

# NCAA Division I Volleyball

## Freshman/Sophomore Year

- Recruiting Materials - You may receive brochures for camps and an introductory letter/questionnaire.
- Telephone Calls/Emails: (you can always make calls at your own expense) - College coaches cannot call you or respond to your emails.
- Off Campus Contact - None Allowed.
- Official Visit - None Allowed.
- Unofficial Visit - You may take unlimited Unofficial Visits; but may not have contact with a coach on campus during a *Dead Period*.

## Junior Year

- Recruiting Materials - You may begin receiving letters and emails September 1st of your Junior Year.
- Telephone Calls (you can always make calls at your own expense) - Once per week starting July 1st after your Junior year. Coaches are not allowed to return phones and respond to your emails.
- Off Campus Contact - Allowed starting July 1st after your Junior Year.
- Official Visit - None allowed.
- Unofficial Visit - You may take unlimited Unofficial Visits; but may not have contact with a coach on campus during a Dead Period.

## Senior Year

- Recruiting Materials - Allowed.
- Telephone Calls (you can always make calls at your own expense) - Once per week.
- Off Campus Contact - Allowed.
- Official Visit - Allowed beginning opening day of classes. You may make only 1 official visit per college and up to 5 for all Division I schools.
- Unofficial Visit - You may take unlimited Unofficial Visits; but may not have contact with a coach on campus during a Dead Period.

# NCAA Division II Volleyball

- Recruiting Materials - A coach may begin sending letters and emails after June 15th of the Sophomore year.
- Telephone Calls - 1) A coach can make unlimited calls beginning June 15th after the sophomore year. 2) You can make calls to the coach at any time at your expense.
- Off Campus Contact - A coach may make contact with you or your family off campus starting June 15th after your Sophomore year.
- Unofficial Visits - You may make unlimited Unofficial Visits.
- Official Visits - Due to recent Rule changes, Juniors can begin Official Visits beginning June 15<sup>th</sup> prior to the start of their Junior Year. There is no limit on the total of visits to Division II schools.

# NCAA Division III Volleyball

- Recruiting Materials - A coach may send you any materials at any time.
- Telephone Calls - 1) A coach may call you at any time with no limit as to number of times called. 2) You can make calls to the coach at any time at your expense.
- Off Campus Contact - A coach may have off campus contact after your Junior year.
- Unofficial Visits - You may take an unlimited number of unofficial visits.
- Official Visits - You may make Official Visits after first day of Senior Year with one visit per school. There is no limit on the total of visits to Division II schools.

