



GMHL

COLLEGE BOUND GUIDE

Greater Metro Junior 'A' Hockey League

www.gmhl.net



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1. NCAA, NJCAA and CIS

a. NCAA

The National Collegiate Athletic Association serves as the athletics governing body for more 1,300 colleges, universities, conferences, and organizations. The national office is Indianapolis, Indiana, but the member colleges and universities develop the rules and guidelines for athletics eligibility and athletics competition for each of the three divisions. The NCAA is committed to the student-athlete and to governing competition in a fair, safe, inclusive and sportsmanlike manner.

The NCAA membership includes:

- 346 active Division I members;
- 291 active Division II members, and:
- 439 active Division III members.

One of the differences among the three divisions is that colleges and universities in Divisions I and II may offer ATHLETICS SCHOLARSHIPS, while Division III colleges and universities do not.

b. NJCAA

The National Junior Collegiate Athletic Association serves as the national governing body for two-year college athletics in the United States and is the nation's second-largest national intercollegiate sports organization (second to the NCAA). Each year nearly 60,000 student-athletes from 525 member colleges compete in 28 different sports.

c. CIS

The Canadian Interuniversity Sport is the national governing of university sport in Canada, comprising the majority of degree granting universities in the country. Its membership consists of 54 schools from four regional conferences across Canada.

2. NCAA HOCKEY



a. Division I – 59 schools, 6 conferences:



ATLANTIC HOCKEY ASSOC (AHA):

Air Force Academy (Colorado Springs, CO)
American International College (Springfield, MA)
Army (West Point, NY)
Bentley College (Waltham, MA)
Canisius College (Buffalo, NY)
University of Connecticut (Storrs, CT) *joining Hockey East in 2014
Holy Cross (Worcester, MA)
Mercyhurst University (Erie, PA)
Niagara University (Niagara Falls, NY)
Rochester Institute of Technology (Rochester, NY)
Robert Morris University (Moon Township, PA)
Sacred Heart University (Fairfield, CT)



HOCKEY EAST ASSOCIATION (HEA):

Boston College (Chestnut Hill, MA)
Boston University (Boston, MA)
University of Maine (Orono, ME)
University of Massachusetts at Amherst (Amherst, MA)
University of Massachusetts - Lowell (Lowell, MA)
Merrimack College (North Andover, MA)
University of New Hampshire (Durham, NH)
Northeastern University (Boston, MA)
University of Notre Dame (South Bend, IN)
Providence College (Providence, RI)
University of Vermont (Burlington, VT)



BIG TEN:

University of Michigan (Ann Arbor, MI)
Michigan State University (East Lansing, MI)
University of Minnesota (Minneapolis, MN)
The Ohio State University (Columbus, OH)
Penn State University (University Park, PA)
University of Wisconsin (Madison, WI)



NATIONAL COLLEGIATE HOCKEY CONFERENCE (NCHC):

Colorado College (Colorado Springs, CO)
University of Denver (Denver, CO)
Miami University (Oxford, OH)
University of Minnesota-Duluth (Duluth, MN)
University of Nebraska-Omaha (Omaha, NE)
University of North Dakota (Grand Forks, ND)
St. Cloud State University (St. Cloud, MN)
Western Michigan University (Kalamazoo, MI)



EASTERN COLLEGE ATHLETIC CONFERENCE (ECAC):

Brown University (Providence, RI)
Clarkson University (Potsdam, NY)
Colgate University (Hamilton, NY)
Cornell University (Ithaca, NY)
Dartmouth College (Hanover, NH)
Harvard University (Cambridge, MA)
Princeton University (Princeton, NJ)
Quinnipiac University (Hamden, CT)
Rensselaer Polytechnic Institute (Troy, NY)
St. Lawrence University (Canton, NY)
Union College (Schenectady, NY)
Yale University (New Haven, CT)



WESTERN COLLEGIATE HOCKEY ASSOCIATION (WCHA):

University of Alabama-Huntsville (Huntsville, AL)
University of Alaska (Fairbanks, AK)
University of Alaska-Anchorage (Anchorage, AK)
Bemidji State University (Bemidji, MN)
Bowling Green State University (Bowling Green, OH)
Ferris State University (Big Rapids, MI)
Lake Superior State University (Sault Ste. Marie, MI)
Michigan Technological University (Houghton, MI)
Minnesota State University – Mankato (Mankato, MN)
Northern Michigan University (Marquette, MI)



b. Division III – 79 schools, 10 conferences:

ECAC EAST:

Babson College (Wellesley, MA)
 Castleton State College (Castleton, VT)
 University of Massachusetts at Boston (Boston, MA)
 New England College (Henniker, NH)
 Norwich University (Northfield, VT)
 Skidmore College (Saratoga Springs, NY)
 University of Southern Maine (Gorham, ME)
 St. Anselm's College (Manchester, NH)
 St. Michael's College (Colchester, VT)
 University of New England (Biddeford, ME)

ECAC NORTHEAST:

Becker College (Worcester, MA)
 Curry College (Milton, MA)
 Johnson and Wales University (Providence, RI)
 Nichols College (Dudley, MA)
 Salve Regina University (Newport, RI)
 Suffolk University (Boston, MA)
 Wentworth Institute of Technology (Boston, MA)
 Western New England University (Springfield, MA)

ECAC WEST:

Elmira College (Elmira, NY)
 Hobart College (Geneva, NY)
 Manhattanville College (Purchase, NY)
 Nazareth College (Rochester, NY)
 Neumann University (Aston, PA)
 Utica College (Utica, NY)

MASSACHUSETTS STATE COLLEGIATE ATHLETIC CONFERENCE (MASCAC):

Fitchburg State (Fitchburg, MA)
 Framingham State (Framingham, MA)
 University of Mass. at Dartmouth (North Dartmouth, MA)
 Plymouth State (Plymouth, NH)
 Salem State (Salem, MA)
 Westfield State (Westfield, MA)
 Worcester State (Worcester, MA)

MINNESOTA INTERCOLLEGIATE ATHLETIC CONFERENCE (MIAC):

Augsburg College (Minneapolis, MN)
 Bethel College (St. Paul, MN)
 Concordia College (Moorhead, MN)
 Gustavus Adolphus College (Saint Peter, MN)
 Hamline University (St. Paul, MN)
 St. John's University (Collegeville, MN)
 St. Mary's University (Winona, MN)
 St. Olaf College (Northfield, MN)
 University of St. Thomas (St. Paul, MN)

NEW ENGLAND SMALL COLLEGE ATHLETIC CONFERENCE (NESCAC):

Amherst College (Amherst, MA)
 Bowdoin College (Brunswick, ME)
 Colby College (Waterville, ME)
 Connecticut College (New London, CT)
 Hamilton College (Clinton, NY)
 Middlebury College (Middlebury, VT)
 Trinity College (Hartford, CT)
 Tufts University (Boston, MA)
 Wesleyan University (Middletown, CT)
 Williams College (Williamstown, VT)

STATE UNIVERSITY OF NEW YORK ATHLETIC CONFERENCE (SUNYAC):

Brockport State (Brockport, NY)
 Buffalo State (Buffalo, NY)
 Cortland State (Cortland, NY)
 Fredonia State (Fredonia, NY)
 Geneseo State (Geneseo, NY)
 Morrisville State (Morrisville, NY)
 Oswego State (Oswego, NY)
 Plattsburgh State (Plattsburgh, NY)
 Potsdam State (Potsdam, NY)

WISCONSIN INTERCOLLEGIATE ATHLETIC CONFERENCE (WIAC):

University of Wisconsin – Eau Claire (Eau Claire, WI)
 University of Wisconsin – River Falls (River Falls, WI)
 University of Wisconsin – Stevens Point (Stevens Point, WI)
 University of Wisconsin – Stout (Menomonie, WI)
 University of Wisconsin – Superior (Superior, WI)

NORTHEAST 10:

Assumption College (Worcester, MA)
 Franklin Pierce University (Rindge, NH)
 Southern New Hampshire University (Manchester, NH)
 Stonehill College (Easton, MA)

INDEPENDENT:

SUNY-Canton (Canton, NY)



3. FINANCIAL / ATHLETIC AID:

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

- An athletic scholarship is NOT guaranteed for four years. All athletic scholarships are awarded for one academic year and may be renewed each year. A college or university must notify the student-athlete in writing by July 1 whether the athletic scholarship will be renewed for the next academic year. Individual colleges and universities have appeal policies for scholarships that are reduced or not renewed.
- Athletic scholarships may not be reduced, canceled or increased during the academic year:
 - Based on your ability, performance or contribution to your team's success;
 - Because an injury prevents you from participating;
 - For any athletic reason
- Athletic scholarships may be reduced or cancelled during the year only if you:
 - Render yourself ineligible for NCAA competition;
 - Misrepresent any information on your application, NLI or financial aid agreement;
 - Commit serious misconduct which warrants a substantial disciplinary penalty;
 - Voluntarily quit the team for personal reasons.
- Division I and II athletic scholarships are awarded in a variety of amounts. College and universities are permitted to provide a student-athlete with tuition and fees, room, board and required course-related books.
- Per NCAA rules, the number of scholarships that Division I members may award in ice hockey is 18. These scholarships may be divided up if the school chooses but cannot exceed 18 equivalencies.
- Ivy league schools and Military academies do not award Athletic Scholarships.
- The AHA limits its members to a maximum of 12 scholarships per school.
- Most schools award Academic/Merit scholarships based on students' grades.
- Free Application For Student Aid (FAFSA) is required to be filled out before any type of aid is offered.
<http://www.fafsa.ed.gov>



4. NCAA ELIGIBILITY CENTER:

The NCAA Eligibility Center is an agency that certifies whether an athlete is eligible to participate in NCAA Division I or II athletics (does not apply to Division III) as a freshman based on their academic and amateur credentials. It is important to note that academic and/or amateurism certification from the Eligibility Center does not guarantee admissions to any Division I or II university. You must apply for college admission separately.

If you want to receive ATHLETIC AID, PRACTICE and COMPETE as a “Qualifier” during your first year, you must:

1. Graduate from High School
2. Complete these 16 Core Courses:
 - a. 4 years of English
 - b. 3 years of Math (Algebra 1 or higher)
 - c. 2 years of Natural or Physical Science (incl. 1 lab if offered by your HS)
 - d. 1 extra year of English, Math, or Science
 - e. 2 years of Social science
3. Earn minimum required grade point average in your core courses
4. Earn a combined SAT or ACT sum score that matches your core course grade point average on the sliding scale
5. Receive Amateurism certification.

If you do not meet all the above requirements, you may be classified as a “Non-Qualifier,” which prohibits competition, practice and ability to receive athletic aid.

New Standards for Fall of 2016

College bound student-athletes first entering a Division I college or university on or after August 1, 2016, will need to meet new academic requirements in order to receive ATHLETIC AID, PRACTICE or COMPETE during their first year. There will be three possible initial-eligibility outcomes:

1. **Qualifier** – May receive ATHLETIC AID, PRACTICE and COMPETE in their first year of enrollment.
2. **Academic Redshirt** – May receive ATHLETIC AID in first year of enrollment and may PRACTICE in their first regular term but may not COMPETE in the first year of enrollment. The student-athlete must successfully complete nine semester hours or eight quarter hours in the initial term to continue to PRACTICE in the next term.
3. **Non-Qualifier** – Cannot receive ATHLETIC AID, PRACTICE or COMPETE in their first year of enrollment.



New Requirements are:

1. Qualifier

If you want to receive ATHLETIC AID, PRACTICE and COMPETE as a “Qualifier” during your first year, you must:

- Complete 16 core courses (same as past)
 - Ten of the 16 core courses must be completed before the start of the seventh semester (senior year) of high school.
 - Seven of the 10 core courses must be in English, Math or Science.
- Have a minimum core course grade point average of 2.300
 - Grades earned in the 10 courses required before seventh semester are “locked-in” for purposes of grade point average calculation.
 - A repeat of any of the “locked-in” courses will not be used to improve the grade point average if the repeat occurs after the seventh semester begins.
- Meet the sliding scale of grade point average and SAT/ACT score
- Graduate from High School (same as past).

2. Academic Redshirt

- Complete 16 core course requirement
- Have a minimum core course grade point average of 2.000
- Meet the sliding scale of grade point average and SAT/ACT score
- Graduate from High School

3. Non-Qualifier

- Fails to meet the standards for a qualifier or for an academic redshirt



4. NCAA ELIGIBILITY CENTER: {continued}

Amateurism Certification and Eligibility

If you want to participate in NCAA I or II athletics, you must also be certified as an amateur student-athlete. The NCAA Eligibility Center will determine the amateurism eligibility of all freshmen and transfer student-athletes for initial participation (not required for Division III).

When you register with Eligibility Center, you will be asked questions about your athletic participation. The information you provide, along with any additional information requested by the NCAA Eligibility Center staff outside of the registration process, will be reviewed to determine your amateur certification. The following activities will be reviewed:

- Contracts with professional teams
- 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
- Any financial assistance based on athletic skills or participation.

Major Junior A Hockey

The NCAA considers major junior (WHL, OHL and QMJHL) to be professional hockey. Therefore, student-athletes who compete in Major Junior hockey can jeopardize their amateur status.

- A prospective student-athletes will lose ALL athletic eligibility to compete in NCAA I hockey if they:
 - Compete in any major junior game after their expected date of high school graduation, or
 - Sign a contract with a major junior team.
- A prospective student-athlete will lose SOME athletic eligibility to compete in NCAA 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 junior team
- A prospective student-athlete may tryout for a major junior team prior to enrollment at a NCAA college or university and still be eligible to compete if:
 - You attend a tryout for any length of time at your own expense but did not compete in a game with that team
 - Receive one expense paid tryout with a team as long as it does not exceed 48 hours – you can only receive 1 expense paid trout from each team. Note – an individual loses



NCAA athletic eligibility if he takes part in any outside competition as a representative of that major junior team such as a game, scrimmage, 3-on3 tourney, etc.

The only scenario in what 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. Note – although this rule varies slightly between NCAA I and III, competition at the major junior level may jeopardize eligibility to compete in all NCAA divisions.

21-Year Old Rule

If you play a junior hockey game after your 21st birthday you will lose one year of NCAA athletic eligibility, leaving you with three years remaining (this rule only applies to NCAA I). You can retain all four years of athletic eligibility while playing a game past your 21st birthday by using the NCAA transfer rule. To do this, you must enroll full-time at a post-secondary institution that does not sponsor a hockey program prior to turning 21.

However, you must still satisfy the NCAA academic eligibility requirements prior to enrolling in the post-secondary institution. Note – the NCAA will not accept SAT/ACT scores obtained from tests taken after full-time enrollment in a post-secondary institution.

Use of Agents and Recruiting Services

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 athletics ability or reputation in that sport. However, you can use a recruiting service or family advisor to help promote you and guide you through the proper recruiting processes as long as your advisor does not receive any financial gain once you leave college.

When Should I register for the Eligibility Center?

Ideally, you should register with the Eligibility Center sometime during your Junior year of High School. A transcript that includes six semesters of grades should be sent to the Eligibility Center from your high school. Additionally, you should request all SAT and/or ACT test scores be forwarded directly to the Eligibility Center. This can be done at the time of registration for the SAT by entering code “9999” as a reporting selection.

How Do I Register for the Eligibility Center?

Go to: http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp



5. 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. Under an NLI, the university agrees to provide financial aid for one academic year in exchange for the student-athlete's agreement to attend the university for one academic year.