

General Reminders

- Contact period applies to high school **seniors only**
- Limited to 6 in-person, off-campus recruiting contacts per PSA:
 - One contact per PSA per week (Sun. – Sat.)
 - Contacts made during the same day (regardless of location) count as one contact
- Contacts made with a PSA’s relatives or legal guardians count as a contact for that PSA
- Contact made during an official or unofficial visit do not count towards numerical limitation
- Unlimited phone calls for contact period (seniors)

NOV							DEC							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
		1	2	3	4	5						1	2	3
6	7	8	9	10	11	12	4	5	6	7	8	9	10	
13	14	15	16	17	18	19	11	12	13	14	15	16	17	
20	21	22	23	24	25	26	18	19	20	21	22	23	24	
27	28	29	30				25	26	27	28	29	30	31	

JAN 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Contact Restrictions

- Cannot have contact with PSA prior to any athletics competition when the PSA is a participant
- Contact includes passing notes, relaying information through a third party, etc.
- Contact can occur after PSA has been released



Evaluations During Contact Period

- Evaluation activities (e.g., speaking to high school coach, obtaining transcripts) count as a contact for that week (rather than an evaluation) even if no contact is made with a PSA



Visits to a PSA’s School

- Cannot visit more than once per week regardless of whether any PSAs are contacted
- No limit on the number of coaches that can visit the school on the same calendar day
- If visiting while classes are in session, coaches must receive approval from a school official
- Coach who speaks at a banquet uses one of the 6 contacts and the once per week visit



Contact with Signed PSA at School

- Cannot have contact with a PSA who has signed a NLI at his school outside of a contact or evaluation period:
 - Can have contact with them off school campus
- NOTE:** Any visit to a PSA’s school during a contact period counts as a contact for all PSA’s in that sport at that school

All-Star Contest

- In-person contact is prohibited from the time the PSA arrives in the locale of the contest until he returns to his home (even if PSA has signed NLI)

Head Coach Restrictions

- Can only have one contact per PSA during the entire contact period

IMPORTANT REMINDERS

There should be no contact, conversations, bumps, posing for pictures, signing autographs, etc. with any freshman, sophomore, or junior.

Protect yourself using the tips below*:

- Educate the high school coaching staff and PSAs on NCAA rules **prior** to visiting the high school campus
 - Example to coach: “As a reminder, I can only have contact with seniors during a contact period.”
 - Example to underaged PSA: “Hey John, I’ll be at your school tomorrow. I won’t be able to talk to you because of NCAA rules, but I wanted you to know I was stopping by.”
- If HS coach tries to arrange face to face meeting with an underaged PSA, you need to put in writing you cannot meet him (e.g., “Since John is a junior, I won’t be able to speak with him, as I can only meet with seniors.”)
- If you have face-to-face contact with a PSA, your greeting should include NCAA rules to protect yourself:
 - Example: “Hey John, NCAA rules don’t allow me to speak with you, but it was great seeing you.
 - Never ask a question so you do not start a conversation triggering an impermissible contact.

Keep messages for documentation purposes