

Important Recruiting Rules

Sophomore Year: until June 15th of your Incoming Junior Year

Coaches are permitted to:

- Send you athletic or sports camp brochures, NCAA Educational Information and Questionnaires.

Coaches are not allowed to:

- Accept phone calls or emails from prospective student-athletes - remember that if you leave a message on an answering service or send an email the coach is **NOT ALLOWED TO CALL or Email YOU BACK.**
- There can be no communication between a potential student athlete and coaches/athletic staff before June 15th of the conclusion of your Sophomore year.
- Coaches cannot call you on the phone or send you any written recruiting information. They can however send you an athletics questionnaire.

Athletes are permitted to:

- Go to a College Camp – But there can be no communication about recruiting, or offers Until After June 15th (Preceding your Junior Year). **NO Recruiting Conversations are allowed!!!**
- Go on a college visit through their admissions office. You cannot have any interaction with coaches during the visit

Junior Year: from June 15th

- College coaches are allowed to send you information about their athletic program and about their school. This can include: media guides, schedule cards, personalized letters, photocopies of newspaper clippings and official university admissions and academic publications.
- The college coach is now allowed to answer your emails and send emails to you as well.
- **Coaches Can Now Text and Call you, and you can call Division 1 Coaches.**

Junior year: (From August 1st) Through Senior Year

- Athletes can make **unofficial** (when you pay all expenses) visits to a college campus.
- **Official** Visits (one per school) are paid for by the college. An athlete is allowed a maximum of 5 Visits to Division 1 Colleges.
- You can talk with college coaches but this must be on campus and not off campus at such places as the beach or a volleyball facility.

Official Visits

- You can make up to five official (expense paid visits to college campuses). The visit to the campus cannot be longer than forty-eight hours in duration. You are not allowed to have an official visit until after August 1st of your Junior Year.
- It is also permissible for you to receive a maximum of three complimentary tickets to a college sporting event.
- To make an official visit you need to provide a copy of your transcript and Test Scores to determine eligibility.

Tournaments

- If you're at a tournament and the coach does not talk to you don't take it personally. The NCAA has specific recruiting rules that put limits on communication at tournaments. A college coach can sit down with a coach at a competition site, but not with potential student athletes or Parents/Guardians.
- College coaches cannot have any personal contact with student-athletes during tournaments. As stated above a simple hello is fine but anything more is not allowed anything more is considered a contact. This is why they may not seem very engaging if you approach them.

It is important to take ownership of your recruiting process, be pro-active and do not wait for college coaches to reach out to you. Do your research, utilize the resources around you such as your beach coaches and the internet so you can learn as much as possible about the opportunities available for you to play beach volleyball at the collegiate level.

For more education on junior beach volleyball, [click here](#). For related reading on junior beach volleyball [click here](#).

**This information has been obtained from the below sources.

<http://www.jvaonline.org/>

<https://www.ncaa.com/>