

WHERE PLAYERS BECOME PROSPECTS

D1 ISN'T THE ONLY DOOR.

Most families walk into recruiting with one division in mind: **Division I**. It's the one they see on TV. The one coaches talk about. The one that feels like making it. **It's also a small fraction of college athletics.**

INSIDE THIS GUIDE

5 PATHS.
1 RIGHT FIT.

5 PATHS TO COLLEGE LACROSSE	1,000+ PROGRAMS ACROSS ALL FIVE	3/5 DIVISIONS AWARD REAL ATHLETIC \$\$	1% OF HS ATHLETES PLAY D1
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THE RIGHT FIT IS RARELY THE BIGGEST NAME.

Here's the problem with the D1-or-bust mindset: there are five major paths to playing in college, and **three of them award more athletic scholarship money than people realize.**

D2 stacks partial awards with academic aid into packages that rival D1. NAIA programs hand out substantial athletic money at smaller schools. Junior colleges run as a development engine – many D1 transfers came up through JUCO. D3 awards zero athletic dollars but routinely costs families less than a state school once academic aid is layered in.

The right fit is the one where you'll **play, develop, and graduate** – not the one with the loudest name. Here's how the divisions actually compare.

§ 03 / THE TALE OF THE TAPE

SIDE BY SIDE.

Schools, roster spots, athletic money, and who each division is built for – at a glance.

DIVISION	SCHOOLS	ROSTER SPOTS	ATHLETIC \$	BEST FOR
D1 NCAA D1 NATIONAL STAGE	74 / 120 MEN / WOMEN	SMALLER ELITE SPOTS	● YES - VARIES	Top-tier athletes who can compete nationally .
D2 NCAA D2 BALANCE + REACH	78 / 111 MEN / WOMEN	MEDIUM REAL MINUTES	● YES - OFTEN PARTIAL	Athletes who want serious competition + balance .
D3 NCAA D3 ACADEMIC-FIRST	245 / 290 MEN / WOMEN	LARGER MORE SPOTS	● NO - ACADEMIC ONLY	Strong students who want to keep playing .
NAIA NAIA SMALLER SCHOOL, REAL \$\$	33 / 38 MEN / WOMEN	MEDIUM FLEXIBLE RULES	● YES - STACKABLE	Smaller-school feel with scholarship money on the table.
JUCO NJCAA TWO-YEAR SPRINGBOARD	20 / 12 MEN / WOMEN	VARIES BY SUB-DIVISION	● D1 + D2 ONLY	Two-year path for development or a grades reset .

§ 04 / DIVISION BREAKDOWN

KNOW THE PATH. KNOW THE PLAY.

Five divisions. Five stories. The scholarship reality, the on-the-field reality, and the kind of recruit each one is actually looking for.

DIVISION 01
NCAA DIVISION I

WHAT IT IS The highest level of college athletics. Big schools, big budgets, big TV deals – **Power Five conferences** plus mid-majors.

SCHOLARSHIPS **Big changes in 2025.** For D1 schools that opted into the **House settlement**, the old 12.6-scholarship cap is gone. Men's lacrosse now runs under a **48-player roster limit**, and every player can receive a full, partial, or no scholarship. **Ask the coach which model the school is using.**

BEST FOR Athletes who can show **elite measurables, elite production at high-level events**, and the academic profile to qualify through the NCAA Eligibility Center.

REALITY CHECK Roster spots are capped at **48** and competition is national. With every spot now eligible for athletic aid, walk-on opportunities have shrunk. **Time commitment is essentially full-time alongside school.**

DIVISION 02
NCAA DIVISION II

WHAT IT IS Strong competition, often at **mid-sized schools**. Less national spotlight than D1, but highly competitive – many D2 athletes were also recruited by D1 programs.

SCHOLARSHIPS Available, usually as **partial awards**. D2 coaches stack athletic aid with academic and need-based aid to build packages.

BEST FOR Athletes who want **serious competition** and a real shot at scholarship money – without the full-time demands of D1.

REALITY CHECK D2 athletes often **play more minutes than borderline D1 players**. Practice and travel demands are real, but more balanced than D1.

DIVISION 03
NCAA DIVISION III

WHAT IT IS The **largest NCAA division by school count**. Liberal arts schools, NESCAC programs, and many strong academic institutions. Competitive sports, no athletic scholarships.

SCHOLARSHIPS **Zero athletic money.** But D3 schools award generous academic and need-based aid – and many families pay **less at a D3 than they would at a state school.**

BEST FOR **Strong students** who want to keep playing without it being their entire identity. Academic profile matters as much as athletic.

REALITY CHECK D3 is **not "lesser."** Many programs are competitive and well-coached. The trade-off: more academic flexibility, more time for other interests, no athletic aid.

DIVISION 04
NAIA

WHAT IT IS A **separate governing body** from the NCAA – its own championships, rules, and recruiting calendar. Generally smaller schools, often faith-based or regional.

SCHOLARSHIPS Available. Many NAIA programs offer **substantial athletic aid**, stacked with academic money for packages comparable to NCAA D1.

BEST FOR Athletes who want a **smaller-school experience** with real scholarship dollars on the table.

REALITY CHECK NAIA competition can be excellent. **Top NAIA programs regularly beat NCAA D2 teams.** Recruiting rules are more flexible – coaches can contact athletes earlier and more often.

DIVISION 05
NJCAA (JUCO)

WHAT IT IS Two-year colleges with athletic programs – divided into **D1, D2, and D3**, with their own rules. "JUCO" is just the nickname; same organization.

SCHOLARSHIPS Available at **NJCAA D1 and D2**. NJCAA D3 does not offer athletic aid.

BEST FOR **Late developers**, athletes who need academic help, families looking to save money, or players who want a second shot at higher-level recruiting.

REALITY CHECK JUCO is a **strategic path, not a backup**. Athletes use it to develop physically, fix grades, save money, or get re-recruited by four-year programs. Many D1 transfers came up through JUCO.

§ 05 / THE HONEST ANSWER

FIT BEATS PRESTIGE. EVERY SINGLE TIME.

The right division isn't the one with the loudest name. It's the one where you'll **play**. The one where you'll **graduate**. The one where the coach actively wants you – not the one where you're the 14th option on the bench.

THREE QUESTIONS THAT MATTER

- 01 WILL I ACTUALLY PLAY?**
- 02 WILL I GRADUATE?**
- 03 DOES THE COACH WANT ME?**