

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 SOCCER	2,500+ PROGRAMS ACROSS ALL FIVE	3/5 DIVISIONS AWARD REAL ATHLETIC \$\$	1% OF HS ATHLETES PLAY D1
-------------------------------------	---	--	-------------------------------------

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	206 / 310 MEN / WOMEN	SMALLER ELITE SPOTS	● YES - VARIES	Top-tier athletes who can compete nationally .
D2 NCAA D2 BALANCE + REACH	207 / 260 MEN / WOMEN	MEDIUM REAL MINUTES	● YES - OFTEN PARTIAL	Athletes who want serious competition + balance .
D3 NCAA D3 ACADEMIC-FIRST	410 / 424 MEN / WOMEN	LARGER MORE SPOTS	● NO - ACADEMIC ONLY	Strong students who want to keep playing .
NAIA NAIA SMALLER SCHOOL, REAL \$\$	218 / 223 MEN / WOMEN	MEDIUM FLEXIBLE RULES	● YES - STACKABLE	Smaller-school feel with scholarship money on the table.
JUCO NJCAA TWO-YEAR SPRINGBOARD	136 / 118 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

THE NATIONAL STAGE. FULL-TIME COMMITMENT.

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 caps (9.9 men, 14 women) are gone. Soccer now runs under a 28-player roster limit for both men's and women's teams, 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 28 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

SERIOUS SOCCER. REAL SCHOLARSHIP \$\$.

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

LARGEST DIVISION. ACADEMICS FIRST.

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

SMALLER SCHOOL. STACKABLE MONEY.

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)

TWO-YEAR SPRINGBOARD. STRATEGIC PATH.

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?