meet Director: Marty Ryan	Meet Director: Roy Pelotte

State Skiing Championships

The Ski Committee has been working since last spring to schedule the 2020 State Skiing Championships and has voted on a schedule that includes an overlap of the Nordic Pursuit and the first day of Class B Alpine. The committee worked hard to try to avoid having students out of school prior to vacation. This was the best available option in working with the mountains to accomplish that. We understand that this will impact a few Class B skiers that participate for their teams in both Alpine and Nordic Skiing. We are sorry for that conflict.

Skiing—Alpine		
State B Giant Slalom	2/18/20	Shawnee Peak, Bridgton
State B Slalom	2/19/20	Shawnee Peak Bridgton
State A Giant Slalom	2/19/20	Black Mountain, Rumford
State A Slalom	2/20/20	Black Mountain, Rumford
Skiing—Nordic		
State A, C, B Classical	2/17/20	Titcomb Mountain, Farmington
State A, C, B Freestyle Pursuit	2/18/20	Titcomb Mountain, Farmington

2019 National Athletic Directors Conference & Exhibit Show

National Harbor, Maryland on December 13-17, 2019 will be the site of the 50th National Athletic Directors Conference.

The National Athletic Directors Conference & Exhibit Show is hosted by the NFHS and the National Interscholastic Athletic Administrators Association (NIAAA). It is the premier conference for interscholastic athletic administrators across the country to net-



work, participate in professional development, hear well-known keynote speakers and be a part of two outstand-

ing award banquets.

For more information click [HERE](#).

Ski Helmet Requirements

The Ski Committee has received a great deal of feedback regarding the ski helmet requirements that were in effect in the 2018-2019 ski season.

Following a recommendation from the Coaches' Association, the Ski Bulletin and Alpine Rule Book will be adjusted to the FIS rule in place for GS, but allow for the use of "slalom helmets" as is under current FIS and USSA rules. "Helmets designed and manufactured for the particular event of ski racing being contested are required for all competitors and fore-runners in all USSA events and official training. Helmets must bear a CE mark and conform to recognized and appropriate standards such as CEH.Din 1077, ASTM F2040, SNELL S98 or RS 98. The CE mark (see below) shall be affixed in a non-removable way on the back of the helmet in a visible location not covered by the goggle strap.



Helmets must cover the head and ears. Helmets with spoilers or edges that stick out are not permitted. Protective features integral to the event being contested, such as chin guards on SL helmets are per permitted. Soft ear protection is only permitted for helmets used in SL."

Notes and Updates . . .

(Continued from Page 1)

Spectator Parking for Cross Country at Twin Brook in Cumberland—In addressing a parking and scheduling issue at Twin Brook in Cumberland for the Cross Country South Regional on Saturday, October 26 and the State Championships on November 2, parking for spectators will be at Greely Middle and High School again this year. We will have a shuttle bus service that will start delivering spectators to the course beginning at 9:30 a.m. from the Greely parking lots. Handicapped parking, team bus drop-off, and event workers only will be allowed in the Twin Brook parking area. Please inform team and family members at your school of the change.

Participation in High School Sports Registers First Decline in 30 Years

Participation in high school sports declined in 2018-19 for the first time in 30 years, according to the annual High School Athletics Participation Survey conducted by the National Federation of State High School Associations (NFHS).

The 2018-19 total of 7,937,491 participants is a decline of 43,395 from the 2017-18 school year when the number of participants in high school sports reached an all-time record high of 7,980,886. This year's total – the third-highest ever – consisted of 4,534,758 boys and 3,402,733 girls, according to the figures obtained from the 51-member state high school associations, which includes the District of Columbia. The last decline in sports participation numbers occurred during the 1988-89 school year.

“We know from recent surveys that the number of kids involved in youth sports has been declining, and a decline in the number of public school students has been predicted for a number of years, so we knew our ‘streak’ might end someday,” said Dr. Karissa Niehoff, NFHS executive director. “The data from this year’s survey serves as a reminder that we have to work even harder in the coming years to involve more students in these vital programs – not only athletics but performing arts programs as well.”

The biggest contributors to the decline were the two longstanding and popular sports of football and basketball. Participation in boys 11-player football declined by 30,829 participants to 1,006,013 – the lowest mark since 1,002,734 in the 1999-2000 school year.

Although the actual number of participants in boys 11-player football dropped for the fifth consecutive year, the number of schools offering the sport remained steady. The survey indicated that 14,247 schools offer 11-player football – an increase of 168 from last year. A comparison of the figures from the past two years indicates that the average number of boys involved in 11-player football on a per-school basis dropped from 73 to 70, which would include freshman, junior varsity and varsity teams.

While participation in boys 11-player football dropped in all but seven states, participation in 6-player, 8-player and 9-player gained 156 schools and 1,594 participants nationwide, with the largest increase in boys 8-player football from 19,554 to 20,954. In addition, in the past 10 years, participation by girls in 11-player football has doubled – from 1,249 in the 2009-10 school year to 2,404 last year.

“The survey certainly confirms that schools are not dropping the sport of football, which is great news,” Niehoff said. “Certainly, we are concerned about the reduction in the number of boys involved in the 11-player game but are thrilled that states are finding other options by starting 6-player or 8-player football in situations where the numbers have declined.

“While we recognize that the decline in football participation is due, in part, to concerns about the risk of injury, we continue to work with our member state associations, the nation’s high schools and other groups to make the sport as safe as possible. Every state has enacted rules that limit the amount of contact before the season and during practices, and every state has concussion protocols and laws in place, so we continue to believe that the sport is as safe as it has ever been.

“We also are working with groups such as USA Football to reduce contact and teach proper tackling skills at the youth levels to increase the interest level as kids reach junior high school and high school.”

Combined basketball participation was down 23,944 (13,340 girls and 10,604 boys), and the girls basketball total of 399,067 is the lowest since the 1992-93 school year. However, the decrease in girls basketball participation from 430,368 in 2016-17 to 399,067 in 2018-19 is largely attributable to a 25,000 drop in Texas during that two-year period. Dismissing the Texas num-

Continued on Page 4

NFHS Participation Numbers

The following table consists of statistics gleaned from the 2018-19 High School Athletics Participation Survey conducted by the NFHS.

TEN MOST POPULAR BOYS' PROGRAMS

Schools

1. Basketball	18,617
2. Track and Field (Outdoor)	17,052
3. Baseball	16,170
4. Cross Country	15,632
5. Football-11-Player	14,247
6. Golf	13,590
7. Soccer	12,552
8. Wrestling	10,843
9. Tennis	9,809
10. Swimming & Diving	7,704

Participants

1. Football-11-Player	1,006,013
2. Track and Field (Outdoor)	605,354
3. Basketball	540,769
4. Baseball	482,740
5. Soccer	459,077
6. Cross Country	269,295
7. Wrestling	247,441
8. Tennis	159,314
9. Golf	143,200
10. Swimming & Diving	136,638

TEN MOST POPULAR GIRLS' PROGRAMS

Schools

1. Basketball	18,210
2. Track and Field (Outdoor)	17,012
3. Volleyball	16,572
4. Softball-Fast Pitch	15,877
5. Cross Country	15,435
6. Soccer	12,107
7. Golf	10,402
8. Tennis	10,290
9. Swimming & Diving	8,007
10. Competitive Spirit Squads	7,214

Participants

1. Track and Field (Outdoor)	488,267
2. Volleyball	452,808
3. Basketball	399,067
4. Soccer	394,105
5. Softball-Fast Pitch	362,038
6. Cross Country	219,345
7. Tennis	189,436
8. Swimming & Diving	173,088
9. Competitive Spirit	161,358
10. Lacrosse	99,750

NCAA Information for the College Bound Athlete

Updated Resources for the 2019-20 Academic Year

It's time for another great school year! The following reminders are designed to help as you provide information to students and families and assist them with the registration, initial-eligibility, and certification processes.

Our updated resources for the 2019-20 school year can be found on our [Educational Resources page](#) and include:

- * Guide for the College-Bound Student-Athlete.
- * Initial-Eligibility brochure (tri-fold).
- * Initial-Eligibility one-page brochure.
- * High School Counselors Quick Hits.

More resources are coming soon! Check back to the [Educational Resources page](#) for updates. (See page 6 and 7 for more information.)

Also, the NCAA Eligibility Center began a text-messaging program to reach out to registered prospective student-athletes. This program will reach out to U.S. phone numbers only, and will be used primarily to notify students when critical tasks are open within their Eligibility Center certification account. Texting will be limited to no more than four texts per month per student.

Assistant Athletic Administrators

If a school has an assistant athletic administrator or an administrative assistant that they would like added to the MPA Database so that they are also receiving notifications, please submit name and e-mail address to Patty Newman at pnewman@mpa.cc.

There are still a few Pink Soccer Balls for *Cancer Awareness* available at the MPA Office.

Please contact Mike Bisson at mbisson@mpa.cc if you would like to receive one.

Participation in High School Sports Registers First Decline in 30 Years . . . (Continued from Page 3)

bers, girls basketball numbers have been steady in the range of 430,000 for the past seven years.

Four of the top 10 boys sports registered increases in participation, topped by track and field with an additional 5,257 participants. Other top 10 boys sports that added participants last year were soccer (2,715), wrestling (1,877) and tennis (1,163). Among girls top 10 sports, volleyball was the front-runner with an additional 6,225 participants, followed by soccer (3,623) and lacrosse (3,164).

In addition to an increase in girls volleyball and boys wrestling, the sports continued to gain interest across genders. Boys participation in volleyball registered a four percent increase and now has 63,563 participants nationwide, and girls wrestling jumped 27 percent and now has 21,735 participants.

The most significant increases from last year were registered in the adapted and Unified sports programs. The various adapted sports sponsored by schools across the country gained 4,102 participants, while Unified sports participation increased 2,938.

With 1,006,013 participants, 11-player football remains the No. 1 participatory sport for boys in high school by a large margin. Outdoor track and field is No. 2 with 605,354 participants, followed by basketball (540,769), baseball (482,740), soccer (459,077), cross country (269,295), wrestling (247,441), tennis (159,314), golf (143,200) and swimming/diving (136,638).

Outdoor track and field continues to lead the way for girls with 488,267 participants, followed by volleyball (452,808), basketball (399,067), soccer (394,105), fast-pitch softball (362,038), cross country (219,345), tennis (189,436), swimming/diving (173,088), competitive spirit (161,358) and lacrosse (99,750).

While some of the traditional sports such as football, basketball and baseball have remained steady and/or experienced slight declines in the past seven years, other sports have registered significant gains since 2012. Participation in girls lacrosse and boys lacrosse has increased 19 percent during that time with a com-

bined 213,452 participants in 2018-19. Girls and boys soccer gained 70,668 participants since 2012 (a nine percent increase) and now has a combined 853,182 participants nationwide.

Interest in boys volleyball (26 percent gain) and girls volleyball (eight percent gain) has continued to climb the past seven years with totals of 63,563 and 452,808, respectively, in 2018-19. Among girls sports, competitive spirit has increased 38 percent since 2012 with 161,358 participants.

“While we will do everything in our power to regain participation levels in football and other traditional sports, we are thrilled with reports from sports such as volleyball, lacrosse, soccer, competitive spirit and some of the emerging sports,” Niehoff said. “Our ultimate goal is to involve as many students as possible in high school sports and other activity programs.”

This year's survey indicated participation by high school students in 70 different sports, as well as 14 adapted sports for students with disabilities. Some of the more popular non-traditional sports were bowling (61,291), weightlifting (29,144), badminton (18,162), flag football (12,154) and archery (10,391).

The top 10 states by participants remained the same in 2018-19. Texas and California topped the list again with 825,924 and 824,709 participants, respectively, followed by New York (369,266), Ohio (339,158), Illinois (333,838), Pennsylvania (316,429), Florida (308,173), Michigan (292,947), New Jersey (281,058) and Minnesota (240,487). Only Texas, California and Minnesota reported higher figures than the previous year.

The participation survey has been compiled in its current form by the NFHS since 1971 through numbers it receives from its member state associations. The complete 2018-19 High School Athletics Participation Survey is available via the following link:

<https://www.nfhs.org/sports-resource-content/high-school-participation-survey-archive/>

CALENDAR OF RELIGIOUS HOLIDAYS

Holiday	Date	Day	Religion
Eid al Adha	12-Aug	Monday	Islamic
Janmashtami	23-Aug	Friday	Hindu
Muharram (10th Day)	1-Sep	Sunday	Islamic
Navaratri/Dassehra	29-Sep - 10-Oct	Sunday-Thursday	Hindu
Rosh Hashanah (1st Day)	30-Sep	Monday	Jewish
Yom Kippur	9-Oct	Wednesday	Jewish
Sukkot	14-Oct - 20-Oct	Monday-Sunday	Jewish
Shmini Atzeret	21-Oct	Monday	Jewish
Simchat Torah	22-Oct	Tuesday	Jewish
Diwali	27-Oct	Sunday	Hindu
Mawlib-al-Nabi	10-Nov	Sunday	Islamic
Chanukah (1st Day)	23-Dec	Monday	Jewish
Christmas	25-Dec	Wednesday	Christian
Chanukah (Last Day)	30-Dec	Monday	Jewish
Orthodox Christmas	7-Jan	Tuesday	Christ. Orthodox
Maha Shivaratri	21-Feb	Friday	Hindu
Ash Wednesday	26-Feb	Wednesday	Christian
Holi	9-Mar - 10-Mar	Monday-Tuesday	Hindu
Purim	10-Mar	Tuesday	Jewish
Ramanavami	2-Apr	Thursday	Hindu
Passover	9-Apr - 16-Apr	Thursday-Thursday	Jewish
Good Friday	10-Apr	Friday	Christian
Easter	12-Apr	Sunday	Christian
Orthodox Good Friday	17-Apr	Friday	Christ. Orthodox
Orthodox Easter	19-Apr	Sunday	Christ. Orthodox
Ramadan (1st Day)	24-Apr	Friday	Islamic
Lailat Ul Qadr	19-May	Tuesday	Islamic
Vesek (Buddha Day)	19-May	Tuesday	Buddhist
Eid al Fitr (Last Day of Ramadan)	24-Apr	Sunday	Islamic
Shavuot	29-May - 30-May	Friday-Saturday	Jewish

Positive Coaching Award—\$10,000!

Do you have one or more outstanding coaches in your district or school? A coach who strives to win while also pursuing the more important goal of teaching life lessons through sports? If so, please nominate them for **Positive Coaching Alliance's National Double-Goal Coach® Award** and they could win \$10,000 to split with the school!

Each year, PCA receives nominations from across the country for coaches who embody the ideals of a Double-Goal Coach: filling players' emotional tanks, focusing on effort rather than scoreboard results, allowing mistakes as part of the learning process, and teaching kids to honor the game?

We'll name around 100 National Finalists and then 25 National Winners who will each receive \$1,000 and an invitation with guest to be recognized at our **National Youth Sports Awards and Benefit** in the spring of 2020 in California. Four of the 25 winners will be selected to participate in a panel discussion on stage at the event and will receive an all-expense-paid trip to the event with a guest. One PCA-National Coach of the Year Winner will receive \$10,000- \$2,500 directly to the coach and \$7,500 to the youth sports organization or school of their choice!

Please tweet, email, and share the opportunity to nominate a deserving coach with all the schools in your district, with the parents, players, and your administrators. Your school could win \$7,500!!

CALL THE MPA HELP LINE
207-622-0217

We are here to help you and answer questions!

Extensions:

125 = Mike Burnham 122 = Tammy McNear
126 = Holly Couturier 127 = Diane Patnaude
141 = Mike Bisson 130 = Patty Newman

MPA Mission Statement

To assure a quality education for all students, the Maine Principals' Association will:

- (1) promote the principalship;
- (2) support principals as educational leaders; and
- (3) promote and administer interscholastic activities in grades 9-12.

NFHS Officials Association Awards Program

It is time to recognize outstanding sports officials in your state by nominating them for a state, sectional, or national NFHS Officials Association Award.

A brief description of the awards, the selection process, and how recipients will be recognized is explained below (and is also indicated on each form).

Here is some general information that will help you:

- Award forms may be submitted by fax, mail, or email. Email is preferred (lbrown@nfhs.org)
- All active official nominees must be NFHS Officials Association members. ALL award nominees must have the approval and signature of the state association.
- The state level awards may be submitted to the NFHS office at any time.
- State level certificates will be sent back to the state association for distribution.
- Nominations for any sectional or national awards must be sent to the NFHS by **November 15th**.
- An NFHS Officials Association Awards Screening Committee will

select sectional and national recipients from state association nominees.

- Sectional and national certificates will be sent to each recipient unless otherwise instructed.
- Sectional, national and state recipients will be listed on the NFHS Officials Association Central Hub for recognition.
- The NFHS Citation award recipient will be honored at the Awards Luncheon at the Summer Meeting in Denver, CO.

Click **HERE**—NFHS Citation Award (Official).

Click **HERE**—NFHS Officials Association Award Nomination Form: *National Contributor*.

Click **HERE**—NFHS Officials Association Award Nomination Form: *Sectional/National Active Official*.

Click **HERE**—NFHS Officials Association Award Nomination Form: *State Active Official of the Year*.



ONE OPPORTUNITY. LIMITLESS POSSIBILITIES.

If you want to play sports at an NCAA Division I or II school, start by registering for a Certification Account with the NCAA Eligibility Center at eligibilitycenter.org. If you want to play Division III sports or you aren't sure where you want to compete, start by creating a Profile Page at eligibilitycenter.org.

ACADEMIC REQUIREMENTS

To play sports at a Division I or II school, you must graduate from high school, complete 16 NCAA-approved core courses, earn a minimum GPA and earn an ACT or SAT score that matches your core-course GPA.

CORE COURSES

Only courses that appear on your high school's list of NCAA core courses will count toward the 16 core-course requirement; visit eligibilitycenter.org/courselist for a full list of your high school's approved core courses. Complete 16 core courses in the following areas:

DIVISION I

Complete 10 NCAA core courses, including seven in English, math or natural/physical science, before your seventh semester.

ENGLISH	MATH (Algebra I or higher)	NATURAL/ PHYSICAL SCIENCE (Including one year of lab, if offered)	ADDITIONAL (English, math or natural/physical science)	SOCIAL SCIENCE	ADDITIONAL COURSES (Any area listed to the left, foreign language or comparative religion/philosophy)
4 years	3 years	2 years	1 year	2 years	4 years

DIVISION II

ENGLISH	MATH (Algebra I or higher)	NATURAL/ PHYSICAL SCIENCE (Including one year of lab, if offered)	ADDITIONAL (English, math or natural/physical science)	SOCIAL SCIENCE	ADDITIONAL COURSES (Any area listed to the left, foreign language or comparative religion/philosophy)
3 years	2 years	2 years	3 years	2 years	4 years

GRADE-POINT AVERAGE

The NCAA Eligibility Center calculates your grade-point average based only on the grades you earn in NCAA-approved core courses.

- DI requires a minimum 2.3 GPA.
- DII requires a minimum 2.2 GPA.

SLIDING SCALE

Divisions I and II use sliding scales to match test scores and GPAs to determine eligibility. The sliding scale balances your test score with your GPA. If you have a low test score, you need a higher GPA to be eligible. Find more information about test scores at ncaa.org/test-scores.

TEST SCORES

You may take the SAT or ACT an unlimited number of times before you enroll full time in college. Every time you register for the SAT or ACT, use the NCAA Eligibility Center code 9999 to send your scores directly to us from the testing agency. We accept official scores only from the ACT or SAT, and won't use scores shown on your high school transcript. If you take either test more than once, the best subscore from different tests are used to give you the best possible score.



HIGH SCHOOL TIMELINE

9TH GRADE



- ♦ *Start planning now!* Take the right courses and earn the best grades possible.

- ♦ Find your high school's list of NCAA-approved core courses at eligibilitycenter.org/courselist.
- ♦ Sign up for a free Profile Page at eligibilitycenter.org for information on NCAA requirements.

10TH GRADE

REGISTER



- ♦ If you fall behind academically, ask your counselor for help finding approved courses you can take.

- ♦ Register for a Profile Page or Certification Account with the NCAA Eligibility Center at eligibilitycenter.org.
- ♦ Monitor your Eligibility Center account for next steps.
- ♦ At the end of the year, ask your counselor at each high school or program you attended to upload your official transcript to your NCAA Eligibility Center account.

11TH GRADE



- ♦ Check with your counselor to make sure you are on track to complete the required number of NCAA-approved courses and graduate on time with your class.

- ♦ Take the ACT or SAT and submit your scores to the NCAA Eligibility Center using code 9999.
- ♦ Ensure your sports participation information is correct in your Eligibility Center account.
- ♦ At the end of the year, ask your counselor at each high school or program you attended to upload your official transcript to your NCAA Eligibility Center account.

12TH GRADE



- ♦ Complete your final NCAA-approved core courses as you prepare for graduation.
- ♦ Take the ACT or SAT again, if necessary, and submit

- your scores to the NCAA Eligibility Center using code 9999.
- ♦ Request your final amateurism certification beginning April 1 (fall enrollees) or Oct. 1 (winter/spring enrollees) in your NCAA Eligibility Center account at eligibilitycenter.org.
- ♦ After you graduate, ask your counselor to upload your final official transcript with proof of graduation to your NCAA Eligibility Center account.
- ♦ *Reminder:* Only students on an NCAA Division I or II school's institutional request list will receive a certification.

How to plan your high school courses to meet the 16 core-course requirement:

$$4 \times 4 = 16$$

9TH GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

4 CORE COURSES

10TH GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

4 CORE COURSES

11TH GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

4 CORE COURSES

12TH GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

4 CORE COURSES

For more information: ncaa.org/playcollegesports | eligibilitycenter.org

Search Frequently Asked Questions: ncaa.org/studentfaq

Follow us: @NCAAEC @playcollegesports @ncaaec