

NCAA RULES

10 recruiting rules you need to know

1. College coaches can't email you about recruiting until September 1st of your junior year.
 2. You can email a college coach anytime you want. Anytime. Even if you're 5 years old. :-)
 3. College coaches can't call you until July 1st of your senior year.
 4. You can call a college coach anytime. They can pick up and talk to you. But they can't call you back. Go figure.
 5. College coaches can't send you text messages.
 6. You're allowed to go on 5 official visits to college campuses once you're a senior in high school.
 7. You can go on as many unofficial visits as you want, whenever you want. On an unofficial visit, you can meet with the college coach and stay with the players.
 8. A verbal commitment is a non-binding, spoken agreement with a college coach. Verbal commitments aren't enforceable under NCAA rules.
 9. A signed National Letter of Intent is a binding agreement that says that you intend to attend and play for a team.
 10. You can't sign the National Letter of Intent until "signing day" during your senior year.
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