

Recruiting Regulations

Introduction. College coaches must follow the rules outlined in this section. You are expected to follow these rules as well. If you want to reach out to a coach, call or email and leave the contact information for SPVB Director of Recruiting Julie Dailey (jdaileyspvb@gmail.com). They have to go through her first. If the college coach is interested in you, they will then contact Julie and then you can set up contact from there. If a coach wants to start recruiting you, they will reach out to Julie. She will then pass along contact information to parents.

Recruiting Terms

Contact. A contact occurs any time a coach has any face-to-face contact with you or your parents off the college's campus and says more than hello. A contact also occurs if a coach has any contact with you or your parents at your high school or any location where you are competing or practicing.

Contact period. During this time, a college coach may have in-person contact with you and/or your parents on or off the college's campus. The coach may also watch you play or visit your high school. You and your parents may visit a college campus and the coach may write and telephone you during this period.

Dead period. The college coach may not have any in-person contact with you or your parents at any time in the dead period. The coach may write and telephone you or your parents during this time.

Evaluation. An evaluation is an activity by a coach to evaluate your academic or athletics ability. This would include visiting your high school or watching you practice or compete.

Evaluation period. The college coach may watch you play or visit your high school, but cannot have any in-person conversations with you or your parents off the college's campus. You and your parents can visit a college campus during this period. A coach may write and telephone you or your parents during this time.

Official visit. Any visit to a college campus by you and your parents paid for by the college. The college may pay the following expenses:

- Your transportation to and from the college;
- Room and meals (three per day) while you are visiting the college; and
- Reasonable entertainment expenses, including three complimentary admissions to a home athletics contest.

Before a college may invite you on an official visit, you will have to provide the college with a copy of your high school transcript (Division I only) and SAT, ACT or PLAN score and register with the NCAA Eligibility Center.

Prospective student-athlete. You become a "prospective student-athlete" when:

- You start ninth-grade classes; or
- Before your ninth-grade year, a college gives you, your relatives or your friends any financial aid or other benefits that the college does not provide to students generally.

Unofficial visit. Any visit by you and your parents to a college campus paid for by you or your parents. The only expense you may receive from the college is three complimentary admissions to a home athletics contest. You may make as many unofficial visits as you like and may take those visits at any time. The only time you cannot talk with a coach during an unofficial visit is during a dead period.

Verbal commitment. This phrase is used to describe a prospect's commitment to a school before he or she signs (or is able to sign) a National Letter of Intent. A prospect can announce a verbal commitment at any time. While verbal commitments have become very popular for both prospects and coaches, this "commitment" is NOT binding on either the prospect or the school. Only the signing of the National Letter of Intent accompanied by a financial aid agreement is binding on both parties.

National Letter of Intent. The National Letter of Intent (NLI) is a binding agreement between a prospective student-athlete and an NLI member institution. A prospective student-athlete agrees to attend the institution full-time for one academic year (two semesters or three quarters). The institution agrees to provide athletics financial aid for one academic year (two semesters or three quarters).

The penalty for not fulfilling the NLI agreement: A student-athlete has to serve one year in residence (full-time, two semesters or three quarters) at the next NLI member institution and lose one season of competition in all sports.

For more information visit [HERE](#).

Recruiting Calendars

To look at recruiting calendars for all sports including dead periods & contact periods go to NCAA.org.

NCAA Eligibility Center

Starting November 1, 2007, the NCAA Eligibility Center will begin processing academic and amateurism certifications and taking over all operations previously handled by the NCAA Initial-Eligibility Clearinghouse. Located in Indianapolis, Indiana, the eligibility center works closely with the NCAA national office, ensuring all academic and amateurism regulations are met. If you plan to play college sports, you must file [HERE](#).

Quiet period. The college coach may not have any in-person contact with you or your parents off the college's campus. The coach may not watch you play or visit your high school during this period. You and your parents may visit a college campus during this time. A coach may write or telephone you or your parents during this time.

Summary of recruiting rules for each sport—Division I

	RECRUITING METHOD	VOLLEYBALL	WOMEN'S BASKETBALL	FOOTBALL	MEN'S BASKETBALL
ANY TIME BEFORE JUNIOR HIGH SCHOOL YEAR	Recruiting materials	<ul style="list-style-type: none"> You may receive brochures for camps and questionnaires. 	<ul style="list-style-type: none"> You may receive brochures for camps and questionnaires. 	<ul style="list-style-type: none"> You may receive brochures for camps and questionnaires. 	<ul style="list-style-type: none"> You may receive brochures for camps and questionnaires. You may begin receiving recruiting materials June 15 after your sophomore year.
	Telephone calls, emails, social media.	<ul style="list-style-type: none"> You may email or make calls to coach at your expense only. College coach cannot call you or email you. No contact allowed on social media. 	<ul style="list-style-type: none"> You may email or make calls to coach at your expense only. College coach cannot call you or email you. No contact allowed on social media. 	<ul style="list-style-type: none"> You may email or make calls to coach at your expense only. College coach cannot call you or email you. No contact allowed on social media. 	<ul style="list-style-type: none"> You may make calls to coach at your expense. College may accept collect calls from you at end of your sophomore year. College coach cannot call you.
	Off-campus contact	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed.
	Official visit	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed.
	Unofficial visit	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits.
	RECRUITING METHOD	VOLLEYBALL	WOMEN'S BASKETBALL	FOOTBALL	MEN'S BASKETBALL
JUNIOR YEAR	Recruiting materials	<ul style="list-style-type: none"> You may begin receiving September 1 of junior year. 	<ul style="list-style-type: none"> You may begin receiving September 1 of junior year. 	<ul style="list-style-type: none"> You may begin receiving September 1 of junior year. 	<ul style="list-style-type: none"> Allowed. You may begin receiving recruiting materials June 15 after your sophomore year.
	Telephone calls College coaches may call you	<ul style="list-style-type: none"> You may make calls to the coach at your expense. Once per week starting July 1 after your junior year. 	<ul style="list-style-type: none"> You may make calls to the coach at your expense. Once per month in April, May and June 1-20. Once between June 21 and June 30 after your junior year. Three times in July after your junior year. 	<ul style="list-style-type: none"> You may make calls to the coach at your expense. Once from April 15 to May 31 of your junior year. 	<ul style="list-style-type: none"> You may make calls to the coach at your expense. Once per month beginning June 15, before your junior year, through July 31 after your junior year.
	Off-campus contact	<ul style="list-style-type: none"> Allowed starting July 1 after your junior year. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed.
	Official visit	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed.
	Unofficial visit	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits.

	RECRUITING METHOD	VOLLEYBALL	WOMEN'S BASKETBALL	FOOTBALL	MEN'S BASKETBALL
SENIOR YEAR	Recruiting materials	• Allowed.	• Allowed.	• Allowed.	• Allowed.
	Telephone calls College coaches may call you	• You may make calls to the coach at your expense. • Once per week beginning July 1.	• You may make calls to the coach at your expense. • Once per week beginning August 1.	• You may make calls to the coach at your expense. • Once per week beginning September 1.	• You may make calls to the coach at your expense. • Twice per week beginning August 1.
	Off-campus contact	• Allowed.	• Allowed beginning September 16.	• Allowed beginning November 25.	• Allowed beginning September 9.
	Official visit	• Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.	• Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.	• Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.	• Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.
	Unofficial visit	• You may make an unlimited number of unofficial visits.	• You may make an unlimited number of unofficial visits.	• You may make an unlimited number of unofficial visits.	• You may make an unlimited number of unofficial visits.
	Evaluation and contacts	• Up to seven times during your senior year.	• Up to five times during your senior year.	• Up to six times during your senior year.	• Up to seven times during your senior year.
	How often can a coach see me or talk to me off the college's campus?	• A college coach may contact you or your parents/legal guardians not more than three times during your senior year.	• A college coach may contact you or your parents/legal guardians not more than three times during your senior year.	• A college coach may contact you or your parents/legal guardians (including evaluating you off the college's campus), six times. • One evaluation during September, October and November.	• A college coach may contact you or your parents/legal guardians not more than three times during your senior year.

Summary of recruiting rules—Divisions II and III

	DIVISION II	DIVISION III
Recruiting materials	• A coach may begin sending you printed recruiting materials September 1 of your junior year in high school.	• You may receive printed materials any time.
Telephone calls	• A college coach may call you once per week beginning June 15 between your junior and senior year. • You may make calls to the coach at your expense.	• No limit on number of calls or when they can be made by the college coach. • You may make calls to the coach at your expense.
Off-campus contact	• A college coach can have contact with you or your parents/legal guardians off the college's campus beginning June 15 after your junior year. • A college coach is limited to three in-person contacts off campus.	• A college coach may begin to have contact with you and your parents/legal guardians off the college's campus after your junior year.
Unofficial visits	• You may make an unlimited number of unofficial visits any time.	• You may make an unlimited number of unofficial visits any time.
Official visits	• You may make official visits starting the opening day of classes your senior year. • You may make only one official visit per college and up to a maximum of five official visits to Divisions I and II colleges.	• You may make official visits starting the opening day of classes your senior year. • You may make only one official visit per college.