



NORTHERN ILLINOIS UNIVERSITY

Recruiting Regulations

Introduction

College coaches must follow the rules outlined in this section. You are expected to follow these rules as well.

Recruiting Terms

Contact. A contact occurs any time a coach has any face-to-face contact with you or your parents off the college's campus and says more than hello. A contact also occurs if a coach has any contact with you or your parents at your high school or any location where you are competing or practicing.

Contact period. During this time, a college coach may have in-person contact with you and/or your parents on or off the college's campus. The coach may also watch you play or visit your high school. You and your parents may visit a college campus and the coach may write and telephone you during this period.

Dead period. A college coach may not have any in-person contact with you or your parents on or off campus at any time during a dead period. The coach may write and telephone you or your parents during this time.

Evaluation. An evaluation is an activity by a coach to evaluate your academic or athletics ability. This would include visiting your high school or watching you practice or compete.

Evaluation period. During this time, a college coach may watch you play or visit your high school, but cannot have any in-person conversations with you or your parents off the college's campus. You and your parents can visit a college campus during this period. A coach may write and telephone you or your parents during this time.

Prospective student-athlete. You become a "prospective student-athlete" when:

- You start ninth-grade classes; or
- Before your ninth-grade year, a college gives you, your relatives or your friends any financial aid or other benefits that the college does not provide to students generally.

Quiet period. During this time, a college coach may not have any in-person contact with you or your parents off the college's campus. The coach may not watch you play or visit your high school during this period. You and your parents may visit a college campus during this time. A coach may write or telephone you or your parents during this time.

Unofficial visit. Any visit by you and your parents to a college campus paid for by you or your parents. The only expense you may receive from the college is three complimentary admissions to a home athletics contest. You may make as many unofficial visits as you like and may take those visits at any time. The only time you cannot talk with a coach during an unofficial visit is during a dead period.

Verbal commitment. This phrase is used to describe a college-bound student-athlete's commitment to a school before he or she signs (or is able to sign) a National Letter of Intent. A college-bound student-athlete can announce a verbal commitment at any time. While verbal commitments have become very popular for both college-bound student-athletes and coaches, this "commitment" is NOT binding on either the college-bound student-athlete or the institution. Only the signing of the National Letter of Intent accompanied by a financial aid agreement is binding on both parties.

Recruiting Calendars

To see recruiting calendars for all sports, go to NCAA.org.

National Letter of Intent

The National Letter of Intent (NLI) is a voluntary program

Official visit. Any visit to a college campus by you and your parents paid for by the college. The college may pay all or some of the following expenses:

- Your transportation to and from the college;
- Room and meals (three per day) while you are visiting the college; and
- Reasonable entertainment expenses, including three complimentary admissions to a home athletics contest.

Before a college may invite you on an official visit, you will have to provide the college with a copy of your high school transcript (Division I only) and SAT, ACT or PLAN score and register with the Eligibility Center.

The National Letter of Intent (NLI) is a voluntary program administered by the Eligibility Center. By signing an NLI, your son or daughter agrees to attend the institution for one academic year. In exchange, that institution must provide athletics financial aid for one academic year.

Restrictions are contained in the NLI itself. Read them carefully. These restrictions may affect your eligibility.

If you have questions about the National Letter of Intent, visit the Web site at www.national-letter.org or call 877/262-1492.

Summary of Recruiting Rules for Each Sport—Division I

	RECRUITING METHOD	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	OTHER SPORTS
SOPHOMORE YEAR	Recruiting materials	<ul style="list-style-type: none"> • You may receive brochures for camps and questionnaires. • You may begin receiving recruiting materials June 15 after your sophomore year. 	<ul style="list-style-type: none"> • You may receive brochures for camps and questionnaires. 	<ul style="list-style-type: none"> • You may receive brochures for camps and questionnaires. 	<ul style="list-style-type: none"> • You may receive brochures for camps and questionnaires. • Men's Ice Hockey—You may begin receiving recruiting materials June 15 after your sophomore year.
	Telephone calls	<ul style="list-style-type: none"> • You may make calls to the coach at your expense only. • College may accept collect calls from you at end of your sophomore year. • College coach cannot call you. 	<ul style="list-style-type: none"> • You may make calls to the coach at your expense only. • College coach cannot call you. 	<ul style="list-style-type: none"> • You may make calls to the coach at your expense only. • College coach cannot call you. 	<ul style="list-style-type: none"> • You may make calls to the coach at your expense only. • College coach cannot call you. • Women's Ice Hockey—A college coach may call international prospects once on or after July 7 through July 31 after sophomore year.
	Off-campus contact	<ul style="list-style-type: none"> • None allowed. 	<ul style="list-style-type: none"> • None allowed. 	<ul style="list-style-type: none"> • None allowed. 	<ul style="list-style-type: none"> • None allowed.
	Official visit	<ul style="list-style-type: none"> • None allowed. 	<ul style="list-style-type: none"> • None allowed. 	<ul style="list-style-type: none"> • None allowed. 	<ul style="list-style-type: none"> • None allowed.
	Unofficial visit	<ul style="list-style-type: none"> • You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> • You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> • You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> • You may make an unlimited number of unofficial visits.
	RECRUITING METHOD	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	OTHER SPORTS
JUNIOR YEAR	Recruiting materials	<ul style="list-style-type: none"> • Allowed. • You may begin receiving recruiting materials June 15 after your sophomore year. 	<ul style="list-style-type: none"> • You may begin receiving September 1 of junior year. 	<ul style="list-style-type: none"> • You may begin receiving September 1 of junior year. 	<ul style="list-style-type: none"> • You may begin receiving September 1 of junior year. • Men's Ice Hockey—You may begin receiving recruiting materials June 15 after your sophomore year.
	Telephone calls	<ul style="list-style-type: none"> • You may make calls to the coach at your expense. 	<ul style="list-style-type: none"> • You may make calls to the coach at your expense. 	<ul style="list-style-type: none"> • You may make calls to the coach at your expense. 	<ul style="list-style-type: none"> • You may make calls to the coach at your expense. • Women's Ice Hockey—Once per week beginning July 7 after your junior year.
	College coaches	<ul style="list-style-type: none"> • Once per month beginning 	<ul style="list-style-type: none"> • Once per month in April 	<ul style="list-style-type: none"> • Once from April 15 to May 	<ul style="list-style-type: none"> • Once per week starting July

JUNIOR YEAR	College coaches may call you	• You may be contacted beginning June 15, before your junior year, through July 31 after your junior year.	• Once between June 21 and June 30 after your junior year. • Three times in July after your junior year (maximum of one call per week).	31 of your junior year.	• 1 after your junior year. • Men's Ice Hockey—Once per month beginning June 15, before your junior year, through July 31 after your junior year.
	Off-campus contact	• None allowed.	• None allowed.	• None allowed.	• Allowed starting July 1 after your junior year. • Gymnastics—allowed after July 15 after your junior year.
	Official visit	• None allowed.	• None allowed.	• None allowed.	• None allowed.
	Unofficial visit	• You may make an unlimited number of unofficial visits.	• You may make an unlimited number of unofficial visits.	• You may make an unlimited number of unofficial visits.	• You may make an unlimited number of unofficial visits.
RECRUITING METHOD		MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	OTHER SPORTS
SENIOR YEAR	Recruiting materials	• Allowed.	• Allowed.	• Allowed.	• Allowed.
	Telephone calls	• You may make calls to the coach at your expense.	• You may make calls to the coach at your expense.	• You may make calls to the coach at your expense.	• You may make calls to the coach at your expense. • Women's Ice Hockey—Once per week beginning July 7 after your junior year.
	College coaches may call you	• Twice per week beginning August 1.	• Once per week beginning August 1.	• Once per week beginning September 1.	• Once per week beginning July 1. • Men's Ice Hockey—Once per week beginning August 1.
	Off-campus contact	• Allowed beginning September 9.	• Allowed beginning September 16.	• Allowed beginning November 30.	• Allowed.
	Official visit	• Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.	• Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.	• Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.	• Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.
	Unofficial visit	• You may make an unlimited number of unofficial visits.	• You may make an unlimited number of unofficial visits.	• You may make an unlimited number of unofficial visits.	• You may make an unlimited number of unofficial visits.
	Evaluation and contacts	• Up to seven times during your senior year.	• Up to five times during your senior year.	• Up to six times during your senior year.	• Up to seven times during your senior year.
	How often can a coach see me or talk to me off the college's campus?	• A college coach may contact you or your parents/legal guardians not more than three times during your senior year.	• A college coach may contact you or your parents/legal guardians not more than three times during your senior year.	• A college coach may contact you or your parents/legal guardians (including evaluating you off the college's campus), six times. • One evaluation during September, October and November.	• A college coach may contact you or your parents/legal guardians not more than three times during your senior year.

Summary of Recruiting Rules—Divisions II and III

	DIVISION II	DIVISION III
Recruiting materials	<ul style="list-style-type: none">• A coach may begin sending you printed recruiting materials September 1 of your junior year in high school.	<ul style="list-style-type: none">• You may receive printed materials any time.
Telephone calls	<ul style="list-style-type: none">• A college coach may call you once per week beginning June 15 between your junior and senior year.• You may make calls to the coach at your expense.	<ul style="list-style-type: none">• No limit on number of calls or when they can be made by the college coach.• You may make calls to the coach at your expense.
Off-campus contact	<ul style="list-style-type: none">• A college coach can have contact with you or your parents/legal guardians off the college's campus beginning June 15 after your junior year.• A college coach is limited to three in-person contacts off campus.	<ul style="list-style-type: none">• A college coach may begin to have contact with you and your parents/legal guardians off the college's campus after your junior year.
Unofficial visits	<ul style="list-style-type: none">• You may make an unlimited number of unofficial visits any time.	<ul style="list-style-type: none">• You may make an unlimited number of unofficial visits any time.
Official visits	<ul style="list-style-type: none">• You may make official visits starting the opening day of classes your senior year.• You may make only one official visit per college and up to a maximum of five official visits to Divisions I and II colleges.	<ul style="list-style-type: none">• You may make official visits starting the opening day of classes your senior year.• You may make only one official visit per college.