

NORTHERN SUN INTERCOLLEGIATE CONFERENCE
WOMEN'S BASKETBALL HANDBOOK
2024-25 EDITION
(July 2024)

1 SPORT OPERATING PRINCIPLES.

1.1 Chairperson and secretary rotation plan:

| | |
|---------|--|
| 2022-23 | Concordia, St. Paul/Northern State |
| 2023-24 | Northern State/MSU Moorhead |
| 2024-25 | MSU Moorhead/Southwest Minnesota State |

1.2 The first date of formal practice and contests must be consistent with NCAA rules.

1.3 The maximum number of events per year shall not exceed the limit established by NCAA rules.

2 CONFERENCE COMPETITION SCHEDULE.

2.1 Conference Champion. The Regular Season Conference Champion is the team with the highest percentage based on wins and losses and shall be awarded a trophy. In the case of a tie, co-champions will be crowned.

2.1.1 A first-place trophy will be awarded to the Conference Champions and certificates will be awarded to the team (players, manager, athletic trainer, coaching staff).

2.2 Flexible scheduling policy.

2.2.1 If a request for a change in the schedule arises, the requesting institution's administrator must initiate the conversation with the administrators of the other three teams involved in the weekend. The administrators of the four involved teams will determine if the schedule change can occur and the changes must be agreed upon by all four institutions involved. If changes occur, the order of opponents must remain as originally scheduled and the games must remain as double-headers. All schedule changes must be submitted to the conference office by June 1st.

2.2.2 For contests scheduled during the week immediately preceding the NCAA winter break period (2023-24 schedule: December 12-16; 2024-25 schedule: December 17-21), institutions have the flexibility to move the contests (order of play must remain the same) to a different date of competition within the permissible window of dates as outlined below. The use of flexibility must be mutually agreed upon by the involved institutions' directors of athletics and the contests do not need to remain a double-header. *(Revised: 4/3/23)*

2.2.2.1 Permissible window of dates: Monday that week of competition until the last permissible date preceding the winter break period (2023-24 schedule: December 11-19 & 2024-25 schedule: December 16-22). *(Revised: 4/3/23)*

2.2.3 For hybrid weekends (one home/one away within a weekend), the Thursday contest may be played on Wednesday if mutually agreed upon by the involved institutions' administration and does not need to remain a double-header. *(Adopted: 4/18/24)*

3 REGULAR SEASON PROCEDURES.

3.1 Game Times.

- 3.1.1 For the 2023-24 & 2024-25 NSIC basketball schedules, which gender will compete first in the double-header contest is predetermined each week. For each week's order of play, reference the schedule. *(Revised: 4/15/21)*
- 3.1.2 Weeknight Start Times: Weeknight double-header conference games will be played at 5:30 p.m. and 7:30 p.m. *(Revised: 4/15/21)*
- 3.1.3 Saturday Start Times for Consecutive Friday/Saturday Contests: The host institution shall establish the Saturday start time. A requirement of at least 22 hours between the start of a consecutive Friday/Saturday contest must be scheduled. *(Revised: 4/15/21)*
- 3.1.4 Hybrid Saturday Start Times: For Saturday games that are played on non-consecutive days, the host institution shall establish the double-header start time between noon and 6 p.m. *(Revised: 4/15/21)*
- 3.1.5 The first midweek game (outlined in week 1) may be played at any point in the season that is mutually agreed upon by the involved institutions and does not need to be a double-header. The remaining midweek contests must remain a double-header and cannot be moved to another point of the season. *(Revised: 3/2/23)*
- 3.1.6 Games cannot begin prior to the scheduled time.

3.2 Shoot Arounds Times.

- 3.2.1 **Weekday Shoot Around Times.** The preferred shoot around time for the visiting basketball team playing the first game of the double-header shall be 11:00 a.m., and for the visiting basketball team playing the second game of the double-header shall be 2:00 p.m. If times need to be adjusted, no visiting teams will be required to shoot before 9:00 a.m. *(Revised: 4/15/21)*
 - 3.2.1.1 Teams will be provided a minimum of 45 minutes for shoot around; 60 minutes for shoot around is preferred.
 - 3.2.1.2 Shoot around times should be scheduled in the competition facility whenever possible and only at an alternate site when there is a documented facility conflict. If the competition site is unavailable to the visiting team because of scheduling conflicts, the home team must be scheduled in the alternate site also.
 - 3.2.1.3 Shoot around schedules should be finalized at least three days in advance of competition. Scheduling issues that operate outside these protocols and cannot be mutually resolved between all four teams (women's/men's; visitor/home) will be referred to the conference office for a final scheduling decision.
- 3.2.2 **Saturday Shoot Around Times:** The host institution shall establish shootaround times. No visiting team will be required to shoot before 9:00 a.m. *(Adopted: 5/13/2024)*
 - 3.2.2.1 Teams will be provided a minimum of 45 minutes for shoot around; 60 minutes for shootaround is preferred.
 - 3.2.2.2 Shoot around times should be scheduled in the competition facility whenever possible and only at an alternate site when there is a documented facility conflict. If the competition site is unavailable to the visiting team because of scheduling conflicts, the home team must be scheduled in the alternate site also.
 - 3.2.2.3 Shoot around schedules should be finalized at least three days in advance of competition. Scheduling issues that operate outside these protocols and cannot be mutually resolved between all four teams

(women's/men's; visitor/home) will be referred to the conference office for a final scheduling decision.

3.3 Game Day Protocol. Reference Appendix A for Game Day Protocols.

3.4 Media Timeouts.

- 3.4.1** Media Timeouts. There shall be four (4) electronic-media timeouts that are the length determined by the electronic-media agreement. There must be one electronic-media timeout in each period that occurs at the *first team-called timeout above the 5-minute mark of each quarter or the first dead ball at or below the 5-minute mark.*
- 3.4.2** The intermission between quarters may be used as an electronic-media timeout.
- 3.4.3** The first team-called timeout in the second half will become an electronic-media timeout.
- 3.4.4** Team-called timeouts. Each team is entitled to four (4) team-called timeouts (three 30-second timeouts and one 60-second timeout.) The 60-second timeout may be used in either the first half or second half. No more than four timeouts carry over to the second half.
- 3.4.5** In an extra period, each team receives one 30-second timeout in addition to any timeouts it has not used previously in the second half.
- 3.4.6** In any extra period, there will NOT be a media timeout.
- 3.4.7** Appeals permitted under current rule would still be permitted and a team would be charged a 30-second timeout or whatever length of timeout is left when there are no more 30-second timeouts when the appeal does not result in a change.

3.5 Official Game Ball. The official basketball for all conference games shall be the Wilson Evo NXT. (*Revised: 8/19/21*)

3.6 Roster Size. The size of the varsity squad shall be institutionally determined.

3.7 Game Management.

- 3.7.1** The court must be available prior to the start of a NSIC game no later than 60 minutes prior to tip-off for a single game or the first game in a double-header. A minimum of 20 minutes of warm-up time must be provided on the court prior to the start of the second game in a double-header. (*Revised: 4/15/21*)
- 3.7.2** **Crowd control.** The following crowd control procedures will be used for both conference and non-conference contests.
 - 3.7.2.1** The band must be placed on the home team's half of the floor, either across from the home team's bench or under the basket on that end of the floor.
 - 3.7.2.2** It is required that at least the first three (3) rows behind the visiting team's bench be used as a "buffer zone" and reserved for visiting spectators. The "buffer zone" must exist regardless of the number of fans seated in the area. The area must extend from the scorer's table to the end of the bench.
 - 3.7.2.3** Fans must not come within six feet of the playing area. Thus, there must be a six-foot boundary between the fans and the out of bounds lines.
 - 3.7.2.4** Per the NCAA Basketball Rules and Interpretations, the use of musical instruments and/or amplified music during any dead ball is allowed as outlined in the NCAA Basketball Rules and Interpretations.
 - 3.7.2.5** The host institution must have a written public statement at the scorer's table relative to the prosecution of any individual(s) seen throwing

objects on the floor. It is recommended the public-address announcer read the statement prior to the beginning of the contest.

3.8 Uniforms.

- 3.8.1 Double-header conference games: Visiting teams traveling for conference Friday/Saturday road games shall wear dark uniforms on Friday and light uniforms on Saturday.
- 3.8.2 Hybrid Thursday/Saturday weeks: Visiting teams traveling for the conference road game shall wear dark uniforms. *(Revised: 4/15/21)*
- 3.8.3 Midweek conference games: Visiting teams traveling for conference road games shall wear dark uniforms.

4 CONFERENCE TOURNAMENT PROCEDURES.

4.1 Automatic Qualifier. The winner of the conference tournament is the NSIC Basketball Tournament Champion and is the recipient of the automatic qualifier into the NCAA Tournament.

4.2 The NSIC Basketball Tournament is a twelve-team tournament and will be seeded using overall conference win percentage. Reference Appendix B for the 2025 NSIC Basketball Tournament Bracket. *(Revised: 5/26/23)*

4.3 Seeding. The tie-breaking criteria for seeding into the NSIC Post Season Tournament will be as follows. The formula will be used to break the highest-seeded tie first according to the overall standings.

Note: If more than two teams are tied the group of teams will be evaluated as a whole, breaking all ties simultaneously. If there is a tie within the tie, the involved teams will be pulled, and the tie-breaking process will restart. Once the tie within the tie is broken, the involved teams will be seeded back into the appropriate position in the original tiebreaker group. For ties that involve more than two teams, head-to-head will only be used if all involved teams played an equal number of times; the teams will be seeded based on their win/loss percentage using the games played head-to-head. *(Revised: 5/26/23)*

- 4.3.1 Head-to-head, if two games are played.
- 4.3.2 Point rating system – based on conference games only.

POINTS

| | | |
|---|--------------------------|---|
| 7 | Win on road $\geq .750$ | |
| 6 | Win at home $\geq .750$ | Win on road $\geq .500$ |
| 5 | Win at home $\geq .500$ | Win on road $\geq .250$ |
| 4 | Win at home $\geq .250$ | Win on road $\leq .250$ |
| 3 | Win at home $\leq .250$ | Loss at home $\geq .750$ Loss on road $\geq .750$ |
| 2 | Loss at home $\geq .500$ | Loss on road $\geq .500$ |
| 1 | Loss at home $\geq .250$ | Loss on road $\geq .250$ |
| 0 | Loss at home $\leq .250$ | Loss on road $\leq .250$ |

- 4.3.3 Head to head if one game is played.
- 4.3.4 Head-to-head competition of descending teams (win/loss record against teams who finished highest in standings).
 - 4.3.4.1 If the tied teams played the first place finisher an unequal number of times, then the team that played the first place finisher one time determines the like situation to be used from the other tied team. For example, Team A and Team B are tied, Team A played Team C one time (at Team C) and

Team B played Team C two times (home and away); because Team A played Team C at Team C, Team B's game at Team C would be the result used in the comparison. If both teams played the first place finisher one time, but one was at home and the other on the road, the game is still used as the comparison.

4.3.4.2 If the tie still exists after comparison to the first place team, then the comparison moves to results versus the final second-place finisher, and so on.

4.3.5 Higher point differential in conference games only.

4.3.6 Coin flip.

5 VIDEO EXCHANGE/SCOUTING.

5.1 Video Exchange Policy. The NSIC video exchange policy shall be as follows:

5.1.1 All games scheduled from November 11 thru the duration of the regular season must be uploaded.

5.1.2 All Non-Conference games will be uploaded (home & away) to Synergy within 24 hours after the game, or 24 hours after getting back to campus after a road game. If they are tournament games, they would need to be uploaded 24 hours after the last game. The home team will upload all conference games within 5 hours of the completion of each game.

5.1.3 Sound is NOT required on this exchange system.

5.1.4 It is permissible to provide the visiting team internet access in the gym.

5.1.5 The home team is required to distribute a copy of the immediate game film on DVD or jump drive prior to the visiting team departing from the site of competition.

5.2 Scouting Policy.

5.2.1 No scouting information, verbal, or video shall be given to any team by members of the conference about another conference member.

5.2.2 Videotaping of any conference team is prohibited unless you are taping your own team.

5.2.3 In-person scouting will be permissible only during any non-conference game.

5.2.4 NSIC Tournament Scouting. In person scouting of first round NSIC Tournament is allowed. The home team will upload all home site tournament games within 5 hours of the completion of the game. All semifinal games must be put onto a flash drive for the participating schools.

6 WEBCASTING.

6.1 All webcasting requirements are available at: <https://northernsun.org/webcastinghandbook>.

7 AWARDS.

7.1 Player of the Week. The NSIC Office will select the Player of the Week based on the following criteria.

7.1.1.1 Overall stat line for week.

7.1.1.1.1 Points per game/shooting percentage.

7.1.1.1.2 Rebounds per game/assists per game.

7.1.1.1.3 All other stats.

7.1.1.2 Consistency for the week.

7.1.1.3 Team's win/loss record for week.

7.1.1.4 If necessary; strength of opponent.

- 7.1.2 Basketball will have one player of the week selected, but also include in the release, four other top players to complete the “Shining 5”. The weekly releases for basketball will remain similar to the past, with the player of the week being highlighted, but replace “Other Top Performers” with “Shining 5” player information. No other player notes will be included in the release. (*Adopted: 8/17/23*)

7.2 All-Conference Selections. An All-Conference team shall be selected annually by vote of the conference basketball coaches at the completion of conference play.

- 7.2.1 **Team Breakdown.** 1st Team All-Conference will be the top 12-point winners (1-12). 2nd Team All-Conference will be the second 12 highest point winners (13-24).
- 7.2.2 **Nomination Procedure.** All coaches shall nominate all players from their team that they feel are worthy of All-Conference consideration.
- 7.2.2.1 Nominations are due as instructed by the Conference office.
- 7.2.2.2 The conference office will compose a master voting ballot with all nominated players listed including a stat line for each player.
- 7.2.3 **Voting Process.** Each coach will receive a master voting ballot from the conference office and vote by using the 5 and 3-point system.
- 7.2.3.1 The top twelve players according to a coach each shall get 5 points, the next best twelve players will get 3 points each. All coaches will vote for 24 players (excluding members of their own team).
- 7.2.4 Each player named to the All-Conference basketball first team shall receive a plaque and second team members will receive conference certificates.

7.3 Individual Awards.

- 7.3.1 Individual Awards include MVP, Defensive Player of the Year, and Freshman of the Year. (*Revised: 9/10/21*)
- 7.3.1.1 **Nomination Process.** Coaches shall nominate all players from their team that they feel are worthy for the individual awards.
- 7.3.1.2 **Voting Process.** All coaches will vote for each category, using the 5 and 3-point system.
- 7.3.1.2.1 Coaches may not vote for their own players.
- 7.3.2 **Coach of the Year.** The sport of basketball will honor a Coach of the Year. All coaches' names shall appear on the All-conference ballot. Tie votes shall result in a vote between those particular individuals and one coach will be awarded the Coach of the Year. There will be no ties.
- 7.3.3 **NSIC Outstanding Senior of the Year Award.**
- 7.3.3.1 The recipient shall be a four-year student-athlete at her institution, be a full-time regularly enrolled graduating senior competing in the NSIC.
- 7.3.3.2 She shall be an academically sound student that has made a positive contribution to her team and institution.
- 7.3.3.3 Each year the NSIC Basketball Coaches may nominate one qualifying senior to be voted on during the NSIC All Conference Voting process. Coaches are asked to submit student-athletes roster information and GPA along with a supporting paragraph of the nominee's season, career accolades and positive contributions to her institution. Coaches are NOT allowed to vote for their own players.
- 7.3.3.4 A trophy/plaque shall be sent to the winner of the award as well as the member institution she represented in the Conference.
- 7.3.3.5 The NSIC release will come out the day following the all-conference release. The winner will also be recognized during the quarterfinal round

of the NSIC Basketball Tournament, either pregame on court (if applicable) or during PA announcements during the tournament.

APPENDIX A

NSIC Basketball Pre-Game Procedures and Timelines Women's Basketball – 5:30 p.m. Start Conference/Non-Conference Doubleheaders

| <u>Game Clock-Time Prior to Game</u> | <u>(Time of Day)</u> | <u>Activity</u> |
|--------------------------------------|----------------------|--|
| Pre-game Warm-up | | |
| 60:00 - Game clock starts | (4:25 p.m.) | Mandatory Court Availability |
| 15:00 | (5:10 p.m.) | Officials take court |
| 0:00 | (5:25 p.m.) | Horn sounds NSIC Influencers of Change Pledge National Anthem |
| 0:00 | | Starting line-ups will be done by the visiting team starters first followed by the home team starters. If spotlights are used or any type of line-up show the visiting team does not have to be treated equally. |
| 0:00 | (5:30 p.m.) | Tip-off |
| 10:00 (Quarter #1) | | |
| 0:00 | | 75 seconds intermission between quarters. |
| 10:00 (Quarter #2) | | |
| Halftime- 15 Minutes | | |
| 15:00 | | Clock starts when teams leave court |
| 5:00 | | Head coach notified of time remaining |
| 3:00 | | Court cleared for team warm-up |
| 0:00 | | Second half start |
| 10:00 (Quarter #3) | | |
| 0:00 | | 75 seconds intermission between quarters. |
| 10:00 (Quarter #4) | | |

*Extra periods. Shall be five (5) minutes each in length with a one-minute intermission before each.

*There must be one electronic-media timeout in each period that occurs at the first team-called timeout above the 5-minute mark of each quarter or the first dead ball at or below the 5-minute mark.

*Halftime cannot be extended past 15 minutes and halftime ceremonies shall not be longer than 10 minutes. Special ceremonies may take place between games as long as they do not exceed 10 minutes prior to the 20-minute warm-up period. Special circumstances that do not follow NSIC protocol for special ceremonies may be worked out between coaches. Visiting coaches should be notified by Wednesday prior to the Friday or Saturday game.

NSIC Basketball Pre-Game Procedures and Timelines
Women's Basketball – 7:30 p.m. Start
Conference/Non-Conference Doubleheaders

| <u>Game Clock-Time Prior to Game</u> | <u>(Time of Day)</u> | <u>Activity</u> |
|--|----------------------|--|
| Pre-game Warm-up | | |
| 20:00 | (7:05 p.m.) | Clock starts for warm-ups |
| 15:00 | (7:10 p.m.) | Officials take court |
| 0:00 | (7:25 p.m.) | Horn sounds NSIC Influencers of Change Pledge National Anthem |
| 0:00 | | Starting line-ups will be done by the visiting team starters first followed by the home team starters. If spotlights are used or any type of line-up show the visiting team does not have to be treated equally. |
| 0:00 | (7:30 p.m.) | Tip-off |
| <i>Note: The second game of a double-header cannot begin prior to 7:30 p.m. Time may need to be adjusted for late tip-off.</i> | | |
| 10:00 (Quarter #1) | | |
| 0:00 | | 75 seconds intermission between quarters. |
| 10:00 (Quarter #2) | | |
| Halftime- 15 Minutes | | |
| 15:00 | | Clock starts when teams leave court |
| 5:00 | | Head coach notified of time remaining |
| 3:00 | | Court cleared for team warm-up |
| 0:00 | | Second half start |
| 10:00 (Quarter #3) | | |
| 0:00 | | 75 seconds intermission between quarters. |
| 10:00 (Quarter #4) | | |

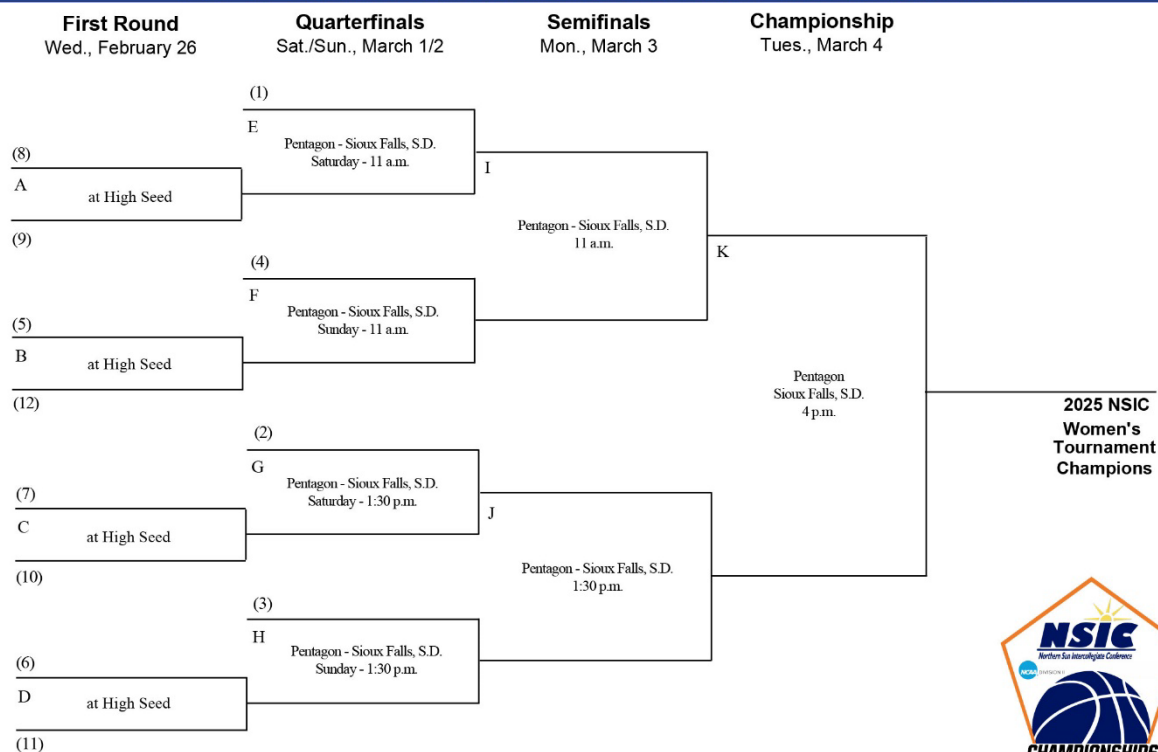
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*There must be one electronic-media timeout in each period that occurs at the first team-called timeout above the 5-minute mark of each quarter or the first dead ball at or below the 5-minute mark.

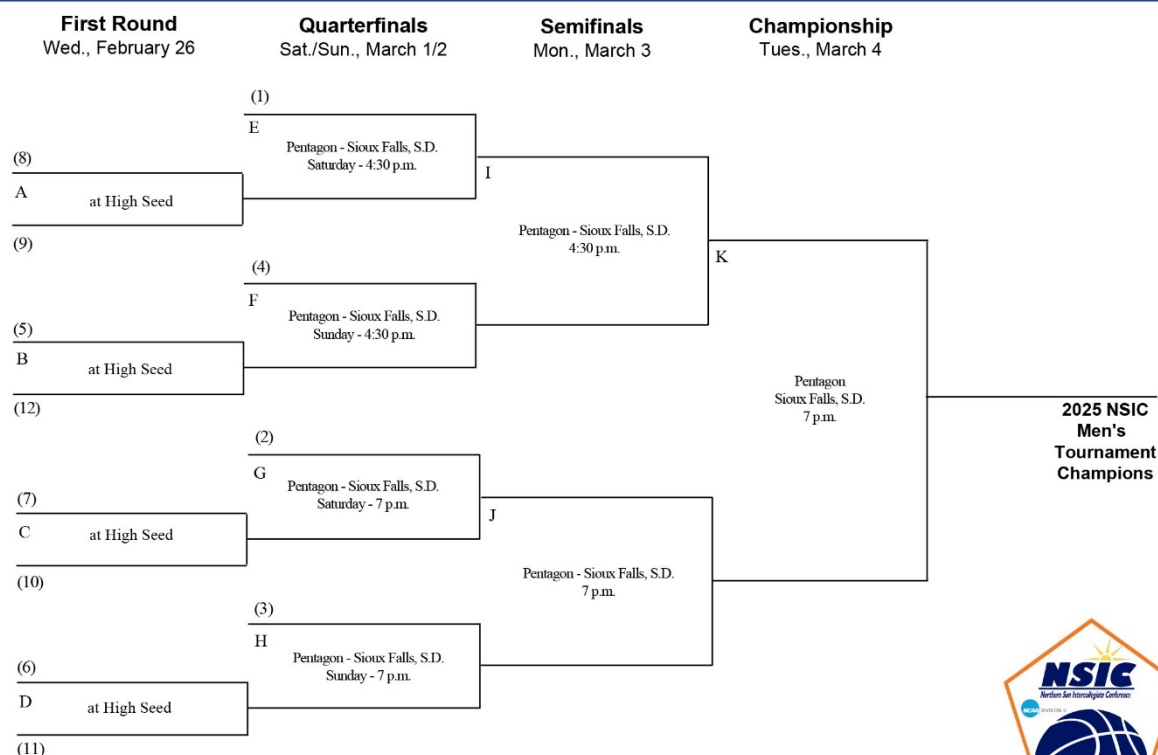
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APPENDIX B

2025 NSIC WOMEN'S BASKETBALL TOURNAMENT



2025 NSIC MEN'S BASKETBALL TOURNAMENT



*The bracket will not be reseeded after first-round games.