



NCAA ELITE LEGISLATION – 2025-26 ACADEMIC YEAR

Student-Athlete Information Sheet

Updated: September 1, 2025

Dear Team USA College Athlete –

Congratulations! You have been designated by your National Governing Body as an NCAA Elite student-athlete for the 2025-26 academic year. As an NCAA Elite student-athlete, you are afforded NCAA legislative flexibility to help you simultaneously compete at the collegiate and international levels. More information about this status can be found below, and please feel free to contact your institutional compliance office with questions.

BACKGROUND: In January 2020, the NCAA Division I Board of Directors [adopted legislation](#) to support NCAA DI student-athletes actively competing in the NCAA and Team USA landscapes. The legislation was designed to clearly identify elite athletes competing in both the Team USA and NCAA systems and provide flexibility to support their unique athletic journeys. The legislation encourages collaboration across the USOPC, schools and national teams.

WHAT DOES THIS MEAN FOR ME? NCAA Elite student-athletes may take advantage of the below legislation.

LEGISLATION	DESCRIPTION
Training Flexibility	NCAA Elite student-athletes may train with their collegiate coaches beyond 20 hours per week, provided the training is initiated by the athlete and does not interfere with class.
Resource Management	NCAA Elite student-athletes may receive funds from the USOPC or NGB for developmental training expenses. This means athletes can assess expenses across a full year of training and competition and accept funds relative to incurred expenses. Check with your institutional compliance office for more information about this process.
Paralympic Inclusion (<i>NCAA Proposals 2019-101, 2019-106, 2019-11</i>)	All legislative exceptions and benefits that apply to able-bodied athletes competing in domestic/international competition (e.g., National Championships, World Championships) apply equally to those athletes competing in Paralympic sport.

ADDITIONAL DETAILS

QUESTION	ANSWER
How was I identified as an NCAA Elite student-athlete?	Each year, the USOPC and sport-specific NGBs establish an objective threshold (see reverse side) for earning NCAA Elite status. From that threshold, the NGB compiles a list of athletes who are competing collegiately and meet the criteria.
How long do I maintain the NCAA elite student-athlete designation?	The NCAA Elite student-athlete designation remains for one full academic year (Sept. 1, 2025 – Aug. 31, 2026), regardless of whether the athlete's performance or status changes. NCAA Elite thresholds are re-evaluated each academic year; the 2026-27 NCAA Elite athletes will be determined in August 2026.
Can teammates participate in my individual workout session?	No. Only other NCAA Elite student-athletes may participate in additional workout sessions. If your teammate is unsure if they have been designated as an NCAA elite student-athlete, please direct them to your institutional compliance office.
What counts as a developmental training expense?	Most expenses incurred for the purpose of attending and/or training for elite-level competitions (e.g., equipment, travel, apparel, food, housing). Contact your compliance office to determine if an expense can be used per NCAA Bylaw 12.1.3.2.
Who at my school or NGB has been made aware of my NCAA Elite student-athlete status?	Each Athletic Director and compliance office receives notification of all NCAA Elite student-athletes on their campus. Similarly, your NGB high performance staff is also aware. Questions may be directed to either/both parties.
As an NCAA Elite student-athlete, what benefits might I receive from the USOPC?	The NCAA Elite student-athlete designation differs from Team USA national team status. That said, NCAA Elite student-athletes may qualify for benefits and resources through USOPC athlete services, such as mental health support, health care, food, housing, and educational resources. More details on these benefits can be found here or you can inquire with your NGB high performance staff.

QUESTIONS: Please reach out to your athletics compliance officer or NGB high performance staff with questions.



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2025-26 NCAA ELITE THRESHOLDS: Below are the sport-specific NCAA elite thresholds established for the 2025-26 academic year. These thresholds are evaluated on an annual basis and may evolve over the quadrennial calendar.

SPORT	2025-26 NCAA ELITE THRESHOLD
Basketball (5x5)	Women's 2025 AmeriCup roster.
Basketball (3x3)	Current NCAA student-athletes ranked in the top-25 of U.S. ranking points in FIBA's 3x3 individual ranking system AND have represented USA Basketball in four or more elite-caliber FIBA 3x3 tournaments (event level purple or above) during the current season OR have played on a World Cup, Pan American or Olympic team in the past year.
Biathlon	2025-2026 U.S. national A, B and X team rosters.
Diving	2025-2026 High performance squad - tiers 1 and 2.
Fencing	Athletes with a U.S. ranking of #8 or better during the 2025-2026 academic year.
Field Hockey	2025-2026 U.S. outdoor senior national team.
Gymnastics (artistic)	Women: U.S. senior national artistic gymnastics team and/or athletes that represented the U.S. in the most recent Olympic Games. Men: U.S. senior national artistic gymnastics team and men's senior development team, athletes that have been named to the U.S. senior national artistic gymnastics roster at any point over the past four years and/or athletes that represented the U.S. in the most recent Olympic Games.
Ice Hockey	2025-2026 U.S. senior national team roster.
Para Nordic Skiing	U.S. Paralympic National Team and Development Team.
Para Rowing	2025-26 U.S. senior national team rosters (Olympic, Paralympic and Beach Sprints) in eligible boat classes (CM1x, CW1x, CMix2x, CMix 4x).
Para Swimming	2025-26 U.S. Paralympic sr. national team roster (A and B).
Para Track & Field	Athletes named to the USATF Para Tier or TPP program.
Rowing	2025-26 U.S. senior national team rosters (Olympic, Paralympic and Beach Sprints) in eligible boat classes (CM1x, CW1x, CMix2x, CMix 4x).
Rugby	2025-2026 U.S. rugby sevens and rugby 15's player pool.
Sailing	2025-2026 U.S. senior national team roster.
Shooting	2025-2026 U.S. national, development national, and futures team rosters.
Ski/Snowboard	2025-2026 U.S. national alpine team; 2025-2026 U.S. national cross-country team; athletes who have earned a fixed World Cup position in 2025 and/or 2026.
Soccer	2025-2026 U.S. women's national team; 2025-2026 U.S. men's national team player pool.
Softball	2025-26 U.S. sr. national team roster and pool athletes eligible for elite international competitions.
Swimming	2025-26 USA Swimming senior national team members and/or student-athletes that have represented Team USA in elite-caliber international competition.
Tennis	Elite athletes are defined in USTA Bylaw 26, include but are not limited to, having a top 50 US Professional Men's and Women's Singles & Doubles ranking and specified event participation.
Track & Field	USATF Tier or TPP qualified athlete for 2026, qualified for the 2025 World Athletics Outdoor Championships, achieved the 2025 World Athletics Outdoor Championships standard during the 2024-25 season, and/or achieved the 2026 World Athletics Outdoor Championships standard during the 2025-26 season.
Triathlon	2025-26 national team program athletes (sr. national team and development national team).
Volleyball (beach)	Athletes named to the A2 Beach National Team roster.
Volleyball (indoor)	Women: Athletes training in the USA Volleyball gym in 2025 and/or received an invitation to join a tournament eligibility roster for a 2025-26 senior level tournament (NORCECA Pan American Cup, NORCECA Final 6, NORCECA Continental Championship, VNL Olympic Qualifying Tournament, World Championship or Olympics). Men: Athletes listed on tournament eligibility roster and/or training in the USA Volleyball gym.
Water Polo	2025-2026 U.S. senior national team training roster.
Wrestling	2025-2026 U.S. senior national team (top-4 in each weight class).