

NCAA Division 1 Gymnastics Recruiting Rules

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

As a Sophomore in high school

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| Recruiting Tactic | As a Sophomore |
| Recruiting Material | You may receive brochures for camps and questionnaires. |
| Telephone Calls | You can call the coach at your own expense. Coach cannot call you. |
| Off-Campus Contact | Not Permitted |
| Official Visits | Not Permitted |
| Unofficial Visits | Unlimited if scheduled without the assistance of the coaching staff & not coordinated to meet with the coaching staff on campus. Not Permitted – athletic departments cannot participate in a prospect’s unofficial visit until September 1st of prospect’s junior year. |

As a Junior in high school

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| Recruiting Tactic | As a Junior |
| Recruiting Material | You can begin to receive recruiting material and information from the coach on September 1st. |
| Telephone Calls | You can call the coach at your own expense. Coach cannot call before September 1st of your Junior year. |
| Electronic Correspondence (i.e. texts, IM, email.) | All forms of electronic correspondence are allowed starting September 1st of your Junior Year. Correspondence must be private between athlete & coach. |
| Off-Campus Contact | Allowed July 15th after your Junior year. |
| Official Visits | Allowed beginning 9/1 of Junior Year. Prospects are allowed one visit per college and a maximum of 5 visits to D1 schools, and unlimited for D2, D3 and NAIA schools. |
| Unofficial Visits | Unlimited – beginning September 1st. |

As a Senior in high school

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| Recruiting Tactic | As a Senior |
| Recruiting Material | You can receive material and information from the coach |
| Telephone Calls | You can call the coach at your own expense. Coach can call you. |

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| Electronic Correspondence (i.e. texts, IM, email.) | All forms of electronic correspondence are allowed starting September 1st of your Junior Year. Correspondence must be private between athlete & coach. |
| Off-Campus Contact | Allowed but no more than 3 times. |
| Official Visits | Allowed beginning 9/1 of Junior Year. Prospects are allowed one visit per college and a maximum of 5 visits to D1 schools, and unlimited for D2, D3 and NAIA schools. |
| Unofficial visits | 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.