

# NCAA Division 1 Women's Lacrosse Recruiting Rules

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It is important for potential prospects to know the NCAA Division 1 Women's Lacrosse Recruiting Rules. Athletes and coaches have certain restrictions when it comes to college lacrosse recruiting. Ensure your eligibility by following the NCAA recruiting rules.

## As a **Sophomore** in high school

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|----------------------------|---|
| <b>Recruiting Tactic</b>   | <b>As a Sophomore</b>   |
| <b>Recruiting Material</b> | You may receive brochures for camps and questionnaires.   |
| <b>Telephone Calls</b>     | You can call the coach at your own expense. The coach cannot call you, even if you leave a message. . |
| <b>Off-Campus Contact</b>  | Not Permitted   |
| <b>Official Visits</b>     | Not Permitted   |
| <b>Unofficial Visits</b>   | Unlimited   |

## As a **Junior** in high school

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|----------------------------|---|
| <b>Recruiting Tactic</b>   | <b>As a Junior</b>  |
| <b>Recruiting Material</b> | You can begin to receive recruiting material and information from the coach on September 1st.   |
| <b>Telephone Calls</b>     | You can call the coach at your own expense.<br>You can receive one per week starting July 1st after your Junior year<br>Telephone calls are unlimited during contact periods. |
| <b>Off-Campus Contact</b>  | Allowed July 1st after your Junior year.  |
| <b>Official Visits</b>     | Not Permitted   |
| <b>Unofficial Visits</b>   | Unlimited   |

## As a **Senior** in high school

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|----------------------------|--|
| <b>Recruiting Tactic</b>   | <b>As a Senior</b>   |
| <b>Recruiting Material</b> | You can receive material and information from the coach  |
| <b>Telephone Calls</b>     | You can call the coach at your own expense.<br>Coach can call you once per week starting July 1st.<br>Telephone calls are unlimited during contact periods.                      |
| <b>Off-Campus Contact</b>  | Allowed but no more than 3 times.  |
| <b>Official Visits</b>     | You can start official visits on the opening day of your classes.<br>You get one per college and a maximum of 5 visits to D1 schools, and unlimited for D2, D3 and NAIA schools. |
| <b>Unofficial visits</b>   | Unlimited  |

## Other important information

- College coaches can evaluate and/or contact you no more than 7 times during your senior year.
- During your senior year a college coach cannot contact you more than 3 times.