ROSTERBOUND USER GUIDE

ATHLETE GUIDE

For high school and JUCO athletes, with a section for four-year college transfers

EDUCATE • ALLEVIATE • FACILITATE

ROSTERBOUND.COM · NOV 2026

WHAT YOU CAN DO ON ROSTERBOUND

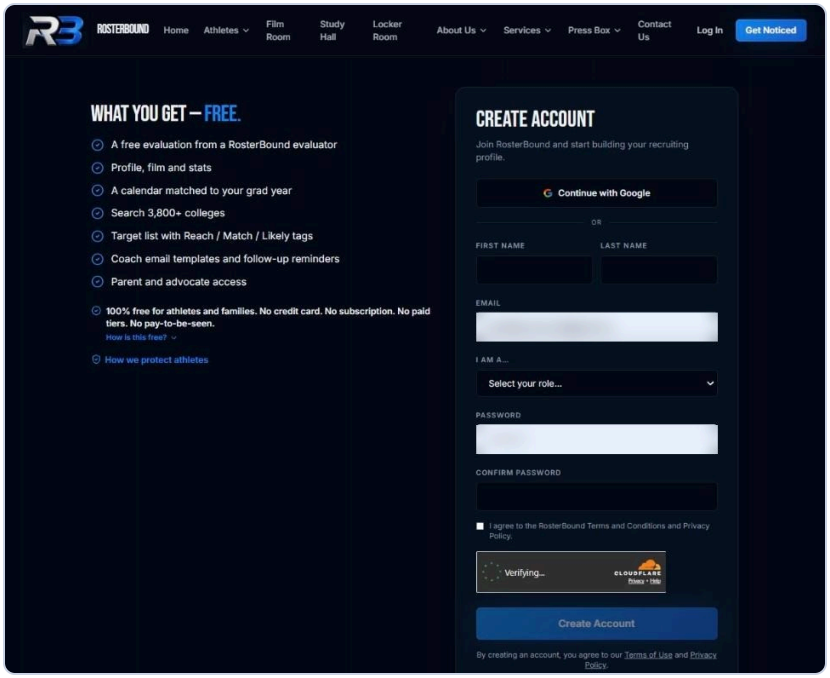
RosterBound gives you one free place to show college coaches who you are: your film, stats, academics and the people who vouch for you. It also helps you do the work recruiting takes, month by month.

- Build a recruiting profile with film, measurables, academics and a coach-ready bio.
- Get a free evaluation from a RosterBound evaluator.
- Follow a calendar matched to your graduation year (or your transfer window).
- Build a target-school list, write coach emails and track follow-ups.
- Invite a parent, your coach and mentors to support you.
- Share your profile and see when college coaches look at it.

Everything here is free for athletes and families. No credit card, no subscription, no pay-to-be-seen.

1. CREATE YOUR ACCOUNT

Go to **rosterbound.com** and click **Join RosterBound – Free** (or **Get Noticed** at the top of any page).



The sign-up form. You can use Continue with Google or fill in the form.

1. Enter your first and last name and your email, or click **Continue with Google**.
2. Under **I am a...**, choose **Player (Student-Athlete)**.

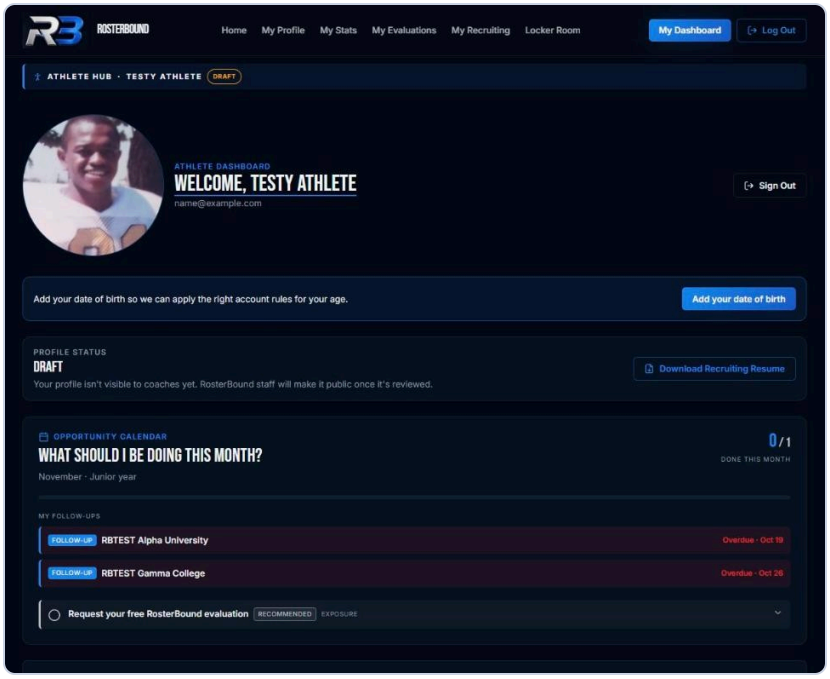
3. Enter your **date of birth** and your **current level**: High school, JUCO or Four-year college. If you pick Four-year college, you'll also choose your current college and your transfer portal status.
4. Create a password, agree to the terms and click **Create Account**.
5. Open the confirmation email from RosterBound and click the link. You'll land on your dashboard.

> **Good to know:** If the confirmation link says it has expired, use the resend option on the page it opens to get a new one. Each link only works once.

Your date of birth is private. It decides which rules apply to you (for example, athletes under 18 need a parent or guardian to approve publishing). You must be 13 or older to join.

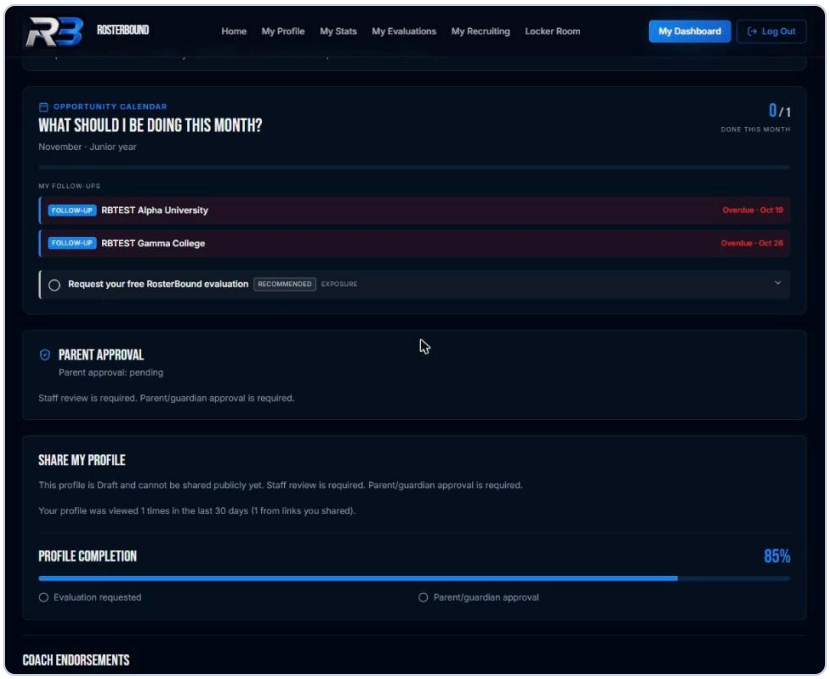
2. YOUR DASHBOARD AT A GLANCE

Your dashboard is home base. Click **My Dashboard** at the top of any page to get back to it.



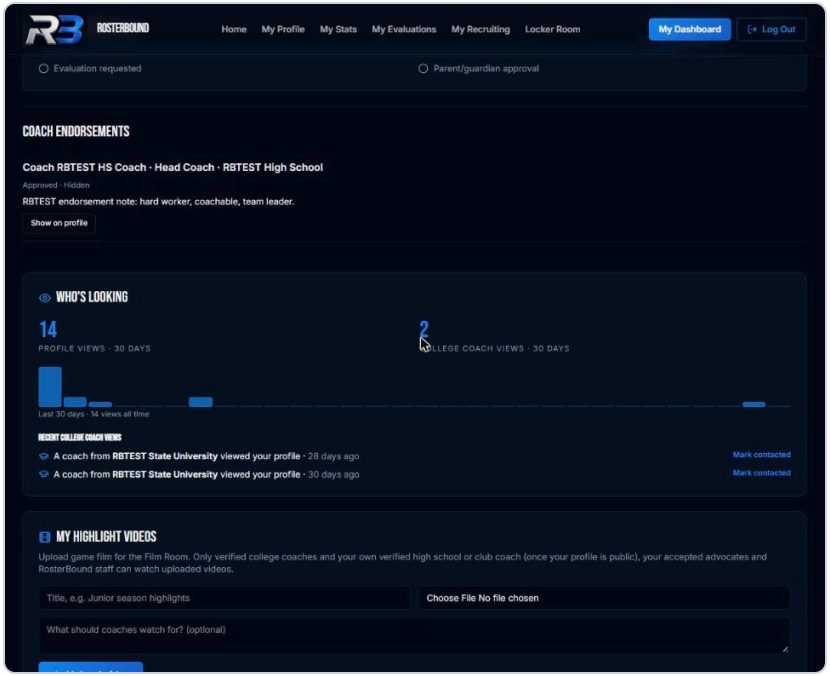
The top of the athlete dashboard: your photo, profile status and the Opportunity Calendar.

- **Profile status** shows whether your profile is **Draft** (only you, your advocates and RosterBound staff can see it) or **Public**.
- **Download Recruiting Resume** creates a one-page PDF you can attach to coach emails.
- **What should I be doing this month?** is your Opportunity Calendar: a short to-do list for this month, plus any coach follow-ups that are due.



Parent approval, Share my profile and the Profile completion meter.

- **Parent approval** shows whether a parent or guardian has approved publishing (athletes under 18 only).
- **Share my profile** has your sharing tools once your profile is public, and how many times it's been viewed.
- **Profile completion** lists anything still missing. Aim for 100%.

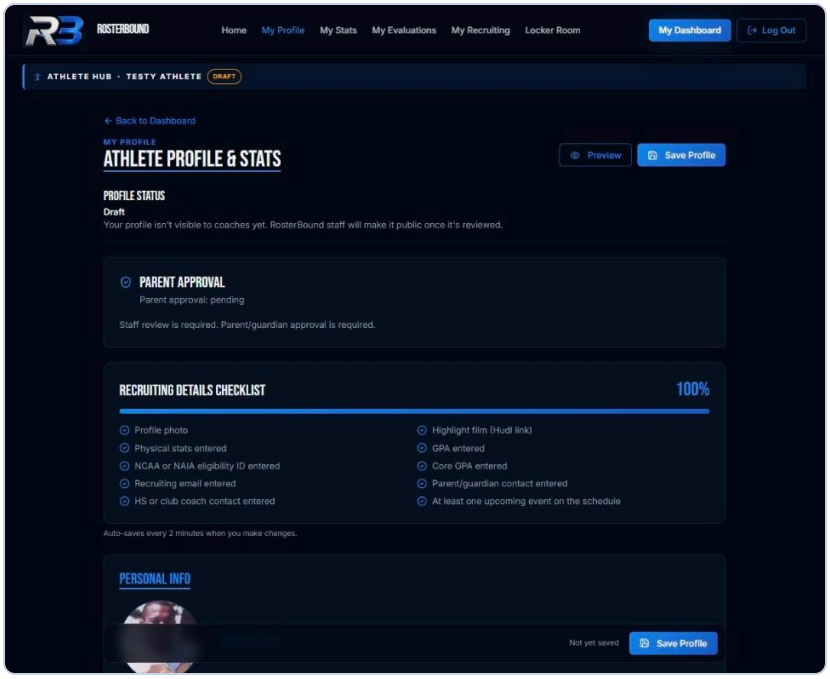


Coach endorsements and Who's Looking.

- **Coach endorsements** shows endorsements from your high school or club coach, and lets you show or hide each one on your profile.
- **Who's Looking** counts profile views over the last 30 days and how many came from verified college coaches. You can see which school a coach is from, but not who they are.

3. BUILD YOUR PROFILE

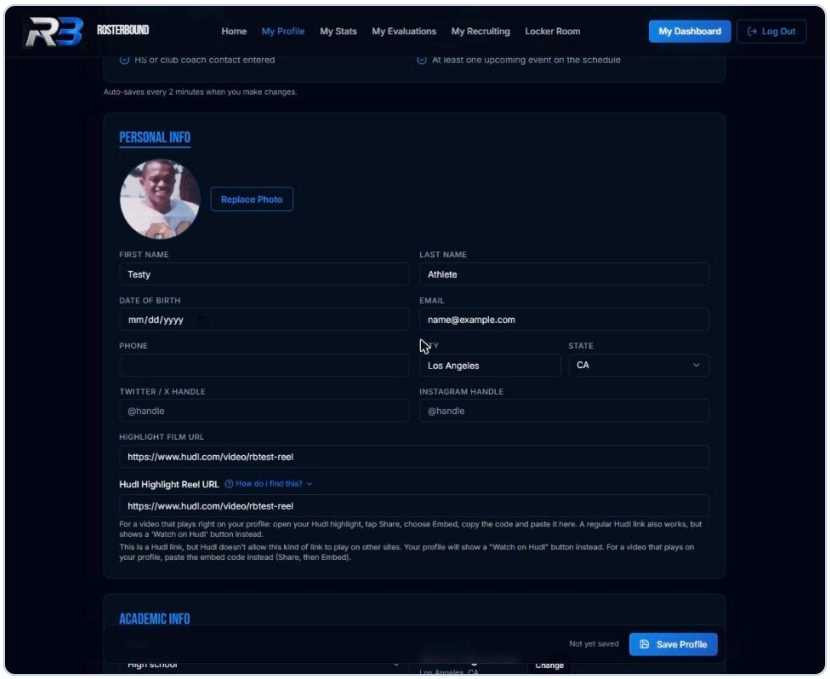
Click **My Profile**. Work through each section, then click **Save Profile** (at the top or in the bar at the bottom). Changes also auto-save every 2 minutes.



The top of My Profile with the Recruiting details checklist.

The **Recruiting details checklist** at the top shows what coaches expect to find. Each item turns blue when it's done.

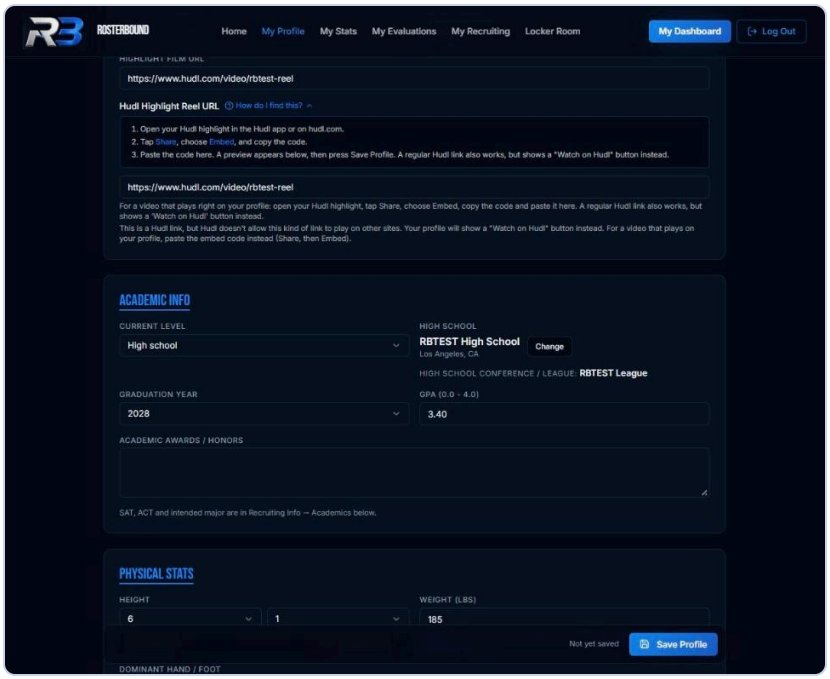
Personal info and film



Personal info: photo, name, date of birth, contact details, social handles and film links.

- **Photo:** a clear, recent headshot or action shot. No group photos.
- **Contact details** are private. Only verified college coaches, your own verified coach and RosterBound staff can see them.
- **Social handles** show on your public profile unless your parent or guardian hides them.

Add your Hudl highlight



Click "How do I find this?" for the three steps.

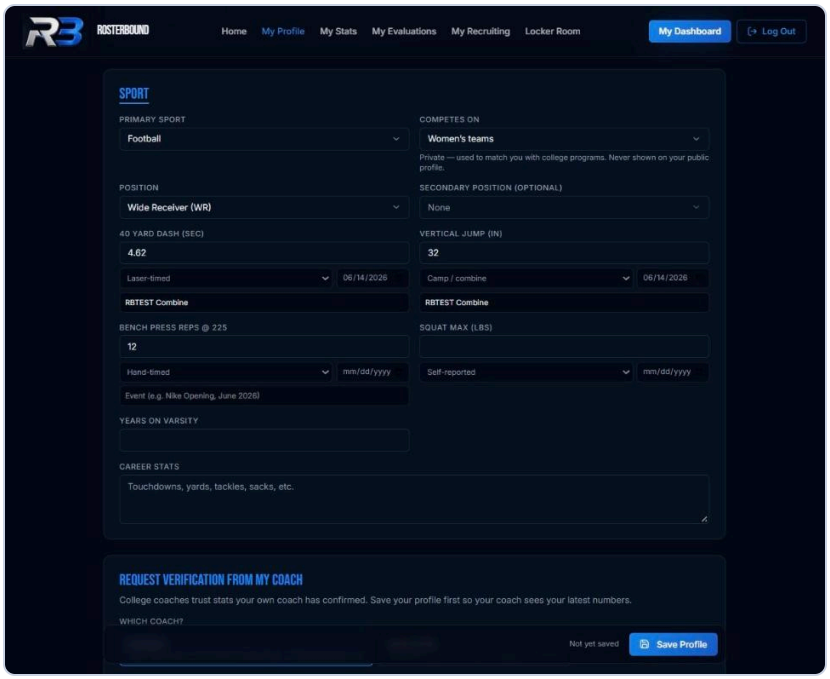
1. Open your Hudl highlight in the Hudl app or on hudl.com.
2. Tap **Share**, choose **Embed**, and copy the code.
3. Paste it into **Hudl Highlight Reel URL**. A preview appears under the field. Then click **Save Profile**.

A regular Hudl link also works, but your profile will show a **Watch on Hudl** button instead of playing the video right on the page. If you paste something that isn't a Hudl link, you'll see a message asking you to try again.

Academics

Choose your **current level**, pick your **high school** from the list, and enter your **graduation year** and **GPA**. SAT, ACT and intended major go in **Recruiting Info** further down the page.

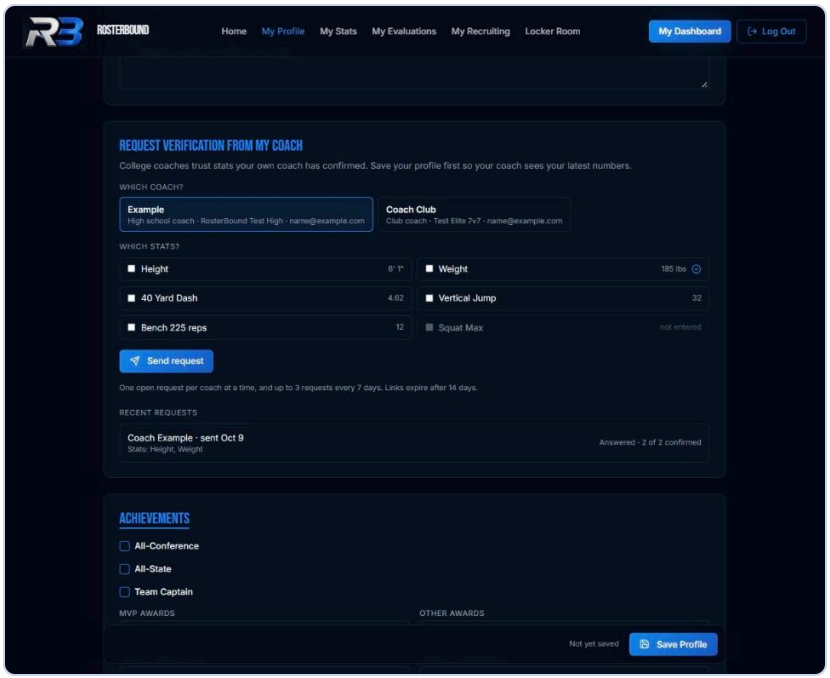
Measurables and sport stats



Sport, position and measurables, each with where and how it was measured.

For each measurable (40-yard dash, vertical, bench and so on), also say **how it was measured** (laser-timed, hand-timed, camp/combine or self-reported), **when**, and **where**. Coaches trust numbers more when they know where they came from.

Ask your coach to verify your stats

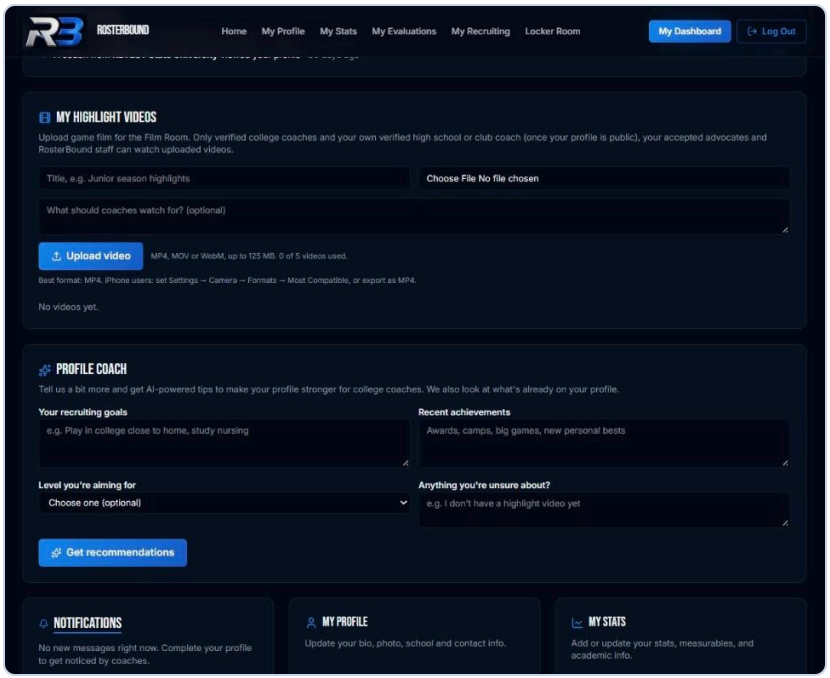


Request verification from my coach.

1. Save your profile first so your coach sees your latest numbers.
2. Under **Which coach?**, choose your high school or club coach.
3. Tick the stats you want confirmed and click **Send request**.

Your coach gets an email link to confirm. Confirmed stats show a **Verified by Coach** badge on your profile. Changing a verified number removes its badge. You can have one open request per coach, and send up to 3 requests every 7 days. Links expire after 14 days.

Upload game film



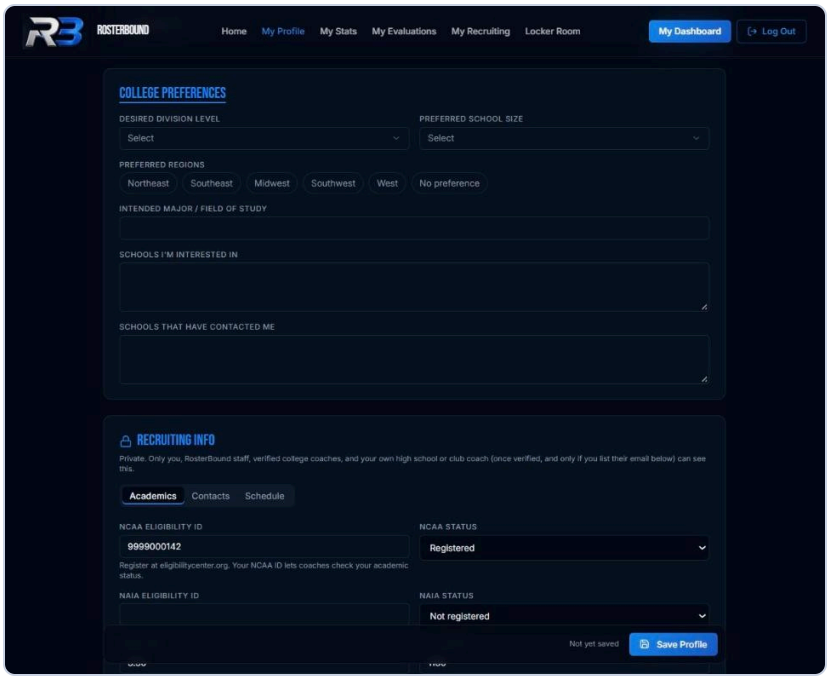
My Highlight Videos on the dashboard.

Upload up to 5 videos (MP4, MOV or WebM, up to 125 MB each). Only verified college coaches, your own verified coach (once your profile is public), your accepted advocates and RosterBound staff can watch uploaded videos.

> **iPhone tip:** set **Settings → Camera → Formats → Most Compatible** before recording, or export as MP4.

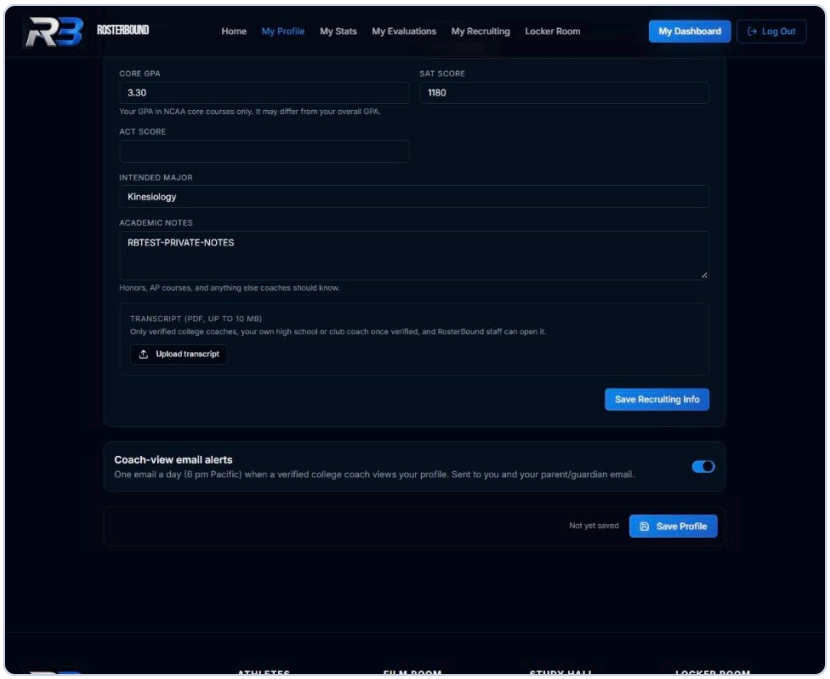
Profile Coach (on the same screen) gives you AI-powered tips for a stronger profile. Tell it your goals and anything you're unsure about, then click **Get recommendations**.

Recruiting info (private)



College preferences and the private Recruiting Info section.

Recruiting Info is private: only you, RosterBound staff, verified college coaches and your own verified coach can see it. Add your **NCAA Eligibility ID**, core GPA, test scores, intended major, contacts (parent and coaches) and your upcoming schedule. Click **Save Recruiting Info** when you're done.



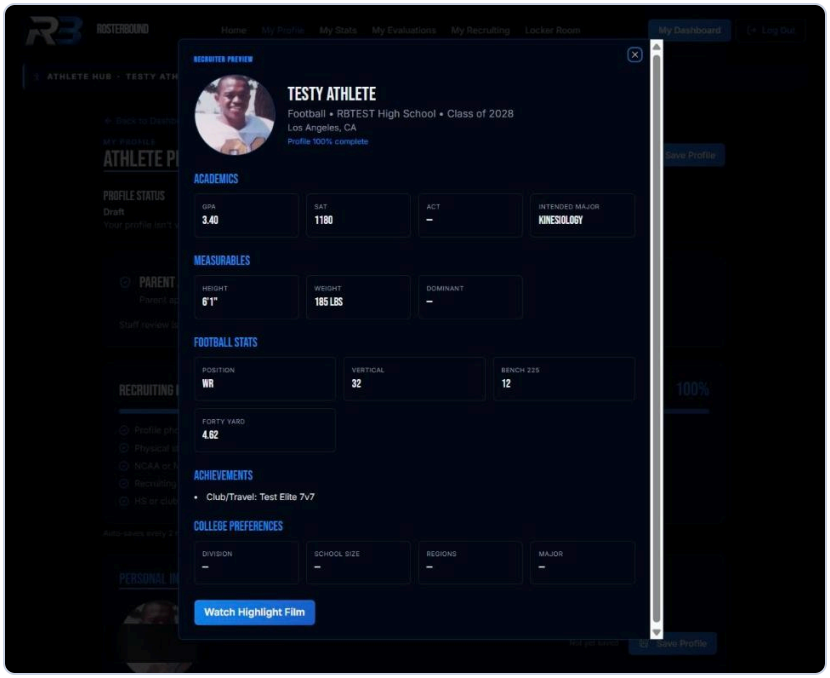
Transcript upload and coach-view email alerts.

- **Transcript:** upload a PDF (up to 10 MB). It's private like the rest of Recruiting Info.

- **Coach-view email alerts:** one email a day (6 pm Pacific) when a verified college coach views your profile. It goes to you and your parent or guardian.

See what coaches see

Click **Preview** at the top of My Profile to see your profile the way a recruiter does.



The recruiter preview.

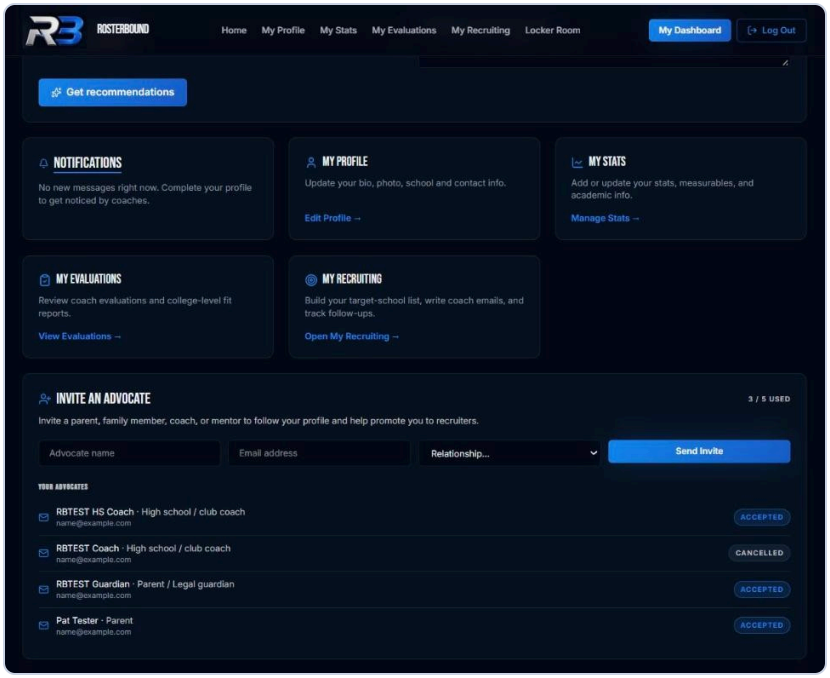
4. GET YOUR PROFILE PUBLISHED

New profiles start as **Draft**, which means they're private. Two things have to happen before your profile goes public:

1. **RosterBound staff review it.** We check that it's complete and appropriate. You don't need to do anything except finish your profile.
2. **If you're under 18, a parent or guardian approves publishing.** Invite them as an advocate with the relationship **Parent / Legal guardian** (next section). They'll see exactly what a public profile shows and can hide your hometown and social handles.

Your dashboard tells you which of these is still needed. Once both are done, staff will make your profile public.

5. INVITE YOUR PEOPLE



Invite an Advocate, and your list of advocates.

On your dashboard, under **Invite an Advocate**, enter a name, email and relationship, then click **Send Invite**. You can have up to 5 advocates.

- **Parent / Legal guardian:** needed to approve publishing if you're under 18.
- **High school / club coach:** can endorse you (see the next section).
- **Family members, trainers and mentors:** can follow your progress and help you share.

Pending invites can be cancelled, which frees up the slot. Each invite only works for the email it was sent to.

6. BADGES AND ENDORSEMENTS

Badges tell a college coach that someone has checked your information.

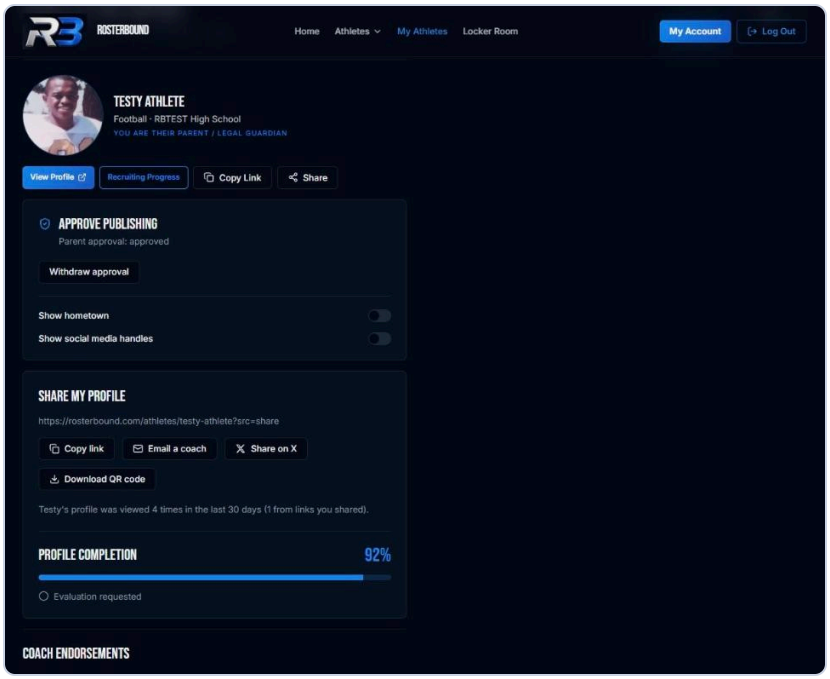
- **Film reviewed:** a RosterBound staff member has watched your film.
- **Academics confirmed:** staff have checked your academic information.
- **HS coach endorsed:** your high school or club coach has endorsed you, and staff have confirmed the coach is real.
- **Verified by Coach** on a single stat: your coach confirmed that number.

To get an endorsement, invite your coach as **High school / club coach**. After they accept, they can write a short endorsement. It appears on your profile once staff approve it. You (or your parent) can hide an endorsement at any time.

7. SHARE YOUR PROFILE

When your profile is public, the **Share my profile** panel on your dashboard gives you:

- **Copy link:** your profile link, ready to paste into a text, DM or email.
- **Email a coach:** opens your email app with a short message and your link.
- **Share on X:** opens a post with your sport, position, class and link already filled in. You can edit it before posting. RosterBound never posts for you and never asks for access to your X account.
- **Download QR code:** a QR code for your profile, for flyers, camp name cards or your phone's lock screen.



The Share my profile panel once a profile is public (shown here on a parent's dashboard).

The panel also shows how many views came from links you shared. **Who's Looking** shows views from verified college coaches.

> **Tip:** Put your RosterBound link in your X and Instagram bios, and in your email signature.

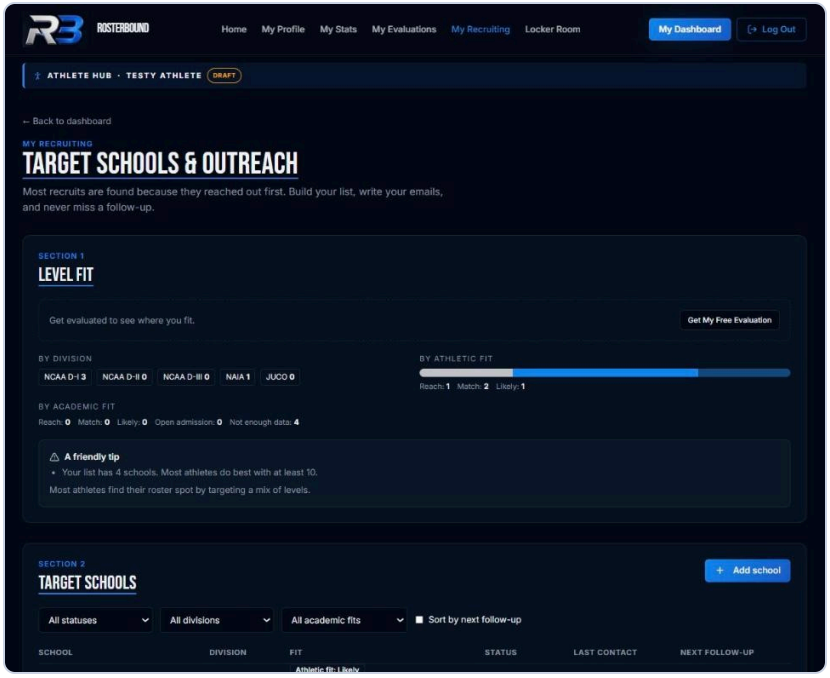
8. PLAN YOUR RECRUITING

Your monthly calendar

What should I be doing this month? gives you a few tasks each month, matched to your grad year. Tick them off as you go.

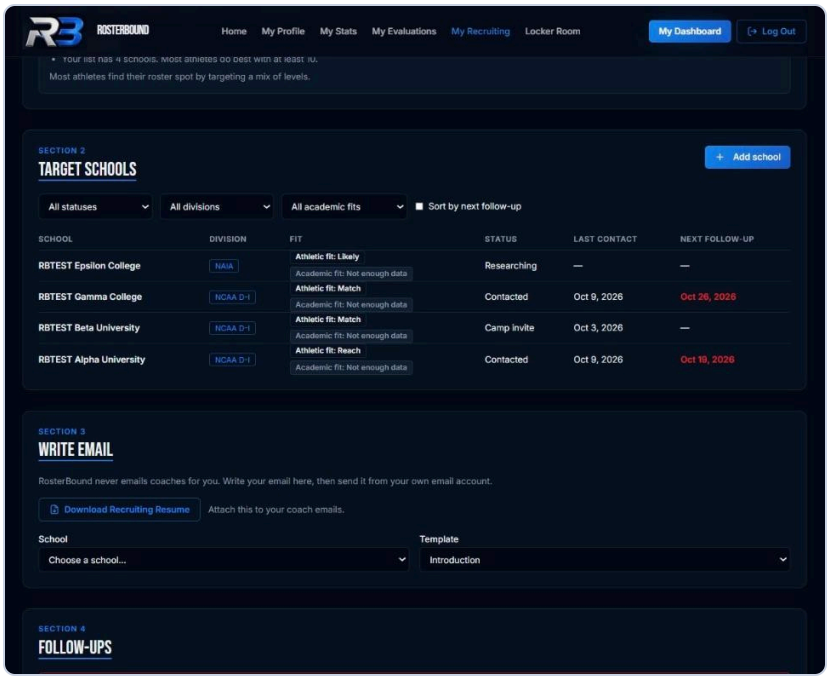
My Recruiting

Click **My Recruiting** at the top.



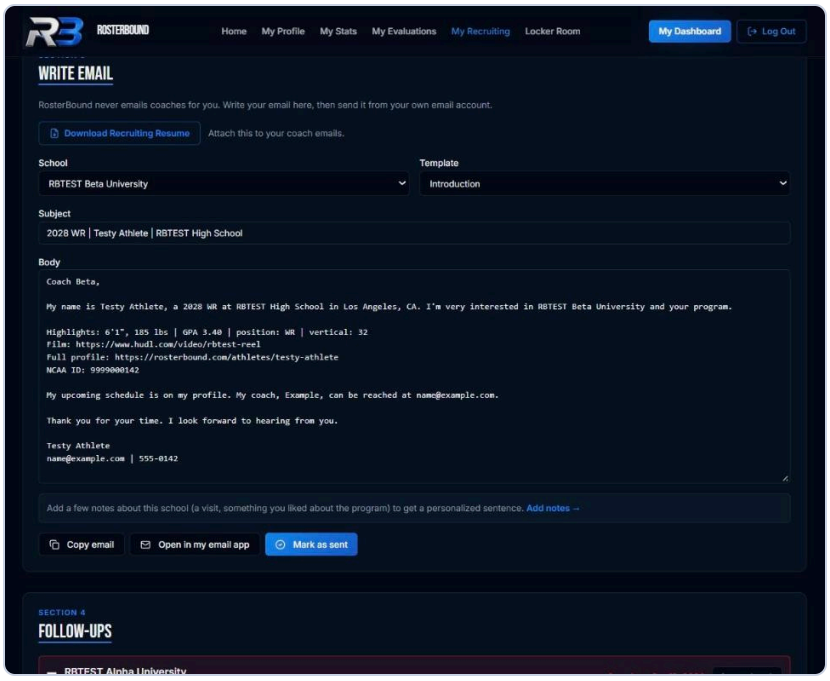
Level Fit shows where your target list sits.

Level Fit shows how your list spreads across divisions, and whether each school is a reach, match or likely fit, athletically and academically. Most athletes do best with at least 10 schools at a mix of levels.



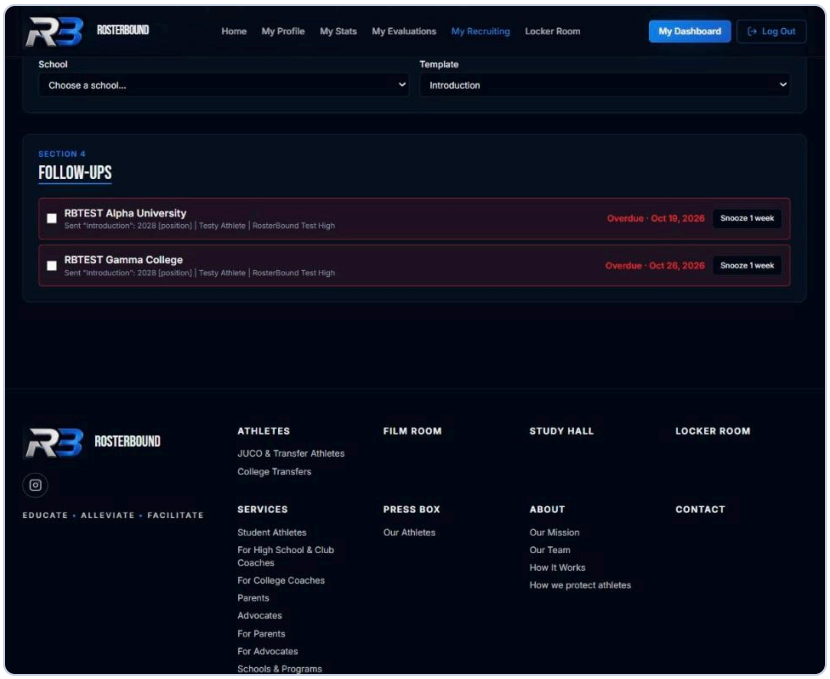
Target Schools: add schools from 3,800+ colleges and track each one.

Click **Add school** to search more than 3,800 colleges. For each school, track your status (researching, contacted, camp invite…), when you last made contact and when to follow up.



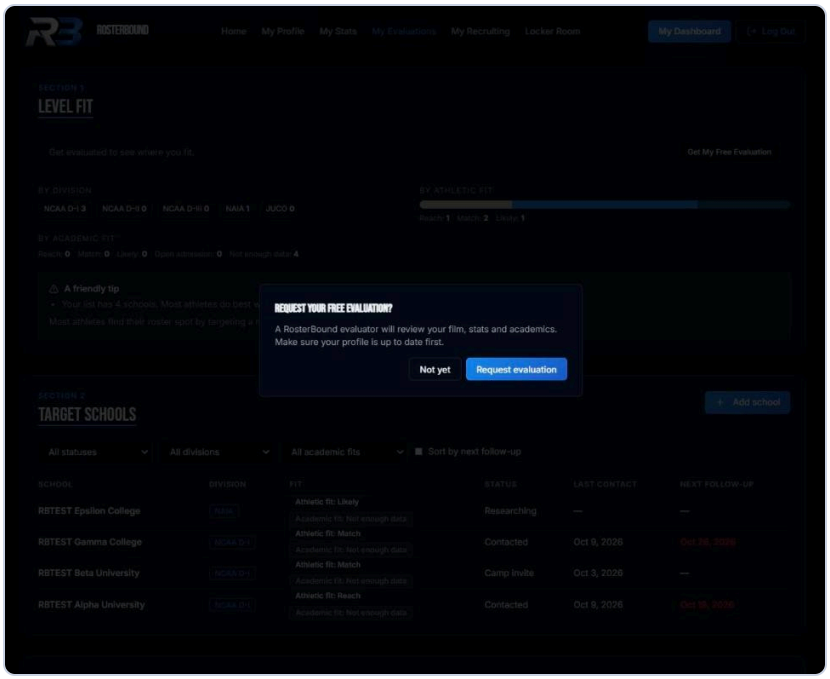
Write Email builds a coach email from your profile.

Write Email: choose a school and a template (introduction, follow-up, updated film or stats, thank you, event invite). RosterBound fills in your details. Then **Copy email** or **Open in my email app**, and click **Mark as sent** so your follow-up is scheduled. RosterBound never emails coaches for you.



Follow-ups that are due or overdue.

Request your free evaluation

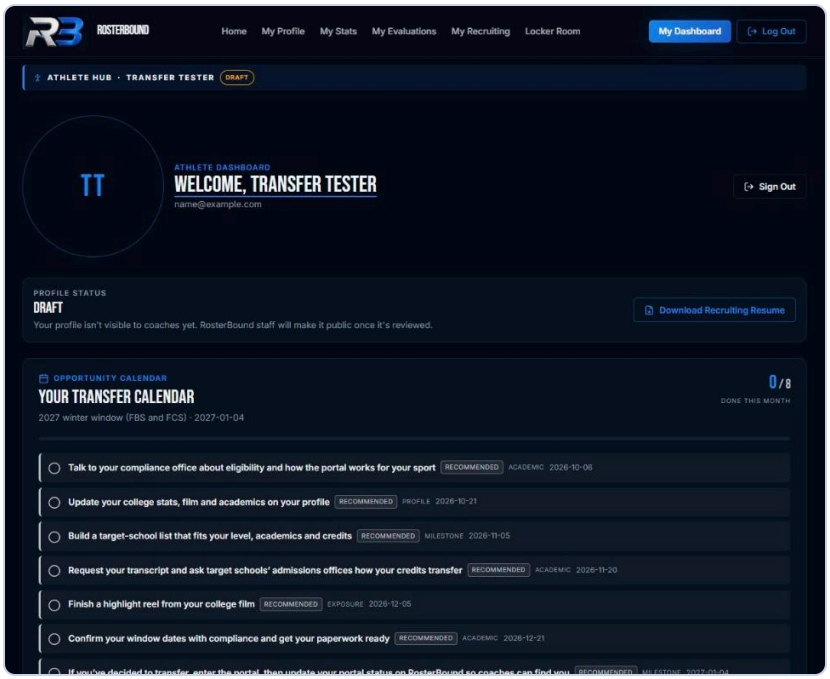


Request your free evaluation.

Click **My Evaluations** (or **Get My Free Evaluation**). A RosterBound evaluator reviews your film, stats and academics and tells you which levels you fit. Make sure your profile is up to date first.

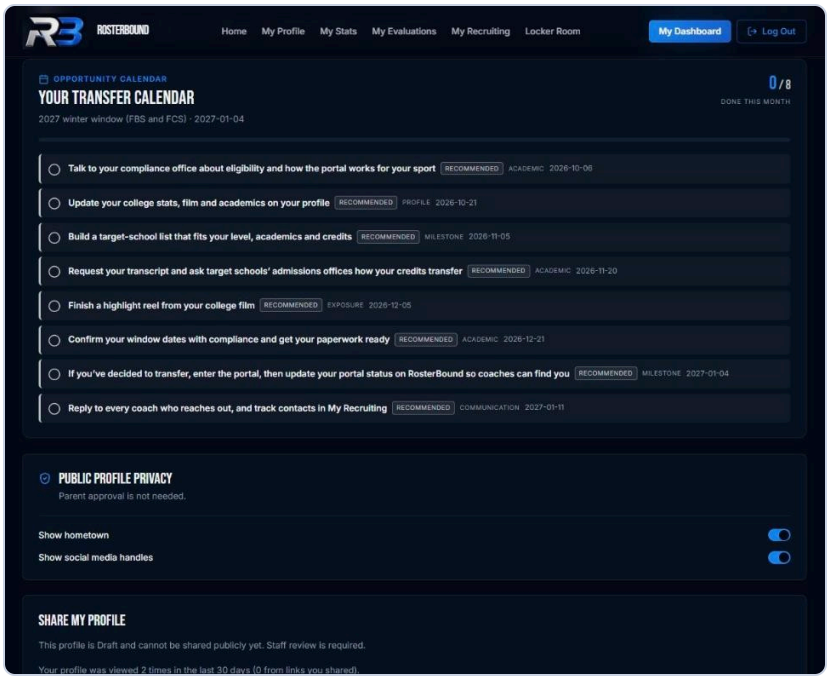
9. COLLEGE TRANSFERS (JUCO AND FOUR-YEAR)

If your current level is **JUCO** or **Four-year college**, RosterBound shows transfer tools instead of high school ones.



The transfer dashboard with your window-based calendar.

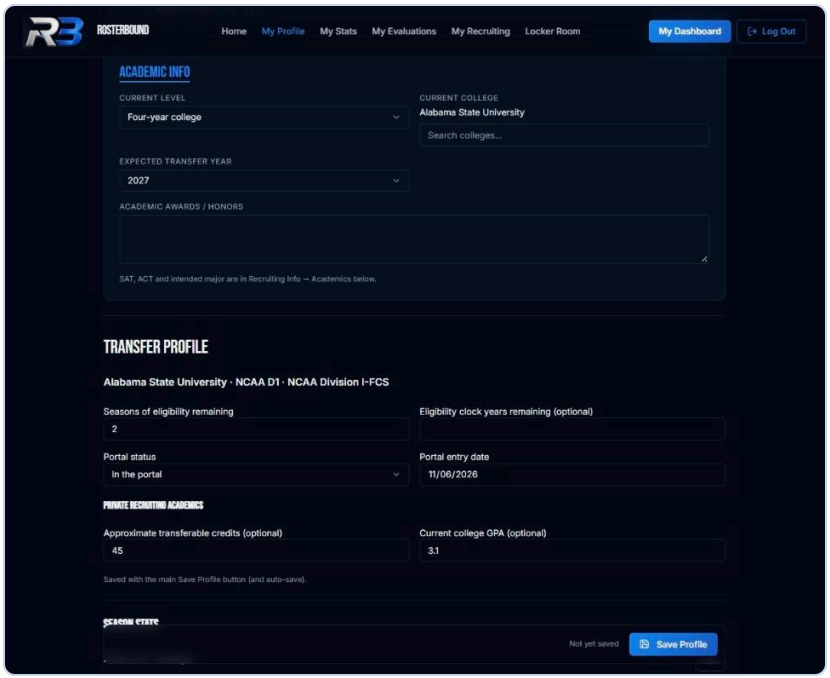
Your transfer calendar



Tasks counting down to your sport's transfer window.

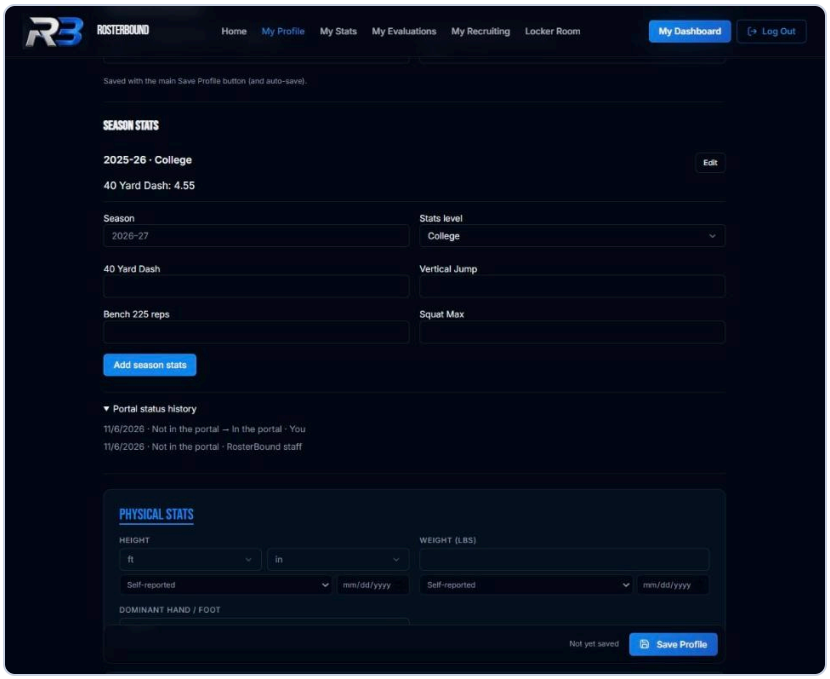
Your calendar is keyed to your sport's next transfer window, from 90 days before it opens to a week after. If your sport's window dates aren't confirmed yet, you'll see the tasks without dates. Always confirm dates with your school's compliance office.

Your transfer profile



Current college, seasons of eligibility and portal status.

1. In **Academic Info**, set your current level and search for your **current college**.
2. In **Transfer Profile**, enter your **seasons of eligibility remaining** and your **portal status**: Not in the portal, Planning to enter, In the portal (with entry date) or Committed.
3. Transferable credits and college GPA are optional and private. Only verified college coaches see them.
4. Add **season stats** with the season and level (High school, JUCO or College), so coaches see your college numbers separately.



Your portal status history.

Why coaches can't contact you before you enter the portal

If you're at an NCAA Division I, II or III school and you're **not in the portal yet** (or only planning to enter), NCAA rules restrict college coaches from talking to you about a transfer. So until you update your status to **In the portal**:

- you won't appear in coach searches or prospect lists, and
- college coaches can't send you recruit requests through RosterBound.

Your profile link still works for anyone you send it to. Talk to your compliance office first. When you enter the portal, update your status on RosterBound right away so coaches can find you. JUCO and NAIA athletes aren't affected by this rule.

TIPS

- **Film first.** Most coaches watch film before they read anything else. Put your best 3–5 plays in the first 30 seconds.
- **Keep it current.** Update stats and film after every season, camp or combine.
- **Reach out.** Most recruits get found because they contacted coaches first. Use Write Email and follow up when the reminder comes due.
- **Be honest.** Say where every number came from. A verified 4.7 beats an unverified 4.5.
- **Aim wide.** Ten or more schools across a mix of levels gives you the best chance at a roster spot.

FAQ

Is RosterBound really free? Yes. Free for athletes and families. No credit card, no subscription, no paid tiers and no pay-to-be-seen.

Who can see my profile? While it's Draft: only you, your accepted advocates and RosterBound staff. Once it's Public: anyone with the link, including college coaches.

What's always private? Your date of birth, email, phone, transcript, Recruiting Info, target schools and outreach. Contact details and Recruiting Info are shown only to verified college coaches, your own verified coach and RosterBound staff.

How do I change my information? Go to **My Profile**, make the change and click **Save Profile**. Changing a coach-verified stat removes its badge until your coach confirms the new number.

Who do I contact for help? Use the **Contact Us** page on rosterbound.com.