



**Ripd
Athletics**

BASEBALL PLAYER DEVELOPMENT & RECRUITING

THE **RECRUITING** BENCHMARK GUIDE

Where you stand. Where you're headed. A high school player's guide to the numbers colleges actually look at.

VELOCITY · SPEED · POWER · EXPLOSIVENESS

KNOW YOUR NUMBER



Recruiting isn't a mystery. Every level of college baseball — from Power 4 to developmental JUCO — has a real, measurable range. This guide breaks down the four numbers that shape where you fit.

Velocity gets the attention, but command, movement, in-game performance, speed, and power all factor into where a coach slots you. Use these scales as a compass — not the whole map.

WHAT'S INSIDE

- › When coaches can contact you — the NCAA rules by division
- › How to build a recruiting-ready X (Twitter) profile
- › The NCAA 5-in-5 eligibility model — what you gain
- › Athleticism benchmarks: speed, power, explosiveness
- › Pitcher velocity scale by recruiting level
- › 60-yard dash speed scale by recruiting level

HOW TO USE IT

Find your most recent tested numbers from a showcase, camp, or team-verified session. Locate where you fall on each scale. That's your current recruiting tier — and your target for the next training cycle.

Ranges shift year to year as bat standards and competition evolve, so revisit this guide each offseason.



WHEN COACHES CAN CONTACT YOU

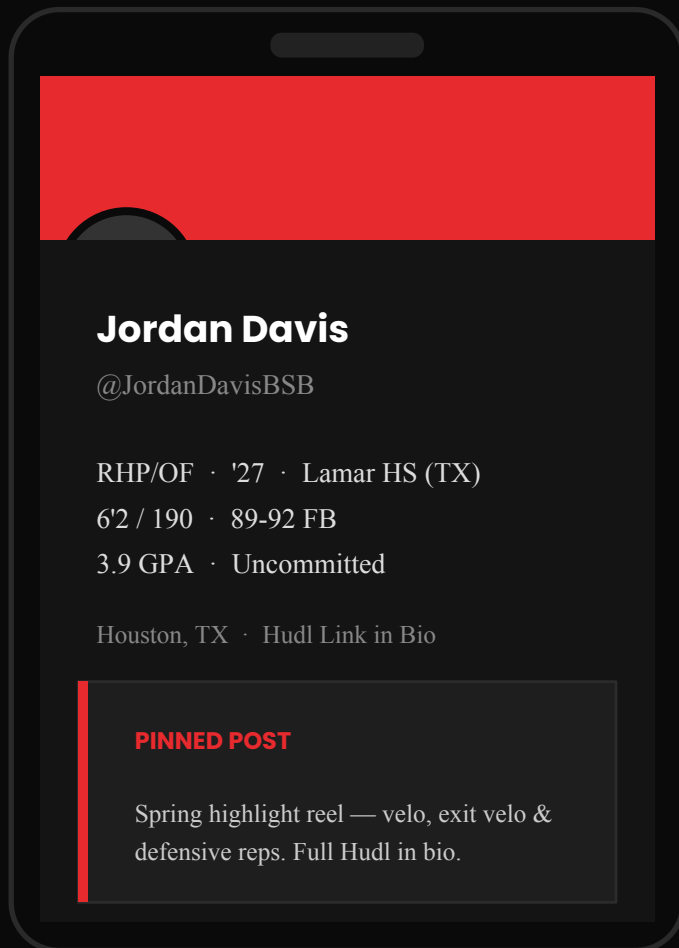
NCAA contact rules by division. These are the dates that matter most — get your outreach ready before your window opens.

Contact Period	Quiet Period	Dead Period
Calls, texts, in-person & on/off-campus visits allowed	Calls & campus visits OK — no off-campus, in-person contact	No in-person contact — coaches may still call or write
JUNE 15 Soph. Yr	D2 Coaches Can Initiate Contact Division 2 coaches may begin calling, texting, emailing, and DMing you directly.	
AUG 1 Jr. Yr	D1 Coaches Can Initiate Contact Before this date, D1 coaches cannot call, text, email, or DM you first — but you can always email them, and they can respond.	
SEPT 1 Jr. Yr	D1 Verbal Offers Can Be Extended A verbal offer is not binding — treat it as a strong signal, not a signed deal.	
ANY TIME	D3 / NAIA / JUCO No NCAA Contact Restrictions These programs can talk to you as early as they want — one more reason to send your email everywhere your level fits, not just D1.	
NOV 2027	Signing Period Opens Most non-football sports open their signing window on the second Wednesday of November, running into spring.	
Exact contact/quiet/dead period windows shift every year and vary by division — always confirm current dates on the NCAA's official recruiting calendar.		



BUILD A RECRUITING-READY X PROFILE

Coaches check your X (Twitter) before they check anything else. Make the first five seconds count.



1

NAME + POSITION, NOT A NICKNAME

Use your real name so coaches can find you. Add your position — skip the meme handle.

2

BIO = MINI RECRUITING CARD

Grad year, school, height/weight, key numbers (velo, 60, exit velo), GPA, commitment status.

3

BANNER & PHOTO LOOK THE PART

Action shot in uniform for the profile photo. Team logo or stat graphic for the banner.

4

PIN YOUR BEST HIGHLIGHT

Your pinned post is the first thing a coach sees — make it your most complete reel.

5

ONE LINK. HUDL ONLY.

Coaches want game film fast. A direct Hudl link beats a personal website or link tree.

6

CLEAN THE FEED

Scroll your last 50 posts like a coach would, and delete anything you wouldn't want seen.



THE NCAA 5-IN-5 ELIGIBILITY MODEL

Division I's new age-based eligibility framework, effective 2026-27. Here's what it means for you.

Your 5-year clock starts: at high school graduation, or the year you turn 19 — whichever comes first.

WHAT YOU GAIN

1

A FULL FIFTH SEASON TO PLAY

Five seasons in five years — every season now counts toward your eligibility, with no games lost to redshirt bookkeeping.

2

SIMPLER, MORE PREDICTABLE RULES

One age-based framework replaces the old patchwork of redshirts and hardship waivers, so your eligibility is easier to track from day one.

3

A CLEAR RUNWAY FROM THE START

You'll know your full five-year window before you ever step on campus — easier to plan your development, transfers, and recruiting timeline around.

MLB COMBINE BENCHMARKS



Average vs. elite performance ranges seen at high-level combines. Use these as training targets, not pass/fail lines.

01 — SPEED

AVG HOME-TO-1B (RHH) **4.2–4.4**

ELITE HOME-TO-1B (RHH) **Sub-4.2**

AVG 30-YD SPRINT **3.7–3.9**

ELITE 30-YD SPRINT **Sub-3.7**

02 — BATTED BALL POWER

AVG EXIT VELOCITY **95–100 mph**

ELITE EXIT VELOCITY **105–110+ mph**

03 — THROWING VELOCITY

AVG PITCHING VELO **90–94 mph**

ELITE PITCHING VELO **95–100+ mph**

04 — EXPLOSIVENESS

AVG VERTICAL JUMP **26–30 in**

ELITE VERTICAL JUMP **32–36+ in**

AVG BROAD JUMP **8'6"–9'6"**

ELITE BROAD JUMP **9'6"–11'+**



VELOCITY SCALE

A pitcher velocity lookover scale. Velocity is one part of the equation — command, movement, and performance still matter most.

SCORE	RECRUITING LEVEL	RHP	LHP
8	POWER 4 IMPACT Elite arm talent, stands out anywhere.	93+	90+
7	POWER 4 / HIGH MAJOR High-level stuff, strong bat-missing potential.	90–93	87–90
6	MID-MAJOR D1 College-average velocity, effective at the level.	87–90	84–87
5	TOP D2 / TOP JUCO Above-average, can be an impact arm.	86–89	83–86
4	TOP D3 / STRONG NAIA Average velocity, competitive with the right stuff.	82–85	79–82
3	AVERAGE D3 / NAIA Success depends on command and pitching IQ.	79–82	77–80
2	LOWER D3 / DEV. COLLEGE Limited velocity, needs strong command.	77–80	74–77
1	JV / DEVELOPMENTAL Focus on building strength, mechanics, and skill.	76–	73–

SPEED SCALE



Where you are, where you're headed — a 60-yard dash lookover scale mapped to recruiting level.

SCORE	RECRUITING LEVEL	60-YD DASH
8	POWER 4 IMPACT Elite level, rare, game-changing speed.	6.60 & faster
7	POWER 4 / HIGH MAJOR Above-average D1, consistent impact.	6.61 – 6.70
6	MID-MAJOR D1 / TOP D2 / TOP JUCO College-average D1, solid on-field athlete.	6.71 – 6.85
5	TOP D3 / STRONG NAIA / AVERAGE D2 Good speed for the level, can contribute.	6.86 – 7.00
4	LOW D2 / AVERAGE JUCO Below average, room to improve.	7.01 – 7.10
3	AVERAGE D3 / LOW NAIA Average speed, room to improve.	7.11 – 7.25
2	LOWER D3 / DEVELOPMENTAL COLLEGE Below average, major limitation.	7.26 – 7.50
1	DEVELOPMENTAL Extremely slow, highly limiting.	7.51 & slower

EXIT VELOCITY SCALE



A batted-ball exit velocity lookover scale. Approach and swing decisions still separate hitters at every level.

SCORE	RECRUITING LEVEL	EXIT VELO
8	POWER 4 IMPACT Elite bat speed — top-of-scale raw power at national showcase events.	97+ mph
7	POWER 4 / HIGH MAJOR Premium raw power, consistently loud contact at the highest levels.	92–96 mph
6	MID-MAJOR D1 The modern D1 baseline — the number most D1 programs want to see first.	88–91 mph
5	TOP D2 / TOP JUCO Above-average pop, can play up a level with the right approach.	85–87 mph
4	TOP D3 / STRONG NAIA Competitive at the level — average power with room to add strength.	82–84 mph
3	AVERAGE D3 / NAIA Contact-over-power profile; approach and consistency matter more here.	79–81 mph
2	LOWER D3 / DEV. COLLEGE Below-average raw power — contact skills need to carry the profile.	76–78 mph
1	JV / DEVELOPMENTAL Focus on bat speed and strength foundations before chasing exit velo.	75– mph

Benchmarks reflect published high school showcase-circuit reporting (Perfect Game, Prep Baseball Report) and college recruiting aggregators — individual results vary by bat, event, and measurement system.

TRAIN FOR THE **NUMBER** YOU NEED

Every showcase, every training block, every offseason — it all comes back to closing the gap between where you are and where the level you want requires you to be. That's what we build.



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