**SFBA**

SPORTS PERFORMANCE · COLLEGE PATHWAY SERIES

FAMILY & PLAYER GUIDE · HIGH SCHOOL EDITION

# THE RECRUITING PLAYBOOK

## EMAIL · FILM · SOCIAL · THE RULES

How your family can contact college basketball coaches yourselves, at every level from D1 to junior college, without paying a service that "guarantees" exposure. This guide covers the rules, the timeline, the email, the film, and the Instagram profile coaches will look up.

NEXT LEVEL

SFBA SPORTS PERFORMANCE

COACH WHITE

START HERE

# YOU CAN DO THIS YOURSELVES.

Many families think recruiting starts when a college coach "discovers" their kid. For most players it starts the other way: **the athlete reaches out first**, with a clear email, good film, and a clean online presence. College coaches get hundreds of emails. They respond to the ones that are specific, honest, and easy to evaluate.

You don't need a paid recruiting service to do this. Everything those services do, like finding coach emails, sending film, and building a school list, your family can do for free in a few hours a month. This guide shows you how.

## THE HONEST NUMBERS

**1 in 17**

High school boys' basketball players who go on to play in college at any level. For girls it's about 1 in 14.

**~1%**

High school players who reach NCAA Division I (0.9% boys, 1.2% girls).

**15**

Maximum roster spots for D1 men's and women's basketball under the new NCAA roster limits.

Participation figures: ScholarshipStats.com, using NFHS and NCAA/NAIA/NJCAA data (2022–23). Roster limits: NCAA House settlement, effective 2025–26.

**WHAT THIS MEANS**

Most college roster spots are at **D2, D3, NAIA and junior college**. Families who only email D1 programs usually hear nothing back. Families who build a wide, realistic list find a home. Aim for the best **fit**, not the biggest logo.

## INSIDE THIS GUIDE


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KNOW THE LANDSCAPE

# FIVE LEVELS. ONE RIGHT FIT.

01

College basketball isn't just D1 or nothing. Each level offers real competition, real coaching, and a real degree. The right level is the one where your athlete will **play, grow, and graduate.**

| LEVEL | WHAT IT IS | ATHLETIC AID | CALIFORNIA EXAMPLES |
|---|---|---|---|
| **NCAA D1** | Highest level. Biggest budgets and travel. Rosters capped at 15. Heavy use of the transfer portal means fewer spots for high school players. | Yes. Full or partial (no longer a fixed scholarship count) | Cal, Stanford, USF, Santa Clara, Saint Mary's, San José State, UC Davis, Pacific, Sacramento State |
| **NCAA D2** | Very competitive, often regional. Balance of athletics and academics. | Yes. Mostly partial scholarships | SF State, Cal State East Bay, Chico State, Stanislaus State, Dominican University |
| **NCAA D3** | Strong academics first. The largest NCAA division by number of schools. | No athletic scholarships. Academic and need-based aid can be significant | UC Santa Cruz, plus many private colleges in SoCal and across the country |
| **NAIA** | Separate association of mostly smaller private schools. More flexible recruiting rules. | Yes. Full or partial | Menlo College (Atherton), plus many across the West |
| **JUCO** | Two-year colleges. A proven path to play, raise grades, then transfer to a 4-year program. | California (CCCAA): **none**. Out-of-state (NJCAA): D1 full, D2 partial, D3 none | Los Medanos, Diablo Valley, Contra Costa, Chabot, CCSF, College of San Mateo |

**COACH WHITE'S TAKE**

Build a list that includes **every level**. A D2 or NAIA scholarship, or a D3 school with strong academic aid, can cost a family less than a "walk-on" spot at a big school. And a JUCO that gets your athlete minutes as a freshman can open more doors than sitting on a bench.

School examples are for orientation only. Programs change divisions and conferences, so confirm on each school's athletics website.

THE RULES

# WHO CAN CONTACT WHOM, AND WHEN.

02

**The most important rule: your athlete can email, call, or visit any college coach at any time, in any grade.** The NCAA rules below limit when *coaches* can reach out and reply personally, not when you can.

| LEVEL | WHEN COACHES CAN CONTACT YOUR ATHLETE | VISITS |
|---|---|---|
| **D1 Men** | **June 15 after sophomore year:** calls, texts, emails, DMs, and verbal offers. Off-campus in-person contact starts at the beginning of junior year. | Official visits from **Aug 1** before junior year. Unofficial visits (family pays) any time, outside dead periods. |
| **D1 Women** | **June 1 after sophomore year:** calls, texts, emails, DMs. Verbal offers from June 15 after sophomore year. | Official visits from **Jan 1** of junior year. Unofficial visits any time, outside dead periods. |
| **D2** | **Any time:** email, phone, text and social media at any age (rule changed Aug 1, 2024). In-person off-campus contact: June 15 after sophomore year. | Official visits from June 15 after sophomore year. Unofficial visits any time. |
| **D3** | **Any time** for calls, texts, emails. In-person contact away from campus only after sophomore year. | Unofficial visits any time. |
| **NAIA** | **Any time.** Coaches manage their own timelines. | Campus visits allowed. Up to 2 days of tryouts per school. |
| **JUCO** | NJCAA (out of state): any time. **California CCCAA has special limits** (see page 05). | Campus visits allowed. |

### SILENCE ISN'T A "NO"

If you email a D1 coach as a freshman or sophomore and get no personal reply, they may simply not be allowed to answer yet. They **can** read your email, watch your film, and send camp info or a questionnaire. Keep them updated.

### "TAP, DON'T TYPE"

On social media, D1 and D2 coaches can **like and repost** a recruit's posts but can't publicly comment until the athlete signs. A like from a coach is a good sign. It isn't an offer.

### RULES CHANGE. CHECK EVERY YEAR.

These rules reflect NCAA, NAIA and CCCAA guidance as of fall 2026. The NCAA updates recruiting rules and calendars often. Confirm with **ncaa.org**, **playnaia.org**, or the college's compliance office before relying on a date.

CALIFORNIA FAMILIES, READ THIS

# JUCO RULES & GETTING ELIGIBLE.

03

## CALIFORNIA COMMUNITY COLLEGES (CCCAA)

California's community colleges don't belong to the NJCAA. They compete in the **CCCAA (3C2A)**, which has its own recruiting rules. These rules make **reaching out yourself especially important.**

### RECRUITING AREA

A college's recruiting area is its own district plus the districts that border it. Coaches can actively recruit athletes from high schools inside that area.

### OUTSIDE THE AREA

For athletes elsewhere in California, a coach is limited to first contact by phone or mail. In-person contact can only happen on the college's campus.

### NO OUT-OF-STATE RECRUITING

CCCAA coaches can't recruit outside California at all.

### NO ATHLETIC SCHOLARSHIPS

Aid can only be academic or open to all students. Tuition at California community colleges is low, and many students qualify for fee waivers.

**BOTTOM LINE**

If your athlete is interested in a JUCO outside your local area, **your athlete should email that coach first**. Many JUCO rosters fill late, during the spring and summer after senior year, so this is a great path to keep open.

## ACADEMIC ELIGIBILITY

### NCAA D1 & D2

- **16 NCAA-approved core courses** (English, math, science, social science, and others)
- **D1:** 2.3 core-course GPA minimum, and 10 of 16 core courses done before senior year (7 of them in English, math or science)
- **D2:** 2.2 core-course GPA minimum
- **SAT/ACT no longer required** by the NCAA for initial eligibility
- Meet with your school counselor in 9th grade to confirm which classes count

### REGISTERING

- **NCAA Eligibility Center** (eligibilitycenter.org): a free **Profile Page** can be opened as early as freshman year. Upgrade to the Certification Account (about $120 for U.S. students; fee waivers exist) once D1/D2 schools show interest, usually by junior year.
- **NAIA:** register at **PlayNAIA.org**. The NAIA has its own academic standards.
- **D3 and JUCO:** no Eligibility Center. Each school admits through its own process.

Grades are the easiest way to give coaches more options. A 3.5 GPA opens doors at D3 and academic schools that talent alone can't.

THE TIMELINE

# WHAT TO DO, YEAR BY YEAR.

04

**When is the earliest you should reach out?** Freshman year is fine for introductions, questionnaires, and camps, especially to D2, D3, NAIA and JUCO coaches, who can reply. The real push for most players is **sophomore spring through junior year.** It's never "too late" for D2, D3, NAIA and JUCO.

## 9TH
Freshman

- Make grades the priority. Meet the counselor about NCAA core courses.
- Create a dedicated recruiting email (e.g., **firstlast.hoops@gmail.com**) and clean up social media.
- Start filming games. Save everything, even if you don't use it yet.
- Fill out recruiting questionnaires on college athletics websites. Attend a college camp if you can.
- Optional: short intro emails to a few D2/D3/NAIA/JUCO programs.

## 10TH
Sophomore

- Open the free NCAA Eligibility Center Profile Page.
- Build your first school list of **30–50 programs** across all levels (page 07).
- Cut a highlight video from varsity/JV and AAU games. **Send intro emails** in the fall and again after the season.
- Know the dates: **June 1 (D1 women) / June 15 (D1 men)** after sophomore year, when D1 coaches can start contacting you.

## 11TH
Junior

- **The most important recruiting year.** Coaches are building their next class.
- Send updated film and schedules before each season and the spring/summer travel season.
- Take unofficial visits. Answer every coach who reaches out, even schools you're unsure about.
- Upgrade to the Eligibility Center Certification Account if D1/D2 schools are interested. Take the SAT/ACT if your target schools want it for admission.

## 12TH
Senior

- Narrow the list. Take official visits. Apply for admission, and complete the FAFSA (opens in the fall).
- Keep emailing D2, D3, NAIA and JUCO coaches, who often recruit through the spring and summer.
- Send senior-season film by December. A strong senior year can change everything.

### ALREADY A JUNIOR OR SENIOR AND HAVEN'T STARTED?

Don't panic, and don't pay anyone. Work through pages 07–12 this month: build the list, cut the film, send 30 good emails, and fix the Instagram. Late starters find homes every year, mostly at D2, D3, NAIA and JUCO.

BUILD YOUR LIST

# AIM WIDE. AIM HONEST.

05

Coaches recruit players who fit their level, system, and school. Before you write a single email, build a list of **30–50 programs** where your athlete could realistically play and would actually want to go.

### REACH · 20%

One level above where your athlete's current coaches project them. Worth a shot.

### TARGET · 50%

Where your athlete's HS/AAU coaches honestly think they fit, and could earn minutes within 1–2 years.

### LIKELY · 30%

Where your athlete would likely play right away. These programs often turn into the best options.

## HOW TO GAUGE FIT

- **Ask your coaches.** Your high school and AAU coaches have seen college players. Ask them, "What level do you honestly see?"
- **Watch the team.** Many college games stream online. Would your athlete's size, speed, and skills fit on that floor?
- **Check the roster** on the athletics website. How many players at your athlete's position are graduating? Where did current players come from (high school, JUCO, transfer)?
- **Academics, cost, distance, major.** Would your athlete be happy at this school without basketball?

## FINDING THE RIGHT COACH

Go to the school's athletics website, open **Men's/Women's Basketball, then Coaches** or the **Staff Directory**. You'll find each coach's email and title.

**Who to email:** At D1/D2, email the **assistant coach or recruiting coordinator** and CC the head coach. At smaller D3, NAIA and JUCO programs, email the **head coach** directly.

**Scouts & directors of player personnel:** Some programs list these roles. They're worth including, but the assistants usually make recruiting decisions.

### YOUR TRACKING SHEET

| COLUMN | EXAMPLE |
|---|---|
| School / Level | Chico State · D2 |
| Coach / Email | Asst. Coach name |
| Date sent | 10/14 |
| Response | Questionnaire sent |
| Next step | Update after 1st game |

THE EMAIL

# THE FIRST EMAIL.

06

**The athlete writes and sends it**, from their own recruiting email. Coaches want to hear from the player, not the parent. Parents can help proofread. Keep it under 200 words, specific to that school, and sent **one at a time**. Never send a mass "Dear Coach" email.

## SUBJECT LINE: CLASS, HEIGHT, POSITION, NAME, ONE STANDOUT, FILM

2028 | 6'2" PG | Jordan Reyes | 3.7 GPA | Highlights + Full Game

Coach Martinez,

My name is Jordan Reyes, a 6'2" point guard in the Class of 2028 at Liberty High School in Brentwood, CA. I play AAU for SFBA Sports Performance.

I watched your win over Cal State LA, and I like how your guards push the ball and play out of ball screens. That's how I play, and I'm very interested in Stanislaus State, especially your kinesiology program.

Quick info:
- 6'2", 170 lbs · averaged 14 pts, 6 ast, 2 stl (varsity, 2025–26)
- 3.7 GPA · NCAA ID: 0000000000
- Highlights (3 min): youtube.com/your-link
- Full game vs. Deer Valley HS (I'm #3, white): youtube.com/your-link

Where you can see me play: with SFBA at Jam On It in Reno over Memorial Day weekend.

High school coach: Coach Smith · (555) 555-0101 · coach@email.com
AAU coach: Coach White · info@sfbasportsperformance.com

Thank you for your time. I'd love to know what you look for in a guard at your program.

Jordan Reyes
(555) 555-0123 · jordanreyes.hoops@gmail.com · @jordanreyes.hoops

Sample only. The athlete, coaches, school, and stats are fictional. Use real details, a real game you watched, and current tournament dates.

### PERSONALIZE

One true sentence about **their** program: a game you watched, their style, a major. This is the line that gets a reply.

### MAKE IT EASY

Clickable links with no login or download required. Say your jersey number and color for the full game.

### DOUBLE-CHECK

Coach's name, school name, spelling. Sending "Coach Smith" a note about the wrong school ends it.

STAY ON THEIR RADAR

# FOLLOW UP. UPDATE. REPEAT.

07

One email rarely does it. Recruiting is a relationship, and coaches notice athletes who stay consistent and keep getting better.

## NO REPLY IN 2–3 WEEKS

Subject: Following up | 2028 PG Jordan Reyes

Coach Martinez,

I wanted to follow up on my email from October 14. I'm still very interested in Stanislaus State. Since then I scored 18 with 7 assists against Heritage HS. New clip: youtube.com/your-link

Is there a camp or event this year where your staff will be evaluating?

Thank you,
Jordan Reyes · 2028 PG · (555) 555-0123

## UPDATE EVERY 4–8 WEEKS

Subject: 2028 PG Jordan Reyes | Updated Film + Spring Schedule

Coach Martinez,

Quick update: our high school season ended at 19–8, and I was named 2nd-team all-league. My GPA this semester was 3.8.

Updated highlights: youtube.com/your-link
Spring schedule with SFBA:
• Mar 21–22: [event, city]
• Memorial Day weekend: Jam On It, Reno

Hope to see your staff there.
Jordan Reyes

## GOOD REASONS TO EMAIL AGAIN

NEW FILM | UPCOMING TOURNAMENT SCHEDULE | REPORT CARD / TEST SCORE | AWARDS OR ALL-LEAGUE | GROWTH SPURT (NEW HEIGHT) | ATTENDING THEIR CAMP | SAW THEIR BIG WIN

### DO

- ☑ Reply to every coach within 24–48 hours, even to say "no thank you."
- ☑ Fill out every questionnaire a coach sends.
- ☑ Call if a coach asks you to. Have questions ready (page 13).
- ☑ Keep the tracking sheet current.

### DON'T

- ✕ Let parents write or send the emails.
- ✕ Email the same coach every week.
- ✕ Exaggerate height, stats or offers. Coaches check.
- ✕ Use text-speak, slang, or a jokey email address.

### THE PARENT'S ROLE

Organize, proofread, film, drive, and manage the calendar and finances. Ask good questions on visits. But let your athlete lead the conversation. Coaches are recruiting the player's maturity as much as their jump shot.

THE FILM

# FILM THAT GETS WATCHED.

08

Your film is the evaluation. Coaches often decide **in the first 30–60 seconds** whether to keep watching. Send two things: a **highlight video** to get their attention and a **full game** to back it up.

## HIGHLIGHT VIDEO: THE SPECS

- **3–5 minutes**, about 20–30 clips. Shorter and stronger beats long.
- **Best clips first.** Your top 5 plays in the first 30 seconds.
- **Title card** (3–5 sec): name, class, height, position, HS, AAU team, GPA, email, phone.
- **Identify yourself** before each clip: freeze-frame plus an arrow or circle for about 1 second.
- **Real games only**: varsity, JV, AAU. Workout footage is extra, never a substitute.
- **Recent**: from the last 6–12 months. Update each season.
- **No music**, or keep it low and clean. Coaches often watch on mute.
- End card that repeats your contact info and links.

## FULL GAME FILM

- Have **2–3 unedited full games** ready, preferably against good competition.
- Link one in your email or send it on request. In the email, say your **number and jersey color**.
- Coaches use full games to see what highlights hide: defense, effort, decisions, body language after a mistake.

## FILMING & POSTING

- Film from **high up at half-court**, landscape, steady (use a tripod). Keep all 10 players in frame.
- Upload to **YouTube** (public or unlisted) or **Hudl**. No downloads, no passwords.
- Title it: *Jordan Reyes | 2028 PG | 6'2" | Summer 2026 Highlights*

## WHAT TO SHOW BY POSITION

### GUARDS

Ball-handling under pressure, ball-screen reads, passing and vision, catch-and-shoot and off-the-dribble shooting, finishing, on-ball defense, pushing in transition.

### WINGS

Shooting off movement, attacking closeouts, cutting, guarding multiple positions, rebounding in traffic, transition both ways.

### BIGS

Rim protection, post footwork, screening and rolling, finishing through contact, offensive rebounds, passing out of the post, any shooting range.

**EVERY VIDEO NEEDS DEFENSE**

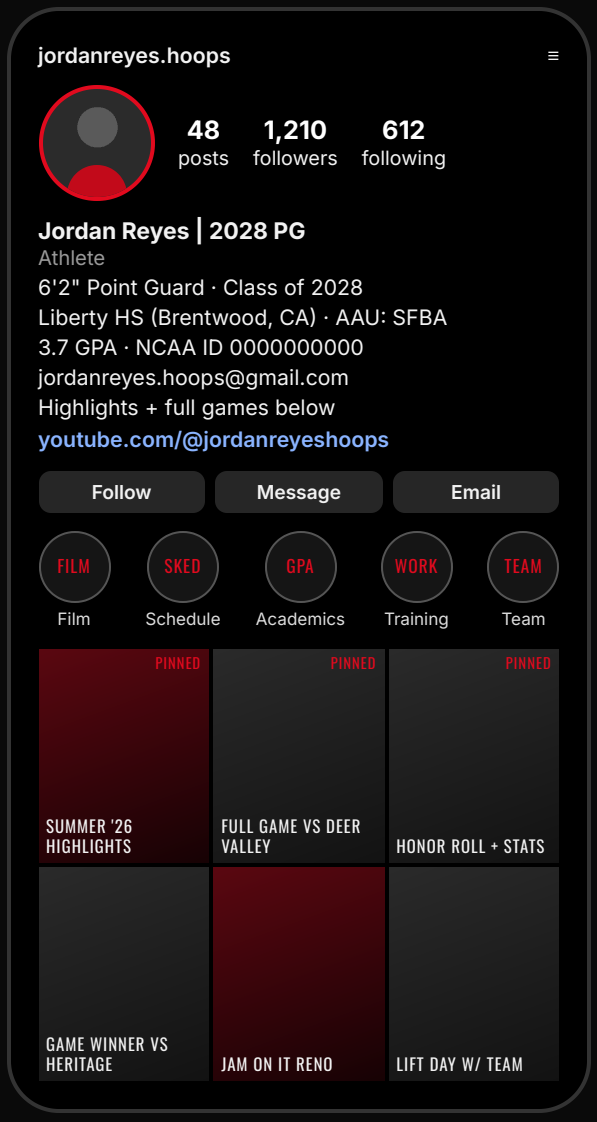
Include defense, hustle, communication, and smart plays without the ball, not just made shots. Coaches look for defense more than families think, and a reel with zero defensive clips tells them something.

SOCIAL MEDIA

# YOUR INSTAGRAM IS A RÉSUMÉ.

09

After a coach reads your email, the next thing they usually do is **look up your social media**. Make sure the first thing they see answers their questions in 5 seconds: Who is this? What position? What class? Where's the film? How do I reach them?




1. **Handle:** real name plus "hoops" or a number. Easy to search, nothing to explain. Avoid nicknames and jokes.
2. **Profile photo:** clear action shot in uniform or a clean headshot. Not a group shot, a logo, or a meme.
3. **Name field:** "Name | Class Position". It's searchable, so coaches can find "2028 PG."
4. **Bio:** height, position, class, high school and city, AAU team, GPA (if 3.0+), NCAA ID, and a **recruiting email**.
5. **Link:** straight to your highlight and full-game film (YouTube, Hudl, or one link page). Test it.
6. **Highlight covers:** Film · Schedule · Academics · Training · Team. Keep them updated.
7. **Pin 3 posts:** latest highlight video, a full game or longer clip, and academics/awards.
8. **Turn on a professional account** (Creator/Athlete) so the Email button shows. Keep the account **public**. Coaches can't evaluate a private profile.

## COPY THIS BIO TEMPLATE

> [Height] [Position] · Class of [Year]
> [High School] ([City], CA) · AAU: [Team]
> [GPA] GPA · NCAA ID [number]
> [recruiting email]
> Highlights + full games below

Mock profile with a fictional athlete. Mirror the same bio on X (Twitter), which many college coaches still use for recruiting.

SOCIAL MEDIA

# POST LIKE A COACH IS WATCHING.

10

Because one probably is. College coaches regularly look at recruits' accounts, and they also read your **comments, likes, reposts, and who you follow**. A great player with a bad account becomes a risk a coach doesn't need to take.

## POST THIS

- ✓ Game clips and new highlight videos
- ✓ Training: lifts, skill work, the grind nobody sees
- ✓ Report cards, honor roll, awards
- ✓ Upcoming schedule ("Catch me at Jam On It in Reno this May")
- ✓ Camps and campus visits (tag the school)
- ✓ Teammates' wins, coaches, family, community service
- ✓ Thank-you posts after camps or visits

## NEVER THIS

- ✗ Profanity or explicit lyrics, in captions, comments or song choices
- ✗ Alcohol, vaping, drugs, weapons, or partying, even as a "joke"
- ✗ Complaining about coaches, refs, teammates or playing time
- ✗ Trash talk, subtweets, or arguing in comments
- ✗ Reposting or liking offensive or sexual content
- ✗ Posting "offers" that aren't real
- ✗ Tagging or calling out a coach to get attention

### THE SCREENSHOT TEST

Before you post, comment, or like anything, ask: **"If a head coach screenshotted this and showed it to their staff, would it help me or hurt me?"**

### CLEAN THE ARCHIVE

Scroll back through every post, comment, and tagged photo. Archive or delete anything that fails the test. Unfollow accounts you wouldn't want a coach to see.

### FINSTA ISN'T PRIVATE

"Private" and secondary accounts get screenshotted and shared. Assume everything online is public forever.

## USING DMS THE RIGHT WAY

Following college programs and coaches is smart, because you'll learn their style and schedule. A short, respectful DM linking your film can work, especially with D2, D3, NAIA and JUCO staffs. But **email is still the main way to contact coaches.** Use the DM to point to it: *"Coach, I sent you an email with my film. 2028 PG from Brentwood, CA. Thank you for your time."*

### PARENTS, CHECK MONTHLY

Sit down once a month and scroll your athlete's profile together, like a coach would. It's not about spying. You're making sure the account matches the player you know.

PROTECT YOUR FAMILY

# RED FLAGS & REAL CONVERSATIONS.

## BE CAREFUL WITH ANYONE WHO…

- ✕ **Guarantees** a scholarship, an offer, or "exposure to 1,000 coaches." No one can guarantee a roster spot.
- ✕ Charges **large upfront fees** (often thousands) to email coaches or host a profile page, which you can do yourself for free.
- ✕ Claims to have **"exclusive access"** to coaches. Coaches read emails from players directly.
- ✕ Sells **exposure events or showcases** without listing which college coaches will actually attend.
- ✕ Pressures you to **sign today** or says the window is closing.
- ✕ Tells you your athlete is D1 without ever watching a full game.

Free tools that work: each school's **athletics website** and recruiting questionnaire, **ncaa.org**, **eligibilitycenter.org**, **playnaia.org**, **3c2asports.org**, YouTube, and your coaches.

## WHEN A COACH CALLS: QUESTIONS TO ASK

- Where do you see me fitting on your roster, and at what position?
- How many players are you recruiting at my position in my class?
- What do you need to see from me next?
- What does a typical day look like for your players in-season?
- How many players stay all four years? How many graduate?
- What academic support do athletes get?
- Is this an offer, or are you evaluating? (Ask politely. It's okay.)
- What does the full cost look like after aid?

### BEFORE THE CALL

Look up the roster, last season's record, and the coach's background. Have a notebook and your questions ready. Find a quiet place. **The athlete talks first and most.**

### AFTER THE CALL

Send a short thank-you email the same day. Log it in your tracking sheet. Note what the coach asked you to do next, and then do it.

### UNDERSTAND OFFERS

A verbal offer is **not binding** on either side until there's a signed agreement. Keep communicating with other schools until your athlete has signed.

YOUR GAME PLAN

# START THIS WEEK.

12

You don't need to do everything at once. Do these ten things over the next 30 days and your family will be ahead of most recruits.

- [ ] **Have the honest conversation.** Ask your athlete: Why do you want to play in college? What matters in a school? Then ask your HS and AAU coaches what level they honestly see.
- [ ] **Meet the school counselor** to confirm NCAA core courses and a plan for grades.
- [ ] **Create a recruiting email**: firstlast.hoops@gmail.com. Only for recruiting.
- [ ] **Open the free NCAA Eligibility Center Profile Page** (and PlayNAIA if NAIA is on the list).
- [ ] **Clean up and set up Instagram** using page 11. Then do X/Twitter.
- [ ] **Gather film.** Collect game footage from the last 12 months. Cut a 3–5 minute highlight and pick one full game.
- [ ] **Build your list** of 30–50 schools across D1, D2, D3, NAIA and JUCO. Start the tracking sheet.
- [ ] **Fill out recruiting questionnaires** on every school's athletics site.
- [ ] **Send 10 personalized emails per week** until the list is done, using page 08.
- [ ] **Put follow-up dates on the calendar.** Every 4–8 weeks, send updates with new film, schedule, and grades.

**WE'RE IN YOUR CORNER**

SFBA coaches are happy to look over your athlete's email, film, or Instagram before they send anything. Reply to this email or reach us at **info@sfbasportsperformance.com**. We'd rather help you do this right than watch you pay someone to do it for you.

## EARN IT. THEN GO GET IT.

— COACH WHITE · SFBA SPORTS PERFORMANCE

SOURCES

# WHERE THIS COMES FROM.

Rules and guidance in this playbook come from governing bodies, college compliance and recruiting resources, and basketball programs that place players in college. Recruiting rules change. Always confirm current rules with **ncaa.org**, **playnaia.org**, **3c2asports.org**, or the college's compliance office.


**NCSA: Men's Basketball Recruiting Calendar & Rules**
ncsasports.org/mens-basketball/recruiting-calendar-rules

**NSR: NCAA Recruiting Rules (D1 men's & women's basketball dates)**
nsr-inc.com/college-recruiting-playbook

**SportsRecruits: NCAA Rules & Regulations by Division**
sportsrecruits.com/resources/contacting-college-coaches/ncaa-rules-and-regulations

**SportsRecruits: NCAA Division II Communication Rule Changes (eff. Aug 1, 2024)**
blog.sportsrecruits.com/2025/01/13

**SportsRecruits: NCAA Social Media Rules, "Tap, Don't Type"**
sportsrecruits.com/resources/contacting-college-coaches/using-social-media-in-the-recruiting-process

**SportsRecruits: NCAA Roster Limits Explained (House settlement)**
blog.sportsrecruits.com/2025/06/13

**NAIA Interpretations: Coach Resource Hub (recruiting & tryouts)**
interpretations.naia.org

**CCCAA Constitution & Bylaws, Bylaw 2: Recruitment of Student-Athletes**
3c2asports.org (via College of San Mateo accreditation docs)

**NJCAA scholarship limits by division**
njcaa.org; summarized at en.wikipedia.org/wiki/National_Junior_College_Athletic_Association

**IMG Academy: How to Contact College Coaches**
imgacademy.com/resources/articles/how-to-contact-college-coaches-to-get-recruited

**IMG Academy: NCAA Eligibility Requirements**
imgacademy.com/resources/articles/ncaa-eligibility-requirements

**Honest Game: Registering with the NCAA Eligibility Center (fees)**
honestgame.com/blog/how-to-register-with-the-ncaa

**NCSA: How to Make a Men's Basketball Highlight Video**
ncsasports.org/mens-basketball/highlight-video

**Florida Coastal Prep: Basketball Highlight Film Tips**
floridacoastalprep.com/basketball-highlight-film-tips

**Florida Coastal Prep: Social Media Setup for Basketball Recruiting**
floridacoastalprep.com/how-to-set-up-social-media-for-basketball-recruiting

**ScholarshipStats: Odds of Playing College Sports (2022–23 data)**
scholarshipstats.com/varsityodds



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