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GENERAL PLAYING GUIDELINES
• Scheduling/Support Guidelines
  o Start times/Scheduling:
    ▪ Start times for mid-week, weekday doubleheaders are recommended to begin no later than 3:00 p.m.
    ▪ Start times for all weekend games should be no earlier than 1:00 p.m. and no later than 3:00 p.m. on Saturday and 12:00 p.m. on Sunday unless mutually agreed upon by both institutions.
    ▪ In 2019, teams will play a four-game series with two doubleheaders over two days: First doubleheader - one 9-inning game and one 7-inning game; Second doubleheader - two 7-inning games). To be reevaluated prior to the 2020 season. (May 2018)
    ▪ In region contests are split with one double header at each site. Out of region contests are played at the site of one opponent, with locations rotating each year.
    ▪ NCAA guidelines for extra innings will apply.
  o Back-to-back games:
    ▪ Host team should wear their home (light) uniforms on the first day of competition and their away (dark) on the second day of competition of back-to-back play.
  o Playing Agreement:
    ▪ The NAC has a playing agreement with the City University of New York Athletic Conference (CUNYAC) for the 2019 and 2020 seasons.
      • No regular-season contests will be played between the two conference’s, but a combined conference championship will be played.
  o Cancellations/Rescheduling:
    ▪ Conference members must make conference games their first priority at all times. All cancelled games should be made up if at all possible. All changes must be communicated to the conference office.
    ▪ The conference commissioner has the authority (in consultation with the executive committee) to adjust conference schedules in order to ensure the completion of regular season games. The coaches’ chairperson will be consulted when the commissioner invokes this authority. If the chairperson is involved, the vice chair will be consulted. If both the chair and vice chair are involved, no coaches will be consulted.
    ▪ In the event that a contest is moved due to unplayable field conditions, the original host will remain the home team, regardless of the new location (i.e. neutral field, opponent’s field).
    ▪ As permitted by Section 9, all NAC Conference games will utilize the halted game rule when a contest is in progress and cannot be completed that day. The NCAA rule states:

SECTION 9. Halted Game
  a. A game that has been stopped at any time after its start because of inclement weather, darkness, light failure or curfew may be continued by mutual agreement reached before the start of the contest by the competing institutions, or according to conference or tournament
policy, to a predetermined point of completion. Any such game must meet the conditions of Rule 5-8 to be considered a regulation game. A halted game is for special conditions and is not intended to supersede the conditions of a regulation game.

b. A halted game must resume play at exactly the point of being halted, with the lineups and batting orders of both teams exactly the same, subject to the rules of substitution; any player (or pitcher) who played, or was announced as a substitute before the game was halted, must be in the lineup when play resumes or be ineligible for the remainder of the game.

c. The Halted-Game Procedure also may be used in nonconference games, but this agreement clearly should be understood and mutually be agreed upon by the coaches and directors of athletics of the competing institutions before the start of the contest.

RULE 5/The Game — Its Beginning and Ending

d. If a league, conference or tournament committee wishes not to be bound by the tie-game rule and wishes to complete a regulation tie game from the point at which the game was halted, it may do so by stating same when formally opting to use the halted-game rule. Otherwise, a game stopped with the score tied is considered a tie game, not a halted game.

e. When a halted game is part of a doubleheader, it shall be the first game, and the second game shall be the regularly scheduled game for that date; if a doubleheader is scheduled, it shall be the first game of three games.

- Travel Support:
  - Lodging - The host institution shall assist all NAC institutions by providing a list of hotel accommodations in the area.

- Conference Scouting Policy:
  - It is permissible to share scouting information on conference members with other conference members. It is impermissible to share any information beyond video on conference members with non-conference institutions.

- Home Team Responsibilities
  - Setting competition times/sites-i.e. if a venue is not playable, if there are two games, etc.
  - Providing a field that meets minimum NAC regulation standards.
  - Providing a certified athletic trainer at each contest.
    - All visiting teams must provide their own training supplies.
  - Providing game personnel including: two umpires, an official scorer, a statistics keeper/crew, ball persons, crowd control, grounds crew, etc.
  - Providing event programs including at minimum the lineups for each team.
  - Providing locker rooms for the visiting team at all games.
  - All home games should be supervised by an athletic administrator/site director who is responsible for sportsmanship/behavior of fans.
  - If at an off-campus venue, the home team is responsible for having a game administrator present at least one hour prior to the contest to greet the visiting team.
o Announcing the following NCAA sportsmanship advisory prior to each game:

_The NCAA, (competing institution names), and the North Atlantic Conference promote good sportsmanship by the student-athletes, coaches and spectators at today’s/tonight’s contest. We request your cooperation by supporting the participants and officials in a positive manner. Profanity, racial or sexist comments, or other intimidating actions directed at officials, student-athletes, coaches or team representatives will not be tolerated and are grounds for removal from (site of competition). Any spectators that enter the playing area during a contest, will be removed from (site of competition)._ 

• **Official Conference Ball**
  - Rawlings NCAA Ball FSR1NCAA; to be used through the 2020-21 season.
  - As of 2013, the NAC has entered into an agreement with Rawlings. See contract for details.

• **Awards**
  - It is the responsibility of each institution to submit nominations for their student-athletes for weekly (SIDs) and annual awards (Coaches) through the NAC website.
  - Weekly awards will begin the Monday following the first week of competition in which at least half of the member schools have competed. Weekly honors will conclude the Monday following the NAC Championship. Weekly nominations are due Monday at 10:00 a.m. and winners will be selected by the conference staff. The following weekly awards will be selected for Baseball:
    - Player of the Week
    - Pitcher of the Week
    - Rookie of the Week
  - Nominations for annual awards will be submitted by the conference coaches through the conclusion of regular season conference play. Annual awards will be selected through a vote by conference coaches and will be announced no later than the Thursday before the NAC Championship. Baseball will select the following annual awards:
    - Player of the Year
    - Pitcher of the Year
    - Rookie of the Year
    - Coach of the Year
    - Sportsmanship Team
    - Senior Scholar Athlete of the Year
    - All-Conference First and Second Team
o All-Conference First and Second Teams
  ▪ All-conference first and second teams will consist of 2 pitchers, 1 catcher, 1 first baseman, 1 second baseman, 1 shortstop, 1 third baseman, 1 utility player and 3 outfielders.
  ▪ Coaches may nominate up to SIX players from their own team regardless of position using the All-Conference Team form. Overall statistics will be included on the ballot.

o Regional and National Award Voting
  ▪ Coaches are strongly encouraged to become members of their respective coaching groups and to nominate worthy players and teams for award consideration. Participation in the voting process is strongly encouraged to increase the potential for the recognition of NAC student-athletes on the regional and national stages.

• Sports Information
  o Maintaining an accurate schedule, including non-conference contests and notifying the conference office when there are postponements and cancelations.
  o Maintaining an accurate stat roster on the NAC website.
  o Submitting the score of all home contests and away non-conference contests to the Conference through the NAC website as soon as contests are complete.
  o Sending packed stat game file to the visitor and uploading the file to both the NAC website and the NCAA statistics and score reporting site following the contest.
  o Submitting nominations for weekly honors and recaps through the NAC website.
  o Assisting in the submission of nominations and votes for annual awards through the NAC website.
2019 Sportsmanship Initiative
Baseball
“Creating an atmosphere of respect.”

At the direction of the North Atlantic Conference Presidents and with the support of the Directors of Athletics, the conference embraces the theme "Creating an Atmosphere of Respect" for each of our sports. The ultimate goal for the NAC is to create an atmosphere that places the highest regard for exemplary behavior of all participants, coaches, administrators, fans and officials. As a means to move to this end, the NAC initiative was created and is comprised of the following primary elements:

Behavioral Objectives for “Creating an atmosphere of respect” Initiative

- Baseball Coaches will engage in the process of “Creating an atmosphere of respect” by agreeing to basic behaviors that will be expected of all conference members. In turn, they will share this information with their respective teams and set the highest of expectations for achieving program objectives.
- All conference members will show respect for the opponent, teammates, coaches, officials and the game.
- Coaches will interact with game officials in a respectful manner.
- Coaches will address issues regarding inappropriate bench behavior and will support the NCAA "Bench Jockeying" Rule.
- As official protocol, a pre-game handshake at home plate between Head Coaches will serve as a symbolic gesture for creating the desired atmosphere.
- Following each NAC Conference Series, visiting coaches and event managers will have the option to provide feedback on the behavior of other coaches, student-athletes and fans through the use of an evaluation tool aimed not at punitive action but on the enhancement of all NAC programs. To access the online form, go to www.nacathletics.com, select Inside the NAC and from Member Services, click on Contest Feedback form. The Commissioner will follow up with appropriate individuals on all feedback submitted.

NAC Expectations for Good Sportsmanship (from NAC Bylaws):

- Observing and supporting the rules of the game.
- Promoting the spirit as well as the letter of the rules.
- Placing fairness first as a goal in all competition.
- Taking personal responsibility for high standards of play and conduct.
- Showing civility toward competitors, coaches and officials.
- Playing cleanly while playing hard.
- Showing maturity and integrity in conduct on and off the field of play.
- Being a gracious competitor and accepting both wins and losses with dignity.

We all benefit by “Creating an Atmosphere of Respect.”
CHAMPIONSHIP GUIDELINES

• 2019 North Atlantic Conference Championship Dates and Format
  o Coaches Chair: Greg King, Thomas
  o Coaches Vice Chair: Jason Harvey, Husson
  o Sport Liaison: Dan Kane, UMPI
  o Last play date: Monday, April 29, 2019
  o Seeding will take place following the completion of all conference contests.
  o The NAC Tournament Format will be as follows:
    ▪ Top FOUR teams qualify for the double-elimination tournament
      hosted by the #1 seed (all games will be 9-innings).
    ▪ Played on Friday - Sunday, May 3 - 5, 2019.
      - Friday (3 Games); Saturday (2 Games); Sunday (1-2 Games)
  o The NAC/CUNYAC Tournament Format and Information will be as follows:
    ▪ The NAC champion and CUNYAC champion will compete for an
      automatic bid into the NCAA Tournament.
    ▪ A best-of-three series will be played the second weekend of May with
      the NAC Champion serving as the host in 2019 and the CUNYAC
      Champion serving as the host in 2020.
      - Friday (1 Game-9 innings); Saturday (2 Games, 7-7); Sunday
        (rain date)
      - Dates and times can be altered to accommodate academic
        and/or graduation issues.
    ▪ NAC Championship Guidelines will be used for the Championship
      - CUNYAC will pay for streaming, umpires and awards

• NAC Tournament Game Times
  o Venue without Lights
    Friday, May 3, 2019
    Game 1  #1 v #4  9:00 a.m.
    Game 2  #2 v #3  12:00 p.m.
    Game 3  Loser of Game 1 v Loser of Game 2  3:00 p.m.
    Saturday, May 4, 2019
    Game 4  Winner of Game 1 v Winner of Game 2  9:00 a.m.
    Game 5  Winner of Game 3 v Loser of Game 4  12:00 p.m.
    Sunday, May 5, 2019
    Game 6  Winner of Game 4 v Winner of Game 5  10:00 a.m.
    Game 7  If necessary (30 minutes after completion of Gm6)
  o Lighted Venue
    Friday, May 3, 2019
    Game 1  #1 v #4  12:00 p.m.
    Game 2  #2 v #3  3:00 p.m.
    Game 3  Loser of Game 1 v Loser of Game 2  6:00 p.m.
    Saturday, May 4, 2019
    Game 4  Winner of Game 1 v Winner of Game 2  TBD
    Game 5  Winner of Game 3 v Loser of Game 4  TBD
Sunday, May 5, 2019
Game 6  Winner of Game 4 v Winner of Game 5  10:00 a.m.
Game 7  If necessary  (30 minutes after completion of 6)

Note: In the case that a Game 7 is necessary, the teams will reverse home and away designation from Game 6 regardless of the below home team guidelines, but remain in the same dugout and uniforms.

- Host of Final Four, will retain 3 umpires for all games during the double-elimination portion of the tournament (updated 11/12/08).
- Game times listed for Championships are preferred. In cases where a disagreement occurs between the competing institutions, or when both institutions would like to schedule outside of the preferred game times, an Ad Hoc Committee will convene to make a determination. The committee will include Championship Chairperson, Commissioner, and Sport Liaison (unless the Sport Liaison is from one of the institutions competing, then another Administrator will be selected by the Commissioner).
- Home Team Determination:
  - Games 1 and 2: the higher seed shall be designated the home team.
  - Games 3, 4 and 5:
    - The institution that has been the home team the fewer number of times.
    - If the two teams are equal in this respect but unequal in the number of times they were the visitor, then the team that has been the visitor more often shall be designated the home team.
    - If the two teams are equal in the number of times that they have been home and visitor, the following procedures shall be observed:
      - If the two teams have met previously, the visitor in the previous game shall be the home team in the game in question.
      - The team that was visitor in its preceding game shall be the home team, unless both teams were visitors in their preceding games.
      - Coin flip.
  - Game 6: the undefeated team shall be designated the home team.
  - Game 7: the teams will reverse home and away designation from Game 6 but will remain in the same dugout and uniforms.

- Hosting
  - Higher seeds in all rounds of Championship play have the opportunity to host, if they meet the following criteria:
    - Field must meet minimum NCAA Standards.
    - The infield shall be a 90 foot square.
- Outfield fence should be a minimum of 330 feet from home plate to each foul pole; 375 feet in both right and left field and 400 in straight away center.
- Recommended distance from home plate to the backstop is 60 feet and the distance from the base line to the sideline boundary should be 60 feet.
- The pitching mound shall be 10 inches above home plate with a gradual slope of one inch/foot from a point six inches from the pitching rubber to a point six feet toward home plate.
- It is recommended that the first and third base lines be skinned 15 inches inside of the base line and 36 inches outside of the base line.
- Infield should be grass with an 18 foot skinned pitcher’s mound and 13 feet skinned around first, second and third base.
- The sideline fence, the outfield fence and the backstop must completely enclose the playing field.
- Bench capacity for 24.
- If there are two games back-to-back, the teams playing the second game must have access to a warm-up area.
- Adequate Parking.
- Adequate Security and Crowd Control.
- Official scorer’s table on the sideline.
- Visible score board.
- NCAA regulation game balls must be provided by host institution.
- Adequate and trained statistics crew.
  - Institutions should meet all guidelines to host conference championships.
  - Any institution that does not exactly meet the standards, but wishes to host, may submit a request with Intent to Host form to the Commissioner for consideration at the August meeting of the Athletic Directors Council.
  - Host institution may request permission to use off-site facility within approximately 90 minutes from their campus or located between host school and opponents, to meet host requirements for championship play (March 2018).
  - If higher seed is unable to meet the above hosting criteria, the next highest seed will have the opportunity to host.

- Coaches Meeting
  - NAC coaches will participate in a NAC Pre-Tournament teleconference on Tuesday, April 30, 2019, at 11:00 a.m. (tentative). The Sport Liaison and Conference Commissioner will facilitate this meeting. All coaches are invited to participate; attendance is mandatory for coaches of teams participating in the tournament. When there is a conflict with a scheduled contest, the Athletic Director or another institutional representative may serve as a substitute for the coach.
  - The advancing NAC and CUNYAC coaches will participate in a Pre-championships teleconference on Monday, May 6, 2019 at, 10:00 a.m (tentative).
A Conference call of all coaches will be scheduled following the season at which point baseball issues and ideas will be discussed. The Sport Chairperson will be responsible for scheduling the call and will work with the conference office on the call agenda.

For all sport conference calls, all future Agenda items must be submitted two weeks prior to call so that these can be distributed to all coaches and AD’s prior to conference call. (November 2010)

**Seeding/Format**

The Conference Commissioner and Associate Commissioner will seed teams following the last NAC competition date using results provided by the institution through the Conference website. Tiebreaking results will be shared with the Sport Liaison, Sport Chair and Championships Chair. The following criteria will be used to seed teams:
- Conference winning percentage - must have completed 2/3 of conference games to be eligible. Contests against institutions failing to meet this requirement will not be counted as conference contests for purposes of seeding.

In case of a tie, the following tie-break procedures will be followed:
- Head-to-head result (two-way tie).
- In ties among three or more schools or when head-to-head results between two teams are equal, the following criteria will be applied, in order, until a team is (or teams are) separated. At that point, the process begins anew, (returning to the first criteria) with the remaining teams.
  - Best record among tied teams. The conference will only examine records of tied teams in contests with each other.
  - Comparison of results against conference opponents one team at a time starting with the highest ranked team and continuing in downward rank order until the tie is broken.
  - Comparison of results against non-conference common opponents. During this step, non-conference games with conference opponents will not be considered.
  - Comparison of winning percentage vs. NCAA Division III opponents with .500+ winning. (added 3/2009)
  - Overall winning percentage.
  - Coin toss.

**Uniforms**

The team designated as the home team for each tournament contest will wear home uniforms.

Color of uniforms may be changed to accommodate teams playing back-to-back if agreed upon by both coaches.
• **Umpires**
  - It is the responsibility of the host institution to secure and pay 3 umpires for each tournament game.
  - The same umpiring crews should not be used for more than two games with the plate umpire rotating between games one and two.

• **Pre-game Protocol**
  - NCAA pregame procedures are in effect.
  - The standard conference announcement regarding good sportsmanship (see page 4) must be read before each game.
  - A mandatory pre-game meeting will take place prior to each game of the tournament with the umpires, head coaches and host administrator to discuss extra innings, rules, etc.

• **Athletic Training**
  - Certified on-site training personnel must be available one and a half hours before game time and one half hour post-game.
  - Supplies are to be provided by each institution.
  - Access to emergency transport required.

• **Locker Rooms**
  - Must accommodate two teams per game.
  - If only two are available, game times should reflect needs.
  - Chalk Talk board should be available for each team.

• **Bathroom Facilities**
  - Must be adequate, in close proximity to playing venue, and meet ADA requirements.

• **Contest Management**
  - Site Director
  - Security/crowd control
  - Stat personnel
  - Official scorer
  - Official scoreboard operator
  - Official PA announcer
  - Ball persons
  - Staff or student hosts to show teams to locker rooms and other parts of the athletic facility.

• **Game Programs**
  Game programs should include:
  - Name of all Competing institutions
  - Complete roster of teams participating at specific site
  - Institutional synopsis of participating teams
  - NAC history/information, etc.
• Previous year’s tournament information including the previous sports champions
• NAC/NCAA Sportsmanship expectations
• NAC logo
• Institutions’ logos
• Award Guys logo (sponsor)
• Rawlings logo (sponsor)

• Championship Awards
  • Awards must be presented by a Conference Representative, the Sport Liaison, the Athletic Director of host institution or other host institution representative. A script will be distributed to the host for awards ceremony.
  • Awards will be presented after championship contest. All-Tournament team members from previous games should be mentioned during the presentation.
  • Awards should be displayed prior to championship game if possible.
  • It is the responsibility of the conference office to order awards and to have them delivered to the host institution in a timely manner.
  • All-Tournament Team will be named for each championship and each honoree will be recognized during the championship presentation (11 selections total):
    ▪ 3rd and 4th place teams will receive two selections
    ▪ Runner-up will receive three selections
    ▪ Champion will receive three selections, plus an MVP selection

• Host site SID/Site director
  • Entering contests into NAC Scoreboard and confirm game times.
  • Providing programs for all tournament contests.
  • Maintaining in contest scores on the NAC website.
  • Providing updates on social media platforms using institution and conference handles and conference hashtags.
  • Submitting the final score to the Conference through the NAC website.
  • Sending packed stat game file to the visitor and uploading the file to the NAC website following the contest.
  • Share neutral game summary and box score with opponent, conference office and media outlets following all hosted contests (media outlets must be provided to host institution in advance).
  • Taking a digital Championship Team Photo and sending it to the conference office with the neutral contest story. Photo should also be shared with championship team.

• Protests
  • All protests will be handled in accordance with NCAA Regulations.
• Extra Innings
  o Follow NCAA rules. These rules are to be discussed in the mandatory pre-game meeting with officials, head coaches and host administrator.

• Weather
  o If inclement weather occurs and games cannot be rescheduled by the day prior to the finals and the semifinals cannot be played, the higher seeds will automatically advance to the finals.
  o The decision to postpone/cancel must be made by Host AD, traveling AD and conference commissioner.
  o A rain or snow date will be built into the championship dates, should inclement weather continue, the top seed will be declared the conference champion for the NCAA selections of the AQ.
  o The home team must certify that their field or one within approximately 90 minutes of their campus will be playable throughout the tournament. If weather precludes play on the scheduled dates, games may be moved to the next day or any subsequent days provided the institution can certify the field will be playable and the NCAA deadline for submission of the AQ will be met. The host must secure a backup site that is playable prior to the deadline for the submission of the AQ or the game/s will be moved to an opponent’s site, starting with the site of the #2 seed. (November 2017)
  o The halted game will be in effect during the NAC tournament, though the conference reserves the right to alter this policy if deemed necessary.

• Tickets/Concessions
  o Ticket sales and concessions are optional.
  o If a gate is charged, institutions are permitted to charge the same prices they utilized during the regular season.
  o If a gate is being charged, all institutions must be notified in advance and complementary tickets for each tournament participant must be provided.
  o Number of complementary tickets will be limited to two institutional representatives and two/roster members.
APPENDIX A

Cold Weather Best Practice

In the interest of health and safety for student-athletes, coaches, athletics staff, and spectators, the NAC has instituted cold weather best practices to prevent cold weather-related injuries and illnesses to all participants. These recommendations are in accordance with the National Athletic Trainers’ Association and the guidelines set forth by the NCAA. The athletic training staffs of the NAC institutions have conferred and agreed upon these standards.

These best practices are to be enforced in instances of conference competitions only. This best practice is not intended to override any school’s practice policy.

The following best practices pertain to “Active” sports (Men’s and Women’s Lacrosse, Men’s and Women’s Soccer, and Field Hockey) and “Limited Activity” sports (Baseball, Softball, Men’s and Women’s Track & Field, Men’s and Women’s Tennis, Men’s and Women’s Cross Country, and Men’s Golf).

The concern for student athletes that participate in Limited Activity sports is the student-athlete will be exposed to wind and cold temperatures during long periods of inactivity. During these times, student athletes may have difficulty maintaining proper body temperature due to exposure and lack of metabolic activity, thus, additional considerations are to be made to protect those student-athletes.

All temperatures indicated below are to represent the Wind Chill Temperature. The effects of the wind are to be taken into account. Ideally, the on-field conditions are to be used to determine the participation status. Furthermore, whenever possible, indoor warming facilities are to be made available to participants and spectators. When indoor warming facilities are not available, postponement is required at the previous step.

**Cold Weather Best Practice for “Limited Activity” Sports**

>40 degrees F – No restrictions on activities are required. Advisement is to be given to coaches to the temperature. Maintain regular hydration breaks.

32-40 degrees F – Recommend skin coverage for all athletes including gloves, hats, long sleeves, and leggings/pants. Monitor for cold weather injuries and have indoor facilities available for rewarming if needed.

25-32 degrees F – Required skin coverage as described above. Indoor rewarming should be available. For timed events, allow indoor rewarming for no less than 15 minutes following on field warmups and during halftime. For non-timed events, allow indoor rewarming for no less than 15 minutes during the first stoppage of play after 45 minutes of activity. *If no indoor rewarming facilities are available, activities are to be postponed at <32 degrees F

<25 degrees F – Postponement of athletic contests are required.