

# **NCAA FOOTBALL RECRUITING GUIDE**

**by the NCSA**

Using Recruit Match, NCSA has tracked the height, weight, 40, bench and squat of every NCSA student athlete that has committed over the past eight years. Using these numbers NCSA has generated its Recruiting Guidelines to display what averages of each player at the various division levels. The averages for a Division I player should be obtained by the end of the junior football season. The majority of players that end up signing with a Division I-A school will be identified and offered during the offseason of their junior year. It is important that you go into your junior year off-season with comparable numbers in order to put yourself on par with other division one hopefuls. Remember these are only averages, some players will meet these averages and some will fall just outside of them. These averages should be set as a goal for you to work towards during your freshman and sophomore year.

# DIVISION 1-A FBS

High School Experience: 3 Year Varsity Starter

	HEIGHT	WEIGHT	40	BENCH	SQUAT
QB	6'4"	220	4.5	260	425
RB	6'0"	210	4.4	280	390
WR	6'2"	190	4.5	235	315
TE	6'4"	230	4.7	300	440
OL	6'5"	280	5.0	320	450
DB	6'0"	185	4.5	270	405
LB	6'2"	220	4.6	315	445
DL	6'4"	250	4.6	315	450

# DIVISION I-AA FCS / JC

High School Experience: 3 Year Varsity Starter

	HEIGHT	WEIGHT	40	BENCH	SQUAT
QB	6'2"	200	4.6	250	385
RB	5'11"	195	4.5	270	375
WR	6'0"	175	4.6	225	295
TE	6'3"	220	4.8	285	420
OL	6'3"	270	5.2	305	425
DB	6'0"	185	4.6	250	380
LB	6'1"	210	4.65	300	435
DL	6'3"	230	4.7	305	415

## DIVISION II / NAIA

High School Experience: 2 Year Varsity Starter

	HEIGHT	WEIGHT	40	BENCH	SQUAT
QB	6'0"	200	4.7	225	345
RB	5'10"	175	4.6	265	350
WR	5'10"	165	4.6	205	275
TE	6'2"	215	4.85	275	415
OL	6'1"	260	5.3	300	410
DB	5'10"	175	4.65	250	380
LB	6'0"	200	4.7	295	405
DL	6'2"	220	4.8	305	405

## DIVISION III

High School Experience: 1 Year Varsity Starter

	HEIGHT	WEIGHT	40	BENCH	SQUAT
QB	5'10"	180	4.8	205	315
RB	5'9"	160	4.7	260	340
WR	5'8"	150	4.7	200	265
TE	6'1"	205	4.9	270	405
OL	6'0"	235	5.4	295	405
DB	5'9"	160	4.7	240	295
LB	5'10"	190	4.75	275	395
DL	6'0"	210	4.9	295	395

