

NCAA Division 3 women's basketball recruiting rules

Unlike NCAA Division 1 and Division 2, Division 3 coaches don't have limits on when they can contact recruits. The only restrictions in place are around off-campus contact and official visits.

- Any time:** Student-athletes can receive recruiting materials. Coaches can call, email, text and send direct messages to student-athletes. Recruits can go on an unofficial visit at any point during high school and aren't restricted in the number of unofficial visits they take.
- After sophomore year:** Coaches can contact student-athletes off-campus.
- January 1 of junior year:** Student-athletes can start taking official visits. They're allowed one visit per college and can take as many official visits to Division 3 programs as they like.