



NCAA Division I NEW Recruiting Guidelines

NCAA Division I guidelines are constantly evolving to adapt to the market. Each sport within the NCAA has different recruiting guidelines and “dead periods”. It has become common for a high school student-athlete to verbally commit to a program early in the recruiting process. There are both positives and negatives to these early decisions. Speak to your AGUA coach about what is right for you.

High School Student-Athletes, regardless of their year in school, can call or email an NCAA coach at any time. It is permissible for a college coach to answer a phone call and converse with anyone, however, a college coach cannot return any messages. Remember, you are not bound to NCAA rules while in High School, college coaches are and will be sure to stay within the NCAA rules and regulations. **September 1** leading into your **Junior** year, college coaches may **text and email** athletes and return messages. Coaches cannot initiate a **call** to an athlete until **July 1** leading into their **Senior** year. There are no exceptions. Your AGUA coach can help you with this process and is able to contact any coach.

Official Recruiting Visit: Any visit to a college campus by a college-bound student-athlete or their parent that is paid for by the college

Dead Period for NCAA DI Swimming and Diving: Changes annually with signing period. Around week 1 in November & week 1 in April

Verbal Commitment/Offer: Spoken, unofficial, unwritten commitment between an institution and an athlete prior to signing a National Letter of Intent

Official Commitment/Offer: Official written commitment between an institution and an athlete reflected in the National Letter of Intent

AGUA High School Freshmen are encouraged to research colleges but take no action. Freshmen may visit schools unofficially and take campus tours but they’re prohibited from having face-to-face contact with any athletic department personnel or affiliates before, or during these visits. Take the PSAT or Pre-ACT.

AGUA High School Sophomores are encouraged to meet with their AGUA coach to take their research and begin narrowing down the colleges that fit their academic and athletic goals. Sophomores may visit schools unofficially and take campus tours but they’re prohibited from having face-to-face contact with any athletic department personnel or affiliates before, or during these visits.(1)Consider taking the SAT/ACT prep class.(2)Take the SAT or ACT.(3)Register for NCAA eligibility ([click here](#)).

High School Junior year:



-Institutions may not initiate contact but can accept an athlete’s communication and respond.

-Colleges cannot call an athlete but are allowed to email and text in response.

-High School students may begin their 5 Official Recruiting Visits until a decision is made.

-During official visits, colleges have full access to contact with the athlete 24 hours prior to visit, and for the duration.

Leading into High School Senior year:



-Institutions may initiate contact and make phone calls to athletes.



-Institutions may submit written offers to athletes.