Norfolk State Spartans
MEAC

Last NCAA Tournament Appearance: 2025

Current Status: Bubble
Projected JNG Seed: 16

Head Coach: Robert Jones
School: 253-181 (14 seasons)
Career: 253-181

Record		H/R/N/B		NET/WAB/SOS		Resume		Predictive		KenPom	
Overall	2-5	Home	2-2	NET	1	KPI	1	BPI	347	AdjO	283
vs D1	0-5	Road	0-3	WAB	1	SOR	351	T-R	347	AdjD	359
Conference	0-0	Neutral	0-0	N/C WAB	1	JNG	354	KenPom	335	Tempo	277
vs Tier 1-2	0-2	vs Board	0-0	SOS	1	AVG	235.3	AVG	343.0	Luck	243
vs Tier 1-3	0-4			N/C SOS	1	OAR: 351 (197.6 avg)*				Streak	L5

Average JNG Win: 0.0

Wins Tier 1 1-30/1-50/1-75

JNG	Date	Opponent	Score

Wins Tier 2 31-75/51-100/76-135

JNG	Date	Opponent	Score

Wins Tier 3 76-160/101-200/136-240

JNG	Date	Opponent	Score

Wins Tier 4 161+/201+/241+

JNG	Date	Opponent	Score
--	11/02	Regent	68-45
--	11/04	Randolph	78-71

Average JNG Loss: 137.8

Loss Tier 1 1-30/1-50/1-75

JNG	Date	Opponent	Score

Loss Tier 2 31-75/51-100/76-135

JNG	Date	Opponent	Score
85	*11/17*	*@ Georgia Tech*	93-79
117	11/08	@ William & Mary	104-73

Loss Tier 3 76-160/101-200/136-240

JNG	Date	Opponent	Score
84	11/21	UNC-Wilmington	89-80
114	11/11	Old Dominion	71-60

Loss Tier 4 161+/201+/241+

JNG	Date	Opponent	Score
289	11/15	@ Georgia State	78-53

REMAINING SCHEDULE

Date	JNG	Opponent
11/25	42	@ North Carolina State*
11/29	95	@ Washington*
12/01	125	@ Seattle*
12/04	365	vs Florida A&M*
12/05	247	@ Campbell*
12/09	--	Apprentice*
12/12	334	@ Hampton*
12/16	103	@ Columbia*
12/18	--	VA Lynchburg*
12/22	158	@ Drexel*
12/29	9	@ Tennessee*
01/02	349	North Carolina Central
01/09	362	Delaware State
01/11	353	@ Maryland-Eastern Shore
01/16	237	South Carolina State
01/23	357	@ Coppin State
01/25	218	@ Morgan State
01/30	173	Howard
02/06	349	@ North Carolina Central
02/13	362	@ Delaware State
02/15	353	Maryland-Eastern Shore
02/20	237	@ South Carolina State
02/27	357	Coppin State
03/01	218	Morgan State
03/04	173	@ Howard

Glossary:

NET: NCAA NET Metric
WAB: Wins Above Bubble (NCAA Metric)
KPI: kpisports.net / Kevin Pauga
SOR: espn.com Strength of Record
JNG: hoopshd.com / Joby Fortson
BPI: espn.com BPI Ratings
T-R: barttorvik.com / Torvik Rankings
KenPom: kenpom.com / Ken Pomeroy
AdjO: Adjusted Offensive Efficiency per kenpom.com
AdjD: Adjusted Defensive Efficiency per kenpom.com
Tempo: Adjusted Tempo per kenpom.com
Luck: Luck Ranking per kenpom.com

OAR: Overall Average Ranking (average of NET, KPI, SOR, WAB, POM, BPI and T-R ranked 1-365)
Projected JNG Seed: NCAA Tournament Seed per the JNG Rating if this team qualifies for the NCAA Tournament
* Games marked with an * are non-conference games

Norfolk State DEFCON Game Ratings for Wednesday, November 25, 2026

DEFCON 1

Time (ET)	Matchup	Broadcast	Desired Winner
7:00 PM	Norfolk State at North Carolina State	accextra	Norfolk State

DEFCON 3

Time (ET)	Matchup	Broadcast	Desired Winner
2:00 PM	St. Peter's at Columbia	espn+	Columbia
5:00 PM	Alcorn State vs Texas State	espn+	Texas State
6:00 PM	West Florida at Northwestern State	espn+	West Florida
12:00 AM	Incarnate Word at Hawai'i	K5/mwnet	Hawai'i

DEFCON 5

Time (ET)	Matchup	Broadcast	Desired Winner
12:30 PM	Northern Colorado vs Detroit Mercy	flohoops	Northern Colorado
2:00 PM	Arkansas-Pine Bluff at South Dakota	summit	South Dakota
4:00 PM	Florida Gulf Coast vs Georgia State	passthaballlive	Georgia State
5:00 PM	Holy Cross at Dartmouth	espn+	Dartmouth
7:00 PM	St. Thomas at UNC-Wilmington	flohoops	UNC-Wilmington
7:00 PM	USC-Upstate at The Citadel	espn+	The Citadel
9:00 PM	Mississippi Valley at New Mexico	mwnet	New Mexico
10:00 PM	Washington vs VCU	ESPN2	Washington