



Recruiting 101: NCAA Rules and Regulations

Contact with a prospect: Generally, a coach cannot have an in-person recruiting encounter with a high-school prospect until July 1 (**June 15th for Division II**) following the completion of the prospect's junior year (**Div. III it is until the end of their Junior year, no specific date**). **Exceptions:** A coach may have recruiting contact with a prospect on their institution's campus (**Same at Div.III**).

Telephone calls: Generally, a coach may make telephone contact with a prospect once per week after July 1 (**June 15th for Division II**) following the completion of the prospect's junior year. A coach may receive telephone calls from a prospect at any time. **Exceptions:** A coach may make unlimited phone calls to a prospect in the five days preceding the prospect's official visit to campus; a coach may make unlimited calls to a prospect on the initial date for the signing of an NLI and the two days immediately following the initial signing date; a coach may make unlimited calls to a prospect on the day a permissible in-person, off-campus contact occurs; a coach may make unlimited phone calls to a prospect subsequent to that prospect signing an NLI; **Div. III coaches can call anytime and any number of times without calling restrictions. Generally, we do not call until senior year, but it is permissible to call during the junior year.**

Number of Contacts and Evaluations: Each institution is limited to a total of seven recruiting opportunities (contacts and evaluations combined) per prospect (**unlimited evaluations and three contacts in Division II**). Not more than three of the seven recruiting opportunities may be off-campus contacts. An evaluation at a contest counts as an evaluation for all prospects in that sport at that institution. **Exceptions:** Evaluations made during the summer do not count against the seven recruiting opportunities. All contacts and evaluations are subject to the restrictions of the recruiting calendar. Subsequent to a prospect signing an NLI, there is no limit on the number of contacts and evaluations for that prospect. **Div. III does not have regulations regarding contacts and evaluations.**

National Letter of Intent: A prospect may sign a National Letter of Intent (NLI) during the early signing period (a one week period in November), or the regular signing period (second Wednesday in April through the first day of classes in September). An NLI is a binding agreement between the prospect and the institution, and must be accompanied by an athletics scholarship offer. If the terms of the NLI are not fulfilled, a prospect can lose up to two years of eligibility. **Div. III does not have a letter of intent for athletics.**

Official Visits (applies to Division I and II): A prospect can make up to five official (paid) visits, but not more than one to a particular institution. The visit is limited to 48 hours in length, and all meals and entertainment must be comparable to that of normal student life. The earliest opportunity to take an official visit is after the opening day of classes of the prospect's senior year in HS. **Div. III: Unlimited official visits to Division III schools, but only 1 official visit per school. You do not have to count Div. III official visits as part of your five visits to Division I and II schools.**

Unofficial Visits (applies to all Divisions): A prospect can make any number of unofficial visits (at the prospect's own expense), and may visit a particular institution unofficially as often as they like. They may receive up to three complimentary admissions to a home contest during the unofficial visit.