



NCAA DIVISION I 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.

Key Terms:

- *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 one in November and week one in April
- *Verbal Commitment/Offer:* Spoken, unofficial, unwritten commitment between an institution and an athlete prior to signing a National Letter of Intent. This agreement is non-binding.
- *Official Commitment/Offer:* Official written commitment between an institution and an athlete reflected in the National Letter of Intent. This agreement is binding.

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. Freshmen should 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. The first thing you should do is register for NCAA eligibility ([click here](#)).

Prior to June 15 of sophomore year: There can be no communication at all initiated by the coach or the athlete. During this time, a recruit can be sent materials such as questionnaires, camp information as well as non-athletic publications. College coaches are also restricted from having recruiting communication with your club or high school coach.

After June 15 of sophomore year: Recruiting communication officially begins, and student-athletes can expect to hear from coaches in a variety of ways, including email, text messages, social media messages and by phone. Student-athletes may also initiate the contact. Verbal offers and commitments are also allowed. **AGUA High School Juniors**, beginning August 1, are now permitted to take official visits to schools. Men’s and women’s swimming recruits are allowed one visit per school and are limited to five total school visits. Off- campus contact is also permitted.

AGUA High School Seniors may only make three off-campus contacts with any college coach.

NCAA DIVISION III NEW RECRUITING GUIDELINES



The NCAA oversees Division III recruiting operations. The Division III recruiting rules are more relaxed than the other NCAA divisions. There are no official NCAA Division III Recruiting Calendars. College coaches at the NCAA Division III level can contact and recruit without any specific dead periods, contact periods or quiet periods. Division III schools cannot offer athletic scholarship money, only academic monies. Recruits with good grades have a better chance at getting recruited with scholarship money. Each year nearly 184,000 student-athletes from 450 member colleges compete in 28 different sports at the Division III level.

Important DIII information:

- Division III does not have any rules on the number of evaluations/contacts per student-athlete
- College coaches cannot contact you on competition or practice days until your event is finished, and you are dismissed by the proper authority (high school coach, athletic director, etc.)
- During a contact period college coaches can make only one visit per week to your high school
- There are no limitations on a college coach recruiting all year at “all-star” type games except that the game has to occur within the state that their university is located

Key Terms:

- *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
- *Unofficial Visit:* Unlimited unofficial visits are allowed. Visit will be at athletes expense.

AGUA High School Freshmen are encouraged to research colleges. You may receive brochures for camps and questionnaires as well as well as recruiting information from D-III coaches. Coaches are also permitted to call you an unlimited number of times and you may also call them at your own expense. You are allowed to make unlimited unofficial visits at any time. College recruiters may also make off-campus contact after your sophomore year.

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. Rules and guidelines for sophomores mirror those of freshmen.

AGUA High School Juniors: Official visits are not allowed until after January 1.

AGUA High School Seniors: Beginning on the first day of your senior year, you may make one official visit per college.

For further information, please visit naaa.org or ncsasports.org for [Men’s](#) and [Women’s Swimming & Diving](#).