

Communication & Interaction Restrictions

These NCAA compliance regulations should help you understand why college coaches are not talking to you, and allow you to be pro-active as you move forward in the recruiting process. Please practice due diligence, as these regulations are constantly being revised and updated by NCAA.

High school Freshman and Sophomore year.
These rules apply until September 1 of your Junior year.

Coaches are allowed to:

- Send you athletic or sports camp brochures
- NCAA Educational Information and Questionnaires.
- A coach can also accept phone calls from you as long as they are at your expense, however, if you leave a message on an answering service
- The coach is NOT ALLOWED TO CALL YOU BACK.

Coaches are not allowed to:

- Cannot call you on the phone.
- A coach cannot send you any written recruiting information.

NCAA Recruiting Guidelines, Unofficial Visits:

- You can make "unofficial visits" to a college campus, meaning you can go to their campus without fear of penalty to them or you.
- It is also permissible for you to receive a maximum of three complimentary tickets to a college sporting event.
- You can meet and talk with college coaches, but this must be on their campus.

NCAA Rules. Contact Visits.

Junior year from September 1

- College coaches are allowed to send you information about their athletic program and about their school.
- This can include: media guides, schedule cards, personalized letters, photocopies of newspaper clippings and official university admissions and academic publications.
- The college coach is now allowed to answer your emails.
- The college coach is allowed to send emails to you.

Junior year from July 1

- A college coach is only permitted to contact you in person off of their college campus only on, or after, July 1st when you have completed your junior year of high school.
- If the coach meets with you or your parents and says anything to you or them then this is considered a "contact".
- Anything more than a very basic hello is a "contact".
- College coaches are permitted to make one telephone call each week to you or your parents.
- You can call the coach as often as you wish.

Senior Year

- You can make up to five Official – expense paid visits to college campuses.
- The visit to the campus cannot be longer than forty eight hours in duration.
- You are not allowed to have an official visit until after your first day of classes of your senior year.
- College coaches need to have an official ACT or SAT score and a copy of your official high school transcript before you can make a visit.
- Coaches can make telephone calls and send written correspondence as per the rules for your junior year.
- If you're at a tournament and the coach does not talk to you, don't take it personally. The NCAA has specific recruiting rules that puts limits on communication at tournaments.
- A college coach can sit down with a guardian or parent at a competition site.
- This is counted as one of the three in-person off-campus recruiting contacts a coach is permitted.

The Visit You Can Take Any Time "unofficial visit"

An unofficial visit is a visit that you take on your own at your own cost. Unofficial visits can be taken at any time and you're allowed to take as many unofficial visits as you like. You can even knock on their office door and introduce yourself. You can call or email and let them know when you'll be stopping by.

Unofficial visits are a great way to explore a school on your own timeline and creating your own agenda.

The Official Visit

note: Official visits can only be offered by NCAA Division I & II programs.

If you're being offered an official visit it typically means that a school is very interested in you. This is a great opportunity to see a school and meet a team through the athletic department. Be careful that you choose your visits wisely – **you get 5 - and only 5.**

You'll want to make sure that your visits are used toward schools that you are strongly considering and not for schools that you just want to visit.

On an official visit the school will pay for the visit by providing or reimbursing you for transportation, meals, lodging and entertainment (within reason). This is a great way to judge the priorities of the school by seeing what they choose to show you during your visit.

The visits can only be 48 hours.

You will typically eat and sleep with the team in their dorms, on campus. You may also attend a class or two. You'll attend practice, however, you can only watch from the stands, and not participate on the field in any team activities.

When your visit is complete you should have an opportunity to sit with the coach (parents too) and ask questions.