

JUNIOR RECRUITING RULES

Recruiting Method	Division I	Division II	Division III
Recruiting materials	Beginning September 1 of junior year, a student-athlete can receive recruiting material from coaches	A coach can begin sending printed recruiting materials September 1 of the junior year	The student-athlete can receive printed material at any time
Telephone calls	A student-athlete can make unlimited calls to the coach at his or her expense. Starting July 1 after the athlete's junior year, coaches can call once per week	A college coach can call a student-athlete once per week beginning June 15 of junior year. An athlete can make unlimited calls to the coach at his or her expense at any time	No limit on the number of calls or when the college coach can initiate them.
Off-campus contact	None allowed until July 1 after the junior year	A college coach can have contact beginning June 15 after junior year. A coach is limited to three in-person contacts off campus	A college coach can begin to have contact with a student off campus beginning the summer after the junior year.
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