

Quarterback football recruiting guidelines  
NCAA Division 1—FBS

Average college football player size at QB: 6'2" / 207 lbs

Should be a three-year varsity starter

Multiple years competing at the All-State level

Must be able to throw the deep out, comeback, dig and seam router with no loft, as well as throw the ball through the goalpost from the opposite 40-yard line. Recruit should be proficient in throwing receivers open and executing the back-shoulder throw.

NCAA Division 1—FCS

Average college football player size at QB: 6'1" / 199 lbs

Should be a three-year varsity starter

Multiple years competing at the All-Conference level

Must be able to throw the deep out, comeback, dig and seam router with minimal loft, as well as throw the ball through the goalpost from the opposite 45-yard line. The recruit should have proficient ability to throw receivers open and execute the back-shoulder throw.

NCAA Division 2

Average college football player size at QB: 6'1" / 198 lbs

Should be at least a two-year varsity starter

Multiple years competing at the All-Conference level

Must be able to throw the deep out, comeback, dig and seam router with minimal loft, as well as throw the ball through the goalpost opposite 50-yard line. Recruits should have proficient ability to throw the receivers open and execute the back-shoulder throw.

NCAA Division 3 and NAIA

Average college football player size for D3 QBs: 6'0" / 198 lbs

Average college football player size for NAIA QBs: 6'1" / 195 lbs

At least one-year varsity starter, preferred two-year varsity starter

Must be able to throw the deep out, comeback, dig and seam router with some loft, as well as throw the ball through the goalpost from near the 45-yard line. Recruits should have proficient ability to throw receivers open and execute the back-shoulder throw.

FBS Power 5 Quarterback

Physical Measurables:

Stats:

Height: 6'4"

40yd: 4.5

Weight: 220 lbs.                      Bench: 260 lbs.  
Squat: 425 lbs.

FBS Group of 5 and/or High FCS Quarterback

Physical Measurables:                      Stats:  
Height: 6'2"                      40yd: 4.6  
Weight: 200 lbs.                      Bench: 250 lbs.  
Squat: 385 lbs.

Low FCS/High D2/High NAIA Quarterback

Physical Measurables:                      Stats:  
Height: 6'0"                      40yd: 4.7  
Weight: 200 lbs.                      Bench: 225 lbs.  
Squat: 345 lbs.

Low D2/NAIA/All D3 Quarterback

Physical Measurables:                      Stats:  
Height: 5'10"                      40yd: 4.8  
Weight: 180 lbs.                      Bench: 205 lbs.  
Squat: 315 lbs.

## Running back football recruiting guidelines

### NCAA Division 1—FBS

Average college football player size at RB: 5'10" / 202 lbs

Should be a three-year varsity starter

Multiple years competing at an All-State level

Recruit should run with power, speed and balance and be able to pull away from defenders. He must have exceptional lower and upper body strength. Must be able to catch the ball well out of the backfield and provide pass protection.

### NCAA Division 1—FCS

Average college football player size and RB: 5'9" / 196 lbs

Should be a three-year varsity starter

Multiple years competing at an All-State level

Recruit should be a tough and fast runner with the ability to break multiple tackles and outrun defenders. He must have the quickness to elude defenders and run downhill quickly.

### NCAA Division 2

Average college football player size at RB: 5'9" / 190 lbs

Should be at least a two-year varsity starter

Multiple years competing at the All-Conference level

Recruit should be a durable runner with power and speed. He must have good acceleration, balance and effort, showing quickness and instincts.

### NCAA Division 3 and NAIA

Average college football player size for D3 RBs: 5'9" / 190 lbs

Average college football player size for NAIA RBs: 5'9" / 191 lbs

Should be at least a one-year varsity starter, preferably two-year

Recruit must be a tough and instinctive runner with adequate speed. He should be able to block and catch from the backfield.

### FBS Power 5 Running Back

Physical Measurables:

Stats:

Height: 6'0"

40yd: 4.4

Weight: 210 lbs.

Bench: 280 lbs.

Squat: 390 lbs.



## Tight end football recruiting guidelines

### NCAA Division 1—FBS

Average college football player size for TEs: 6'4" / 241 lbs

Should be a three-year varsity starter

Multiple years competing at the All-State level and, in some cases, the All-American level

Recruits must have a great combination of size and speed and be able to change the LOS at the point of attack. He should have soft hands and be able to stretch the field vertically. D1 FBS TEs should demonstrate explosive physicality; they can find the open window in zone and separate from man coverage. He shows the ability to break tackles and gain yards after contact.

### NCAA Division 1—FCS

Average college football player size for TEs: 6'3" / 228 lbs

Should be a three-year varsity starter

Multiple years competing at the All-Conference level

The recruit should have a combination of size and speed and must change the LOS at the point of attack. He needs to have soft hands and be able to stretch the field vertically. He can find the open window in zone and separate from man coverage.

### NCAA Division 2

Average college football player size for TEs: 6'2" / 224 lbs

Should be at least a two-year varsity starter

Multiple years competing at the All-Conference level

Recruit should have a combination of size and speed and must change the LOS at the point of attack. He needs soft hands, as well as the ability to stretch the field vertically. He can find the open window in zone or separate from man coverage. He should be a threat after the catch.

### NCAA Division 3 and NAIA

Average college football player size for D3 TEs: 6'2" / 211 lbs

Average college football player size for NAIA TEs: 6'2" / 222 lbs

At least one-year varsity starter, preferred two-year varsity starter

The recruit must have a combination of size and speed and must change the LOS at the point of attack. He needs soft hands and can be one-dimensional as a blocker or receiver. He should be able to stretch the field vertically and can find the open window in zone or separate from man coverage.

FBS Power 5 Tight End

Physical Measurables: Stats:  
Height: 6'4" 40yd: 4.7  
Weight: 230 lbs. Bench: 300 lbs.  
Squat: 440 lbs.

FBS Group of 5 or High FCS Tight End

Physical Measurables: Stats:  
Height: 6'3" 40yd: 4.8  
Weight: 220 lbs. Bench: 285 lbs.  
Squat: 420 lbs.

Low FCS/High D2/High NAIA Tight End

Physical Measurables: Stats:  
Height: 6'2" 40yd: 4.85  
Weight: 215 lbs. Bench: 275 lbs.  
Squat: 415 lbs.

Low D2/NAIA/All D3 Tight End

Physical Measurables: Stats:  
Height: 6'1" 40yd: 4.9  
Weight: 205 lbs. Bench: 270 lbs.  
Squat: 405 lbs.

## Wide receiver football recruiting guidelines

### NCAA Division 1—FBS

Average college football player size for WRs: 6'0" / 190 lbs

Should be a three-year varsity starter

Multiple years competing at the All-State level and, in some cases, the All-American level

The recruit must be a constant threat anytime he is on the field. He should have an instant release off the LOS with low pad level and little

wasted movement, a burst into the route, one-step cuts, impeccable catching ability and the ability to separate himself from defenders with rare

top end speed and elusiveness. He must be able to catch a jump ball as easy as a post, shallow, slant or hitch. He must be comfortable running all routes, possess rare ball skills, have a great combination of size and speed, and a willingness to block.

### NCAA Division 1—FCS

Average college football player size for WR: 6'0" / 183 lbs

Should be a three-year varsity starter

Multiple years competing at the All-State and All-Conference level

The recruit must have an instant release off the LOS with low pad level, a burst into the route, one-step cuts, outstanding catching ability and the ability to separate himself from defenders with his speed. He must be able to catch a jump ball as easy as a mesh, slant or hitch. He must be comfortable running all routes, possess very good ball skills and a willingness to block.

### NCAA Division 2

Average college football player size for WR: 6'0" / 181 lbs

Should be at least a two-year varsity starter

Multiple years competing at the All-Conference level

The recruit must have a quick release off of the LOS, good vision and instincts, good hands and the quickness to make defenders miss. He is typically very athletic and quick. He is willing to block and plays with a high motor.

### NCAA Division 3 and NAIA

Average college football player size for D3 WRs: 5'11" / 175 lbs

Average college football player size for NAIA WRs: 6'0" / 181 lbs

At least one-year varsity starter, preferred two-year varsity starter

The recruit must be able to release from the line quickly, sell the go route, make precise cuts in/out of breaks, catch the ball on a consistent basis and is typically quicker than he is fast.

#### FBS Power 5 Wide Receiver

Physical Measurables:	Stats:
Height: 6'2"	40yd: 4.5
Weight: 190 lbs.	Bench: 235 lbs.
	Squat: 315 lbs.

#### FBS Group of 5 or High FCS Wide Receiver

Physical Measurables:	Stats:
Height: 6'0"	40yd: 4.6
Weight: 175 lbs.	Bench: 225 lbs.
	Squat: 295 lbs.

#### Low FCS/High D2/High NAIA Wide Receiver

Physical Measurables:	Stats:
Height: 5'10"	40yd: 4.6
Weight: 165 lbs.	Bench: 205 lbs.
	Squat: 275 lbs.

#### Low D2/NAIA/All D3 Wide Receiver

Physical Measurables:	Stats:
Height: 5'8"	40yd: 4.7
Weight: 150 lbs.	Bench: 200 lbs.
	Squat: 265 lbs.

## Offensive line football recruiting guidelines

### NCAA Division 1—FBS

Average college football player size for OL: 6'4" / 297 lbs

Should be a three-year varsity starter

Multiple years competing at the All-State level

The recruit must be the most physically dominant player on the field; he should move the line of scrimmage by 5 yards consistently. He should play with excellent pad level by demonstrating natural knee bend, as well as have a devastating hand punch against pass rush and be able to lock on defenders and control them. He must be athletic enough to stay ahead of the ball carrier in open field and demonstrate the body control to block in space.

### NCAA Division 1—FCS

Average college football player size for OL: 6'3" / 285 lbs

Should be a three-year varsity starter

Multiple years competing at the All-Conference level

The recruit must be one of the most physical players on the field; he should move the line of scrimmage by 3 yards consistently. He should play with excellent pad level by demonstrating natural knee bend, as well as have a devastating hand punch against pass rush and be able to lock on defenders and control them.

He must be athletic enough to stay ahead of the ball carrier in open field and demonstrate the body control to block in space.

### NCAA Division 2

Average college football player size for OL: 6'2" / 282 lbs

Should be at least a two-year varsity starter

Multiple years competing at the All-Conference level

The recruit must be one of the most physical players on the field; he should move the line of scrimmage by 2 yards consistently. He must play with above-average pad level by demonstrating natural knee bend, as well as have a hand punch that slows the pass rush and be able to lock on defenders and control them. He must be athletic enough to pull and get up field.

### NCAA Division 3 and NAIA

Average college football player size for D3 OL: 6'1" / 270 lbs

Average college football player size for NAIA OL: 6'2" / 273 lbs

At least one-year varsity starter, preferred two-year varsity starter

He must be an active player who enjoys contact and be able to move the line of scrimmage more often than stalemating or losing ground. He must play with

above-average pad level by demonstrating natural knee bend, and should have active hands against the pass rush, as well as be able to consistently keep defenders out of the pocket. He must be athletic enough to pull and get up field.

#### FBS Power 5 Offensive Line

Physical Measurables:	Stats:
Height: 6'5"	40yd: 5.0
Weight: 280 lbs.	Bench: 320 lbs.
Squat: 450 lbs.	

#### FBS Group of 5 and/or High FCS Offensive Line

Physical Measurables:	Stats:
Height: 6'3"	40yd: 5.2
Weight: 270 lbs.	Bench: 305 lbs.
Squat: 425 lbs.	

#### Low FCS/High D2/High NAIA Offensive Line

Physical Measurables:	Stats:
Height: 6'2"	40yd: 5.3
Weight: 260 lbs.	Bench: 300 lbs.
Squat: 410 lbs.	

#### Low D2/NAIA/All D3 Offensive Line

Physical Measurables:	Stats:
Height: 6'1"	40yd: 5.4
Weight: 240 lbs.	Bench: 295 lbs.
Squat: 405 lbs.	

#### Low D2/NAIA/All D3 Offensive Line

Physical Measurables:	Stats:
Height: 6'1"	40yd: 5.4
Weight: 240 lbs.	Bench: 295 lbs.
Squat: 405 lbs.	

## Offensive line football recruiting guidelines

### NCAA Division 1—FBS

Average college football player size for OL: 6'4" / 297 lbs

Should be a three-year varsity starter

Multiple years competing at the All-State level

The recruit must be the most physically dominant player on the field; he should move the line of scrimmage by 5 yards consistently. He should play with excellent pad level by demonstrating natural knee bend, as well as have a devastating hand punch against pass rush and be able to lock on defenders and control them. He must be athletic enough to stay ahead of the ball carrier in open field and demonstrate the body control to block in space.

### NCAA Division 1—FCS

Average college football player size for OL: 6'3" / 285 lbs

Should be a three-year varsity starter

Multiple years competing at the All-Conference level

The recruit must be one of the most physical players on the field; he should move the line of scrimmage by 3 yards consistently. He should play with excellent pad level by demonstrating natural knee bend, as well as have a devastating hand punch against pass rush and be able to lock on defenders and control them.

He must be athletic enough to stay ahead of the ball carrier in open field and demonstrate the body control to block in space.

### NCAA Division 2

Average college football player size for OL: 6'2" / 282 lbs

Should be at least a two-year varsity starter

Multiple years competing at the All-Conference level

The recruit must be one of the most physical players on the field; he should move the line of scrimmage by 2 yards consistently. He must play with above-average pad level by demonstrating natural knee bend, as well as have a hand punch that slows the pass rush and be able to lock on defenders and control them. He must be athletic enough to pull and get up field.

### NCAA Division 3 and NAIA

Average college football player size for D3 OL: 6'1" / 270 lbs

Average college football player size for NAIA OL: 6'2" / 273 lbs

At least one-year varsity starter, preferred two-year varsity starter

He must be an active player who enjoys contact and be able to move the line of scrimmage more often than stalemating or losing ground. He must play with

above-average pad level by demonstrating natural knee bend, and should have active hands against the pass rush, as well as be able to consistently keep defenders out of the pocket. He must be athletic enough to pull and get up field.

#### FBS Power 5 Offensive Line

Physical Measurables:	Stats:
Height: 6'5"	40yd: 5.0
Weight: 280 lbs.	Bench: 320 lbs.
Squat: 450 lbs.	

#### FBS Group of 5 and/or High FCS Offensive Line

Physical Measurables:	Stats:
Height: 6'3"	40yd: 5.2
Weight: 270 lbs.	Bench: 305 lbs.
Squat: 425 lbs.	

#### Low FCS/High D2/High NAIA Offensive Line

Physical Measurables:	Stats:
Height: 6'2"	40yd: 5.3
Weight: 260 lbs.	Bench: 300 lbs.
Squat: 410 lbs.	

#### Low D2/NAIA/All D3 Offensive Line

Physical Measurables:	Stats:
Height: 6'1"	40yd: 5.4
Weight: 240 lbs.	Bench: 295 lbs.
Squat: 405 lbs.	

#### Low D2/NAIA/All D3 Offensive Line

Physical Measurables:	Stats:
Height: 6'1"	40yd: 5.4
Weight: 240 lbs.	Bench: 295 lbs.
Squat: 405 lbs.	

## Linebacker football recruiting guidelines

### NCAA Division 1—FBS

Average college football player size for LB: 6'1" / 223 lbs

Should be a three-year varsity starter

Multiple years competing at the All-State level

The recruit must be equally active in both the run game and in coverage. He gains ground and plays downhill with first step; he stays square without losing athleticism. The recruit is strong enough to play on LOS, has explosiveness on contact, and can visibly change the LOS and knock ball carriers back. He displays fluid hips and good knee bend and plays under his pads. The recruit must show skills in both zone and man coverage and can match up with the best athlete on the field. He shows burst and speed with quickness to bend the corner in pressure games.

### NCAA Division 1—FCS

Average college football player size for LB: 6'0" / 217 lbs

Should be a three-year varsity starter

Multiple years competing at the All-Conference level

The recruit must display ability against both the run and the pass. He should consistently gain ground with first step, win at the point of attack and stop ball carriers in their tracks. He can redirect and pursue plays downfield and shows skills in coverage. He can be relied on in man coverage against both RBs and TEs and is disciplined in route recognition. He should also show potential as a special teams player.

### NCAA Division 2 recruiting guidelines

Average college football player size for LB: 5'11"

Should be at least a two-year varsity starter

Multiple years competing at the All-Conference level

The recruit must be active against both the pass and the run. He does not give ground on contact with blockers, and he plays flat at LB depth with first step. The recruit controls gaps with good body control and can play in both man and zone coverage.

### NCAA Division 3 and NAIA recruiting guidelines

Average college football player size for D3 LB: 5'11" / 207 lbs

Average college football player size for NAIA LB: 5'11" / 209 lbs

At least one-year varsity starter, preferred two-year varsity starter

The recruit should be a consistent performer against either the run or the pass. He shows strength and explosiveness on contact. Despite occasional false steps, he consistently gains ground with the first step. He can get off blocks and make plays and show consistent ability to make plays in coverage.

#### FBS Power 5 Linebacker

Physical Measurables:	Stats:
Height: 6'2"	40yd: 4.6
Weight: 220 lbs.	Bench: 315 lbs.
	Squat: 445 lbs.

#### FBS Group of 5 and/or High FCS Linebacker

Physical Measurables:	Stats:
Height: 6'1"	40yd: 4.65
Weight: 210 lbs.	Bench: 300 lbs.
	Squat: 435 lbs.

#### Low FCS/High D2/High NAIA Linebacker

Physical Measurables:	Stats:
Height: 6'0"	40yd: 4.7
Weight: 200 lbs.	Bench: 295 lbs.
	Squat: 405 lbs.

#### Low D2/NAIA/All D3 Linebacker

Physical Measurables:	Stats:
Height: 5'10"	40yd: 4.75
Weight: 190 lbs.	Bench: 275 lbs.
	Squat: 395 lbs.

## Defensive back football recruiting guidelines

### NCAA Division 1—FBS

Average college football player size for DB: 5'11" / 189 lbs

Should be a three-year varsity starter

Multiple years competing at the All-State level

The recruit should be the best athlete on the field! He can flip hips and get in and out of breaks without false steps. He is physical and aggressive in the run game and against screens. The recruit must be able to know all coverage and have quick feet. He needs to be strong in man coverage and excellent in zone coverage while knowing his responsibilities. He also needs to be the fastest kid on the field and have the range to cover sideline-to-sideline. He must be able to read the offense.

### NCAA Division 1—FCS recruiting guidelines

Average college football player size for DB: 5'11" / 183 lbs

Should be a three-year varsity starter

Multiple years competing at the All-Conference level

The recruit must be able to know all coverage and have quick feet. He needs to be strong in man coverage and excellent in zone coverage, knowing his responsibilities. He also needs to be the fastest kid on the field and have the range to cover sideline-to-sideline. He must be able to read the QB and read the offense to understand how to react.

### NCAA Division 2 recruiting guidelines

Average college football player size for DB: 5'11" / 181 lbs

Should be at least a two-year varsity starter

Multiple years competing at the All-Conference level

The recruit must be able to know all coverage and have quick feet. He needs to be strong in man coverage and excellent in zone coverage, knowing his responsibilities. He should be one of the fastest kids on the field.

### NCAA Division 3 and NAIA recruiting guidelines

Average college football player size for D3 DB: 5'10" / 175 lbs

Average college football player size for NAIA DB: 5'11" / 181 lbs

At least one-year varsity starter, preferred two-year varsity starter

The recruit must be able to know all coverage and have quick feet. He should be fairly good in man coverage but very good in zone coverage. He needs to understand responsibility within certain defensive schemes and be a fast athlete.



## Kicker recruiting guidelines

### NCAA Division 1—FBS

5'8-6'2 / 180 lbs.

Experience: multiple years competing at All-State level

Ranked in the top 20 across the country

Must have a kickoff average of at least 65 yards, field goal range of 55 yards or more and a hang time of 3.8 seconds.

### NCAA Division 1—FCS

5'8-6'2 / 180 lbs.

Experience: multiple years competing at All-State level

Ranked in the top 20 across the country

Must have a kickoff average of at least 65 yards, field goal range of 55 yards or more and a hang time of 3.8 seconds.

### NCAA Division 2

5'6-5'8 / 160-179 lbs.

Experience: multiple years competing at All-Conference level

Must have a kickoff average of at least 55-60 yards, field goal range of 50 yards or more and a hang time of 3.6 seconds.

### NCAA Division 3 and NAIA

5'0-5'7 / 160 lbs.

Experience: at least one year Competing at All-Conference level

Must have a kickoff average of at least 50-65 yards, field goal range of 45 yards or more and a hang time of 3.4 seconds.

## Punter recruiting guidelines

### NCAA Division 1—FBS

6'0+ / 185-190 lbs.

Experience: multiple years competing at All-State level

Ranked in the top 20 across the country

Must average 40 yards or more and have a hang time of 4.5 seconds.

### NCAA Division 1—FCS

6'0+ / 185-190 lbs.

Experience: multiple years competing at All-State level

Ranked in the top 20 across the country

Must average 40 yards or more and have a hang time of 4.5 seconds.

### NCAA Division 2

5'9 / 175-185 lbs.

Experience: multiple years competing at All-Conference level

Must average 38 yards or more and have a hang time of 4.3 seconds.

### NCAA Division 3 and NAIA

5'8 / 175 lbs.

Experience: multiple years competing at All-State level

Must average 35 ya

## Long Snappers recruiting guidelines

### NCAA D1, D2, D3 and NAIA

The size of a collegiate long snapper will vary by each coach's preference and their special teams (i.e. a bigger size for programs that require the snapper to block after snapping vs. a taller, quicker long snapper for programs that want their athlete to be the first one down the field).

Snap time should be .75 or better.

D1 programs prioritize a snap time that is .75 or better. Though, coaches will consider an athlete with a slower snap time if the athlete is more consistent.

i.e. if one snapper has a snap time of .7 and the other has a snap time of .78, but demonstrates more accuracy, the coach will take the slower, but more accurate athlete.