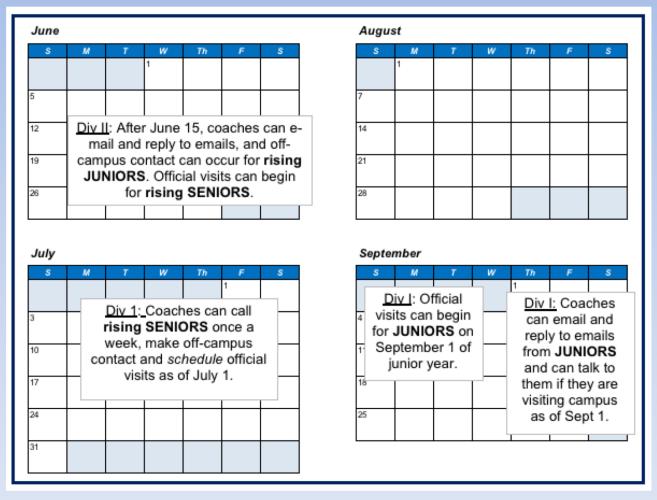
## College Swimming Guide NCAA Rules – Calendar Snapshot (5/16)

(More detailed summary of NCAA rules here)

<u>Dead Periods</u>: Dates vary each year but immediately precede the date for signing a National Letter of Intent in November and April. Dead periods mean no face-to-face contact with swimmers, but coaches may write and telephone swimmers.



<u>ALL</u>: Unofficial visits can occur anytime for any age swimmer but contact with coach has to be spontaneous; questionnaires, campus info, NCAA materials & non-athletic publications can be sent.

<u>DIV 1</u>: Swimmers can always e-mail a coach, but they cannot always respond (see calendar for when they can).

<u>DIV III</u>: Coaches can always e-mail and reply to e-mails.

<u>DIV III</u>: Off-campus contact is allowed for rising **JUNIORS**.

<u>Div III</u>: Official visits start for **JUNIORS** January 1

NAIA: Calls, emails & visits between swimmers and coaches can occur any time.

NJCAA: Official visits can occur once the swimmer is a rising **SENIOR**.



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