BASIC NCAA RECRUITING RULES

SOPHOMORES

* You may receive brochures for camps and questionnaires.
* You may make calls to the coach at your expense.
* College coach CANNOT call you.
* You may make an unlimited number of unofficial visits.
* Off campus contacts or Official visits are NOT allowed.

JUNIORS

* You may begin receiving recruiting materials beginning September 1 of your JR. year. ( DIV II- June 15 before your junior year. DIV II- Anytime)
* You may make calls to the coach at your expense.
* College coaches may call you once a week starting July 1 after your junior year.
* Off-campus contacts are allowed starting July 1 after your junior year. (They cannot make contact with athlete until after your team has been eliminated or tournament is over)
* Official visits are NOT allowed.
* You may make an unlimited number of unofficial visits.
* DIVII- No limit on calls from coach beginning June15 before your Jr year.

SENIORS

* You may receive recruiting materials.
* You may make calls to the coach at your expense.
* Off-campus contacts are allowed. (They cannot make contact with athlete until after your team has been eliminated or tournament is over)
* You may make an unlimited number of unofficial visits.
* Coaches may contact and make evaluations of you seven times during your senior year.
* Unlimited number of evaluations may be made after you sign a NLI.
* If you have not been signed the coach can only contact you 3 times during your senior year.
* Coaches may write or call during this time. College coaches may call only once per week.)
* Quiet period for coach contacts or evaluations Thanksgiving through New Year.
* Official visits may begin first day of your senior year. You may only make one official visit per school up to a max of five. DII-No limits.