

YEARLY CONTACT GUIDELINES

SOPHOMORE YEAR

- You may make any number of phone calls and/or emails to a coach, at your expense only.
- The coach may not make any initial contact with you. There may not be any off campus visits or any official visits.
- You may make an unlimited number of unofficial visits.

JUNIOR YEAR

- As of September 1, you may start receiving mailings from potential coaches.
- You may still make an unlimited number of calls to the coach at your expense, but coaches may only initiate contact once per week starting July 1 after your junior year.
- After July 1, off campus contact is also allowed. Official campus visits are still not allowed, but you may make any number of unofficial visits.

SENIOR YEAR

- Starting July 1 after your junior year, coaches are allowed to make off campus contact.
- Starting September 1 of your senior year, you may have up to one official visit per Division 1 and Division 2 colleges, with no more than 5 official visits. An official visit can consist of the college paying for all or some of your transportation, room and meals, and admissions to home games, while visiting the college.
- But you may still make an unlimited number of unofficial visits. A college coach may contact you or your parents/legal guardians not more than three times a week during your senior year and unlimited times the week leading up to an official visit.

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