



MEN'S & WOMEN'S LACROSSE RECRUITING GUIDELINES

BY DIVISION

Attackmen	Midfielders	Defenseemen / Longstick Midfield	Goalie
Preferred Height: 5'7" - 6'1"	Preferred Height: 5'10" - 6'2"	Preferred Height: 5'10" - 6'3"	Preferred Height: 5'9" - 6'3"
Shot Speed & Accuracy	Strong Passing Ability	Take-Aways, Ground Balls	Reaction Time
Strong Scoring Ability	Scoring Ability	Strength & Checking Ability	Body Positioning
Agility & Moving With the Ball	Shortstick & Longstick Handling	Passing & Clearing	Clearing Ability
Stick Handling & Shot Selection	Speed & Agility	Size & Speed	Angle Play & Shot Defense
Passing Ability & Field Vision	Passing Ability & Field Vision	Passing Ability & Field Vision	Stick Handling

Top Division I

- Club Experience
- Multiple Year Tournament All-star
- MVP Honors
- High School Experience
- 3 Year Varsity Starter
- All-American Honors &/or Nominee
- All-State Selection
- Multiple Years Nominated

Lower Division I

- Club Experience
- All-Star Honors At Multiple Events
- High School Experience
- 3 Year Varsity Player
- Multiple Sport Varsity Athlete
- All-State
- Multiple Years All Region
- All Area & All County

Top Division II & DIII

- Club Experience
- All-star Nominations & All-Tournament Recognition
- High School Experience
- Multiple Year Starter And/or Contributor
- Lower Division II & DIII
- High School & Club Experience
- Multiple Year Member And Starter

**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.

LACROSSE RECRUITING GUIDELINES: CONTACTING COACHES

MAY RECEIVE GENERAL INFORMATION

General information includes camp brochures and admissions information.

ALL DIVISIONS: ANYTIME, UNLIMITED

MAY RECEIVE 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
- DIVISION III: ANYTIME, UNLIMITED
- NAIA: ANYTIME, UNLIMITED

YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS: ANYTIME, UNLIMITED

COLLEGE COACHES MAY CALL YOU

Remember, you are always allowed to call coaches, but there are several restrictions about when they can call you, technically, DIII coaches can call at anytime, although many follow the DI rules.

- DIVISION I: SEPT. 1ST OF JUNIOR YEAR, UNLIMITED
- DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED
- DIVISION III: ANYTIME, UNLIMITED
- NAIA: ANYTIME, UNLIMITED



MEN'S & WOMEN'S LACROSSE RECRUITING GUIDELINES



LACROSSE RECRUITING GUIDELINES: CONTACTING COACHES

YOU CAN TAKE 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, UNLIMITED

YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

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

DIVISION I: JULY 1ST AFTER JUNIOR YEAR

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED

DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED

NAIA: ANYTIME, UNLIMITED

YOU CAN TAKE OFFICIAL VISITS

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

DIVISION I: OPENING DAY OF CLASS SENIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UP TO 5 TOTAL.

DIVISION II: JUNE 15H AFTER SOPHOMORE YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

NAIA: ANYTIME, UNLIMITED