



## NCAA Recruiting Timelines

updated October 10, 2019



<b>NCAA DI</b>	June 15 after Sophomore Year	Coaches may contact you. Includes: phone, email, social media. Includes private messages, incoming and outgoing calls
	August 1 before Junior Year	Off-Campus contact allowed. Includes: any face-to-face contact off-campus where a coach says more than 'hello'.
	August 1 before Junior Year	Official/Unofficial visits allowed. Includes: school-financed visits and self-financed visits that include coach conversations.

<b>NCAA DII</b>	June 15 after Sophomore Year	Coaches may contact you. Includes: phone, email, social media. Includes private messages, incoming and outgoing calls
	June 15 after Sophomore Year	Off-Campus contact allowed. Includes: any face-to-face contact off-campus where a coach says more than 'hello'.
	June 15 after Sophomore Year	Official visits allowed. Includes: school-financed visits and self-finance. Unofficial visits allowed anytime.

<b>NCAA DIII</b>	Anytime	Coaches may contact you. Includes: phone, email, social media. Includes private messages, incoming and outgoing calls
	After Sophomore Year	Off-Campus contact allowed. Includes: any face-to-face contact off-campus where a coach says more than 'hello'.
	January 1 of Junior Year	Official visits allowed. Includes: school-financed visits and self-finance. Unofficial visits allowed anytime.

\*Official visits: limited to one per college and a maximum of 5 visits to DI, unlimited number of visits to DII and DIII