

Highlight Video Tips

- Include an intro with your name, state, height, weight, grad year, GPA and contact info.
- Film from a high point in the stadium to capture the entire ball flight from when the player approaches the ball, kick/punts it and where it lands.
- Film practice kicks from behind the athlete, facing the goalpost, to show form, technique and consistency.
- Put your best skills, kicks and punts first.
- Shoot a kick video where you cycle through different kicks/punts consecutively without stopping the video.
- Include clips with season highlights of FGs, KOs & punts.
- Make sure your video is no longer than three minutes long.

Additional Recruiting Tips to Know

- Unless you are ranked 1-20, you will need to be proactive during the recruiting process; there are many camps out there that will help you gain exposure and get on the rankings list.
- Build a target list of schools from all division levels. While there are a lot of Division 1 schools that have football programs, being open to all divisions and smaller programs opens up your search to schools that may be the best fit for you and your academic plans.
- Use email and social media to message coaching staff from each program that you are interested in to introduce yourself and begin building a relationship.
- Set up your unofficial visits to explore campus and learn more about what the school offers academically.
- Attend position-specific camps (such as Chris Sailer Kicking Camps) and work with knowledgeable staff.

For an overview of Football recruiting guidelines please see the backside of this sheet.

Football Recruiting Calendar

Dead period: No in-person contact with coaches; coaches and recruits can communicate via all digital communication channels

- **Division 1 FBS:** Aug. 1–31, 2020; Dec. 14, 2020 – Jan. 14, 2021; Feb. 1–28, 2021; June 28 – July 24, 2021
- **Division 1 FCS:** Aug. 1–31, 2020; Dec. 14, 2020 – Jan. 14, 2021; Feb. 1–4, 2021
- **Division 2:** Dec. 14 (7 am) – Dec. 16 (7 am), 2020; Jan. 11–13, 2021; Feb. 1 (7 am) – Feb. 3 (7 am), 2021

Quiet period: Talk to college coaches on their campus but no in-person contact off the college campus

- **Division 1 FBS:** Sept. 1 – Nov. 28, 2020; Dec. 13, 2020; Jan. 8–10, 2021 (only National Service Academies); Jan. 31, 2021; March 1 – April 14, 2021; All days in April & May not used for an athletic or academic evaluation; June 1–27, 2021; July 25 – July 31, 2021
- **Division 1 FCS:** Sept. 1 – Nov. 28, 2020; Dec. 13, 2020; Jan. 31, 2021; Feb. 5 – April 14, 2021; June 1 – July 31, 2021

- **Division 2:** June 1 – start of recruit's first scheduled football practice; March 9 – May 31, 2021 (except for evaluation period dates)

Evaluation period: Coaches can watch a game/practice or visit a recruit's school but no in-person communication off the college campus

- **Division 1 FBS and FCS:** Coaches have 42 evaluation dates during Sept., Oct., & Nov.; April 15 – May 31, 2021 (except for Memorial Day and Sundays)
- **Division 2:** During the recruit's football season, starting with the first scheduled practice; Nov. 1–30, 2020; April 15 – May 31, 2021 (four weeks designated by school as an evaluation period, excluding Memorial Day and Sundays)

Contact period: All communication is fair game

- **Division 1 FBS and FCS:** Nov. 29, 2020 – Dec. 12, 2020; Dec. 13–19, 2020 (national service academies only); Jan. 15–30, 2021; During these periods recruit can have 6 in-person, off-campus contacts with college coaches, can't meet with a coach more than once/week
- **Division 2:** Dec. 1, 2020 – March 8, 2021 (except for dead period dates)

Football Recruiting Rules

Type of contact	Division 1	Division 2	Division 3
General recruiting materials	Any time	Any time	Any time
Digital communications	Sept. 1 of junior year	June 15 before junior year	Any time
Calls from college coaches	April 15 - May 31 of junior year: coaches can call athletes one time; additional calls can be made after Sept. 1 of senior year	June 15 before junior year	Any time
Official visits	Junior year from April 1 - Sunday before last Wednesday in June: athletes can take one official visit; more visits can be taken senior year	June 15 before junior year	Any time
Off-campus contact	July 1 before senior year	June 15 before junior year	Any time
Evaluations	Senior year of high school: one in the fall, two in the spring between April 15 - May 31	June 15 before junior year	Any time

College Football Stats

Division	Number of teams	Scholarship limit per team
NCAA 1 - FBS	130	85
NCAA 1 - FCS	130	63
NCAA 2	162	36
NCAA 3	250	-
NAIA	96	24
NJCAA	65	85

Kicker Body Type By Division

Division	Height	Weight	FG Range	KO AVG	Hang time	Experience
D1	5'8-6'2	180 lbs.	55 yards or more	65 yards	3.8 seconds	Multiple Years Competing at All-State Level
D2	5'6-5'8	160 – 179 lbs.	50 yards & in the upright	55-60 yards	3.6 seconds	Multiple Years Competing at All-Conference Level
D3/NAIA	5'0 - 5'7	160 lbs.	45 yards and in the upright	At least 50 yds	3.4 seconds	At least 1 year Competing at All-Conference Level

Punter Body Type By Division

Division	Height	Weight	AVG Distance	Hang time	Experience
D1	6'0 plus	185-190 lbs.	40 yards or more	4.5 seconds or more	Multiple Years Competing at All-State Level
D2	At least 5'9	175-185 lbs.	38 yards	4.3 seconds	Multiple Years Competing at All-Conference Level
D3	5'8	175 lbs.	35 yards	4.0 seconds	Multiple Years Competing at All-State Level