

FRESHMAN AND SOPHOMORE RECRUITING RULES

Recruiting Method	Division I	Division II	Division III
Recruiting materials	Student can receive questionnaires, general college admissions information, and brochures for camps.	None allowed	Students can receive printed material at any time.
Telephone calls	College coaches cannot call a high school freshman or sophomore, nor can they return phone calls. However, a student-athlete can call a coach at his or her expense as often as he or she wants	College coaches cannot call a high school freshman or sophomore, nor can they return phone calls. However, a student-athlete can call a coach at his or her expense as often as he or she wants.	No limit on the number of calls or when the college coach can initiate them.
Off-campus contact	None allowed	None allowed	None allowed
Official visits	None allowed	None allowed	None allowed
Unofficial visits	Allowed without restrictions	Allowed without restrictions	Allowed without restrictions
Instant and Text Messages	Forbidden	Forbidden	Forbidden

Remember that the rules change annually.

Visit www.ncaa.org for an updated list of NCAA rules and regulations