



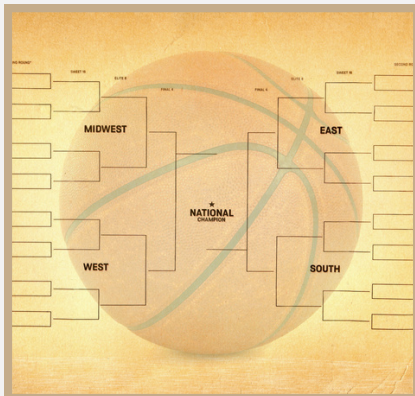
# YOUR GUIDE TO MARCH MADNESS

*From the brackets to the buzzer-beaters  
to fan-friendly food...here's everything  
you need to survive March Madness.*

*Starting with Selection Sunday on March 17, the nation will be immersed in March Madness. From bracket pools to Cinderella stories, here's your all-inclusive guide to the madness that'll be what everyone is talking about for the next few weeks.*

## HOW IT WORKS

- The NCAA Men's and Women's Division I Basketball Committees are responsible for selecting, seeding and bracketing the field for the NCAA Tournament. The committee is made up of 10 members who are nominated by conference to serve five year terms. Typically, the committee is made up of college athletic directors.
- There are 32 automatic bids for teams that win their conference tournaments. The rest of the spots are filled with the teams with the best resumes as determined by the selection committee.



- The bracket is divided up into four different regions, west, south, east and midwest. Teams are seeded No. 1-16 in a respective bracket region with No. 1 being the highest ranked team. The committee places the teams in a region, it's not necessarily done by geographical location. The No. 1 overall seed teams will be able to choose the location of their first two games of the tournament.
- In the men's tourney, all games, with the exception of the Final Four games, are guaranteed to be on neutral courts.

## LADIES FIRST

- The first women's NCAA tournament began in 1982 — 43 years after the men's debut. This is only the third year the women's tournament has been allowed to use "March Madness" in its promotion.
- All eyes are on national sensation Caitlin Clark. With declaring for the WNBA Draft in April, this will be the last tournament to watch her.
- Defending champions LSU landed a No. 3 spot, with South Carolina, Texas, USC and Iowa securing No. 1 seeds.
- The team to beat is the South Carolina Gamecocks that finished their second regular season undefeated.



## THE MEN TAKE THE COURT

- Defending champions UCONN join Purdue, Houston and North Carolina as No. 1 seeds, but only UCONN won their conference championship to gain entry into the tournament.

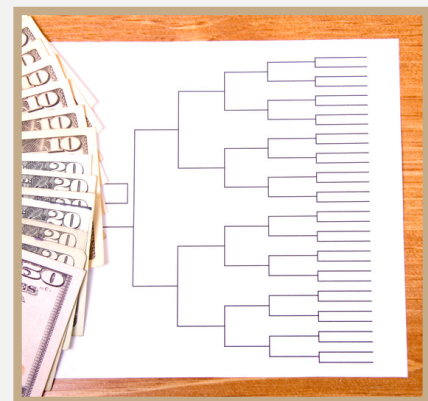


- Oregon enters the tournament as the last PAC-12 champion ever. The conference will be disbanded after this season.
- An interesting fact to note. While the men play two 20-minute halves, the women play four-10-minute quarters.

- In a twist of fate, Texas A&M's recent acquisition of Nebraska's Athletic Director Trev Alberts sets the stage for a showdown of epic proportions as the Aggies face off against the Cornhuskers in both the men's and women's first round—a true testament to the whims of karma.

## PICKING YOUR BRACKET

- When choosing your bracket in this single-elimination tournament, remember that the most likely upset is a No. 12 team over a No. 5. Only twice in the tournament's history has a No. 16 team upset a No. 1 seeded team.
- Does it feel like everyone around you is filling out a bracket? They are. Experts expect the numbers of brackets submitted to decline (fewer office pools), but the number of people placing bets is expected to top 36 million.



- US sports bettors will legally bet \$2.72 billion this year on March Madness. With five more states having legalized sports betting last year's tournaments, those numbers likely will go even higher in 2025.
- When in doubt, go with your gut. Winning your bracket is more luck than it is basketball knowledge. Want to pick your teams by colors or team mascots? Do it. Most brackets have an autofill button that is a great option too. (You can play in our no pressure bracket for both the Men's and Women's tournament).

- The tournament itself began in 1939. The term “March Madness” originates from Illinois High School basketball, but the term was officially copyrighted by the NCAA in 1988. By 2005, the NCAA tournament had become the second most popular sporting event amongst gamblers in the sports books, office pools or online. (Super Bowl is the most popular).



- Many companies have turned the tournament into a team-building opportunity with various contests. Take Warren Buffet and his \$1 million a year for life promise for an employee who picks a perfect bracket in the first round. The chances of picking a perfect bracket? 1 in 9.2 quintillions. If you were to pick each of the games via coin flip, they improve to 1 in 120.2 billion.
- Pepsi and DraftKings are both hosting brackets where the goal is to score the least number of points - get the most losers on your bracket.

## CONVERSATION STARTERS

- Vasectomies increase during March Madness because it's doctor's orders to be a couch potato, so men might as well heal while watching basketball.



- Feeling blue about your bracket? In the men's bracket, since 2002, with an exception of two teams, every team that has won it all has had blue among its primary school colors.
- Experts project hourly corporate losses of roughly \$1.9 billion due to workers whose productivity is diverted by March Madness.
- It's not a game day party without memorable food. Check out our [Tailgate Treats](#) for slam dunk recipes.

## HOW TO WATCH

### Women's March Madness

The tournament starts on Friday, March 22 with the championship game on Sunday, April 7 in Cleveland. [Here's the full schedule.](#)

[Play in our women's tournament bracket](#) for a chance at prizes

### Men's March Madness

The tournament starts on Thursday, March 21 with the championship game on April 8 in Phoenix. [Here's the full schedule.](#)

[Play in our men's tournament bracket](#) for a chance at prizes

## ABOUT LAST NIGHT'S GAME

Why are they running off the field? What's an out? Unimaginable sports questions like that inspired brother-sister duo Amy and Scott to start Last Night's Game. When searching for a source that breaks down sports in an easy-to-understand way, they couldn't find anything. So they created it.

In addition to the Sports Curious podcast, which has surpassed its 400th episode, Last Night's Game publishes conversation-worthy content on its website, email newsletters and daily conversations across social media.



**Make sure to follow along with us on social media for all of the March Madness excitement (and then some).**



**Want more pop culture and sports in less than 5 minutes? Check out our podcast.**

## ABOUT SEBYPodcast™ MEDIA

The SebyPodcast™ Radio Show covers major events and news in the sports world. From the NFL, NBA, soccer, baseball, Olympics, hockey and more. We've got you covered.

