



Softball Related Info by division

There are three divisions in the NCAA and the NAIA is all under one division (NAIA when compared to NCAA matches more closely to D2s)

The main difference between NAIA and NCAA is their governing bodies. The governing body of NCAA is a board of members and the governing body of NAIA is a council of presidents.

Below is a breakdown of different information on each of the four divisions. The averages are based on 10 random colleges in each level in a four state area.

NCAA DIVISION 1:

- **Contact Period**
 - September 1st of Junior year with player or parent/guardian
 - Camps and clinics discussion at time as needed
- **If fully funded - 12 full scholarships**
- **Avg tuition per year - 14,732**
- **Avg student body - 25,873**
- **Avg number of majors - 153**
- **Avg softball roster - 23.5**
- **Allowed to play 56 number of games per year**
- **Typical weekly schedule of a D1 softball player**
 - **Monday**
 - 6:15-7:30am Lift/Conditioning
 - 3:15-4:30pm Team Practice
 - 4:30-5:30pm Small Group Practice
 - **Tuesday**
 - 3-5:30pm Team Practice
 - **Wednesday**
 - 6:45-8am - Lift/Conditioning
 - 3:15-4:30pm Team Practice
 - 4:30-5:30pm Small Group
 - **Thursday**
 - 3:30-6pm - Team Practice
 - **Friday**
 - 7-8:15am - Lift/Conditioning

- **Saturday**
 - **Practice time varies**

NCAA Division 2:

- **Contact Period**
 - **June 15th of Junior Year with player or parent/guardian**
 - **Camps and clinic discussion as needed**
- **If fully funded - 7.2 full scholarships a year**
- **Avg tuition - 23,017**
- **Avg student body - 4,813**
- **Avg number of majors - 57**
- **Avg softball roster - 23**
- **Allowed to play 56 number of games a year**
- **Typical weekly schedule of a D2 softball player**
 - **Monday**
 - **3-5pm Team Practice**
 - **Tuesday**
 - **6:50-8am Lift/Conditioning**
 - **12-1:30pm Team Practice**
 - **Wednesday**
 - **Off Day**
 - **Thursday**
 - **6:50-8am - Lift/Conditioning**
 - **8-10am - Team Practice**
 - **Friday**
 - **6:45-9am - Team Practice**
 - **2:30-3pm - Conditioning**
 - **Saturday**
 - **Practice time varies**

NCAA Division 3:

- **No limitations on player contact**
- **Does not offer any athletic scholarships**
- **Avg tuition - 36,404**
- **Avg student body - 1697**
- **Avg number of majors - 45**
- **Avg softball roster - 23.5**
- **Allowed to play 56 games a year**
- **Typical weekly schedule of a D3 softball player**
 - **Monday**
 - **6-8am Team Lift**
 - **4-6pm Team Practice**
 - **Tuesday**
 - **6-8am Team Lift**
 - **4-6pm Team Practice**

- 7-8pm Study Tables
- Wednesday
 - 6-8am Team Lift
 - 4-6pm Team Practice
- Thursday
 - 6-8am team Lift
 - 4-6pm Team Practice
 - 7-8pm Study Tables
- Friday
 - 6-8am Team Lift
 - 4-6pm Team Practice
- Saturday
 - Practices vary

NAIA:

- No limitations on player contact
- Allowed up to 10 full scholarships a year
- Avg tuition - 25,125
- Avg student body - 3,353
- Avg number of majors - 47
- Avg softball roster - 22.8
- Allowed to play up to 28 dates or 56 games a year
- Typical weekly schedule of a NAIA softball player:
 - Monday
 - 8-10am Lift/Conditioning
 - 4-6pm team Practice
 - Tuesday
 - 4-6pm Team Practice
 - Wednesday
 - 8-10am Lift Conditioning
 - 4-6pm Team Practice
 - Thursday
 - 4-6pm team Practice
 - Friday
 - 8-10am Lift Conditioning
 - 4-6pm Team Practice
 - Saturday
 - Practice time varies

Since not all programs are fully funded (meaning they have the full number of scholarships available) it is a great question to ask.

*Schedules are actual times from current players

