

2019 FOOTBALL RECRUITING GUIDELINES

THE MUST KNOW INFORMATION FOR ASPIRING FOOTBALL ATHLETES

IMPORTANT RECRUITING TERMS

DEAD PERIOD: A college coach may not have any face-to-face contact with you or your parents on or off the college campus at any time during a dead period. The coach may write and call you or your parents during this time.

CONTACT PERIOD: During a contact period, a college coach may have face-to-face contact with you or your parents, watch you compete or visit your high school and write or telephone you or your parents.

EVALUATION PERIOD: During an evaluation period, a college coach may watch you compete, visit your high school and write or telephone you or your parents. However, a college coach may not have face-to-face contact with you or your parents off the college's campus during an evaluation period.

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 call you or your parents during this time.

OFFICIAL VISIT: During an official visit, the college can pay for transportation to and from the college for you, lodging and meals (DI allows for up to three meals per day) for you and your parents or guardians, as well as reasonable entertainment expenses including three tickets to a home sports event. 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 and ACT, SAT or PLAN score (test scores are required for DI only) and register with the NCAA Eligibility Center.

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.

CONTACTING COLLEGE COACHES

GENERAL INFORMATION

General information includes camp brochures, questionnaires, and admissions information

ALL DIVISIONS: Anytime

PERSONALIZED RECRUITING MATERIALS

You may receive any written information including personal emails and letters.

DIVISION I: September 1 of junior year

DIVISION II: June 15 after sophomore year

OTHER DIVISIONS: Anytime

OFF-CAMPUS CONTACTS

This means you can visit the coach off their college campus.

DIVISION I: Following the last Sunday of November during senior year

DIVISION II: June 15 after sophomore year

DIVISION III: After sophomore year

NAIA: Anytime

UNOFFICIAL VISITS

You are allowed to take an unlimited amount of unofficial visits at any time during your career. An unofficial visit is any visit by you and your parents to a college campus paid for by you and your parents.

ALL DIVISIONS: Anytime

OFFICIAL VISITS

An official visit is any visit to a college campus by you and your parents paid for by the college.

DIVISION I: Allowed on the first day of classes senior year.

You are limited to one official visit per college, up to a maximum of five official visits total

DIVISION II: Allowed June 15 after Sophomore Year

DIVISION III: Allowed January 1 of Junior Year

NAIA: Anytime

EVALUATION PERIOD

Remember, you are always allowed to call coaches, but there are several restrictions about when they can call you.

DIVISION I: Once from April 15 to May 31 of junior year

Once per week beginning September 1 of senior year

DIVISION II: Unlimited June 15 after sophomore year

DIVISION III/NAIA: Anytime

CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS: Anytime

BODY TYPE BY DIVISION

DI-A

	HT	WT	40 BENCH	SQUAT
QB	6'4	220	4.6	275 375
RB	5'10	200	4.4	300 400
WR	6'2	190	4.4	250 325
TE	6'4	230	4.6	300 425
OL	6'5	280	5.0	325 450
S	6'2	200	4.5	300 400
CB	6'0	185	4.4	250 325
LB	6'2	220	4.5	300 425
DL	6'4	250	4.6	325 450

DI-AA/JC

	HT	WT	40 BENCH	SQUAT
QB	6'2	200	4.6	250 350
RB	5'9	190	4.5	275 375
WR	6'0	175	4.5	225 300
TE	6'3	220	4.7	275 400
OL	6'3	270	5.2	300 425
S	6'1	190	4.6	275 375
CB	6'0	185	4.5	225 300
LB	6'1	210	4.6	275 400
DL	6'3	230	4.7	300 425

DII/NAIA

	HT	WT	40 BENCH	SQUAT
QB	6'0	200	4.7	225 325
RB	5'8	180	4.6	250 350
WR	5'10	165	4.6	200 275
TE	6'2	215	4.8	250 375
OL	6'1	260	5.3	275 400
S	5'11	185	4.7	250 350
CB	5'10	175	4.6	200 275
LB	6'0	200	4.7	250 375
DL	6'2	220	4.8	275 400

DIII

	HT	WT	40 BENCH	SQUAT
QB	5'10	180	4.8	200 300
RB	5'7	160	4.7	225 325
WR	5'8	150	4.7	175 250
TE	6'1	205	4.9	225 350
OL	6'0	235	5.4	250 375
S	5'10	180	4.8	225 325
CB	5'9	160	4.7	175 250
LB	5'10	190	4.8	225 350
DL	6'0	210	4.9	250 375

**Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

FILMING BY POSITION



QUARTERBACKS

- Touchdown passes
- Rushing touchdowns
- Precision passes - hitting WR in stride
- Out passes (ball on a line)
- Deep throws
- Quick series throws
- Scrambles
- Throwing on the run
- 3 & 5 Step Drops - footwork
- Option style running
- QB highlights
- Taking snaps from under center



- Running routes
- Catching the football
- Blocking

OFFENSIVE LINEMAN

- Solid technique
- Good footwork
- Low pad level
- Pulling and trapping
- Pass blocking
- Knock downs
- Blocking at second level
- Finishing blocks
- Knee bend



DEFENSIVE BACKS

- All big hits & big plays
- Open field tackles
- Pass deflections and interceptions
- Flowing to the play & stopping the run
- Cover speed (in coverage & downfield), recovery speed (chasing down a play)
- Ball skills
- Back pedal
- Transition
- Turn and run
- Breaking on the ball



WIDE RECEIVERS

- Touchdown catches
- Route running
- Great fundamental catches
 - Sideline catch
 - In traffic catch
 - In stride catch
 - Tipped ball catch
 - Coming back to the ball catch
- Catching the ball with your hands
- Downfield stalk blocking, crack blocks, physical blocking
- Yards after catch



DEFENSIVE LINEMAN

- Solid technique tackles & big hits
- Forced fumbles & batted passes
- QB pressures, knockdowns, sacks
- Tackles for loss, defeating the block (OL)
- DL techniques - use of hands, spin move, bull rush technique, rip move
- Penetration
- Redirect
- First step quickness



RUNNING BACKS

- Yards after contact
- Change of direction
- Touchdowns (rushing & receiving)
- Breakaway runs - field vision (cutback runs)



LINEBACKERS

- Solid technique tackles & big hits
- Pass drops - lat & vert footwork
- Pass deflections
- Tackles for a loss
- QB pressures, knockdowns, sacks
- Gap filling on run plays - defeating the block (OL & RB)
- Sideline to sideline pursuit

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GET RECRUITED TODAY.

Contact NCSA Athletic Recruiting for more information on how to take control of your recruiting process.

#MYTIME2WIN

312.205.7514

WWW.NCSASPORTS.ORG

HOW TO FILM:

- Be sure to film all of the players on the field, not just the featured player.
- Give a wide enough angle so the coach can watch the entire play develop.
- A tripod is highly recommended.
- Shoot from an elevated location, with a clean line of sight.
- The camera view should not be obstructed.
- Do not zoom in and out.