

Updated NCAA recruiting rules change the timing for certain recruiting activities

The NCAA just approved **a new set of rules** that will change the way Division 1 college coaches can recruit athletes during camps and visits. In an effort to streamline communications and cut back on early recruiting, coaches will have to wait on giving scholarship offers to athletes until after their sophomore year of high school. The rules take effect immediately, starting Wednesday, May 1, 2019. Here's a quick breakdown of these changes:

- **Sports impacted:** These new rules apply to all DI sports except football, W/M basketball, softball, baseball and W/M lacrosse. Men's ice hockey has also changed their rules, but the dates are different than those listed below. Get a full breakdown of the recruiting rules for all sports below.
- **Official visits:** Recruits can now start taking official visits starting August 1 before their junior year of high school. In the past, official visits weren't permitted until September 1 of the athlete's junior year of high school, so this rule is actually bumping them up!
- **Camps and clinics:** Recruits and college coaches are not allowed to have any recruiting conversations during camps prior to June 15 after sophomore year of high school. Previously, there weren't really any rules that prevented coaches from talking about recruiting to underclassmen during camps. In fact, it had become common practice for college coaches to extend verbal scholarship offers to top recruits during camps.
- **Unofficial visits:** College athletic departments—this includes college coaches—are not allowed to be involved in a recruit's unofficial visits before August 1 of a prospect's junior year. Quick refresher: Unofficial visits are any campus visits paid for entirely by the recruit's family. Before the rule change, unofficial visits were an easy way for underclassmen to visit a college camps, meet with the coach and get an early verbal offer. However, if athletes want to take unofficial visits now, they cannot schedule them with the coach—they should treat the unofficial visit just like any other student would. If the recruit happens to bump into the coach on campus, they can't have any recruiting conversations at that time.

What are the new NCAA DI rules?

- No “communication with a coach” until June 15 of sophomore year
- No **Official** or **Unofficial visits** until August 1 of junior year
- No “Recruiting Conversations” or Verbal Offers until June 15 of sophomore year

What is considered “communication with a coach?”

The new rules prevent any communication between a student-athlete or parent/guardian and a DI college coach before June 15 of sophomore year. “Communication with a coach” includes any phone, text and/or email conversations between a student-athlete or parent/guardian and a DI college coach. Previously, coaches were prohibited from initiating contact with a recruit. However, if an athlete called a coach, the coach could pick up the phone. That is no longer allowed. There is zero off-campus communication allowed between a coach and a recruit before June 15 of an athlete's sophomore year.

What are “Recruiting Conversations?”

College coaches are restricted from making **verbal offers** to an athlete before June 15 of sophomore year. Coaches are not allowed to have any kind of recruiting conversation with a student-athlete or parent/guardian. They can't make a verbal offer, hint at a scholarship or help with admissions or other forms of financial aid.

These conversations are also not allowed between college coaches and an athlete's high school or club coach. Moving forward, college coaches will be allowed to discuss freshman or sophomore recruits with club and high school coaches, but those conversations are limited to whether the coach is interested in recruiting them. College coaches cannot make unofficial offers or discuss support in admissions or any other form of financial aid with a club or high school coach.

Division I Swimming and Diving NCAA Recruiting Rules

- **Any time:** Athletes can receive recruiting materials from college coaches, such as questionnaires, camp brochures, nonathletic institutional publications and NCAA educational materials published by the NCAA.
- **June 15 after sophomore year** The NCAA recruiting rules show athletes can receive all forms of electronic correspondence at this time, including emails, instant messages, faxes, etc., as well as other recruiting materials.
- **August 1 before junior year:** Recruits can begin taking official visits to schools. Athletes can also begin arranging unofficial visits with a school's athletic department and meet with the coach while on campus.
- **August 1 before junior year:** Coaches are allowed to start off-campus contact with recruits.

When can Division II coaches contact athletes?

The NCAA Recruiting Rules for Division II schools are slightly more relaxed than those for Division I, and the rules are the same across all sports:

- **Non-recruiting materials:** Athletes can receive brochures for camps, questionnaires, NCAA materials and non-athletic recruiting publications at any time.
- **Printed recruiting materials:** Starting July 15 after an athlete's sophomore year, coaches can begin sending recruits printed recruiting materials.
- **Telephone calls:** Starting June 15 after an athlete's sophomore year, coaches can start calling athletes.
- **Off-campus contact:** Coaches can conduct off-campus communications with athletes and/or their parents starting June 15 after an athlete's sophomore year.
- **Unofficial visits:** Athletes can take unofficial visits at any time.
- **Official visits:** Athletes may start taking official visits starting June 15 after an athlete's sophomore year.

When can Division III coaches contact athletes?

DIII schools have the most relaxed NCAA recruiting rules of all the division levels. Similar to NCAA DII, they are the same for all sports:

- **Recruiting materials:** Athletes can receive recruiting materials at any time.
- **Telephone calls:** There is no limit on when college coaches can call athletes.
- **Digital communications:** There is no limit on when college coaches can contact athletes digitally.
- **Off-campus contact:** After the athlete's sophomore year, college coaches may begin to conduct off-campus communications.
- **Official visits:** Athletes can begin taking official visits after January 1 of their junior year.
- **Unofficial visits:** Athletes can make an unlimited number of unofficial visits at any time.

NEW NCAA DI RECRUITING RULES EXPLAINED

New NCAA DI recruiting rules begin May 1, 2019. The goal is to curb the trend toward early recruiting and give student-athletes more time to decide on a school. Remember—the changes only apply to college coaches. Athletes can still reach out to college coaches whenever they like. **Here's a quick breakdown:**

COACH COMMUNICATION:



AFTER SOPHOMORE YEAR

Rule Change: Communication with coaches can begin June 15 after sophomore year.

Includes: Phone, email, social media contact. Includes private messages, incoming and outgoing calls.

Exceptions: Communication starts Jan. 1 of sophomore year for men's ice hockey, Sept. 1 of junior year for lacrosse and softball. Outgoing calls start April 15 of junior year for football, Sept. 1 of junior year for baseball and women's basketball—incoming calls are allowed anytime.

OFF-CAMPUS CONTACT:



BEFORE JUNIOR YEAR

Rule Change: Off-campus contact can begin August 1 before junior year.

Includes: Any face-to-face contact off-campus where a coach says more than hello.

Exceptions: Off-campus contact starts Sept. 1 of junior year for softball and lacrosse, July 1 after junior year for baseball and football, March 1 of junior year for women's basketball and opening day of junior year for men's basketball.

OFFICIAL/UNOFFICIAL VISITS:



BEFORE JUNIOR YEAR

Rule Change: Official and unofficial DI college visits can begin August 1 before junior year.

Includes: School-financed visits, self-financed visit that include coach conversations.

Exceptions: All visits begin Sept. 1 of junior year for baseball, softball, lacrosse. Unofficial visits start Jan. 1 of sophomore year for men's ice hockey. Official visits start April 1 of junior year for football and April 9 for women's basketball—unofficial visits are allowed anytime.

VERBAL OFFERS/COMMITMENTS:



AFTER SOPHOMORE YEAR

Rule Change: No verbal offers/commitments until June 15 after sophomore year.

Includes: Recruiting interactions during campus visits, camps and through high school/club coaches.

Exceptions: Verbal offers/commitments start Sept. 1 of junior year for lacrosse and softball, August 1 before junior year for men's ice hockey. No legislation for football, basketball, baseball.