



NCAA Division I Coaches Recruiting Guide

| | Men's Basketball | Women's Basketball | Football | Men's Ice Hockey | Women's Ice Hockey | M/W Lacrosse | Men's Rowing | Swimming & Diving | ALL OTHER SPORTS |
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| Texting, Emails, Faxes & Letters. (Must be private between sender and recipient) A coach may not send or reply until the following dates per sport: | June 15 following an individual's sophomore year in high school. | September 1 at the beginning of an individual's junior year in high school. | September 1 at the beginning of an individual's junior year in high school. | January 1 during an individual's sophomore year in high school. | September 1 at the beginning of an individual's junior year in high school. | September 1 at the beginning of an individual's junior year in high school. | September 1 at the beginning of an individual's junior year in high school. <i>Texting may occur only after July 1 following junior year in high school.</i> | September 1 at the beginning of an individual's junior year in high school. | September 1 at the beginning of an individual's junior year in high school. |
| Phone Calls. A coach may always answer a call placed by an individual of any age (except in the sport of Lacrosse), but may not return or initiate the call until the following dates per sport: | June 15 following an individual's sophomore year in high school. | September 1 at the beginning of an individual's junior year in high school. | April 15-May 31 during junior year, in high school (1 call per PSA). September 1 at the beginning of an individual's senior year in high school. (1 call per week) | January 1 during an individual's sophomore year in high school. | July 7-July 31 after soph. year for residents of a foreign country (1 call per PSA). September 1 at the beginning of an individual's junior year in high school. (1 call per week) | September 1 at the beginning of an individual's junior year in high school. <i>*Calls initiated by a recruit may not be answered by a coach until the date above.</i> | July 1 following the completion of an individual's junior year in high school. | July 1 following the completion of an individual's junior year in high school. | September 1 at the beginning of an individual's junior year in high school. |
| Off-Campus, In-Person Contact. In-person interactions between coaches and recruits off-campus may not occur until the following dates per sport: | Opening Day of Classes of an individual's junior year in high school. | March 1 during an individual's junior year in high school. | July 1 following the completion of an individual's junior year in high school. | June 15 following an individual's sophomore year in high school. | July 7 following an individual's junior year in high school. | September 1 at the beginning of an individual's junior year in high school. | July 1 following the completion of an individual's junior year in high school. | July 1 following the completion of an individual's junior year in high school. | July 1 following the completion of an individual's junior year in high school. |
| Official Visits. A visit to an NCAA institution financed in whole or in part by that institution. Such a visit can not occur during an NCAA Dead Period, Ivy League Moratorium and until the following dates per sport: | January 1 during an individual's junior year in high school. | Thursday Following the NCAA Division I WBB Champ. Game of the individual's junior year in high school. | April 1-Sunday Before Last Wed. in June during an individual's junior year in high school. Then, only after the Opening Day of Classes of an individual's senior year in high school. | Opening Day of Classes of an individual's senior year in high school. | | | | | |
| Unofficial Visits. A visit to an NCAA institution made at the recruit's own expense. Such a visit can not occur during an NCAA Dead Period, Ivy League Moratorium, or in Lacrosse until the prescribed date: | A recruit may visit an NCAA institution's campus at his or her own expense an unlimited number of times, regardless of age. | | | | | September 1 at the beginning of an individual's junior year in high school, if athletics involvement occurs (e.g., meetings, tours, etc.). | A recruit may visit an NCAA institution's campus at his or her own expense an unlimited number of times, regardless of age. | | |