

# what's in the future for me?

CANADIAN COLLEGE OR UNIVERSITY?

NATIONAL COLLEGIATE ATHLETIC ASSOCIATION

(NCAA) COLLEGE OR UNIVERSITY?

ONTARIO HOCKEY LEAGUE (OHL)?

QUEBEC MAJOR JUNIOR HOCKEY LEAGUE?

CENTRAL CANADA HOCKEY LEAGUE

TIER 1 (CCHL) - JUNIOR "A"?

CENTRAL CANADA HOCKEY LEAGUE

TIER 2 (CCHC2) - JUNIOR "B"?

NATIONAL CAPITAL JUNIOR HOCKEY LEAGUE

(NCJHL) - JUNIOR "C"?

WESTERN HOCKEY LEAGUE (WHL)?







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## 1. **ACKNOWLEDGEMENTS:**

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- Ron McRostie, Vice President, HEO for his input and coordination of this booklet.

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## 2. AN OVERVIEW OF THE EMPHASIS ON EDUCATION:

- Elite hockey players desire to pursue the game at the highest competitive level possible. The majority of elite players choose Major Junior Hockey Leagues in order to enhance their chances of advancing to the professional level.
- Normally, players entering Major Junior and other Junior Leagues at age 16 or 17 have not achieved high school graduation. As a result, parents may be concerned about the ongoing educational development of their sons in this highly intense competitive environment. In the CHL, players have every opportunity to move forward academically, graduate from high school on time and take post-secondary courses while playing in the League.
- Administrators, coaches and volunteers involved at elite levels of hockey are committed to the development of the “whole” person entrusted to their care. Since education is a critical component within all these organizations, leadership in fulfilling the academic needs of these young men is of utmost importance.
- Major Junior and Junior Hockey provide an environment in which a player can combine high performance development without compromising education.
- During a player’s tenure in elite hockey programs, a formalized academic team of professionals is in place to support him academically. Such personnel include:
  - League Directors of Educational Services;
  - Individual Club Education Advisors;
  - High School and College Counsellors at the site of Junior Teams; and/or
  - The High School Counsellor at the player’s home school.
- All CHL Clubs either have a team of educational experts or can direct the player to experts who are responsible to:
  - Provide guidance and advice to players prior to moving into a top elite program;
  - Monitor academic progress throughout the school term—both during the season and when the player returns to his home school;
  - Advise players about course selection and graduation requirements; and
  - Inform players about College, Technical School and University opportunities once high school graduation has been achieved.
- All elite sport, such as Canadian Major Junior and Junior hockey, should provide an outstanding environment to help young men develop very valuable basic personal qualities that will enhance any career once their playing days are over. These include:

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- Athletic ability and a high level of physical fitness;
  - Personal discipline;
  - Ability to deal with adversity and pressure;
  - Time management in balancing the demands of intense competition, practice times, travel and maintaining appropriate academic performance;
  - A sound understanding of “teamness”;
  - The mental skills required in analyzing and making decisions quickly in stress filled situations; and
  - Understanding the meaning of commitment.
- Built into these traits are other personal qualities such as integrity, honesty, good moral character and personal deportment that are integral to playing the game at any level.
  - As a result of these inherent qualities, graduates of Major Junior and Junior A hockey are heavily recruited by Canadian Universities and Colleges. Hockey coaches in these institutions seek these athletes to enhance their programs. The reality is that the inherent qualities described above provide a solid platform for Major Junior and Junior A graduates to be very successful academically and achieve a degree or diploma at the post-secondary level.
  - For athletes who do not have the opportunity to play hockey at the highest professional level, the University/College hockey programs are a natural progression to be considered. It is here that players can continue to improve their skills, compete at a very high level and often move on to professional hockey once their degree or diploma is completed.
  - All member clubs and Leagues within the Canadian Hockey League (Western Hockey League, Ontario Hockey League and QMJHL) offer scholarships which allow players the opportunity to pursue a College or University education in Canada following their graduation from Major Junior Hockey. The scholarships available to players in the CHL may vary slightly on a league-to-league basis. All players, however, who do not sign a top level professional hockey contract qualify for scholarship benefits upon completion of their junior eligibility (see TABLE: Scholarship Opportunities in the CHL).

**TABLE: Scholarship Opportunities in the Canadian Hockey League (CHL)**

	OHL	WHL	QMJHL
Player Eligibility	One year for every year played or portion thereof of the club's active roster	One year for every year played or portion thereof of the club's active roster	Must have played for a minimum of 2 years  Must have played at age 19
Annual Cap	Negotiated by each club	Based on full cost of tuition, compulsory fees and textbooks at a publicly funded university in the player's home province	\$10,500 max. if played 3 years  \$7,000 max. if played 2 years  \$3,500/year max. of 3 years
Activation of the Scholarship	Maximum of 18 months following graduation from the OHL	After one full season or one academic year following graduation from the WHL	In the month of September following the player's Junior Training period
Tiered Benefits	1 <sup>st</sup> Round Draft Selection: books, tuition, board & compulsory fees 2 <sup>nd</sup> -15 <sup>th</sup> Round Draft Selections: books, tuition and compulsory fees	Not tiered	Not tiered
Maximum Number of Years Player Eligibility	5	5	3
University Partnership	Yes	A formal CWUAA-WHL Partnership Agreement. An active Joint CW/Colleges Subcommittee	Yes
Local Club Fundraising Programs	Yes	Yes—all teams through 50/50 draws, golf tournaments and other fundraising efforts	Yes
Annual Education Liability Reporting Procedure	Yes	Each club reports scholarship liabilities to the League Office	Yes

### 3. CENTRAL CANADA JUNIOR HOCKEY LEAGUE (CCHL):



#### Why play Junior “A” in the CCHL1?

Junior “A” is the highest amateur level for Junior aged players in Canada and provides options for higher levels of hockey i.e., while maintaining NCAA eligibility the players can be full-time high school or part-time university students with an opportunity to be drafted into the National Hockey League while still having choices of the CHL or the NCAA.

#### How many teams are in the CCHL1?

There are 12 member teams within the HEO territory and they are the:

- Brockville Braves;
- Carleton Place Canadians;
- Cornwall Colts;
- Cumberland Grads;
- Gloucester Rangers;
- Hawksbury Hawks;
- Kanata Stallions;
- Kemptville 73's;
- Nepean Raiders;
- Ottawa Senators;
- Pembroke Lumber Kings; and
- Smiths Falls Bears.

#### What are the chances of advancing upward in the hockey world?

There have been ten NHL selections directly from the CJHL in the past five years and there has been upwards of 30 NCAA Division 1 scholarships annually.

#### How are Major Bantam players protected and/or drafted?

- Each team protects two Major Bantams in phase one of the draft based on proximity to the team's arena from the home of the player;
- Players become the property of the closest team to his home that protects him;
- Second phase consists of teams who did not acquire the two players they selected due to the distance criteria; and
- Teams may select up to 3 additional bantams in the draft.



### **What are the important features of the CCHL1 draft ?**

- Teams have the option in the first round to protect a player from Minor Midget that lives within 50 km of the arena;
- In the event that two teams opt for the same player, he is awarded to the closer team;
- Teams opting not to protect players still participate in the draft; and
- Protected players are selected on the Tuesday before the draft and announced at the draft on the following Saturday.

### **How does the CCHL1 Protected List work?**

- Prior to the draft each year, each team will protect 25 players which must include their two bantam protects from the previous year and any combination of "A" carded players eligible to return and listed players acquired previously and already on the 30-player list;
- Bantam selections are placed on a separate Minor Midget list of up to 5 players; and
- After the season, these five players are automatically moved to the 25-player list.

### **How many 16-yr olds can a CCHL1 team carry each year?**

- Under the CDM, Junior "A" teams are issued two 16-yr old slots per team per annum but they may carry a maximum of four 16-yr old slots at a time; and
- The CCHL1 allows for teams to transfer 16-yr old slots to other teams within the CCHL1 to ensure that players are not penalized by their age in making a Junior "A" roster.

### **Is it really possible to go from the CCHL1 to the NCAA?**

- Over 10% of the players in the league each year advance to NCAA Division 1 programs;
- Every year played in the CCHL1 increases the players' chances to make it to the NCAA;
- Over 100 Division 1 scholarships have been awarded to CCHL1 players in the past four seasons; and
- 20% of CCHL1 players advance to lower category collegiate programs in the United States and Canada each year.

### **What are the chances of advancing from the CCHL1 to the CHL?**

- 5% of players from the CCHL1 advance to the CHL at the age of 17 years old;
- Players in the CCHL1 can become late bloomers for the CHL;
- Players in the CCHL1 with NCAA options can derive stronger educational packages from the CHL; and
- Players can play at home until they graduate from high school and then go to the CHL.



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**What are the chances of advancing from “AAA” to higher levels?**

- over 75% of any birth year will play in the CCHL1
- 5 to 10% of any birth year will play in the OHL
- HEO Midget AAA develops 15 and 16 year old players to advance to Junior hockey
- HEO Midget AAA players can affiliate to CCHL1 or CCHL2

**What are the contacts for the CCHL?**

- [www.centraljuniorhockeyleague.ca](http://www.centraljuniorhockeyleague.ca)
- [kevinabrams@live.ca](mailto:kevinabrams@live.ca)
- [www.playcollegehockey.com](http://www.playcollegehockey.com)
- [www.ontariohockeyleague.com](http://www.ontariohockeyleague.com)

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#### 4. CENTRAL CANADA HOCKEY LEAGUE TIER 2 (CCHL2):

##### **What is the age group for this league?**

Player ages are from 16 to 21 years of age.

##### **Is there a limit on the number of 16-yr old and 21-yr old players?**

Presently, each team can carry two 16-yr old players and four 21-yr old players which allows for a lot of room for the 17-20 age group.

##### **How many teams are in the league and where are they located?**

Presently, the league is comprised of 16 teams spread out over a diverse geographical area and has teams in small, medium and large towns which include 5 teams in relatively close proximity to the centre of Ottawa so there is probably at least one team within 15-20 minutes of your home.

The league is divided into two (2) Divisions:

##### Eastern Division

Alexandria Glens  
Casselman Vikings  
Char Lan Rebels  
Clarence Beavers  
Metcalf Jets  
Ottawa Canadians  
Ottawa West Golden Knights  
Winchester Hawks

##### Contact

[www.glens.pointstreaksites.com](http://www.glens.pointstreaksites.com)  
[www.casselmanvikingsjrb.com](http://www.casselmanvikingsjrb.com)  
[www.charlanjrbrebels.pointstreaksites.com](http://www.charlanjrbrebels.pointstreaksites.com)  
[www.clarencebeavers.pointstreaksites.com](http://www.clarencebeavers.pointstreaksites.com)  
[www.metcalfjets.pointstreaksites.com](http://www.metcalfjets.pointstreaksites.com)  
[www.ottawacanadians.pointstreaksites.com](http://www.ottawacanadians.pointstreaksites.com)  
[www.goldenknights.pointstreaksites.com](http://www.goldenknights.pointstreaksites.com)  
[www.winchesterhawks.pointstreaksites.com](http://www.winchesterhawks.pointstreaksites.com)



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#### Western Division:

Arnprior Packers  
Athens Aeros  
Brockville Tikis  
Perth Blue Wings  
Prescott Flyers  
Renfrew Timberwolves  
Stittsville Rams  
Westport Rideaus

#### Contact

[www.arnpriorpackers.pointstreatksites.com](http://www.arnpriorpackers.pointstreatksites.com)  
[www.athenaerosjrhockey.pointstreatksites.com](http://www.athenaerosjrhockey.pointstreatksites.com)  
[www.brockvilletikis.pointstreatksites.com](http://www.brockvilletikis.pointstreatksites.com)  
[www.perthbluewings.pointstreatksites.com](http://www.perthbluewings.pointstreatksites.com)  
[www.prescottflyers.pointstreatksites.com](http://www.prescottflyers.pointstreatksites.com)  
[www.jrbwolves.pointstreatksites.com](http://www.jrbwolves.pointstreatksites.com)  
[www.stittsvillerams.pointstreatksites.com](http://www.stittsvillerams.pointstreatksites.com)  
[www.westportrideaus.pointstreatksites.com](http://www.westportrideaus.pointstreatksites.com)

#### **How important is school to a CCHL2 team?**

League Objective: Games do NOT interfere with school! Players are full-time high school and/or college/university students.

#### **When are the regular season and play-off games played?**

Most games are played on the weekend so as not to interfere with school.

#### **How many games are in the regular season and play-off's?**

The schedule is set at 44 league games between mid-September and mid-February with the play-off's finished by April 15<sup>th</sup> each year.

#### **How many practices are there each week?**

With a one-practice minimum and 2-3 games per week, the average times on the ice per week is a maximum of 3 to 4 times which is not considered to be a serious distraction from a player's scholastic responsibilities.

#### **Are players protected by the individual teams?**

Each team has a "protected" area of 33 kms from its home rink and, annually, each team is permitted to protect 12 players from the minors.

#### **How many 16-yr olds can an CCHL2 team carry each year?**

- Under the CDM, Junior "B" teams are issued two 16-yr old slots per team per annum but they may carry a maximum of four 16-yr old slots at a time; and
- The CCHL2 allows for teams to transfer 16-yr old slots to other teams within the CCHL2 to ensure that players are not penalized by their age in making a Junior "B" roster.



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### **Can players affiliate with teams from the CCHL1?**

Yes, the number of games that the player can affiliate with the Junior "A" club is limited by the age of the player and the time of the season as well as whether the player's own team has finished its play for the season.

### **Is there ample opportunity to AP with the CCHL1 and thereby gain more exposure?**

There is an excellent working relationship with the CCHL1 which permits affiliations between the two leagues and maximizes the players' opportunity to advance.

### **Can players be traded between teams within the league?**

Trades are permitted between teams and are duly monitored with the player's interests being paramount.

### **Does the CCHL2 have a good reputation?**

With a maximum number of players in the range of 350 the league is considered as a development league for both Junior "A" and university hockey. There is a long list (in excess of 50) of players who played in the CCHL2 before going onward to the NHL. There are many players who have gone on to play in the OHL, NCAA, CIS and the AHL from this league.

### **Where can I learn more about the league?**

The league website can be found at: [www.cchl2.pointstreatksites.com](http://www.cchl2.pointstreatksites.com)

### **Who are the contacts that can provide information about the league and/or the individual teams?**

Each of the 16 teams has its own website which is listed above and provides plenty of information about the team and its specific team officials who can provide team-specific information upon request.

The league contacts are as follows:

[www.cchl2.pointstreatksites.com](http://www.cchl2.pointstreatksites.com)

## 5. NATIONAL CAPITAL JUNIOR HOCKEY LEAGUE (NCJHL):



### Why should you consider playing in the NCJHL?

Officially designated as Junior C, the nine-team league boasts talent that has played every level of junior as well as midget AAA. A great many of its athletes have experienced the draft route, some in Major Junior and more in Junior “A”.

### What is the structure of the league?

The league was established in 1969 and has six Ottawa region teams (Cumberland, Chesterville, Embrun, Rockland, St. Isidore and Vankleek Hill) as well as three franchises on the Quebec side (Gatineau, LaPeche, and Papineauville). Historically, the league has always been located along the 417 corridor between Ottawa and the Quebec border. In fact, the only franchise to have ventured close to downtown Ottawa was East Ottawa, which in turn used to be in Vanier.

### Where are the 9 teams located?

The league's teams are the:

- Cumberland Bandits which play out of the Ray Friel Centre in Orléans and are a long slapshot from the Jr A Grads home in Navan;
- North Dundas Rockets which play out of the Chesterville Arena which is 40 kilometers south-west of Ottawa on Highway 43;
- Rockland Nationals are 15 minutes from Cumberland down Highway 174 which is still considered as being close to Ottawa;
- Embrun Panthers, while off the main highway, are still only 30 minutes from downtown and are nestled between the Casselman and Metcalfe EOJHL teams
- St. Isidore Eagles are another 15 minutes past Embrun; this team is close to the communities of both Casselman and Alexandria;

- Vankleek Hill Cougars, while the easternmost franchise, is in the same territory as the Hawkesbury's Jr "A" club and attracts AAA and Jr AA players from western Quebec and Montreal;
- Morrisburg Lions represent the St. Lawrence area at the crossroads of Highways #2 and #31
- Gatineau Hull-Volant play out of the Robert Guertin Arena in Hull and is only a few minutes from downtown Ottawa;
- Papineauville Vikings are but a ten-minute trek down the highway once you cross the Cumberland ferry; and
- Académie Jr. Outaouais are the furthest north, just past Wakefield. It seems far only until you drive it and notice that from downtown Ottawa, the trip is only 20 minutes.

### **How many games are in the regular season and play-off's?**

The 34-game schedule is entirely on weekends (except in playoffs) and teams practice once per week. The regular season play begins around the third week of September and the season ends in the last week of February with the annual All Star Game.

All teams make the playoffs so that even a disappointing season for a team can be reversed with some solid play at the end. There are three best of seven playoff rounds to determine the champion. In short, there's always another chance. The league philosophy has always been to keep young men in the game and many choose the NCJHL route after frustrations elsewhere.

### **What is the age group for this league?**

The league's upper age limit is 21 years of age and each team is permitted a maximum of four such players. A survey of the league's older players would reflect how many play because of extensive schoolwork or job requirements. It should be noted, too, that teams are permitted only one 16-year old apiece and that player must be local. In fact, in any given year, the number of 16 or 17 year olds in the league are few indeed. The result is an older, more mature league comprised of athletes who continue to play elite junior hockey while successfully managing with other commitments.

### **Why play in the NCJHL? A more appropriate question might be, why not?**

Even though many have considered or attempted Junior A, a weekend-only schedule suits students and working young men best. The NCJHL offers a high calibre of play, strong organization, and clean play. It is an alternative well worth considering.



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## 6. CIS: CANADIAN INTERUNIVERSITY SPORT

### INTRODUCTION:

#### What is the CIS?

The CIS is the governing body for Canadian university athletics.

#### How many universities offer hockey programs?

Canada West:

- University of Lethbridge
- University of Saskatchewan
- University of Regina
- University of B.C.
- University of Calgary
- University of Alberta
- University of Manitoba

Atlantic Canada:

- University of New Brunswick
- St. Francis Xavier
- Saint Mary's University
- Dalhousie University
- Acadia University
- University of P.E.I.
- Université de Moncton
- St. Thomas University

Ontario University Association:

- Royal Military College
- University of Western Ontario
- University of Waterloo
- University of Toronto
- Ryerson University
- Queen's University
- University of Ottawa
- Université du Québec à Trois-rivières
- Sir Wilfred Laurier
- McGill University
- Mount Royal University
- Lakehead University
- Concordia University
- University of Guelph



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- York University
  - Brock University
  - University of Windsor
  - Carleton University
  - University of Ontario Institute of Technology
  - Nipissing University

## **B. Scholarships/Financial Assistance:**

### **Can CIS universities offer financial awards or scholarships for athletic competition?**

Yes, CIS universities can offer financial assistance/scholarships for university athletic participation within certain restrictions and guidelines as set out by the CIS.

### **What is the definition of financial awards?**

The CIS refers to its scholarships and financial assistance as “Athletic Financial Awards” (AFA). An AFA is any award that is conditional on the student participating as a member of an athletic team. These awards include but are not limited to scholarships, bursaries, prizes, leadership awards, merit awards, housing and all other related non-employment financial benefit received by an athlete from their institution.

### **Who is eligible for an AFA?**

Both students entering their first year of university and students who have already competed for the university are eligible for financial assistance.

### **What are the eligibility requirements for an AFA?**

Students who are considered “entering students” must achieve a minimum 80% grade average in the previous academic year of study in order to be eligible for university financial assistance. An “entering student” is any student who has not yet completed 2 semesters of study at the CIS institution they are currently attending. This definition includes students entering from high school, students who are currently in their first year of university, as well as students who transfer from another post-secondary institution.

Students who are considered “non-entering students” must achieve a 65% average within the previous academic year of study. A “non-entering student” is any student who has successfully completed 2 semesters of study at the institution they are currently attending. This would include second, third, fourth and fifth year university students.

### **Is there a maximum amount of money that can be given out by a university in the form of AFA's?**

Yes. Using a complicated formula, each CIS hockey team is allowed 14 AFA units. One (1) AFA unit accounts for 100% of one athlete's tuition and compulsory fees. For example, if your tuition and compulsory fees total \$5,000, and the university awards you



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an AFA totaling \$5,000, then they have used one (1) AFA unit on you. If you receive \$2,500 then only 0.5 AFA units have been used on you.

Therefore, 14 AFA units allows for 14 players to receive 100% of their tuition and compulsory fees. Conversely, 7 players could receive 100% of their tuition and compulsory fees while 14 players receive 50% of their tuition and compulsory fees. Each individual CIS hockey team decides how it will divide its 14 AFA's amongst its student-athletes.

Also, it must be noted that schools are not required to give away all 14 AFA's each year. Some universities may award all 14 AFA's while others may award none—the decision rests with each individual university. Each Conference establishes its own criteria for access to bursaries.

## **ACADEMIC ELIGIBILITY**

### **A.High School Requirements:**

#### **What high school average is required to be academically eligible for CIS?**

A prospective student-athlete must obtain a minimum 60% average on those courses used to determine university admission. It must be noted that this only makes the student eligible to compete in CIS athletics and does not guarantee entrance into a specific university or program.

#### **What happens if I don't have a 60% average but get accepted into a CIS institution?**

In those instances where you have not achieved the 60% requirement, but nonetheless have been accepted into a CIS university, you must complete 3 full courses (9 credit hours) or equivalent in a single semester prior to gaining eligibility.

### **B. Continued CIS Eligibility:**

#### **What is required in order to continue to be eligible to compete in the CIS?**

In order to be eligible to continue competing in CIS athletics you must complete 18 credits during the term in which you are competing.

## **ATHLETIC ELIGIBILITY**

### **A.Athletic Eligibility:**

#### **How many years of athletic eligibility do I have to compete in CIS athletics?**

Every student-athlete has five (5) years to compete in CIS athletics.



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### **Does NCAA competition count towards my five (5) years of CIS athletic eligibility?**

Yes. For each year of competition in the NCAA, you are charged with a year of CIS eligibility. Also, athletes who have used all of their NCAA athletic eligibility are ineligible to compete in the CIS.

### **B. Amateuism:**

#### **Do I lose CIS athletic eligibility if I compete for a professional team, play in a professional league or get paid to play hockey?**

For each year that you played professional hockey you will lose one of your 5 years of CIS eligibility. Eligibility in Canada is not consumed unless you represented the institution in a game.

#### **Do exhibition games count as professional competition?**

No. Hockey players are not considered to have competed professionally regardless of the number of exhibition games played.

#### **How soon after competing professionally can I take part in CIS athletics?**

One year must pass between your last professional competition and your first game in the CIS.

#### **Do I lose CIS athletic eligibility if I try out for a professional team?**

No. As long as you do not compete in a game in a professional league you will not lose any eligibility for participation in a tryout.

### **C. Major Junior (WHL, OHL, QMJHL):**

#### **Can I play games in major junior and still be eligible to compete in the CIS?**

Yes. Unlike the NCAA, the CIS does not consider major junior hockey leagues to be professional hockey leagues and, therefore, competition in these leagues will not jeopardize CIS athletic eligibility.

#### **Can I try out for teams in major junior and still be eligible to compete in the CIS?**

Yes. Unlike the NCAA, participation in major junior tryouts will not jeopardize any CIS eligibility.

### **D. Transferring to the CIS:**

#### **If I transfer from the NCAA, how soon after I transfer can I play?**

A student-athlete, who transfers to a CIS member institution team from a non-Canadian post-secondary degree granting institution team such as the NCAA, shall be eligible to participate immediately in CIS competition, unless:

- a) The student-athlete has participated in any competition with their former non-Canadian post-secondary institution in that semester or term, or

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- b) The student-athlete has not satisfied Academic Standing Requirements in his or her final year as a student-athlete at their former institution, or
  - c) The student-athlete has not maintained his/her academic eligibility to continue to participate in their originating jurisdiction, or
  - d) The student-athlete has been assessed a season of competition (or a year of eligibility or equivalent) in any recognized sport(s) of CIS in four academic years within their former non-Canadian post-secondary jurisdiction, or
  - e) The student-athlete left their former NCAA institution having exhausted their eligibility as per the jurisdiction's respective time clock/terms of attendance regulations, or
  - f) The student-athlete is not a Canadian citizen or does not have permanent resident status in Canada, in which case the individual cannot participate for a period of one year from their last competition in the sport in which they participated at their former institution, or
  - g) The student-athlete has previously received similar accommodation regarding an unencumbered transfer within any other jurisdiction.

### **Are there any exceptions to the above parameters?**

As with all CIS eligibility regulations, relief of a rule may be sought under compassionate circumstances (a traditional compassionate appeal). That is, if an individual did not satisfy all the parameters for this automatic accommodation, the CIS institution could, at its discretion, pursue a compassionate appeal in those instances where the institution thought such a request was warranted.

### **Can a student-athlete play in a pre-season game for an NCAA school in August, prior to the start of their fall term classes, and then attend and participate for a CIS school in September because they had a change of heart on attending their NCAA school?**

No. Subject to all other rules the student-athlete could be eligible to participate for the winter term, but not the fall term.

### **Can a student-athlete participate in a training camp for an NCAA school and attend a CIS school in the same fall term because they had a change of heart on attending an NCAA school?**

Yes. The policy does not impose its "in-semester" restriction on those student-athletes who have not participated on behalf of their NCAA institution. Involvement in practicing and training do not disqualify someone from accessing this accommodation.

### **How many credit hours does a transfer student-athlete from the NCAA require to access this accommodation?**

18. There is no change to the academic requirements of the transfer rule or this accommodation. The individual must have successfully completed a minimum of 18 credit hours within the academic year in order to retain their academic eligibility the following year at their new CIS institution. Please note, the credits are not required to be

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recognized as transfer credits at their new CIS institution; the credits earned are effectively “banked” by the individual, similar to current practice and policy.

**Can a student-athlete who successfully completes 18 credit hours in the NCAA but who does not satisfy the NCAA academic requirements access this accommodation?**

No. Although intended as a repatriation policy, the policy also wishes to respect the academic values of being a student-athlete, which could be questioned in those instances where an individual did not adhere to the requirements of continuing academic eligibility in their originating jurisdiction.

**Can a US citizen access this accommodation?**

No. The intent of the policy is to repatriate Canadians who have gone to the United States for school; it is not an open door for non-Canadians who would be required to sit-out under the traditional transfer rule.

**Can a Canadian citizen who attended a U.S. high school or prep school prior to attending their NCAA school access this accommodation?**

Yes.

**Can a Canadian citizen attending an NCAA school in Canada (presently limited to SFU) access this accommodation?**

Yes. Although the institution is not located in the U.S., the intent of the policy is to also repatriate student-athletes to the CIS, thus those student-athletes attending a Canadian-based NCAA institution can access this accommodation.

**Can a student-athlete who received a transfer waiver in the NCAA, such as when they transferred from on NCAA Division 1 school to another NCAA Division 1 school, access this accommodation should they subsequently wish to transfer to a CIS institution?**

No; however, a compassionate appeal would be suggested. Although intended as a repatriation policy, the policy also wishes to respect the academic values of being a student-athlete, which could be questioned in those instances where an individual has sought multiple transfer rule waivers.

**Can a student-athlete who did not require a transfer waiver in the NCAA, such as when they transferred to a lower NCAA division, access the accommodation should they subsequently wish to transfer to a CIS institution?**

Yes. The intent of the policy is to limit access to such an accommodation once in the student-athlete's post-secondary career.

**Can a CIS student-athlete access the accommodation to transfer from one CIS institution to another institution?**

No. The intent of the policy is to repatriate Canadians who have gone to the U.S. for school; it is not an open door for CIS student-athletes who would be required to sit-out



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under the traditional transfer rule (with current exceptions provided in the sports of cross-country, track & field and swimming).

## **RECRUITING**

### **A. Recruiting Guidelines:**

#### **Do CIS universities provide for recruiting trips?**

Yes. Universities can bring prospective student athletes to campus for recruiting trips.

#### **Can a CIS university cover prospect travel expenses for recruiting trips?**

University funding of recruiting trips for prospective athletes is acceptable provided these trips are consistent with general university policy.

#### **How many official visits can I make?**

Although there is no limit on the number of universities that you can visit on financed recruiting trips, each university can provide for only one financed recruiting trip per prospective athlete.

#### **Can I receive university apparel or other products while on a recruiting trip?**

Yes, you can receive university products or services provided the products or services do not exceed \$50.00 over and above what is provided the general prospective student population.

#### **What is a CIS Letter of Intent?**

A student-athlete may formally declare his intention to attend a specific CIS member school during the upcoming academic year by signing a Letter of Intent. Upon signing the letter all CIS members are to discontinue further recruitment of the student-athlete. It is at the discretion of a CIS institution to include the terms of AFA within the Letter of Intent; however, when included, the school is expected to honour those terms. However, if a student-athlete signs a Letter of Intent with an institution and then decides to break that agreement the student-athlete is thereby not eligible for AFA at the new institution.



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## 7. NATIONAL COLLEGIATE ATHLETIC ASSOCIATION (NCAA)

### INTRODUCTION

#### **A: National Collegiate Athletic Association (NCAA):**

##### **What is the NCAA?**

The National Collegiate Athletic Association (NCAA) is a voluntary organization through which American colleges and universities govern their athletic programs. It is comprised of more than 1,250 institutions, conferences, organizations and individuals.

##### **What do I need to do to compete in the NCAA?**

In order to compete in the NCAA you must graduate from high school, write the SAT or ACT, register with the NCAA Eligibility Center, meet NCAA academic standards, remain academically and athletically eligible to compete and be admitted to an NCAA institution.

#### **B: Division I, II and III:**

##### **What is Division I?:**

Division I is the highest level of academic competition in the NCAA. Athletic programs at Division I universities can offer financial aid or athletic scholarships based solely on athletic ability.

##### **What is Division II?:**

Division II universities compete in athletics at the Division III level but, unlike Division III institutions, they are permitted to offer financial aid or scholarships based solely on athletic ability.

##### **What is Division III?:**

Division III universities focus much more on the academic experience than on the athletic experience of the student-athlete. As such, Division III universities prohibit financial aid or scholarships based on athletic ability. Furthermore, rules and regulations governing competition in Division III athletics are less stringent than those that govern competition in Division I.

#### **C: NCAA Eligibility Center:**

##### **What is the NCAA Eligibility Center?**

The NCAA Eligibility Center is an agency that determines whether an athlete is eligible to participate in NCAA Division I or Division II athletics (does not apply to Division III). There are two components to the eligibility determination: (1) the academic certificate process, which determines whether you are academically eligible, and (2) the amateurism certification process which determines whether you are athletically eligible.





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It is important to note that academic and/or amateurism certification from the Eligibility Center does not guarantee you admission to any Division 1 or II university. You must apply for college admission separately. The Eligibility Center only determines whether you meet minimum NCAA requirements as an incoming student-athlete in a Division I or II college to be able to compete, practice and receive an athletic scholarship.

### **How does the NCAA Eligibility Center determine academic certification?**

To determine academic certification the Eligibility Center evaluates the types of high school courses taken, the grade achieved in those high school courses and standardized test scores. The Eligibility Center then provides the athlete's initial-eligibility certification results to all universities that request this information. Please see below for a more detailed discussion of academic requirements and eligibility.

### **How does the NCAA Eligibility Center determine amateurism certification?**

In order to participate in NCAA athletics, athletes must be certified as an "amateur". Amateurism certification is a process to determine the amateur status of incoming student-athletes initially enrolling at NCAA Division I and II member institutions.

Amateurism certification will consider a student-athlete's:

- Contracts with a professional team (Division I);
- Salary for participating in athletics (Division I);
- Prize money above actual and necessary expenses (Division I);
- Play with professionals (Division I);
- Tryouts, practice or competition with a professional team (Division I);
- Benefits from an agent or prospective agent (Divisions I and II);
- Agreement to be represented by an agent (Divisions I and II); and
- Organized-competition rule (Divisions I and II).

### **When should I register for the Eligibility Center?**

You should register with the Eligibility Center after the completion of Grade 11. A transcript that includes six semesters of grades should be sent to the Eligibility Center from the high school. Additionally, students should request all SAT or ACT test scores be forwarded directly to the Eligibility Center by entering code "9999" as a reporting selection when they register for the exam.

### **How do I register for the Eligibility Center?**

Go to:

<https://web1.ncaa.org/eligibilitycenter/common/index.html>.

### **How do I send a score report to institutions that request one?**

To have SAT, SAT II or ACT scores sent directly to the Eligibility Center:

- a. Enter code 9999 on the registration form or answer document to have scores sent directly to the Eligibility Center; or





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- b. Contact the test administrator to request a score report be sent to the Eligibility Center.

### **How do I contact the Eligibility Center?:**

Go to:

<https://web1.ncaa.org/eligibilitycenter/common/index.html> for contact information.

### **D: Athletic Scholarships:**

#### **What are athletic scholarships?**

An athletic scholarship is financial aid from a university or college based in any degree on the athletic ability of the student-athlete. Athletic scholarships are formalized by entering into agreements called “National Letters of Intent”, which is a written agreement between the institution and the student-athlete.

#### **What is a “National Letter of Intent”?**

The National Letter of Intent (NLI) is the name of the document that formalizes an athletic scholarship. It is a binding agreement between a student-athlete and a university in which the university agrees to provide athletic aid for one academic year in exchange for the student-athlete’s agreement to attend the university for one academic year.

#### **Can I make a verbal commitment to a school and sign a National Letter of Intent with a different school or can an institution make a verbal commitment to me and then offer my scholarship to another player?**

The National Letter of Intent program does not recognize verbal commitments (or even stating publicly one’s intentions to attend a certain institution). You may verbally commit to one institution and subsequently sign a National Letter of Intent with another institution. Conversely, an institution may accept your verbal commitment and later offer the scholarship to another student-athlete.

#### **What is covered by an athletic scholarship?**

Funds for tuition and fees, books, room and board and certain other expenses.

#### **Are scholarships guaranteed?**

The National Letter of Intent is guaranteed for one year. All athletic scholarships are renewed on a year-by-year basis. There are no guaranteed 4-year athletic scholarships.

#### **Who decides if I get a scholarship?**

Although admissions offices can refuse the admission of any student thereby, effectively, refusing any athletic scholarship, university athletic programs have considerable influence with their respective admissions office. This allows coaches to scout and recruit players and offer scholarships to those who they want for their programs.

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**Does every student-athlete receive a 100% or “full” scholarship?**

Universities are permitted to grant 18 “full” scholarships. However, university hockey teams typically carry 22-26 players. Therefore, it is most often the case that the 18 full scholarships are distributed among the 22-26 players on the roster. As a result, it is typical for the 18 full scholarships to be divided into a mix of partial athletic scholarships and full athletic scholarships. In other words, most NCAA hockey teams have some players who receive only a portion of their expenses in athletic scholarship (i.e., partial scholarship) and some players who receive all their expenses in scholarship (i.e., full scholarship).

**Can athletic scholarships be cancelled if I play badly or the coach doesn't like me?**

Athletic scholarships may not be reduced, cancelled or increased during the currency of the contract:

- based on your ability, performance, or contribution to your team's success;
- because an injury prevents you from participating; or
- for any other athletic reason.

**If you are receiving an athletic scholarship, the scholarship may be reduced or cancelled during the academic year only if you:**

- render yourself ineligible for NCAA competition;
- misrepresented any information on your application, letter of intent or financial and agreement;
- commit serious misconduct which warrants a substantial disciplinary penalty; or
- voluntarily quit the team for personal reasons.

**Can I keep my scholarship if I am not playing on the team?**

Athletic scholarships are awarded for athletic participation. Therefore, if you are no longer on the team because you (a) rendered yourself ineligible for NCAA competition, (b) misrepresented information on your university application, letter of intent or financial agreement, (c) committed serious misconduct which warrants a substantial disciplinary penalty, or (d) voluntarily quit the team for personal reasons, you may lose your athletic scholarship.

**Is it possible to get a 4-year scholarship?**

Athletic scholarships cannot be awarded for greater than one academic year. At the end

of that academic year the institution must notify the student-athlete in writing on or before July 1, whether the athletic scholarship has been renewed, reduced or not renewed for the coming academic year. This written notification comes from the institution's financial aid authority and not from the athletics department.



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### **What universities offer athletic scholarships?**

Athletes can receive athletic scholarships from Division I and Division II universities or colleges only. However, not all Division I and Division II institutions offer athletic scholarships (e.g. Ivy League institutions).

### **E. Financial Aid**

#### **What is financial aid?**

Financial aid is a grant from the university that is not based on athletic ability or participation on a college or university team.

#### **What is covered by financial aid?**

Financial aid can be granted for tuition and fees, room and board, books and transportation.

#### **How do universities determine the amount of financial aid?**

Although determining financial aid varies between universities, it is typically calculated based on the student and his parents' ability to contribute to the cost of post-secondary education. This is determined by evaluating the current savings and expected earnings of the student over the summer and the student's parents' overall wealth (i.e., earnings, savings, investments, etc.). Based on these types of criteria, the institution makes a judgment on the amount that the student and parents are able to contribute towards a university education. In theory, any shortfall between the expected contribution and the expected university expenses (e.g. tuition, room and board, books and transportation) is covered by financial aid.

#### **Can I keep my financial aid if I am not playing on the team?**

Since financial aid is not based on athletic ability, you cannot lose your financial aid simply because you are no longer on the hockey team. However, if you are released from the team for disciplinary reasons or for failing to meet academic standards, the school may rescind future financial aid or continued enrollment.

#### **What universities offer financial aid?**

Financial aid is offered at a variety of universities. Most Division III universities offer financial aid as do many universities in Division I such as those in the Ivy League (e.g. Princeton, Harvard, Yale, Dartmouth, Cornell, Brown).

## **ACADEMIC ELIGIBILITY**

### **A.Academic Eligibility:**

#### **What is needed to determine academic eligibility?**

In order to compete in the NCAA student-athletes must graduate from high school and write a standardized test such as the SAT or ACT. Prospective Division I and II student-

athletes must then register with the NCAA Eligibility Center and be declared academically and athletically eligible to compete in university athletics.

**How does the NCAA determine overall academic eligibility?**

The NCAA determines academic eligibility through the NCAA Eligibility Center (discussed above). The minimum academic standards are determined based on the following scale.

GPA	SAT	ACT
>3.55	400	37
3.50	420	39
3.25	520	46
3.00	620	52
2.75	720	59
2.50	820	68
2.25	920	77
2.00	1010	86

**How do my high school grades translate to GPA for the purpose of NCAA eligibility?**

The high school average corresponding to a specific GPA and SAT will vary slightly from province to province. In Ontario, a specific grade in a particular course translates to grade points as follows:

**ONTARIO**

Grade	US Grade	Grade Points
80% - 100%	A	4.0
65% - 79%	B	3.0
50% - 64%	C	2.0
40% - 49%	D	0
0 - 39%	F	0

Note: The NCAA and the Eligibility Center do not recognize +/- grades.

**How is the NCAA core grade-point average different from a student's overall grade-point average?**

Your high school average generally includes grades from most or all the courses you attempted in Grade 10 through Grade 12. However, the NCAA calculates GPA by using only NCAA-approved courses (also known as "core courses") for Grade 9 through Grade 12.

**B. High School:**

**What courses are required by Canadians to be academically eligible for the NCAA?**



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The NCAA specifies the number and subject area of core courses that are required. These core course requirements must be completed no later than the date on which you should have graduated from high school (i.e., 8 semesters after the commencement of Grade 9). The core courses that are required to be eligible to compete in the NCAA are as follows:

<p>Advanced Level  <b>Core Courses &amp; Subject Areas</b>          (16 Core Courses)</p> <p>4 Years of English          3 Years of Mathematics          2 Years of Natural/ Physical Science          1 Year of additional English, Mathematics or Natural/Physical Science          2 Years of Social Science          4 Years of additional courses (from any area above, foreign language or non-doctrinal religion/philosophy).</p>
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**What courses satisfy the core course requirements?**

The specific courses that satisfy the requirements set out above differ from province to province. In Ontario, the following courses satisfy the NCAA requirements for each subject area:

<b><u>English</u></b>	<b><u>Geography</u></b>	<b><u>History</u></b>	<b><u>Mathematics</u></b>	<b><u>Economics</u></b>	<b><u>German</u></b>
ENG1D	CGC1D	CHC2D	MPM1D	C1A4U	LWGBD
ENG2D	CGU4U	CHI4U	MPM2D		LWGCU
ENG3U	CGR4M	CHY4U	MCR3U		LWGDU
ENG4U	CGO4M	CHA3U	MHF4U		
ETS4U	CGW4U	CHW3M	MCV4U		
EWC4U	CGW3M		MDM4U		
ETC3M			MCF3M		
			<b><u>Social Science / Humanities</u></b>		
<b><u>Law</u></b>	<b><u>Politics</u></b>	<b><u>Science</u></b>	<b><u>Humanities</u></b>	<b><u>French</u></b>	<b><u>Spanish</u></b>
CLN4U	CPW4U	SNC1D	HZT4U	FSF1D	LWSCU
CLU3M		SNC2D	HSB4M	FSF2D	LWSDU
		SBI34	HFA4M	FSF3U	LWSBD
		SCH3U	HHS4M	FEF1D	
		SPH3U	HHG4M	FEF2D	
		SNC3M	HRT3M	FEF3U	<b><u>Computer</u></b>
		SES4U	HST3M	FSF4U	ICS3U
		SBI4U	PSE4U	FEF4U	ICS4U
		SCH4U		FIF2D	
		SPH4U		FIF3U	
		SNC4M		FIF4U	

For students graduating from other provinces visit the NCAA Eligibility Center website for a list of required core courses.

### **What high school average is required to be academically eligible for NCAA?**

A Canadian student-athlete will be considered to have satisfied the high school average requirements based on the following criteria based on the province.

Ontario – graduation and an average of at least 50% (equivalent to U.S. 2.000) or higher in all core-course areas.

### **Do upgraded courses count in determining NCAA academic eligibility?**

In Division I, all core courses must be completed in the first eight semesters of high school, based on when a student first started Grade 9. If a student graduates on time with his or her class (i.e., in eight semesters), the student may use one core course taken after graduation.

In Division II, all core courses will be used up until the student enrolls as a full-time student in any college or university.

### **C. SAT I: Reasoning Test:**

#### **What is the SAT?**

The SAT is a 3-hour and 45 minute exam that tests reading, writing and math. Many colleges and universities use the SAT as one indicator of a student's readiness to perform college-level work. SAT scores are compared with the scores of other applicants and the accepted scores at an institution.

For online sample questions and preparation materials, visit [www.collegeboard.com](http://www.collegeboard.com).

It is important to note that once you enroll "full-time" in college or university you can no longer write the SAT.

#### **What subjects does the SAT cover?**

There are three sections on the current version of the SAT:

- Writing Section: multiple choice questions and a written essay;
- Critical Reading: questions based on short and long reading passages; and
- Math: questions on numbers and operations, algebra and functions, geometry, statistics, probability and data analysis.

#### **How is the SAT scored?**

The SAT has three scores, each on a scale of 200-800. Your score includes writing (W 200-800), mathematics (M 200-800) and critical reading (CR 200-800). Two subscores are given for the writing section: a multiple choice subscore on a scale of 20-80, and an essay subscore on a scale of 2-12. If the SAT is written more than once, the highest



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math score, the highest verbal score and the highest writing score will be combined to create the highest overall score.

### **What is the average score on the SAT?**

For students entering college in 2008, the average scores were:

- Writing: 494;
- Critical Reading: 502; and
- Mathematics: 515.

### **Will the NCAA be using the writing section to determine NCAA eligibility?**

No. For the time being the NCAA will continue to use only the math and critical reading sections in determining NCAA academic eligibility. However, it is important to note that although the NCAA may not be using the writing section in determining academic eligibility, member universities are free to use it in assessing student-athlete applicants.

### **When is the SAT offered?**

The SAT is usually offered in the months of January, May and June—visit your high school Guidance Office for more information re specific dates. It is important to register early as registration deadlines are approximately 5 weeks prior to the testing date.

### **Where is the SAT offered?**

The SAT is offered at a number of locations throughout Canada and in all major cities. Visit [www.collegeboard.com](http://www.collegeboard.com) to determine the nearest location.

### **How do I register for the SAT?**

Go to [www.collegeboard.com](http://www.collegeboard.com) and follow the instructions provided under the SAT tab.

### **How many times can I write the SAT?**

There is no limit to the number of times that a student can write the SAT; however, only 6 scores will appear on the SAT score report.

### **How many times should I write the SAT?**

You should write the SAT at least 2 times. Since the SAT is a very unique test, prior experience writing and studying for the test will help you perform better on subsequent attempts. Also, because you can combine your highest math, critical reading and writing sections from all tests, the more tests that you write the more likely it is that you will perform better in one of these areas.

### **How do I study for the SAT?**

The most effective way to prepare for the SAT is to purchase a SAT study guide available at most book stores. These study aids are extremely useful for learning how to write the test and in becoming familiar with the exam format and question types.

### **Can I write the SAT while attending university or college?**

Yes, as long as you are not classified as a “full-time” student as per that institution’s definition of “full-time”. You must be classified as a “part-time” student.

## **D. SAT II: Subject Tests (SAT II):**

### **What is the SAT II?**

The SAT II's are one-hour, mostly multiple-choice, individual tests that measure how much students know about a particular academic subject and how well they can apply that knowledge. Many colleges require or recommend one or more of the subject tests for admission and student-athletes will be advised as to whether they have to write them or not.

### **What subjects do SAT II's cover?**

The SAT II includes the following subjects:

- |                     |                          |
|---------------------|--------------------------|
| -English Literature | -Chinese with Listening  |
| -U.S. History       | -French                  |
| -World History      | -French with Listening   |
| -Math Level 1       | -German                  |
| <br>                |                          |
| -Math Level 2       | -German with Listening   |
| -Biology            | -Spanish                 |
| -Chemistry          | -Spanish with Listening  |
| -Physics            | -Modern Hebrew           |
|                     | -Italian                 |
|                     | -Latin                   |
|                     | -Japanese with Listening |
|                     | -Korean with Listening   |

### **Which SAT II's should I take?**

Before deciding which test to take, review the school catalog of the college that you are considering. If the college requires specific SAT II's, then you must take the ones required. If the college does not specify which SAT II's you must take, choose the tests based on your subject strengths and the amount of time since you studied that particular topic.

### **How are SAT II's scored?**

SAT II scores are reported on a scale of 200 to 800.

### **When should you take the SAT II's?**

Most students take the SAT II's toward the end of Grade 11 or at the beginning of Grade 12. Students are advised to take some Subject Tests (for example, Biology E/M and United States History) as soon as they complete a course of study in that subject and while the material is still fresh in their minds.





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### When are SAT II's offered?

The SAT II's are offered during January, May and June. As with the regular SAT, it is important to register early, as the registration deadlines are approximately 5 weeks prior to the testing date.

### Where is the SAT II offered?

The SAT II is offered at the same locations as the regular SAT. Visit [www.collegeboard.com](http://www.collegeboard.com) to determine the nearest location.

### How do I register for the SAT II's?

Go to [www.collegeboard.com](http://www.collegeboard.com) and follow the directions provided under the SAT tab.

### How do I study for the SAT II's?

Because the SAT II's focus on specific subject areas, the most effective preparation for specific SAT II subject tests is to study for similar high school courses and purchase SAT II study guides available at some book stores.

### What's the difference between the SAT and Subject Tests?

The SAT tests general aptitude in math and English whereas the SAT II's test knowledge in specific subject areas. The SAT is required to compete in the NCAA while the SAT II's are required at the discretion of individual universities.

### E. ACT:

#### What is the ACT?

The ACT is (1) a set of four multiple-choice tests which cover English, mathematics, reading and science, and (2) an optional writing section.

#### What subjects does the ACT cover?

The ACT covers the following subjects:

- English, 75 questions, 45 minutes;
- Math, 60 questions, 60 minutes;
- Reading, 40 questions, 35 minutes;
- Science, 40 questions, 35 minutes; and
- Optional Writing Test, 1 question, 30 minutes.

#### When and where is the ACT offered?

The ACT is offered a number of times throughout the year. For dates and times visit: <http://www.actstudent.org/regist/outside.html>

#### How do I register for the ACT?

To register for the ACT go to [www.act.org](http://www.act.org). All Canadian students will have to register by mail so download, complete and return the "registration packet".

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### How do I study for the ACT?

The best preparation for the ACT is preparation for high school curriculum—courses in English, math, science and social studies. For practice questions and tests, go to [www.act.org](http://www.act.org) or purchase study guides for the ACT from a book store.

### How is the ACT scored?

Both the combined score (overall score) and each test score (English, math, reading, science) range from 1 (low) to 36 (high). The combined score is the average of your four test scores rounded to the nearest whole number.

### Which scores are reported if I test more than once?

There is a separate record for each test and only test scores that are requested are released to universities. Unlike the SAT, you may not select test scores from different test dates to construct a new record; you must designate an entire test date record as it stands. ACT does not create new records by averaging scores from different test dates.

### What is the difference between the ACT and the SAT?

The ACT is an achievement test, measuring what a student has learned in school. The SAT is more of an aptitude test, testing general reading, writing and math skills. The ACT has up to 5 components: English, mathematics, reading, science and an optional writing test. The SAT has only 3 components: critical writing, math and writing. Math makes up 50% of SAT's test score and only 25% of ACT's test score.

### Who should take the SAT and who should take the ACT?

Students who have recently graduated or are near graduation may perform better on the ACT as it focuses on specific subject areas studied in high school. Students who have been out of high school for a year or more may perform better on the SAT as it tests for general reasoning and aptitude. Also, students who are more proficient at math compared to reading, writing or science should consider writing the SAT rather than the ACT.

## ATHLETIC ELIGIBILITY:

### A.Amateurism Certification:

#### What is amateurism?

In order to compete in the NCAA a student-athlete must receive amateurism certification from the NCAA Eligibility Center. In determining amateurism status, the NCAA Eligibility Center will review:

- Contracts with a professional team;
- Salary for participating in athletics;
- Prize money;
- Play with professionals;
- Tryouts, practice or competition with a professional team;
- Benefits from an agent or prospective agent;

- 
- Agreement to be represented by an agent; and/or
  - Delayed initial full-time collegiate enrollment to participate in organized sports competition (see 21-year old rule below).

### **How many years of athletic eligibility do I have to compete in NCAA athletics?**

You have 4 years of athletic eligibility in the NCAA. However, you must complete those 4 years of athletic eligibility within 5 years of first enrolling full-time in a post-secondary institution.

### **B. Major Junior (WHL, OHL, QMJHL):**

#### **Can I play games in major junior and still be eligible to compete in the NCAA?**

The NCAA considers major junior hockey to be professional hockey. Therefore, student-athletes who compete in Major Junior jeopardize some or all of their NCAA athletic eligibility because they fail to remain “amateurs” as NCAA regulations.

Student-athletes will lose all athletic eligibility to compete in NCAA Division I hockey if they:

- compete in a major junior game after their expected date of high school graduation; or
- sign a contract (e.g. OHL Player Agreement) with a major junior team.

Student-athletes will lose some athletic eligibility to compete in NCAA Division I hockey if they:

- compete in any major junior game before their expected date of high school graduation, without signing a contract; or
- attend a major junior training camp for more than 48 hours while having their expenses covered by the major junior team.

The only scenario in which a player can compete in major junior and still retain NCAA athletic eligibility is if he plays an exhibition game before graduating from high school without ever having signed a player agreement. Any other competition in major junior will lead to the loss of all NCAA athletic eligibility.

#### **Can I try out for teams in major junior and still be eligible to compete in the NCAA?**

Before enrollment in a NCAA university you can:

- Try out for any length of time with a professional or major junior team at your own expense but not compete in a game with that team;
- Receive one expense paid tryout with a professional or major junior team as long as it does not exceed 48 hours. (Note: You can only receive one expense paid tryout from each team.)



Note that during a tryout, an individual loses NCAA athletic eligibility if he takes part in any outside competition as a representative of that major junior team (games, scrimmages, 3-on-3 tournaments, etc.).

### **Does the major junior rule apply to Division II and III?**

Although the rule varies slightly between divisions, competition at the major junior level may jeopardize eligibility to compete in all NCAA divisions. For more specific information concerning how the rule is applied to Division II and III visit [www.ncaa.org](http://www.ncaa.org).

### **C. 21-Year Old Rule:**

#### **What happens if I turn 21 years old during the junior hockey season?**

If you play a junior hockey game after your 21<sup>st</sup> birthday you will lose one (1) year of NCAA athletic eligibility leaving you with three (3) years remaining.

#### **Does this rule apply to Division II and III?**

No. This rule applies only to Division I.

#### **How can I turn 21 years old, continue playing junior hockey and still retain NCAA eligibility?**

Using the NCAA “transfer rules” you can continue playing junior hockey after your 21<sup>st</sup> birthday and retain 4 years of athletic eligibility if, prior to your 21<sup>st</sup> birthday you enroll full-time at a post-secondary institution that does not sponsor a hockey program.

However, you must satisfy the NCAA academic eligibility requirements (discussed above) prior to enrolling in the post-secondary institution that does not sponsor a hockey program. Also, please note that the NCAA will not accept SAT scores obtained from tests taken after enrolling full-time in a post-secondary institution.

### **D. Use of Agents:**

An individual shall be ineligible for participation in an intercollegiate sport if he or she ever has agreed (orally or in writing) to be represented by an agent for the purpose of marketing his athletic ability or reputation in that sport.

## **RECRUITING**

### **A.Promoting:**

#### **Can I use a NCAA recruiting service or someone who will promote me to NCAA institutions?**

Yes. However, the compensation paid to the recruiting service or individual cannot be based on you receiving an athletic scholarship or financial aid.

#### **What do university coaches look for when they recruit student-athletes?**



What's in the future for me?



In making decisions on prospective players, universities will consider the entire profile of the student-athlete. That profile includes academic qualities such as high school marks, SAT or ACT scores, as well as athletic and personal qualities such as skill, attitude, character and work ethic. What qualities are most important depends on the needs of the individual university and hockey program.

### **How do I best promote myself to NCAA hockey programs?**

The most effective way to promote yourself is to develop a well-rounded student-athlete profile. Start by taking and performing well in proper high school classes, studying for and achieving a high score on the SAT or ACT and working hard on developing as an athlete. Extra-curricular activities such as volunteering or internships are also valuable for a college application.

### **Can I contact NCAA hockey programs and coaches?**

Yes. You can contact university and college coaches at any point and there are no restrictions on the time or content of the contact.

### **Should I send a hockey resumé to NCAA hockey programs to help promote myself?**

There is no down side to sending a resumé and brief cover letter to college coaches beginning as early as Grade 10. At the very least this will help you get your name in front of them. Keep in mind, however, that college coaches are very busy so do not be concerned if you do not hear back from any of the programs in response to your resumé.

If you decide to send a student-athlete resumé, make sure that it is no longer than one page and includes only relevant information such as SAT, high school average and hockey statistics. Be sure to address the resumé to one of the assistant coaches—not just the head coach. For more information on each program, visit [www.uscho.com](http://www.uscho.com).

## **B. Recruiting Guidelines:**

### **When can universities start contacting and recruiting?**

College coaches can begin calling you only after you complete Grade 10.

After June 15 at the conclusion of Grade 10, college coaches can call you once a month through to July 31 after Grade 11. After July 31<sup>st</sup> between Grade 11 and Grade 12, college coaches can call you once per week.

You may call any coach at your expense at any time and coaches may take calls from you. However, a college coach cannot return a call if a message is left on their voice mail unless that call satisfies the restrictions set out above.

In addition, you may have unlimited contact via email after July 1 of the summer between Grade 10 and Grade 11. Coaches cannot respond to emails while a player is in his sophomore year (Grade 10).

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Recruiting material may be provided to the prospect on or after June 15 at the conclusion of the prospects sophomore year (Grade 11).

**What is an “official visit” or “fly-down”?**

An “official visit” or “fly-down” is a visit to a university campus paid for the university or hockey program. Fly-downs are used by athletic programs to introduce you to the university and members of the team, give you a flavor for the campus and induce you to attend their university.

**How many official visits can I make?**

You can receive a maximum of 5 official visits while in high school and a maximum of 5 official visits post graduation; however, you only visit each campus once.

**What are the rules concerning official visits?**

In order to make an official visit you must have started classes in Grade 12. Also, before a university can bring you to campus on a visit you must provide high school transcripts and a completed SAT or ACT score and must register with the NCAA Eligibility Centre. Each official visit may last no longer than 48 hours and can cover food, entertainment, lodging and transportation.

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**APPENDIX "A": QUESTIONS TO ASK UNIVERSITIES AND COACHES**

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**A. Athletic Questions:**

- How many players are on the roster? How many players have to sit out each game?
- What role do you see me playing my first year? Fourth year?
- How many players are you losing to graduation on the team? At my position?
- How many new players will be coming in on the team? At my position?
- What does a typical week look like?
- What should I expect in terms of physical training?
- What does pre- and post- season training consist of?
- When does the head coach's contract end? (Especially important for students on athletic scholarships)
- How many players have had their scholarship cut, or have had to leave school, because their financial aid was reduced?
- What is the required GPA to remain athletically eligible at your college?

**B. Academic Questions:**

- What is the average SAT/ACT score for incoming students? Average GPA?
- Does the school offer two or four year programs;
- What fields of study is the school best know for?
- What majors are the most popular?
- How is the academic calendar structured?
- What kind of academic support system is offered?
- Explain the computer and library resources.
- Where can I get stats such as student to teacher ratios and graduate employment rates?
- What is the school's graduation rate?
- What is the required GPA to remain academically eligible at your college?

**C. Financial Aid Questions:**

- How is financial aid calculated?
- If I am injured—what happens to my financial aid?
- Is there someone to help me complete the required forms?
- What percentage of the student body receives financial aid?
- What percentage of students who apply for financial aid have ALL of their financial need met?
- How many past players have left because their financial aid was reduced?
- What other sources of aid or bursaries are available? How do I go about getting them?
- Describe any student loan programs offered by the school? Repayment periods?

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**D. Athletic Scholarship Questions:**

- What does my scholarship cover? Tuition? Room and board? Books? Food? Etc.
- What other expenses should I be expected to incur that are not covered by an Athletic Scholarship?
- If I am injured—what happens to my scholarship?
- How many past players have had their athletic scholarships reduced? Eliminated?
- What other sources of aid or bursaries are available? How do I go about getting them?
- Describe any student loan payment programs offered by the school? Repayment periods?

**E. Campus Life Questions:**

- Are student-athletes required to live on or off campus?
- What are the residence halls like?
- What is the surrounding town like?
- How far is it from the nearest international airport?
- What do players on the team do on nights off or weekends off?











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