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<tr>
<td>Cross Country/Track and Field</td>
<td><strong>Anytime</strong></td>
<td>Beginning September 1 of junior year</td>
<td>Beginning September 1 of junior year (email and faxes only)</td>
<td>Beginning July 1 following junior year (once per week; unlimited during contact period)</td>
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<td>Swimming and Diving</td>
<td><strong>Anytime</strong></td>
<td>Beginning September 1 of junior year</td>
<td>Beginning September 1 of junior year (email and faxes only)</td>
<td>Beginning July 1 following junior year (once per week)</td>
<td>Beginning July 1 following junior year</td>
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<td><strong>Women's Volleyball or Women's Sand Volleyball only</strong>: 80 evaluation days (August 1-July 31)</td>
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<td>Women's Gymnastics</td>
<td><strong>Anytime</strong></td>
<td>Beginning September 1 of junior year</td>
<td>Beginning September 1 of junior year (includes all forms)</td>
<td>Beginning September 1 of junior year (unlimited)</td>
<td>Beginning July 15 following junior year</td>
<td>Opening day of classes of PSA's senior year</td>
<td><strong>Women's Volleyball and Women's Sand Volleyball</strong>: 80 evaluation days (August 1-July 31)</td>
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<tr>
<td>Women's Ice Hockey</td>
<td><strong>Anytime</strong></td>
<td>Beginning September 1 of junior year</td>
<td>Beginning September 1 of junior year (includes all forms)</td>
<td>Following sophomore year one call to an international PSA July 7-July 31</td>
<td>Beginning July 7 following junior year</td>
<td>Opening day of classes of PSA's senior year</td>
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<tr>
<td>Men's Ice Hockey</td>
<td><strong>Anytime</strong></td>
<td>Beginning January 1 of sophomore year</td>
<td>Beginning January 1 of sophomore year (includes all forms)</td>
<td>Beginning January 1 of sophomore year (unlimited)</td>
<td>Beginning June 15 at completion of sophomore year</td>
<td>Opening day of classes of PSA's senior year</td>
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<tr>
<td>All Other Sports</td>
<td><strong>Anytime</strong></td>
<td>Beginning September 1 of junior year</td>
<td>Beginning September 1 of junior year (includes all forms)</td>
<td>Beginning September 1 of junior year (unlimited)</td>
<td>Beginning July 1 following junior year</td>
<td>Opening day of classes of PSA's senior year</td>
<td>All Other Sports: Seven (7) recruiting opportunities (contacts and evaluations combined) per PSA and not more than 3 of the 7 opportunities may be contacts</td>
</tr>
<tr>
<td>Two-Year College Prospective Student-Athletes (PSA)</td>
<td><strong>Anytime</strong></td>
<td><strong>Anytime</strong></td>
<td><strong>Anytime</strong></td>
<td>All Other Sports: unlimited</td>
<td>Qualifier: Beginning October 15 following PSA's completion of high school</td>
<td>Qualifier: Five (5) additional beginning October 15 following PSA's completion of high school</td>
<td>Practice and Competition Site Restrictions (see next page)</td>
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<tr>
<td>Four-Year College Prospective Student-Athletes (PSA)</td>
<td><strong>Anytime</strong></td>
<td><strong>Anytime</strong></td>
<td><strong>Anytime</strong></td>
<td>CC/T &amp; F: once per week (unlimited during contact period)*</td>
<td>Beginning October 15 following PSA's completion of high school*</td>
<td>Beginning October 15 following PSA's completion of high school*</td>
<td></td>
</tr>
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*Only after obtaining written permission to contact from NCAA or NAIA institution (other four-year institution not necessary).

^Please note that this document should not be used as a substitute for the NCAA Manual. Coaches are encouraged to contact their athletics compliance administrators for additional information.
DEFINITIONS

Contact
A contact is any face-to-face encounter between a prospective student-athlete (PSA) or the PSA’s parents, relatives or legal guardian(s) and an institutional staff member or athletics representative during which any dialogue occurs in excess of an exchange of a greeting. Any such face-to-face encounter that is prearranged (e.g., staff member positions himself/herself in a location where contact is possible) or that takes place on the grounds of the PSA’s educational institution or at the site of organized competition or practice involving the PSA or the PSA’s high school, preparatory school, two-year college or all-star team shall be considered a contact, regardless of whether any conversation occurs. However, an institutional staff member or athletics representative who is approached by a PSA or the PSA’s parents, relatives or legal guardian(s) at any location shall not use a contact, provided the encounter was not prearranged and the staff member or athletics representative does not engage in any dialogue in excess of a greeting and takes appropriate steps to immediately terminate the encounter.

Evaluation
Evaluation is any off-campus activity designed to assess the academic qualifications or athletics ability of a PSA, including any visit to a PSA’s educational institution (during which no contact occurs) or the observation of a PSA participating in any practice or competition at any site.

Evaluation Days
An evaluation day is defined as one coach engaged in the evaluation of any PSA on one day (12:01 a.m. to midnight); two coaches making evaluations on the same day shall use two evaluation days.

Recruited PSA
Actions by staff members or athletics representatives that cause a PSA to become a recruited PSA at that institution are:

a. Providing the PSA with an official visit;
b. Having an arranged, in-person, off-campus encounter with the PSA or the PSA’s parent(s), relatives or legal guardian(s);
c. Initiating or arranging a telephone contact with the PSA, the PSA’s relatives or legal guardian(s) on more than one occasion for the purpose of recruitment; or
d. Issuing a National Letter of Intent (NLI) or the institution’s written offer of athletically related financial aid to the PSA (excluding summer term awards prior to initial full-time enrollment).

Telephone Calls
All electronically transmitted human voice exchange (including videoconferencing and videophones) shall be considered telephone calls. All electronically transmitted correspondence (e.g., electronic mail, Instant Messenger, facsimiles, text messages) shall not be considered telephone calls.

CONTACTS, EVALUATIONS AND TELEPHONE CALLS

Off-Campus Recruiters
An institutional staff member is not permitted to recruit off campus until he or she has been certified on an annual basis as to knowledge of applicable recruiting rules.

Telephone Calls During Conduct of Athletics Contest
Telephone calls to a PSA (or the PSA’s relatives or legal guardians) may not be made during the conduct of any of the institution’s intercollegiate athletics contests in that sport from the time the institution’s team reports on call at the competition site at the direction of the coach until the competition has concluded and the team has been dismissed by the coach.

Telephone Calls - Institutional Staff Members - General Rule
All telephone calls made to PSAs (or the PSAs’ parents, legal guardians or coaches) must be made by the head coach or one or more of the assistant coaches who count toward the numerical limitations in that sport.

Visits to a PSA’s Educational Institution
Visits to a PSA’s educational institution that will occur during that portion of the day when classes are being conducted for all students must receive the approval of the executive officer (or the executive officer’s designated representative) of the PSA’s educational institution.

Counting Contacts and Evaluations
Evaluations that occur during the academic year count against the permissible number of recruiting opportunities, except for evaluations that occur on the same day as a permissible contact. Outside of the academic year, evaluations do not count against the annual number of recruiting opportunities. Contacts that occur with a PSA count against the permissible number of total recruiting opportunities regardless of the time period (e.g., academic year or outside the academic year). All contacts and evaluations are subject to recruiting calendar restrictions.

Contact at PSA’s Practice or Competition Site
Recruiting contact may not be made with a PSA prior to any athletics competition (including a noninstitutional, private camp or clinic, but not an institutional camp or clinic) in which the PSA is a participant during the day or days of competition, even if the PSA is on an official or unofficial visit. Contact includes the passing of notes or verbally relaying information to a PSA by a third party on behalf of an institutional staff member and telephone calls. Contact shall not be made with the PSA as follows:
a. At any site prior to the contest on the day or days of competition;
b. From the time the PSA reports on call (at the direction of his or her coach or comparable authority) and becomes involved in competition-related activity to the end of the competition even if such
competition-related activities are initiated prior to the day or days of competition;
c. After the competition, including competition that requires more than one day of participation (e.g., a tournament), until the PSA is released by the appropriate institutional authority and departs the
dressing and meeting facility; and

d. Coaching staff members may not send electronic correspondence to a PSA while he or she is on call for competition at the competition site. Coaching staff members may send general correspondence
(including electronic correspondence) to a PSA while he or she is on call and not at the competition site or while the PSA is at any location once he or she has been released by the appropriate authority,

Visit (Without Contact) to PSA's Educational Institution
A visit (without contact) by a coaching staff member to a PSA’s educational institution counts as an evaluation for all PSAs in that sport at that educational institution.

Evaluations Are Sport Specific
The limitations on the number of evaluations are sport specific; therefore, a PSA being earnestly recruited by an institution in more than one sport may be evaluated on the permissible number of occasions in
each of those sports during the academic year. Evaluations are counted against the sport of the coach making the evaluation.

Exception: Recruiting Opportunities in Cross Country and Track and Field
An institution is limited to a total of seven recruiting opportunities (contacts and evaluations combined) during the academic year during which the PSA competes in any or all of the sports of cross country and
indoor and outdoor track and field, provided not more than three of the opportunities are contacts (contacts are permissible during the senior year only).

Evaluations in Team Sports
In team sports, an institution shall use an evaluation for each PSA participating in a practice or contest observed by the institution’s coach, except for an evaluation that occurs on the same day as permissible
contact. An institution’s coach who is attending an event in which PSAs from multiple educational institutions participate in drills (e.g., combine) shall use an evaluation only for each PSA participating in the
event that the coach observes engaging in the drills.

Evaluations in Individual Sports
An institution’s coach who is attending a practice or event in which PSAs from multiple institutions participate in drills (e.g., combine) or competition in an individual sport on a specific day shall use an
evaluation only for those participants that the coach observes engaging in practice or competition. The evaluation is not counted for a particular PSA if a contact is made with that PSA during the same day.

Tournament Evaluations
Evaluation during each day of a tournament held during the academic year shall count as a separate evaluation except as follows:
a. Evaluation of multiple contests in a tournament that occurs on consecutive days (and normally at the same site) shall count as a single evaluation;
b. Evaluation of multiple contests in a single tier of a tournament (e.g., sectional, district, regional) shall count as a single observation. If a particular tier of a tournament is subdivided into identifiable
segments (e.g., conducted on different weekends), evaluation of contests in each identifiable segment counts as a single observation.

Other Multiday Events
Evaluations at a multiple-day event (e.g., jamboree, round robin, showcase) constitute separate evaluations for each day of the event unless the event is conducted in a tournament format in which a winner of
the event is determined.

Evaluations/Contact at PSA's Educational Institution
If a coach makes an in-person recruiting contact at a PSA’s educational institution, all evaluations (other than observations of athletically related activities) made on that calendar day at the PSA’s educational
institution shall not count among the permissible number of evaluations for any PSA at that institution in the applicable sport.

Communication After Commitment
The restrictions on the forms and frequency of communication shall no longer apply after: (1) the PSA signs an NLI or the institution’s written offer of admission and/or financial aid; or (2) the institution
receives a financial deposit in response to the institution’s offer of admission.