

UHSAA



Region IV Policy Manual 2011 - 2012

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Region IV Board of Managers

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ATHLETIC DIRECTOR: Joe Atwood 801-756-8547

Bingham High School 801-256-5100 (fax) 801-256-5151
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Lehi High School 801-610-8805 (fax) 801-768-7040
Jess Christen
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Lehi, Utah 84043
ATHLETIC DIRECTOR: Patrick Gleaves 801-610-8805

Lone Peak High School 801-717-4568 (fax) 801-763-7064
Dr. Chip Koop
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American Fork, Utah 84003
ATHLETIC DIRECTOR: Ryan Ruchti 801-717-4568 x803

Pleasant Grove High School 801-610-8170 (fax) 801-785-8744
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Pleasant Grove, Utah 84062
ATHLETIC DIRECTOR: Nate Johnston 801-610-8170 x190

Riverton High School 801-256-5800 (fax) 801-256-5880
Brad Sorensen
12476 South 2700 West
Riverton, Utah 84065
ATHLETIC DIRECTOR: Gordon Hinckley 801-231-9287

Coaches' Representatives

Baseball	Darrin Henry	Pleasant Grove	801-785-8700	dhenry@alpine.k12.ut.us
Basketball (Boys)	Doug Meacham	American Fork	801-756-8547	meacd704@alpine.k12.ut.us
Basketball (Girls)	Glen Larson	Pleasant Grove	801-610-8170	larsg779@alpine.k12.ut.us
Cross Country	Jeff Arbogast	Bingham	801-256-5151	coacharb@binghamxcountry. track.com
Drama	Clin Eaton	Riverton	801-256-5800	clin.eaton@jordan.k12.ut.us
Drill	Stacey Squires	Pleasant Grove	801-610-8170	ssquires@alpine.k12.ut.us
Football	Dale Sampson	Pleasant Grove	801-610-8170	sampd779@alpine.k12.ut.us
Forensics/Debate	Carol Shackford	Bingham	801-256-5100	carol.barella@jordan.k12.ut.us
Golf (Boys)	Brad Bevan	Bingham	801-256-5100	brad.veban@jordan.k12.ut.us
Golf (Girls)	Liz Conroy	Bingham	801-256-5100	elizabeth.conry@jordan.k12.ut.us
Music	Lois Johnson	Lone Peak	801-717-4568	ljohnson@alpine.k12.ut.us
Soccer (Boys)				
Soccer (Girls)	Brett Bergholm	Lehi	801-610-8805	bbergholm@alpine.k12.ut.us
Softball	Emily Bateman	Riverton	801-256-5800	emily.bateman@jordan.k12.ut.us
Swimming	Andee Bouwhuis	Bingham	801-256-5800	andee.bouwhuis@jordan.k12.ut.us
Tennis (Boys)	Dave Davis	Bingham	801-256-5100	dave.davis@jordan.k12.ut.us
Tennis (Girls)				
Track and Field	Robert Duncan	Bingham	801-230-7758	robert.duncan@jordan.k12.ut.us
Volleyball				
Wrestling	Brock Moore	Pleasant Grove	801-610-8170	moorb779@alpine.k12.ut.us

Region Activity Chairperson

Baseball	Matt Norman	Pleasant Grove	801-610-8170
Basketball (Boys)	Jeff Schoonover	American Fork	801-756-8547
Basketball (Girls)	Jeanie Wilson	Pleasant Grove	801-610-8170
Cross Country	Kenley Brown	Lone Peak	801-717-4568
Drama	Rufine Einzinger	Riverton	801-256-5819
Drill Team	Sydney Hackford	Lone Peak	801-717-4568
Football	Chad Wilson	American Fork	801-756-8547
Forensics	Dennis Edmonds	Bingham	801-256-5100
Golf (Boys)	Rex Brimhall	Lone Peak	801-717-4568
Golf (Girls)	Rex Brimhall	Lone Peak	801-717-4568
Music	Rich Price	Bingham	801-256-5100
Soccer (Boys)	Mark Halliday	Riverton	801-256-5817
Soccer (Girls)	Wade Lott	Lehi	801-610-8805
Softball	Doug Webb	Lehi	801-610-8805
Swimming	Brad Sorenson	Riverton	801-256-5800
Tennis (Boys)	Ryan Nield	Lehi	801-610-8805
Tennis (Girls)	Dan Biolo	American Fork	801-756-8547
Track	Chris Titus	Riverton	801-256-5800
Volleyball	Kori Thomas	Pleasant Grove	801-610-8170
Wrestling	Curtis Hagen	Riverton	801-256-5815

Region IV General Policies 2011-2012

I. **ADMISSION FEES and TICKETS**

- A. \$4.00 Visiting high school students with activity card and other school age children.
- B. \$5.00 Adults and high school students without activity card.
- C. \$20.00 Family Pass—family members within the immediate household (limit 6).
- D. Free Admission:
 - Home team students with activity cards.
 - Staff members of Region IV schools with Region IV passes and persons with UHSAA passes.
 - Senior Citizens (62 or over).
 - Cheerleaders, Pep Club, and Drill Team members in uniform.
 - Student officers with SBO passes.
 - Children under school age.
- E. Tickets will be sold at Varsity Football, Sophomore, JV, Varsity Boys' Basketball and Girls' Basketball, Volleyball and Wrestling matches.
- F. Tickets will be sold through at least three (3) quarters of the varsity activity.
 - Admission Fee Schedule will apply.
 - Ticket sales will begin:
 - Football: 1 - 2 hours before varsity starting time.
 - Basketball, Volleyball, Wrestling: 15 minutes prior to the start of the first game.
- G. Tickets will be sold at Region Tournaments in swimming, wrestling, track, and drill team.
- H. Admission will be charged at all State Playoff games as per UHSAA guidelines.

II. **SUPERVISION of REGION ACTIVITIES, TOURNAMENTS and MEETS**

Any school hosting a region tournament, dual competition or activity is responsible for providing adequate administrative supervision of the activity. Although it is the responsibility of the chairperson of each individual activity to see that region tournaments and meets are planned and well organized, it is the responsibility of the host school to provide adequate general supervision for the activity. If the host school is not the school of the chairperson, there should be a clear understanding between the activity chairperson and the host principal regarding the activity. In any case, the host school must provide general supervision for activities taking place in that school. Region Chairs will not be compensated for time to administrate their region activity assignment. Visiting Administrator are to check in with the host school Administration.

III. **ACCOMMODATIONS for VISITING TEAMS**

All dressing room facilities must be left in a clean and orderly manner. Visiting teams must bring their own towels. The visiting head coach will check facilities prior to departure of the visiting team. If a head coach receives a key to dressing room facilities from the home school, the key should be returned to the home school or Athletic Director. Security of personal items is the responsibility of the visiting team. Facilities will not be available for visiting teams other than locker rooms and playing facilities.

IV. **OFFICIALS**

Any misconduct of officials, including failure to show, or tardiness is to be reported to the home school's AD/Administration. A detailed report including names and improper conduct shall be submitted in writing to the Region IV Board of Managers, the UHSAA office, and the arbiter involved. The host school should show the referees where the dressing rooms are located.

V. **ACADEMIC ELIGIBILITY:** (By-Laws: Article I; Section 1 a-d; Section 7, Section 8; Interpretations/Guidelines: #4 - #7 inclusive)

To participate in any UHSAA Region IV or State interscholastic competition, an individual must be a full-time student in the school at which he/she has established eligibility. No student shall be eligible to represent his/her school if he/she is failing more than one subject or has a GPA of less than 2.0. Where a student has failed to meet the minimum requirements set forth above, he/she shall also be ineligible for participation in UHSAA or Region IV activities in the succeeding grading period. Incompletes are computed as F's for eligibility.

- A. No student who is ineligible for a grading period should represent the school in any pre-season or practice contests with Varsity, Junior Varsity, Sophomore or Freshman teams.
- B. Eligibility under this rule is determined when grades are posted. Grades are "posted" when the school registrar enters all grades electronically and are available to students, parents and teachers. In no case may the posting date be more than 5 school days following the last day of the grading period. Grade changes after that time cannot restore lost eligibility, except for a documented clerical error.
- C. An incomplete (I), no grade (NG), or no credit (NC) is considered a failure until the grade is made up.
- D. The final grading period is defined as the date report cards are posted by the school for the last grading period of the school year.
- E. A student enters high school when he/she enters the 9th grade regardless of whether the 9th grade is in the high school or a separate junior high school. This means that all 9th or 10th grade students must not have failed more than one class the previous grading period and have a GPA 2.0 or higher.
- F. The word "represent" shall be as defined below. Any violator of the Scholastic Eligibility Bylaw shall not:
 - Be in uniform on competition night.
 - Warm-up with the team.
 - Sit on the bench with the team.
 - Be listed on the program roster.
 - Be introduced as a member of the team.
 - The above student/participant may, however continue to practice with his/her team upon approval of school administration. TA letter grades with the exception of failing grades will not be calculated as a part of a student's GPA in determining eligibility. It is recommended that in considering makeup credit for academic eligibility, a required course must be made up with a similar required course. Elective courses may be made up with other elective or required courses.

- G. A student who has failed to meet the minimum requirements set forth shall be ineligible for participation in UHSAA activities throughout the next grading period, provided, however, that deficiencies in the final grading period of the school year may be made up prior to the first term of the succeeding year by any method acceptable to the school district or the member private school.

Deficiencies must be made up in the same subject area. Deficiencies for purposes of this rule include any letter grade. No other make up work is accepted to gain academic eligibility during the school year.

VI. POLICIES RELATING to COACH and STUDENT BEHAVIOR in Region IV Activities

A. **Sportsmanship** (UHSAA Section 24 of Interpretations/Guidelines)

1. Administrators, teachers, coaches, and all participants, should emphasize sportsmanship in all preseason, region, or state competitions.
2. Unsportsmanlike behavior policy:
Any coach, player or bench personnel ejected for unsportsmanlike behavior shall be suspended from the next regularly scheduled game at that level of play (Varsity, J.V., etc.) and any intervening levels of play.

Examples:

- If ejected from a J.V. game, player or coach cannot participate in the following Varsity game nor the next J.V. game.
- If ejected from a Varsity game, player or coach cannot participate in the following J.V., nor the next Varsity game.
- If the coach or participant is involved in a second incident/ejection, he/she will be suspended for the next two (2) regularly scheduled games.
A third ejection would result in suspension for the remainder of that season. Ejection occurring on the final game of the season will carry over for all underclassman or coach to the first game of the succeeding season in that sport.
- If a player or coach is ejected from a contest for fighting, or other violent behavior, that player or coach shall be suspended for not fewer than two (2) regularly scheduled games or contests at that level of play. In addition the incident shall be reported to the school, district, and UHSAA which may impose additional penalties consistent with the school's disciplinary policies.

B. **Bands and Drums**

1. Pep band will be provided by the host school only. Exceptions only by mutual agreement. During basketball games, pep bands are to play during regulation time-outs, quarters and half-times only. Advisors must be present at all times.
2. Drums are to be used only to play with the band, as part of an organized cheer, and to be part of the pep club's marching activities. Drums are not to be used indiscriminately as noisemakers.

C. **Cheerleaders/Mascots Conduct:**

Cheerleaders will follow all guidelines listed in the General Policies of the Region IV Manual and those stated in the Cheerleading Policies.

D. **Permitted Student and Spectator Conduct:**

1. Other than authorized spirit groups (cheerleaders, drill team) no spectators will be allowed on the sidelines, field or floor during game time, quarters, or half-time, or pre-game. Students will not sit on the front row of the bleachers during the game.
2. The throwing of any objects, including confetti, torn paper scraps, crepe paper,

toilet tissue, etc., is not allowed.

3. In the chart, **ONLY** those items marked “YES” will be allowed as sport items at all UHSAA State Tournaments and meets. It is recommended that schools follow these regulations during the regular season and in Region Tournament play. Sportsmanlike vocal cheering and support from each bench are always encouraged.

The items indicated on this chart are guidelines for spectators.

	Baseball	Basketball	Cross Country	Drill Team	Football	Golf	Soccer	Softball	Swimming	Tennis	Track & Field	Volleyball	Wrestling
Balloons	Y	N	Y	N	Y	Y	Y	Y	N	Y	Y	N	N
Banners on wall except welcome or corporate sponsor	N	N	N	N	N	N	N	N	N	N	N	N	N
Confetti/shredded paper	N	N	N	N	N	N	N	N	N	N	N	N	N
Hand-held signs of any kind	N	N	N	N	N	N	N	N	N	N	N	N	N
Laser light/pointer	N	N	N	N	N	N	N	N	N	N	N	N	N
Miniature sports balls thrown into crowd	N	N	N	N	N	N	N	N	N	N	N	N	N
Megaphones	Y	N	Y	N	Y	N	Y	Y	N	N	Y	N	N
Artificial noise makers	N	N	Y	N	Y	N	Y	N	N	N	N	N	N
Whistles	N	N	N	N	N	N	N	N	N	N	N	N	N
Shirts on fans	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Paper banners for teams to run through	N	N	N	N	N	N	N	N	N	N	N	N	N
Pom-poms, shakers, spirit, towels	Y	N	Y	N	Y	Y	Y	Y	N	Y	Y	N	N
Recorded music over PA w/approval only	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Cannons/muskets	N	N	N	N	N	N	N	N	N	N	N	N	N
School bands	N	Y	N	N	Y	N	N	N	N	N	N	N	N
Air horns/sirens	N	N	N	N	N	N	N	N	N	N	N	N	N
Practiced at state site 2 weeks prior	N	N	N	N	N	Y	N	N	N	Y	N	N	Y

E. Region IV Sportsmanship Code of Conduct:

(This statement should be read prior to every region event)

Ladies and Gentlemen, Region IV and the Alpine and Jordan School Districts are proud to sponsor this game (event) today between _____ and _____ high schools. It is our mission to encourage the highest in athletic and sportsmanship standards. All players, coaches, students and other spectators are expected to be courteous to their opponents, their fans and their cheerleaders. To be respectful of officials’ decisions and to display appreciation for good performance regardless of the team. A region sportsmanship trophy will be presented at the close of this school year to the school that is judged to be most gracious in both victory and defeat. Enjoy the game (event) and represent your school with dignity.”

F. Pre-Game, Half-Time and Post-Game Activities

1. The game announcer is an official of the game and is to announce the game in a neutral manner. His or her purpose is not to influence or incite the crowd.
2. The starting line-up may be introduced prior to the activity. A well planned flag ceremony should be presented.
 - All activity should come to a halt immediately when the flag ceremony begins. Headgear should be removed. Activity should remain suspended until the flag ceremony is over.
 - The announcer should call everyone to attention as the flag enters the arena.
 - All tickets and concession sales should cease. No one should be admitted during the flag ceremony. The doors should be closed where possible.
3. Football half-time: Half-time will follow USHAA guidelines.
 - Exceptions can be made by mutual agreement for special occasions.
 - Any exception to the time limit (Homecoming) must be approved by the visiting team, and officials need to be notified.
4. Basketball half-time: Maximum of seven (7) minutes for half-time entertainment which includes time to get on and off the floor.
 - Exceptions: (Same as Football)
5. A supervisor must be present when student groups perform.
6. Coaches are responsible for the conduct of their athletes. No team or individual activity will be conducted that could belittle or humiliate opponents, including organized post-game demonstrations on any floor or field. Infractions will be referred to the Region IV Board of Managers for disciplinary action.
7. Any senior recognition at end of season cannot delay start of game. Senior Recognitions must occur prior to the game. Home school must notify the visiting school. Violations will be referred to the Region IV Board of Managers for possible sanctions.

G. Banners and Signs

1. No negative banner or posters of any nature will be displayed in the area of competition. A sign welcoming the visiting team is encouraged.
2. A sign of a positive nature for the home teams to run through will be allowed.
3. Each school may hang one (1) school banner at the Region Championship Meet; the maximum size for this banner being 5X8'. No other signs or banners will be allowed at the Region site.
4. No banners or signs are allowed at any State competition site.

H. Change of Time and Date

1. A change of time of an activity may be effected through mutual agreement of both schools (coach, principal and athletic director). The host school must notify the arbiter of the change in time for him to notify the officials.
2. The host Region IV school changing a game outside of Region IV must also notify other Region IV schools. All officials (Varsity, J.V., Sophomore) will be arbitred by UHSAA. Call changes to UHSAA offices.
3. A change of date must be approved by the Board of Managers after a mutual agreement is reached between schools concerned.
4. All costs associated with changing the time and date of a contest will be incurred by the school requesting the change. Both schools are to agree to the change before a change can occur.

I. Game Starting Times and Participant Regulations

No sports activity may begin before 3:30 p.m. on a school day.

J. Ties of Standings (For all Athletic Activities except Drill Team)

1. In the event of a tie between teams qualified for state tournament positions, the seed will be determined by the win/loss records in region play of the teams involved in the tie (head to head among tied teams).
2. If the tie still exists, the seed will be determined by comparing each team's record

against the team with the highest region finish or next highest, etc. until the tie is resolved.

3. Once a team has been awarded a seed they are no longer part of the tie-breaking scenario. After this process, if only two teams remain the remaining two teams will be seeded based on head to head competition. If a tie still exists, a coin flip will be conducted under the direction of the Region Activity Chairperson. In the event of multiple teams tied that cannot be resolved as described above, all teams will flip coins with the team flipping the "odd coin" receiving the higher seed. The coin flip procedure will only be used as a last resort.
4. In the event of multiple teams tied for fewer playoff berths than teams tied, the tie-breaking procedure as described above will be used until only two teams remain. The final two teams will playoff in a game to determine entry into the State Tournament.
5. If multiple teams tie for one playoff spot, all teams will play in a format that best suits the specific sport. *Refer to the individual sport for multiple team playoff guidelines and procedures.*
6. In the event that the above process fails to resolve a tie, region principals will convene for the purpose of a coin flip to determine seed

NO TIED TEAM WILL BE ELIMINATED FROM STATE PLAYOFF PARTICIPATION WITHOUT THE OPPORTUNITY OF A PLAYOFF GAME.

K. UHSAA Rules/Region Rules

1. A violation of the UHSAA and/or Region IV rules will be brought to the Board of Managers. The Region Board of Managers will refer to the UHSAA handbook. The building principal will be responsible for personnel issues.

A. Penalties

Region IV upon having knowledge of an infraction of a rule or policy in assessing penalties may initiate action. Region IV may consider any of the following:

B. In assessing penalties, the Association may consider any of the following:

1. **Reprimand:** An official letter to the individual and/or school concerned in regard to the offense committed and warning against acts of a detrimental nature which are contrary to the aims and philosophies of the Association. This letter will become a part of the permanent file of the individual and/or school involved.
2. **Probation:** An official letter to the individual and/or school concerned in regard to the offense committed clearly stating what conduct, activity or behavior needs correcting. Offending individuals and/or schools would be advised that their continued participation in the Utah High School Activities Association would be on a probationary status for a period of one year. In addition, the offending individual and/or school would be warned that any failure to correct these specified problems may result in more severe action by the Association, including, but not limited to: Restriction, Suspension, Fines or any combination thereof.
3. **Restriction:** Action which would restrict participation in district, group or state level activities. The restriction may be applied to an individual, to a team or group or to a school.
4. **Suspension:** The effect of a suspension shall be to drop the school from membership and prohibit participation in any or all UHSAA sponsored activities. The length of suspension shall be determined by the Board of Trustees.
5. **Forfeit:** The forfeiture of an interscholastic athletic contest, title or championship.
6. **Fines:** A coach, principal and/or school may be assessed a fine not to exceed \$1000.
7. **Costs:** The Association may assess against a member school all or any part of the costs of litigation, including attorney's fees, if the Association is required to defend itself as a result of the failure of a member school to adhere to the

L. Seeding meetings or other meetings

Reimbursement expenses for region meetings or other activities may not exceed \$10.00 per person, one representative per school and only one meeting per year. Expenditures above this limit must have prior approval by the Region Board of Managers

M. Contest Limitations

Teams which exceed the number of contests allowed in any season will forfeit from their region schedule the number of contests exceeding the limit, beginning with your first region win and proceeding on until the excess number is equaled.

N. Breach of Contract

The failure of a team to participate in a scheduled contest without prior mutual consent and board approval at all levels, including Varsity, J.V., Sophomore, etc., will result in a fine of \$100 payable to the Region Board plus reimbursement for the cost of any officials.

O. Duties of Region Chairperson

1. Conduct all meetings pertinent to respective activity.
2. Coordinate and manage all region competitions and tournaments of respective activity.
3. Select and honor respective All-Region teams where applicable.
4. Be direct liaison to Region Board of Managers.
5. Be responsible for awards, trophies, medals, etc. pertinent to respective activity.
6. Schools will be responsible for printing certificates for Academic All Region athletes.

P. Undue Influence Rule, violation

1. If there is clear evidence that a coach has violated the Undue Influence Rule of the By-Laws section 9 of the UHSAA Manual, he/she will appear before the Region Board of Managers and may under the direction of the UHSAA (see penalty section).
2. If a coach is proven to have violated the Undue Influence Rule a second time, the coach will be suspended a minimum of three contests or one half of the remaining region schedule (whichever is the greater).
3. A third violation will mean suspension for the remainder of current season.

UHSAA Undue Influence Guideline

The use of undue influence by any person, connected with or not connected with a member school, to secure the transfer of a student to a member school for the purpose of participation in Association athletic activities shall cause the student to be ineligible for Association activities for the period of one year and may result in fines and/or suspension of the member school.

Trophies and Awards

Academic All Region

A varsity participant of cum GPA 3.75 or higher will receive a certificate.

Baseball

One Region Trophy

Basketball (Boys and Girls)

One Region Trophy each

Cross Country (Boys and Girls)

One Region Meet Trophy each

Medals for places 1-10 Varsity

Ribbons for places 11-20

Drama

Six 4x6 Plaques-Outstanding

Performance in Region One-Act Plays

100 Individual Superior Ranking Medals

Drill Team

One Region Trophy

Plaques-1st, 2nd and 3rd place in each category: dance, military, and kick line

Three drill down plaques for 1st, 2nd, and 3rd places

Certificates for State Qualifiers (Schools will be responsible to print certificates)

Football

One Region Trophy

Forensics/Debate

One Region Trophy

See page 30 for list of other awards

Boys and Girls Golf

One Region Trophy

10 Medals for 10 low medalists

Music

Certificates for Superior (I) Ratings in Orchestral, Large Choir, Madrigals, Solo & Ensemble, and Jazz Band Festivals

Certificates for all participating bands according to rating in Region marching Band competition. The Region Marching Band competition will also include trophies for Music Caption, Visual Caption, Percussion Caption, and Color Guard.

Soccer (Boys and Girls)

One Region Trophy each

Softball

One Region Trophy

Swimming (Boys and Girls)

One Region Trophy each

Six Medals for places 1st - 6th individual and 1st and 2nd in relays

Tennis (Boys and Girls)

One Region Trophy each

28 Medals for girls and 28 Medals for boys

Medals: 1st-4th places in 5 categories: 1st singles; 2nd singles; 3rd singles; 1st doubles; 2nd doubles

Track (Boys and Girls)

One Region Meet Trophy each

Medals for places 1st - 6th individual and 1st and 2nd relays

Volleyball

One Region Trophy

Wrestling

One Region Trophy

Medals: 84 Varsity 1st - 4th place;

Contest Limitations

A. Definitions:

1. Contest:

Any meet, game or competitive activity (including practices and scrimmages) in which one or more students participate, who are not members of the student body or the school sponsored program, counts toward the contest limitations listed below for that activity.

2. Tournament:

Competition among four or more schools.

B. The following contest limitations apply from the starting date of competition until the first day of the state tournament in each classification. This applies to all levels of competition (i.e., varsity, j.v., sophomore and freshmen). State qualifying tournaments do NOT count in the contest limitation totals for cross country, golf, swimming, tennis, track, wrestling, and speech/debate (see basketball and drill team exceptions below) Revised 2-23-11.

1. **Baseball:** 22 Games for 4A & 5A, 20 games for 1A, 2A & 3A. **Each game played counts as one game.**

Schools may exercise one of the following options during the season: play one (1) multi-game tournament (up to a maximum of four games) and count it as two (2) games and play one (1) non-region double header on a non-school day for both schools and count it as one (1) game OR they can play two (2) non-region doubleheaders on non-school days and count each double header as one (1) game (Revised 1-10-11).

2. **Basketball:** Varsity-20 games if no region post-season tournament is held. 18 games if post-season tournament is held. One additional varsity contest is allowed for an approved endowment game but schools may not play alumni teams in a UHSAA endowment game. The above policy does not apply to j.v., freshman and sophomore. All non-varsity may play a maximum of 20 total games. **Each game played counts as one game**

3. **Cross Country:** 10 meets per individual for 3A, 4A & 5A, 8 meets per individual for 1A & 2A.

4. **Drill Team:** 3 competitions and a region competition (total of four).

5. **Football:** 9 games. One additional varsity contest is allowed for an approved endowment game but schools may not play alumni teams in a UHSAA endowment game. **Each game played counts as one game.**

6. **Golf:** 14 meets for 3A, 4A & 5A, 14 games for 1A & 2A. **Each game played counts as one game.**

7. **Soccer:** 16 Games for 3A, 4A, & 5A, 14 games for 1A & 2A. **Each game played counts as one game.**

8. **Softball:** 22 games for 4A & 5A, 20 games for 2A & 3A. **Each game played counts as one game, except for the games played under the two tournament exemption rule which allows schools two tournaments, at least one must be a non-school single day tournament, where all games played count as a single game (a maximum of four games may be played), and one multi-day tournament, where all games played count as two games (a maximum of eight games may be**

played in a multiple day tournament).

9. **Swimming:** 14 meets for 3A, 4A & 5A, 12 meets 1A & 2A.
 10. **Tennis:** 14 meets per individual for 3A, 4A & 5A, 12 meets per individual for 1A & 2A. The number of meets counted for a tennis tournament shall be equal to the number of days scheduled for the tournament; eg., a one-day tournament shall count as one meet, a two-day tournament shall count as two meets, etc.
 11. **Track:** 12 meets per individual for 3A, 4A & 5A, 10 meets per individual for 1A & 2A. An individual may participate in no more than six qualifying meets in addition to the region meet.
 12. **Volleyball:** one of the following three options may be chosen: 16 matches and 0 tournaments; 15 matches and 1 tournament; or 14 matches and 2 tournaments. The following guidelines pertain to the tournaments: no more than 9 total matches in a tournament, no more than 7 matches in a given day and tournaments may not exceed three days in length. If a region tournament is held it would have to be counted as one of the two tournament allowed.
 13. **Wrestling:** 24 credits per wrestler. All tournaments counts as three credits. Individuals may compete in nor more than six tournaments per season. Three of the six tournaments may be dual tournaments.
 14. **Music:** 3 contests per category.
 15. **Speech:** 10 meets per individual for 3A, 4A & 5A, 8 meets per individual for 1A & 2A.
- C. Those member schools who schedule an Associate member school, or a member school restricted to a sub-varsity schedule, shall receive an extra game (or possibly 2, if intra-region) at the appropriate contest level.

Baseball Policies

Region Activity Chairperson: Matt Norman, Pleasant Grove High School (801) 610-8170

Coaches' Representative: Darrin Henry, Pleasant Grove High School (801)785-8700

1. Beginning team selection and practice date is **Monday, February 27, 2012**. The first games may be played no earlier than Monday, **March 5, 2012**.
2. Game time for all Varsity games will be 4:00 P.M. J.V. games will be played immediately after the varsity game on Tuesday and at 3:30 P.M. on Thursday. Sophomore games will be played immediately after the Varsity game on Wednesday night and immediately after the J.V. Game on Thursday.
3. Sophomore games are to begin immediately following the game prior with no more than an eight minute pre-game for each team. Sophomores will be limited to a 15 game schedule and are to be played by members of the sophomore and freshman classes only.
4. Game time may be changed only after agreement of the two principals involved. A date change must be approved through the Region Baseball Chairperson, who will inform all region principals. Date changes will only be approved for extraordinary circumstances rather than issues of convenience.
5. Each team will be allowed 15 minutes for warm-up and infield practice.
6. Each postponed game must be made up in the order of the postponement on the first available playing date (including Saturdays). "Flip/flopping" the schedule and playing at the visiting team's field, if it is playable will be done where it is possible to maintain the same number of home and away games between the two schools. Consideration needs to be given, when making a decision to stick to the home fields to the visiting team's predicament. In the event of a postponed game because of ban weather, it will be the responsibility of the home team coach to notify the visiting school and the officials by no later than noon the day of the game. (JV/Soph games will be bumped from the calendar to allow for the varsity game.)
7. When a game is called because of darkness or weather, the game will be resumed on the next available playing date (including Saturdays) and/or as the preliminary scheduled game of the two teams in the second or third game. The five inning completion rule is in effect. In the third game, the game that is called will be resumed on the next available date, excluding J.V. league games. The home field coach will be responsible for notifying all those involved: umpires, scorers, principals and coaches.
8. The home team will be responsible to have an official scorekeeper, preferably an adult. The winning team is responsible to report the results of the game to the newspapers.
9. Baseball: 22 games. Each game played counts as one game.
Schools may exercise one of the following options during the season: play one (1) multi-game tournament (up to a maximum of four games) and count it as two (2) games and play one (1) non-region double header on a non-school day for both schools and count it as one (1) game OR they can play two (2) non-region double headers on non-school days and count each double header as one (1) game. Only 22 games may be played. Every game played counts toward the 22 with the exception of post season play-offs in the State Tournament.
10. The recommendation of the UHSAA on number of innings pitched per week will be followed.
11. The dates of May 10-12, 2012 may be used as playoff dates to determine fourth seed (last play-off seed) placement into the state. The tie breaker rule will be used for all other seeding

issues.

12. A coaches meeting will be held on the Monday following the last regularly scheduled Region Games in order to select the all-region team.
13. The 10-run rule after 5 innings will be used for all games.

Academic All-State Applications accepted between Tuesday, March 27 and Tuesday, April 17, 2012

Varsity Baseball Schedule

Tuesday, April 10

Lehi @ Lone Peak
Pl. Grove @ Am. Fork
Riverton @ Bingham

Wednesday, April 11

Lone Peak @ Lehi
Am. Fork @ Pl. Grove
Bingham @ Riverton

Friday, April 13

Lehi @ Lone Peak
Pl. Grove @ Am. Fork
Riverton @ Bingham

Tuesday, April 17

Pleasant Grove @ Lehi
Riverton @ Lone Peak
Bingham @ American Fork

Wednesday, April 18

Lehi @ Pleasant Grove
Lone Peak @ Riverton
American Fork @ Bingham

Friday, April 20

Pleasant Grove @ Lehi
Riverton @ Lone Peak
Bingham @ Am. Fork

Tuesday, April 24

Lehi @ Riverton
Bingham @ Pl. Grove
Am. Fork @ Lone Peak

Wednesday, April 25

Riverton @ Lehi
Pleasant Grove @ Bingham
Lone Peak @ American Fork

Friday, April 27

Lehi @ Riverton
Bingham @ Pleasant Grove
American Fork @ Lone Peak

Tuesday, May 1

Bingham @ Lehi
American Fork @ Riverton
Lone Peak @ Pleasant Grove

Wednesday, May 2

Lehi @ Bingham
Riverton @ American Fork
Pleasant Grove @ Lone Peak

Friday, May 4

Bingham @ Lehi
American Fork @ Riverton
Lone Peak @ Pleasant Grove

Tuesday, May 8

Lehi @ American Fork
Lone Peak @ Bingham
Pleasant Grove @ Riverton

Wednesday May 9

American Fork @ Lehi
Bingham @ Lone Peak
Riverton @ Pleasant Grove

Friday, May 11

Lehi @ American Fork
Lone Peak @ Bingham
Pleasant Grove @ Riverton

State Tournament

May 15-19, 21-25

Boys Basketball Policies

Region Activity Chairperson: Boys - Jeff Schoonover, American Fork High (801) 756-8547

Coaches' Representative: Doug Meacham, American Fork High (801)756-8547

1. Beginning practice date for boys and girls basketball is November 7th, 2011. The first game may be played no sooner than November 22, 2011. "No basketball player will play basketball during the athletic period except after the official beginning practice date" (per UHSAA policy).
2. Standard game day schedule when boys and girls play is as follows:
 - * Boys - Tuesday and Friday
 - * Girls - Tuesday and Thursday
3. Game times: 3:30 - Sophomores; 5:15 - Junior Varsity; 7:00 - Varsity
4. Games will start as scheduled or 20 minutes following the conclusion of the previous game.
5. Preseason game times and dates are site-based decisions.
6. Only by mutual consent or both schools involved can the starting times be changed. Change of dates must be approved by the Region IV Board of Managers. (The home team will notify the arbiter in case of any change).
7. The coaches have the option to agree on which ball to use for the State Tournament. If an agreement can't be reached, then the UHSAA contracted ball will be used.
8. The visiting school may film a game from their own student sections or an area designated by the home school.
9. Moratorium dates are November 24 - 27, 2011; December 23-27, 2011 and January 1, 2012.
10. Tournament entries are determined by win and loss records during Region IV play. In the event of a tie, General Policies #VI, K (this manual) is used to seed or qualify the eligible teams.
11. General courtesies recommended for boys and girls' games;
 - * Each school should provide the visiting team with a secure, clean locker room, a good blackboard or whiteboard and tape table for taping. A room for private discussion during halftime should be provided.
 - * If pre-game activities are to be longer or if different from usual (general directions, announcements, team introductions and national anthem) a schedule should be given to coaches and referees. A flag ceremony should be included.
 - * Conduct halftime activities within scheduled time - not to exceed seven (7) minutes for all activities. Minor variations can be made with mutual consent of schools involved.
 - * Copies of schedules and team rosters must be emailed to each region school's AD by November 21, 2011
12. Coaches (Girls/Boys) will meet the Tuesday following the Boys' State Tournament at Chili's in Jordan Landing to pick the All-Region Team.

Boys Basketball Schedule

Friday, January 13th

Bingham @ PG
LP @ Riverton
AF @ Lehi

Tuesday, January 17th

Riverton @ AF
PG @ LP
Lehi @ Bingham

Friday, January 20th

Bingham @ Riverton
Lehi @ PG
AF @ LP

Tuesday, January 24th

Riverton @ Lehi
LP @ Bingham
PG @ AF

Friday, January 27th

LP @ Lehi
AF @ Bingham
Riverton @ PG

Friday, February 3rd

PG @ Bingham
Riverton @ LP
Lehi @ AF

Tuesday, February 7th

AF @ Riverton
LP @ PG
Bingham @ Lehi

Friday, February 10th

Riverton @ Bingham
PG @ Lehi
LP @ AF (Varsity Only)

Friday, February 17th

Lehi @ LP
Bingham @ AF
PG @ Riverton

Tuesday, February 21st

Lehi @ Riverton
Bingham @ LP
AF @ PG

**** State Tournament ****
February 28th - March 3rd

Girls Basketball Policies

Region Activity Chairperson: Girls - Jeanie Wilson, Pleasant Grove High School (801) 610-8170
Coaches' Representative: Glenn Larson, Pleasant Grove High School, (801) 610-8170

1. Beginning practice date for boys' and girls basketball is November 7th, 2010. The first game may be played no sooner than November 22, 2011. "No basketball player will play basketball during the athletic period except after the official beginning practice date" (per UHSAA policy).
2. Standard game day schedule when boys and girls play is as follows:
 - * Boys - Tuesday and Friday
 - * Girls - Tuesday and Thursday
3. Game times: 3:30 - Sophomores; 5:15 - Junior Varsity; 7:00 - Varsity
4. Games will start as scheduled or 20 minutes following the conclusion of the previous game.
5. Preseason game times and dates are site-based decisions.
6. Only by mutual consent or both schools involved can the starting times be changed. Change of dates must be approved by the Region IV Board of Managers. (The home team will notify the arbiter in case of any change).
7. The coaches have the option to agree on which ball to use for the State Tournament. If an agreement can't be reached, then the UHSAA contracted ball will be used.
8. The visiting school may film a game from their own student sections or an area designated by the home school.
9. Moratorium dates are November 24 - 27, 2011; December 23-27, 2011 and January 1, 2012.
10. Tournament entries are determined by win and loss records during Region IV play. In the event of a tie, General Policies #VI, K (this manual) is used to seed or qualify the eligible teams.
11. General courtesies recommended for boys and girls' games;
 - * Each school should provide the visiting team with a secure, clean locker room, a good blackboard or whiteboard and a table for taping. A room for private discussion during halftime should be provided.
 - * If pre-game activities are to be longer or if different from usual (general directions, announcements, team introductions and national anthem) a schedule should be given to coaches and referees. A flag ceremony should be included.
 - * Conduct halftime activities within scheduled time - not to exceed seven (7) minutes for all activities. Minor variations can be made with mutual consent of schools involved.
 - * Copies of schedules and team rosters must be emailed to each region school's AD by November 21, 2011
12. Coaches (Girls/Boys) will meet the Tuesday following the Boys' State Tournament at Chili's in Jordan Landing to pick the All-Region Team.

Girls Basketball Schedule

Tuesday, January 10th

LP @ Lehi
AF @ Bingham
Riverton @ PG

Thursday, January 12th

PG @ Bingham
Riverton @ LP
Lehi @ AF

Tuesday, January 17th

AF @ Riverton
LP @ PG
Bingham @ Lehi

Thursday, January 19th

Riverton @ Bingham
PG @ Lehi
LP @ AF

Tuesday, January 24th

Lehi @ Riverton
Bingham @ LP
AF @ PG

Thursday, January 26th

Lehi @ LP
Bingham @ AF
PG @ Riverton

Thursay, February 2nd

Bingham @ PG
LP @ Riverton
AF @ LP

Tuesday, February 7th

Riverton @ AF
PG @ LP
Lehi @ Bingham

Thursday, February 9th

Bingham @ Riverton
Lehi @ PG
AF @ LP

Tuesday, February 14th

Riverton @ Lehi
LP @ Bingham
PG @ AF

** State Tournament**
February 21st - 25th

Cross Country Policies

REGION ACTIVITY CHAIRS: Kenley Brown, Lone Peak High School (801) 717-4568

Coaches Representative: Jeff Arbogast, Bingham High School (801) 256-5100

1. No meets are to be scheduled before August 09, 2011.
2. Each Region school will have a well-marked designated course. Distances for dual/tri/quad meets and region championships will be approximately 3 miles or 5k. A finish chute will be used at the finish line for all meets, as well as the Region Championship.
3. Qualification for state will be as per UHSAA rules in the current handbook.
4. Scores at the Region Championship Meet will determine the winner of the region trophy.
5. Medals will be awarded to the top ten (10) finishers and ribbons for 11-20 finishers at the Region Meet in both boys and girls varsity.
6. Each school will furnish their own "stickers" or tags for each dual/tri/quad meet and the Region Championship Meet. Print the runner's name, grade, and school on the region championship tag.
7. The highest 6th place finisher determines a tiebreaker.
8. Coaches may run eight (8) runners in the varsity region championship race.
9. The top 10 finishers in both the girl and boy's varsity race at the region meet qualify for the state meet.
10. The number of teams that qualify for the state meet will be as per the number set by the UHSSA.
11. Dual/Tri/Quad region meets will be scheduled as per need basis between the schools involved.
12. The uniform rule will be in effect for all meets, with the exception of the pre-season meet. This meet will be a non-team scoring meet.
13. The Region IV Cross Country Meet will be held at an alternating location each year. The 2011 Region Meet will be held at American Fork High School. American Fork High will be the host.
14. Each school will provide two (2) volunteers for the region meet.

Important 2011 Dates

Pre-Region Meet - Wednesday, August 31, 2011 Cottonwood Complex

Girls: 7:00 p.m. Boys: 7:30 p.m.

Region Meet - October 8, 2011 Cottonwood Complex

J.V. Girls 3:30 p.m.

J.V. Boys 4:00 p.m.

Varsity Girls 4:30 p.m.

Varsity Boys: 5:00 p.m.

State Meet - Wednesday, October 19, 2011

Drama Policies

Region Activity Person: Rufine Einzinger, Riverton High (801) 256-5800

Coaches' Representative: Clin Eaton, Riverton (801) 256-5800

1. Teacher Meeting: All region drama teachers will meet at least one month prior to the Region Festivals to discuss any business deemed necessary before the Region Tournaments begin. This meeting will be held **Tuesday, Jan. 19th, 3:30pm at Lehi High School.**
2. Judges: Coaches, recent alumni (4years), student teachers from any of the Region IV schools as well as family members of any competing student will not be used as judges for any portion of the play festival or individual event festival. If UHSAA has put in place a Judge Examination, all judges must complete examination before Region and bring their certificate to the region event.
3. Cost and Fees for Judges:
 - * One (1) to seven (7) schools participating - 20 individual Event Judges at \$50.00 per day. 3 Musical Theater Event Judges at \$50.00 per day.
 - * Presentations (plays)-three (3) Judges at \$150.00 per day (Mileage at UHSAA rate).
4. Qualifying for State: Each school may send up to four (4) entries per individual event as constituted for that classification. All four entries could qualify for the state festival by achieving the following guidelines:
 1. Individual entries must receive a rating (superior, excellent, good or fair).
 2. Rating System:
 - a. Any entry must receive at least two (2) superior ratings out of three qualify for state.
 3. Any entry receiving a straight superior rating (SSS) at region will receive a medal.
 4. All festival plays receiving straight superior ratings OR one half of the numbers of festival plays presented at region drama festivals (which ever is greater) will qualify to perform in the state drama festival. In the case where fewer than half of the region festival plays receive straight superior ratings, the region play judges will determine the remaining plays to fill our regions allotment.
 5. Due to room constraints, Musical Theater will perform all together in 1 round in front of 3 judges. All pieces receiving 2 or more Superiors will move on to state.
5. Double Entering: Each student may only qualify for State in one (1) individual event and in the Play Event.
6. Trophies and Awards:
 - * Six (6) 4x6 Plaques-Outstanding Performance in Region One-Act plays - decided by the three(3) Festival Play Judges.
 - * One hundred twenty (120) Superior Individual Medals.
 - * Plaques for Straight Superior Plays will be ordered after Region Play Festival concludes. They will be distributed as soon as they are available.

Drama Schedule

Jan. 10th, 2012

Region Drama Meeting 3:00 pm Lehi High School

March 7th, 2012

Region Plays 9:00 am Riverton High School

March 14th, 2012

Region IE's

Round One 3:15 pm American Fork High School

Round Two 4:15 pm

Round Three 5:15 pm

Awards Ceremony 6:30 pm

April 12-14th, 2012

State Drama Taylorsville High School

Drill Team Policies and Schedule

Region Activity Person: Sydney Hackford, Lone Peak (801)717-4568

Coaches' Representative: Stacey Squires, Pleasant Grove High School (801) 360-8397

1. Region drill teams will follow the guidelines listed in the General Guidelines of the Region IV Manuel.
2. The Region Drill Team Competition will be conducted under the rules and guidelines of the UHSAA competition regulations. Bingham High School will host on **Wednesday, January 25, 2012 to begin at 5:00 pm**
3. Drill teams must follow the National Safety Guidelines in order to qualify for catastrophic insurance coverage.
4. The categories will be CHARACTER, DANCE, and MILITARY. A team may enter three categories at the region level.
5. The team coach must attend a UHSAA clinic for coaches and judges prior to the Region Meet or Complete the UHSAA Drill Team Test.
6. A mandatory Region Drill Coaches Meeting will be held prior to the Region Drill Team Competition at the host school (Bingham High School) on **Monday, December 5, 2011.**

MILITARY	DANCE	CHARACTER
1	4	6
2	3	5
5	6	1
4	2	3
3	1	4
6	5	2

- Competition Order to be determined by drawing number (1-6). Team(s) without representation will be assigned #1 in the selection.
 - Facility Orientation (dressing rooms, team entry & exit, direction, etc.)
 - The order of vents for the Region Tournament will be Military, Dance, and Character.
7. Please submit program details electronically to shackford@alpine.k12.ut.us by Monday, December 5, 2011:
 - Official name of drill team
 - A high quality team photo
 - List of teammates names, officers and coaches (please check spelling)
 - Names of the school administration and athletic director (please check spelling)
 - Three (3) All-Region Team Nomination (Please check spelling)
 - Academic All-Region Nominations (3.75 cumulative GPA) (Please check spelling)
 - Performing group for Region Competition entertainment (i.e., Cheerleading, Dance, etc.)
 - Moratorium Declaration
 8. An UHSAA certificated judge will be utilized for the Region Tournament as competition director.

9. Drill teams will have twenty (3) minutes of floor time/sound check on the day of competition at the host school. Order to be determined by distance to host school; closest to farthest.
10. Each drill team coach will model sportsmanship to the members and parents. At region, the state sportsmanship rule will apply.
11. The following awards will be presented at the Region Drill Team Competition:
 - Plaques will be awarded to 1st and 2nd place winner in each category: Character, Dance, and Military.
 - Medals will be awarded to 1st, 2nd, 3rd, 4th and 5th place winners in the Drill Down Competition
 - A Region trophy will be awarded to the Region Championship Team.
 - Certificates will be given for 3rd place in each category and for 2nd and 3rd overall.
 - The top four (4) finishers will be announced as qualifying for State.
 - Certificates will be awarded for Academic All-Region.
 - Certificates will be awarded for All-Region Team.
12. Dressing Rooms are closed to parents, spectators and supporters. Only coaches will be allowed in the dressing area. Deliveries may only be made by a female runner. It is advised that gifts and well wishes be held until the conclusion of the competition.
13. Moratorium/Dean time: UHSAA guidelines must be followed. Teams not abiding by the moratorium will face a fine on the first offense and a sportsmanship penalty on the second offense.
14. Drill Team members in uniform and accompanied by a coach will be admitted to Region IV games without charge.
15. State 5A Drill Team Competition will be held on Friday, February 3, 2012. Drill team qualification standards for State will be according to UHSAA guidelines. In the event of a tie, tie breaking procedures will be followed as outlined in the State Handbook.

2011-2012 Region IV Activities Manual

Competition Starting date: October 25, 2011

Academic All-State Nominations
See UHSAA Calendar

Region Competition Planning Meeting
Monday, December 5, 2011
5:00pm
Bingham High School

*Region program details due at this time

Region IV Drill Team Competition
Wednesday, January 25, 2012
Bingham High School
5:00pm (ticket booth open/doors open 4:00 PM)

State Drill Team Competition
5A-Friday, February 3, 2012 @ UVU

Football Policies

Region Activity Chairperson: Chad Wilson, American Fork High (801) 756-8547

Coaches' Representative: Dale Sampson, Pleasant Grove High (801) 610-8170

1. Beginning practice date will be Monday, August 8, 2011.
2. Endowment game will be August 19-20, 2011.
3. All varsity games will start at 7:00 pm.
4. Each region school will play a full schedule of sophomore and JV games. (All games will start at 3:30pm—no evening games.)
5. Sophomore games will be played at the same location as the varsity. JV plays opposite.
6. Home team wears dark jerseys. Visiting team wears light or white jerseys
7. All schools are required to use adults on chain and down marker (varsity only).
8. In case of overtime, the state tie-breaker rule applies.
9. Scouting is to be done from the spectator stands and no video filming of future opponents will be allowed at varsity, JV, or sophomore levels.
10. Sidelines: No one will be allowed on the field or sidelines (outside of teams and team personnel) during the game without a sideline pass. Each school will develop and distribute their own sideline passes. The Athletic Director who meets the bus will determine from the opposing coach how many sideline passes are needed. It is the responsibility of each schools administration to keep their sidelines and track areas clear of all spectators. No spectators will be allowed on the field during the game.
11. The home team is responsible for emergency medical care.
12. Head coaches (or assistant coaches) will make a DVD exchange each Saturday at 8:00 am at the Maverick at Thanksgiving Point or as otherwise arranged by both coaches. Each coach will deliver the two most recent game films. A copy of the team roster will accompany all film exchanges. Region IV games, whether practice, league, or post-league, may be filmed only by the two participating schools. The host school should extend the same courtesy to the visiting photographer as to its own photographer. Films that are exchanged in Region IV will be DVD and will be filmed by a responsible adult. They should include pre-snap set wide angle, scoreboard by quarter, and each scoring play. Film all plays. The exchange can be a copy of game DVD.
13. Varsity host school will provide dressing facilities upon the request of the visiting school. A chalkboard/whiteboard will be available. Each school will provide their own towels. Host school will clear visiting locker room 1½ hours before games and provide a guide for the visiting team to meet bus, show locker room, etc. (JV and Sophomores dress at their own schools.) In the case of inclement weather, JV & Sophomore teams will be provided shelter at half-time. The visiting team is responsible for cleaning the locker room immediately following half-time.
14. Post Game Activities: At the conclusion of the Varsity, J.V., or Sophomore games and after the traditional handshake, visiting teams will not participate in any post game activities (A short five minute team gathering may be held in the end zone away from the home team). Teams are to gather their gear and load the bus. Please see page 9 (f) #6, for rules on pre-game and post-game procedure.

15. Visiting team will be allowed a minimum of 2 spotters and a maximum of 4 (depending on facility).
16. Electronic communication equipment (other than coaches' equipment) including but not limited to computer, film, television, and video tape, shall not be used for coaching purposes during the game or between periods.
17. Coaches will communicate with one another on at least two occasions:
 - a. Schedule and team rosters are to be mailed/e-mailed to Region Chair by Monday, August 15, 2011. The rosters shall contain at least the name, grade level, number, height, and weight of each athlete and be in numerical order.
 - b. The coaches will meet after the last region game for the purpose of selecting the All-Region IV Teams (athletic and academic). The meeting will be on Monday, November 7, at 7:00pm. All-Region MVP's (1 MVP, 1 Offensive MVP, 1 Defensive MVP, 1K, 1, P, 1 RS, 1 QB, 1 RB, 1 WR, 1 OL, 1 DL, 1 LB, 1 DB) All-Region 1st Team Players (5, 4, 3, 3, 2, 2, 2), 2nd Team Players (5, 4, 3, 3, 2, 2, 2), Honorable Mention (4, 4, 4, 4, 4, 4, 4).
18. Refer to region policies for tiebreakers. In the event of a 3-way tie for the last play-off berth, see previously stated region rules first. If necessary, then follow the steps below.
 - a. The winner of the tie breaker or winner of the flip earns a bye; the other two teams play off in a 24-minute game, consisting of two (2) 12-minute quarters.
 - b. Following a 15 minute halftime intermission, the winner of the first 24-minute game will then play the bye team. The game will consist of two (2) 12-minute quarters. The winner of that game will advance to the play-offs.
 - c. All playoff games will be held at a neutral site.
19. Any current employee of a school may not officiate in any varsity game in which that school is participating.
20. The National Anthem will be played at 5 minutes before the scheduled starting time. The visiting team should be informed if this is changed.
21. Region scheduling will flip home and away year to year. The order will remain the same for two years.
22. Change of Date, Time, or Place of a regularly scheduled region game must be approved by the Region IV Board of Managers. Changes should be approved at least one week in advance. Host school must notify the Football Chair and the other head coaches in the region of the change. Host school must notify the arbiter of the change.
23. Any Media personnel from schools must remain on their school's sideline.

REGION IV 2011 FOOTBALL SCHEDULE

August 8

Practice and Team Selection

August 19-20

Endowment Games

Aug 26, Sept 2, 9, 16

Pre-Season Games

September 23

Pleasant Grove @ Lehi

American Fork @ Lone Peak

Bingham @ Riverton

September 30

Lehi @ American Fork

Lone Peak @ Bingham

Riverton @ Pleasant Grove

October 7

Riverton @ Lehi

Pleasant Grove @ Lone Peak

Bingham @ American Fork

October 14

Bingham @ Lehi

Lone Peak @ Riverton

American Fork @ Pleasant Grove

October 19 (Wednesday)

Lehi @ Lone Peak

Pleasant Grove @ Bingham

Riverton @ American Fork

October 28/29

Playoffs @ Home Sites

November 4

Playoffs @ Home Sites

November 11

Semi Finals @ U of U

November 18

State Championship @ U of U

Forensics/Debate Polices

Region Activity Chairperson: Dennis Edmonds, Bingham (801) 265-5100
Coaches' Representative: Carol Shackelford, Bingham High (801) 256-5100

1. Starting Date: No forensics meets may be held prior to October 1, 2011
Ending Date: No forensics meets may be held after March 10, 2012
2. Region paring meeting: This meeting will be held at the Region Tournament host school beginning at 3:30 p.m. February 16, 2012. All coaches will be assigned paring responsibilities. All coaches shall submit 30 Impromptu topics - 10 famous quotations, 10 social value, 10 abstract/one word. Extemporaneous topics will come from the NFHS topics. All typewritten manuscripts with complete bibliography must be submitted at the Region Pairing Meeting. Schools not submitting manuscripts for Original Oratory will forfeit that entry. Oratories must be submitted to and approved by the school's principal before submission at the paring meeting.
3. Debate, Lincoln-Douglas and Public Forum Paring: Up to six (6) rounds will be held in each event. Parings will be reverse power matched to best allow each school to hit all other schools in the region in each event. Byes will be drawn from eligible teams/schools. Not team, individual or school may have more than one bye unless it cannot be avoided. Speaker points are averaged for byes. The Region Tournament will use the same topics for Lincoln-Douglas and public forum as the State Tournament.
4. Individual Events Paring: (4) rounds of each event will be held. Random Paring will be used but students from the same school will not be in the same round.
5. Student Congress paring: all contestants will be placed in one hour or two (2) sessions with assigned seating and second seating reversed. Student Congress for Region will conform to State Tournament guidelines. Six (6) judges will be used with the score from the competitor's school dropped and the other five (5) added to determine final rank and rating. Congress judges should be two (2) years removed from high school, if possible.
6. Entry: There will be a limit of four (4) teams in Policy Debate and Lincoln-Douglas Debate. The NFL March/April topic will be used for both Region and State Competitions in both LD and Public Forum. In Public Forum, student Congress and Individual Events there will be three (3) entries.
7. Registration: Registration forms must be submitted to the Region Activity Chairperson at the time of the Region pairing Meeting. All Orations and Student Congress Legislation must be submitted with registration.
8. Judging Requirements: Judging requirements will be determined at the Region pairing Meeting based on the total entries of each school Each school shall bring a congress judge. Judging requirement are as follows:
 - One Judge per two or fraction thereof of policy and public forum debate.
 - One for every four LD debaters or fraction thereof.
 - One judge for every five IE competitors.
 - One congress judge for each school with Student Congress.Schools not meeting their judging commitments will be subject to the following procedures:
 - Drop number of students to match number of judges present at the point of infraction and after vote by Region Coaches.
 - The school will be ineligible for Region Award and State qualification.
 - Judges should not be secured that have judged for another school all year in Region IV.
9. Student Congress: Each student may submit one piece of legislation. The legislative calendar will be set randomly at the Region Pairing Meeting by placing the name of each school in a hat and drawing out one name at a time to determine the first series of bills/resolutions to be considered. The order will

then shift (i.e. 1 to 2, 2 to 3 etc.) to determine the next set of bills/resolutions to be considered. This method will continue until all legislation has been placed on the calendar. All legislation must be final by the Region Pairing Meeting. Orders of the day will be used with modified National Forensic League rules. Six speech priority will be used. All speeches will be three (3) minutes with two (2) minutes of questions after the proponent speech. Amendments and serving as Presiding Officer will count as a speech. No removal of an obstructionist without approval of the tabulation room. No one student will chair for more that (1) hour. Five (5) total hours of session time will be held with breaks and lunches scheduled as needed.

10. Appropriateness of Materials: Coaches are responsible for ensuring appropriateness of materials including, but not limited to, oratory topics, interpretation pieces, and subject of congress resolutions.
11. Scoring: the quartile system will be used. The top 1/4 will receive superior ratings and five (5) points per person, the next 1/4 will receive excellent ratings and three (3) points per person, the next quarter will receive good ratings and will receive one (1) point per person and the final 1/4 will receive no sweepstakes points. Quartiling will be adjusted in the way which least skews the bracket. In sweepstakes, when there is a team tie for the finals state qualification spot, the tie will be broken on numbers of ratings and win/loss records. Congress rankings will be quartiled for breaking ties.
12. Region Awards: One Region Championship Trophy will be awarded. Region medals will be awarded for the top five (5) places in each event. That would result in the following medals count. Policy Debate-places 1 through 5 win two (2) medals for each place since each team has two members; Lincoln-Douglas Debate-One (1) medal for each place 1 through 5; Public Forum Debate-places 1 through 5 with two (2) medals for each place since public forum teams have two member; Original Oratory-one (1) medal for each place 1 through 5; Impromptu Speaking-one (1) medal for each place 1 through 5; Foreign Extemporaneous Speaking-one (1) medal for each place 1 through 5; National Extemporaneous Speaking-one (1) medal for each place 1 through 5; Student Congress one (1) medal for each place 1 through 5.

Region certificates will be awarded to all participants who achieve a rating of good or higher. Ties will be broken according to UHSAA Rules. If two schools are tied for either 1st or 2nd place Sweepstakes, the following tie-breaking procedure will be followed: The lowest total ranking score in all events wins the tie. Debate, Lincoln-Douglas and Public Forum will be counted as one (1) point for wins and three (3) for a loss in this tie breaking system. Only ties for 1st and 2nd place Sweepstakes will be broken. All other ties will be listed and announced as a tie.
13. Rules Arbitration: The Region Activity Chairperson will be on call during the Region Tournament to help resolve disputes over interpretation or application of Region rules.
14. Region Costs: Region Schools will submit to the Region Activity Chairperson a list of their judges. The schools are responsible for paying their own judges. The region will then reimburse schools for the cost of their region judges. The region will also cover the costs of awards and of lunch for region coaches and judges at the Region Tournament

Region IV Tournament
 Saturday, February 25, 2012 - Bingham High School
 State Forensics Tournament
 March 9-12, 2012 TBA

Event	Places
Policy Debate	Two Each - Places 1-5

Public Forum Debate	Two Each - Places 1-5
Lincoln Douglas Debate	Places 1-5
Student Congress	Places 1-5
National Extemporaneous Speaking	Places 1-5
Foreign Extemporaneous Speaking	Places 1-5
Original Oratory	Places 1-5
Impromptu Speaking	Places 1-5

One First Place Forensics Sweepstakes trophy

Boys Golf

Region Activity Chair: Rex Brimhall, Lone Peak High School (801) 717-4568

Coaches Representative: Brad Bevan, Bingham High School (801) 256-5100

Region statistics will be kept by: Dustin Carter

Start Date: August 1, 2011

1. There will be 9 region tournaments consisting of 18 holes each. Eight players representing each region school will participate with the low 5 scores added together for the school's tournaments score. Strokes will be used to determine the placing of each team. Total strokes from all region tournaments will determine Region IV champion. If there is a tie for 1st place, there will be an additional region trophy presented.
2. All schools will be responsible for their own greens fees.
3. Region tournaments will start as late as possible (shotgun starts will be requested).
4. There will be six 18-hole tournaments that will be scheduled by the region coaches in the Region Planning Meeting.
5. If there is a tie for the final state tournament spot, the coaches of the included schools will choose 4 golfers who will then play in a sudden victory playoff.
6. If a region tournament is postponed due to inclement weather, every attempt will be made to reschedule as soon as possible. If all golfers finish at least 9 holes before inclement weather stops play, that will be considered a region tournament and the 9 hole scores will be considered a complete tournament. In the event that the final 18 hole region tournament is affected by weather, there may not be a makeup due to time constraints.
7. USGA rules apply to all events, local rules will supersede in case of conflicts.
8. No caddies may be used by the participants at region tournaments. No riding golf carts unless approved by region coaches prior to play.
9. Players' relatives will be permitted to watch, unless local course rules prohibit, but must stay at least 50 feet away from the players and may not offer help, coach, nor advise, nor interfere with the progression of the tournament.
10. All coaches are responsible for their players' attire at region events. Hats/visors must be worn with the brim forward. Collard shirts/mock turtleneck shirts must be tucked in. Shorts must be of modest length. Prohibited attire: denim, tank tops, T-shirts, sleeveless shirts, cutoffs and any other dress considered inappropriate by coaches or the golf courses.
11. All golfers will play from the designated tee markers. No electronic devices allowed. This includes, but is not limited to, range finders, cell phone, music devices, smartphones, etc.
12. Players must attend school all periods of the day of a region event up until they are excused for the event by the coach. District policy supersedes any discrepancy.
13. A region rules meeting will be held by each school prior to the first match. Each golfer must attend or will not be eligible for region play. Exceptions rarely may occur but must be approved by the region board (principals, not coaches).
14. First team all-region players will be awarded medals for places 1 -15. Medalists will be determined by their best 7 of 9 region tournament scores.

Girls Golf Policies

Region Activity Chairperson: Rex Brimhall, Lone Peak (801) 717-4568

Coaches' Representative: Liz Conry, Bingham (801) 256-5100

1. All general policies in the Region IV Activities Manual should be read and will apply to the sport of golf.
2. There will be five (5) 9-hole region matches and four (4) 18-hole region tournaments. JV teams will play in the five (5) 9-hole matches and the final 18-hole region tournament. Only varsity teams will participate in the regular season 18-hole tournaments. Points for the five region tournaments will be according to the following scoring: first - 7; Second - 5; Third - 4; Fourth - 3; Fifth - 2; Sixth - 1. Region Golf Champion will be determined by this scoring. The team with the most point will be declared Region IV Champion.
3. In case of a tie for a state tournament berth, a 9-hole playoff, on a neutral course, will occur with each team entering six (6) players. The top three (3) scores will count. In the event of a tie, the next player's score will be taken until the tie is broken.
4. In varsity matches, each team will play up to six (6) players. The top four (4) scores will count.
5. Individual medals will be given to the ten (10) players with the lowest scores in the region tournaments.
6. No caddie will be used by any golfer.
7. Motorized carts are not to be used by the players. The coaches Representative and the Region Golf Chairperson will determine exception.
8. All coaches are responsible to see that their players are dressed in appropriate golf attire and that they comply with local course rules. No denim.
9. Players must attend school the day of scheduled dual matches and tournaments to be eligible for play that day.
10. Play will be governed by USGA rules and local course rules, proper golf etiquette and Region IV sportsmanship code. The modified Stableford Scoring System will be used. Players will receive points using the following system and mark those points on the scorecard:
 - a. A score of 5 over par will receive 0 points
 - b. A score of 4 over par will receive 1 point
 - c. A score of 3 over par (Triple Bogey) will receive 3 points
 - d. A score of 2 over par (Double Bogey) will receive 4 points
 - e. A score of 1 over par (Bogey) will receive 4 points
 - f. A score of par will receive 5 points
 - g. A score of 1 under par (Birdie) will receive 6 points
 - h. A score of 2 under par (Eagle) will receive 7 points
 - i. A score of 3 under par (Double Eagle) will receive 8 points
11. Each school will be required to attend the region rules meeting.

12. All play will begin from the forward tees. Beginning and less experienced players will play from the fairway tees until they can score below fifty-five (55). At that point, it will be up to the coach to determine whether they play from the fairway tees or the varsity tees.

Practice Start Date: Monday, February 27, 2012

First Competition Date: Monday, March 5, 2012

Academic All-State Due: Tuesday, April 10, 2012

Music

Region Activity Person: Rich Price, Bingham High (801) 256-5100

Coaches' Representative: Lois Johnson, Lone Peak (801)

Band Competition Dates:

October 6 th	Region @ Bingham
March 6 th ,	Region Choir and Solo Ensemble @ Lehi
March 8 th	Region Jazz Band @ Lone Peak
March 13 th	Region String and Solo Ensemble @ American Fork
March 21 st	Region Chamber Choir @ Riverton
April 2 nd	Region Large Choir @ Lone Peak
April 3 rd	Region Concert Band: Bingham, Riverton, Lehi @ Lehi American Fork, Lone Peak, Pleasant Grove @ Lone Peak
April 26 th	Region Orchestra @ Lone Peak

Boys Soccer Policies

Region Activity Chairperson: Mark Halliday, Riverton High (801) 256-5817

Coaches Representative:

1. All general policies in the Region IV Activities Manual should be read and will apply to the sport of Soccer.
2. Each school has the option to play a maximum of 16 games for both Varsity and Junior Varsity as per instruction in the UHSAA Handbook. This total does not include playoff games.
3. Pre-season non-league games are to be scheduled as the schedule permits per UHSAA ruling if game imitation is changed.
4. Varsity and Junior Varsity games will be played on the same day, at the same site.
 - * Varsity game time is 3:30p.m.
 - * Junior Varsity game time is 5:15 p.m. or 15 minutes following the Varsity game.
 - * Night games must be scheduled at least a week in advance per change of game time rules.
5. Changes in game time and/or site must be approved by the principals and coaches of both schools involved.
6. Host schools are responsible for notifying officials in advance of any change in the schedule.
7. Host school coaches will be responsible for calling the Varsity Team Scores in to the **Deseret News** (237-2162 after 4:00 p.m.) And the **Tribune** (257-8900 after 4:00 pm).
8. Sin guards are mandatory.
9. The uniform sportsmanship policy (adopted August 30, 2010, by the UHSAA).
 - * Soccer will be administered according to the policy listed in the general policies.
 - * Any coach, player or bench personnel ejected by an official for unsportsmanlike behavior will be suspended from the next regularly scheduled game at that level of play and any intervening levels of play.
 - * Any participant involved in a second incident/ejection will be suspended for the next two (2) regularly scheduled games.
 - * A third ejection will result in suspension for the remainder of that season.
 - * The fighting rule is incorporated as part of the sportsmanship policy. Any bench personnel other than the head coach who leaves the confines of the bench area during a fight are disqualified from the game and must leave the field. A squad member or any team personnel who leaves the bench area during a fight or who participate in a fight during the season, will be ejected from that game
 - * Fans must be seated 10 feet from sideline - a painted white line must designate the fan seating area.
10. Home team must wear light jerseys and light socks; visiting team wears dark jerseys and dark socks.
11. Seating: the preferred seating arrangement is with both teams on one side of the field with fans seated on the opposite side of the field. When teams are seated on opposite sides of the field, fans must sit with their team on the appropriate sides.
12. Tie-Breaker: See Region Policy for all activities.
13. Each postponed game must be made up in the order of the postponement. During the first round of region play, a postponed game will be made up by “flip/flopping” the schedule and playing at the “visiting” team’s field, if it is playable. If both fields are unplayable, the postponed game will be made up on the first available date as stated in how a game is made up in the second round. The visiting team will reverse the schedule for the second round. During the second round, a postponed game will

be made up on the first available date at the “home” field, or at either field as agreed mutually by the coaches. When making a decision to stick to the “home fields” consideration needs to be given to the visiting team’s predicament. In the event of a postponed game because of bad weather, it will be the responsibility of the home team coach to notify the visiting school and the officials. This should take place by 1:00 p.m. if possible

14. If there is a tie and a berth is at stake, then the tied schools playoff. The teams play a full game. If there are three teams tied for a playoff spot, then two teams play determined by flip. Then winner plays by team. Winner goes. If three teams tie for two places, then the same format is used. However, the winner of the first game is in and the loser plays the by team. All games are played on a neutral site.

Boys' Soccer Schedule

Beginning practice date: Monday, February 27th, 2012

First game may be held Monday, March 5th, 2012

Varsity games start at 3:30 p.m.; JV games start 15 minutes after varsity game ends.

Friday, March 30th

PGHS @LHS

RHS @ AFHS

LPHS @ BHS

Wednesday, April 4th

LPHS @ RHS

AFHS @ LHS

BHS @ PGHS

Friday, April 6th

PGHS @ AFHS

LPHS @ LHS

Jordan Schools Bye

Wednesday, April 11th

RHS @ BHS

Alpine Schools Bye

Wednesday, April 18th

RHS @ LHS

LPHS @ PGHS

BHS @ AFHS

Wednesday, April 25th

LHS @ PGHS

AFHS @ RHS

BHS @ LPHS

Friday, April 27th

RHS @ LPHS

LHS @ AFHS

PGHS @ BHS

Wednesday, May 2nd

AFHS @ PGHS

BHS @ RHS

LHS @ LPHS

Friday, May 4th

LHS @ RHS

PGHS @ LPHS

AFHS @BHS

Wednesday, May 9th

LPHS @ AFHS

BHS @ LHS

Girls Soccer Policies

Region Activity Chairperson: Wade Lott, Lehi, (801) 610-8805
Coaches' Representative: Brett Bergholm, Lehi. (801) 610-8805

1. All general policies in the Region IV Activities Manual should be read and will apply to the sport of Soccer.
2. Each school has the option to play a maximum of 16 games for both Varsity and Junior Varsity as per instruction in the UHSAA Handbook. This total does not include playoff games.
3. Pre-season non-league games are to be scheduled as the schedule permits per UHSAA ruling if game imitation is changed.
4. Varsity and Junior Varsity games will be played on the same day, at the same site.
 - * Varsity game time is 4:00p.m.
 - * Junior Varsity game time is 15 minutes after Varsity game is finished.
 - * Night games may be play, games will be negotiated between the two teams.
5. Changes in game time and/or site must be approved by the principals and coaches of both schools involved.
6. Host schools are responsible for notifying officials in advance of any change in the schedule.
7. The winning coach will be responsible for calling the Varsity Team scores to the Deseret News (237-2162 after 4:00 p.m.)
8. The uniform sportsmanship policy (adopted August 30, 2010, by the UHSAA).
 - * Soccer will be administered according to the policy listed in the general policies.
 - * Any coach, player or bench personnel ejected by an official for unsportsmanlike behavior will be suspended from the next regularly scheduled game at that level of play and any intervening levels of play.
 - * Any participant involved in a second incident/ejection will be suspended for the next two (2) regularly scheduled games.
 - * A third ejection will result in suspension for the remainder of that season.
 - * The fighting rule is incorporated as part of the sportsmanship policy. Any bench personnel other than the head coach who leaves the confines of the bench area during a fight are disqualified from the game and must leave the field. A squad member or any team personnel who leaves the bench area during a fight or who participate in a fight during the season, will be ejected from that game
 - * Fans must be seated 10 feet from sideline - a painted white line must designate the fan seating area.
9. Home team must wear light jerseys and light socks; visiting team wears dark jerseys and dark socks.
10. Seating: the preferred seating arrangement is with both teams on one side of the field with fans seated on the opposite side of the field. When teams are seated on opposite sides of the field, fans must sit with their team on the appropriate sides.
11. Tie-Breaker: See Region Policy for all activities.
12. Each postponed game must be made up in the order of the postponement. During the first round of region play, a postponed game will be made up by "flip/flopping" the schedule and playing at the "visiting" team's field, if it is playable. If both fields are unplayable, the postponed game will be made up on the first available date as stated in how a game is made up in the second round. The visiting team will reverse the schedule for the second round. During the second round, a postponed game will be made up on the first available date at the "home" field, or at either field as agreed mutually by the coaches. When making a decision to stick to the "home fields" consideration needs to be given to the

visiting team's predicament. In the event of a postponed game because of bad weather, it will be the responsibility of the home team coach to notify the visiting school and the officials. This should take place by 1:00 p.m. if possible

13. If there is a tie and a berth is at stake, then the tied schools playoff. The teams play a full game. If there are three teams tied for a playoff spot, then two teams play determined by flip. Then winner plays by team. Winner goes. If three teams tie for two places, then the same format is used. However, the winner of the first game is in and the loser plays the by team. All games are played on a neutral site.

GIRLS SOCCER SCHEDULE

Beginning practice date: Monday August 1, 2011

First game may be held: Tuesday August 9, 2011

All preseason games are arranged by the coaches.

Varsity games start at 4:00; JV games start 15 minutes after varsity game ends.

Thursday, Sept 1st

PGHS @ LHS

RHS @ AFHS

LPHS @ BHS

Tuesday Sept 20th

LHS @ PGHS

AFHS @ RHS

BHS @ LPHS

Wednesday, Sept 7th

LPHS @ RHS

AFHS @ LHS

BHS @ PGHS

Thursday, Sept 22nd

RHS @ LPHS

LHS @ AFHS

PGHS @ BHS

Friday, Sept 9th

AFHS @ LPHS

LHS @ BHS

PGHS @ RHS

Tuesday, Sept 27th

LPHS @ AFHS

BHS @ LHS

RHS @ PGHS

Tuesday, Sept 13th

RHS @ LHS

LPHS @ PGHS

BHS @ AFHS

Thursday, Sept 29th

LHS @ RHS

PGHS @ LPHS

AFHS @ BHS

Thursday, Sept 15th

PGHS @ AFHS

RHS @ BHS

LPHS @ LHS

Tuesday, Oct 4th

AFHS @ PGHS

BHS @ RHS

LHS @ LPHS

Thursday October 6th Region Playoff (if necessary)

Tuesday October 11th 1st round State Tournament

Thursday October 13th Quarter Finals

Tuesday October 18th Semi Finals

Friday October 21st Finals

Softball Policies

Region Activity Chairperson: Doug Webb, Lehi High (801) 610-8805

Coaches' Representative: Emily Bateman, Riverton (801) 256-5800

1. Monday, February 27, 2012 shall be the first day for team selection and/or team practice.
2. Monday, March 5, 2012 will be the first date for softball games.
3. No team may play more than twenty-two (22) games during the entire season.
 - A single day tournament will count as one (1) game with maximum of four (4) games.
 - A multiple day tournament (2-3 days) will count as two (2) games towards contest limitations.
 - A maximum of eight (8) games may be played in a multiple day tournament.
4. All region varsity games shall begin at 3:30 pm.
 - a. Games will be a full seven (7) innings.
 - b. If the score is tied at the end of seven (7) innings, the international tiebreaker rule will be in effect.
 - c. The 10-run rule will be in effect after the fifth inning.
 - d. the 15-run rule will be in effect after the third inning.
5. All junior varsity games will immediately follow varsity games (same day/same site).
 - a. A team may only score six (6) runs an inning in a JV game.
 - b. Rules for junior varsity play will be agreed upon by the region in order to provide a developmental atmosphere and to accommodate facility use conflicts.
 - c. There is a 1.5 hour time limit
6. The visiting team will take the field at 3:00 pm; the home team will take the infield at 3:15pm.
7. The home team will be responsible for:
 - a. Providing an official scorekeeper (a responsible adult)
 - b. Providing two (2) new game ball (same ball as used in State)
 - c. Paying the officials
 - d. Field management
 - e. Calling the media with game results
8. Postponed games will follow the UHSAA suspended game procedures.
 - a. the **home** team will call their opponent and the officials by 1:00 pm.
 - b. Game will be rescheduled on the first available weekday as agreed upon by the involved coaches and approved by the involved principals.
 - c. Priority should be given to region games.
 - d. In the first round of region play, the postponed game may be "flip-flopped" to the visiting field if it is deemed playable. The second round field will be reversed.
 - e. in the second round of region play, the game will be made up on the first available date at home field.
9. Teams agree to accept all National Federation Rules
10. In the event of a tie in the standing, the region tie breaker rule will be in effect.
11. Video taping of games is by playing teams only.
12. One region trophy will be awarded to the first place team.

SOFTBALL SCHEDULE

Beginning practice date: Monday Feb 27th, 2012

First games may be held: Monday March 5th 2012

All pre-season games are arranged by the coaches.

Varsity games start at 3:30, JV games start after varsity game ends; sophomore games same time as varsity.

Thursday, March 29

Riverton @ American Fork

Bingham @ Pleasant Grove

Lehi @ Lone Peak

Tuesday, April 3rd

Lehi @ Bingham

Pleasant Grove @ American Fork

Lone Peak @ Riverton

Thursday, April 5th

Pleasant Grove @ Lehi

American Fork @ Lone Peak

Jordan District Spring Break

Thursday, April 12th

Riverton @ Bingham

Alpine District Spring Break

Tuesday, April 17th

Pleasant Grove @ Riverton

Bingham @ Lone Peak

Lehi @ American Fork

Thursday, April 19th

Riverton @ Lehi

American Fork @ Bingham

Lone Peak @ Pleasant Grove

1st Round State Home Sites

2nd Round State Home Sites

State Tournament @ Valley Complex

Tuesday, April 24th

American Fork @ Riverton

Pleasant Grove @ Bingham

Lone Peak @ Lehi

Thursday, April 26th

Bingham @ Lehi

American Fork @ Pleasant Grove

Riverton @ Lone Peak

Tuesday, May 1st

Lehi @ Pleasant Grove

Lone Peak @ American Fork

Bingham @ Riverton

Thursday, May 3rd

Riverton @ Pleasant Grove

Lone Peak @ Bingham

American Fork @ Lehi

Tuesday, May 8th

Lehi @ Riverton

Bingham @ American Fork

Pleasant Grove @ Lone Peak

May 15th 2012

May 17th 2012

May 22nd - 24th 2012

Spirit Group Procedures

1. Cheerleaders must follow the National Safety Guidelines in order to qualify for catastrophic insurance coverage.
2. All spirit safety rules are to be followed during practices, games and performances.
3. Cheerleaders in uniform and accompanied by an advisor will be admitted to the game without charge.
4. Cheerleaders may use hand held performance signs and pom poms at Region events. At football games, megaphone and a sign of a positive nature for the home teams to run through will be allowed. See chart of approved items and regulations on page 8.
5. Drums are to play only as part of the pep band or as accompaniment to a cheer by the cheerleaders.
6. Placement of the cheerleaders, drill team and general student body is at the discretion of the host school. Cheerleaders should encourage good sportsmanship at all times. Cheerleaders should refrain from conducting cheers during foul shots and must break behind the basket during the entire game. Cheerleaders will refrain from participating in any “in your face gestures” directed at the opposing spectators and finally, opposing cheer squads should not participate in competitive tumbling demonstrations.
7. Traveling cheerleaders, drill teams and pep clubs will be supervised by designated adult chaperones.
8. Only cheerleaders no spectators are allowed on the sideline, court or field for cheers, activities or demonstrations unless specifically sponsored by the host school administration.
9. .
10. Cheer squads and their advisor(s) must attend the UHSAA Safety Clinic in the spring prior to the new school year. Coaches are also encouraged to document stunt progression of each cheerleader.
11. Mascots will not display inappropriate movement nor will there be any physical confrontations or mock wrestling between opposing schools’ mascots. Mascots will stay in the area of their own cheer squads.
12. For safety reasons, the host and visiting administrations will keep other students out of the space provided for cheerleaders. It is strongly recommended that cheerleaders store their gear in a secure and consolidated space behind their team’s benches.
13. Because academics are a priority, it is recommended that a cheerleader not be required to attend activities more than three times a week.

Swimming

Region Activity Chairperson: Brad Sorensen, Riverton High School (801) 256-5880
 Coaches' Representative: Andee Bouwhuis, Bingham High (801) 256-5800

1. **Monday, September 19th** is the first day of practice/team selection and Wednesday **October 12th, 2011** will be the first date a swimming meet may be held.
2. A maximum of fourteen (14) meets will be held which includes state qualifying meets. All region meets will begin at **3:00 pm due to facility obligations unless otherwise stated. The region relay meet will count as a state qualifying meet.**
3. **The Region Championship will be held on Saturday, February 2nd at the South Davis Pool or JL Sorenson Recreation Center or Kearns High School beginning at 9:00 am or 2:30 pm.**
4. The State Championship Meet will be held at **Brigham Young University on February 10th & 11th, 2012.**
5. Each team in the region shall have a current version of Hy-Tek meet manager and team manager swimming software. Home team will be in the odd lanes, visiting team in the even lanes.
6. Each school's entries for the Region Championship will be limited to all official entries in each individual event and one (1) entry in each relay event. All entry times must be the best time from meets during the current season. NT's will not be accepted as entry times.
 - All swimmers must meet eligibility requirements as per National Federation Rules.
 - The top four swimmers from each school will be used to score towards the Region Championship.
 - Each school must submit their region entries as well as their Academic All-Region names (Seniors only, 3.75 or higher) at our Region Seeding Meeting. The meeting will be held on **January 28th, 2012 at the Texas Roadhouse in Lehi.**
 - The scoring format will be 12 places; 1 Region Trophy, 6 individual event medals, and 2 relay team medals.
 - Awards will be passed out during breaks of the meet.

7. All hosting schools of dual meets will have the following:

	Dual Meets	Region Championship
Starter	\$40.00	\$60.00
Referee	\$40.00	\$60.00
Stroke Judge	\$30.00 (2)	\$30.00 (5)
Head Timer/Runner	\$30.00	\$40.00
Announcer		\$30.00
Hospitality Coordinator		\$30.00
Meet Director		\$150.00

8. Dual meet scheduling will be rotated forward and will alternate home and away meets.
9. The Region Relay Meet will be held at **the JL Sorenson Rec Center on Thursday, October 13th at 3:30 pm**
10. Academic All-Region Names (Seniors only, 3.75 Overall GPA or higher) must be submitted at our seeding meeting.

Region IV 2011-12 Swimming Meet Schedule

October 13th- Region Relays @ Herriman hosted by Bingham
October 19th- AF/LP @PG
October 28th- AF @ Lehi
November 10th- RVHS @ Bingham
December 1st- LP @ Bingham
December 7th- AF @ RVHS 3:30pm
December 8th- PG @ Bingham
December 9th- LP @ Lehi 6:00 pm
December 15th- LP @ RVHS 3:30 pm
December 13th- AF @ Bingham
January 6th- RVHS @ Lehi
January 10th- PG @ RVHS 3:30 pm
January 13th- Lehi @ PG
January 18th- AF/LP @ PG
January 19th- Bingham @ Lehi
January 28th- Region @ South Davis @ 2:30

Boys Tennis

Region Activity Chairperson: Ryan Nield, Lehi, (801) 610-8805

Coaches' Representative: Dave Davis, Bingham High, (801) 256-5100

1. Region IV will adopt the USTA Code of Ethics and Rules. Coaches are encouraged to work with their individual players to ensure their compliance with code.
2. Each individual is allowed to play fourteen (14) matches plus the Region and State Tournaments. A one-day tournament will count as one meet and two-day tournament counts as two meets.
3. Tennis players must compete in a minimum of five Region IV matches during the high school season in order to compete at the region meet. This includes matches at the varsity or junior varsity level and in the singles or doubles category. Injury or special situations will be considered but must be approved by UHSAA staff prior to the student athlete participating in the region meet. The region tournament will determine state qualifiers and their positions.
4. Starting time for tennis matches will be 3:30pm unless otherwise agreed upon by coaches and principals.
5. Matches are to be played on the date scheduled (subject to weather and court conditions). The host coach will be responsible for contacting the visiting coach regarding court location, and/or cancellation and re-scheduling plans by 1:00pm.
6. Each team is expected to participate in a JV schedule. Where possible the matches will be held the same day and place as the varsity matches. The JV will play an 8 game pro-set.
7. Coaches will provide a written line-up of players by position as they arrive for all dual matches.
8. Each school's best player must play either #1 singles or #1 doubles. The #1 singles player must be better than the #2 singles player and so on. The same policy must be used for doubles; i.e., the best team must play first doubles.
9. Each team should have proper tennis attire. Teammates must wear the same style and color of shirt. For the duals, Region IV Tournament, and State Tournament, the rule states that proper and full team uniform is mandatory.
10. Varsity matches will consist of two (2) out of three (3) sets with a twelve (12) point tie break at 6-6. Junior varsity players will play a pro-set, use no add scoring, and will use a tie break at 8-8.
11. Players are limited to a ten (10) minute warm-up period with practice serves being taken during this time. Coaches should enforce the practice time limit.
12. Coaching at matches and tournaments is permitted after each set for a maximum of two minutes. No one other than official team coaches may talk to players during matches. A maximum of two school-sponsored coaches, can coach the players. Players may leave the courts only during the five-minute time period unless an emergency is established.
13. A 90-second changeover time is allowed, including coaching, except after the first game of each set.
14. The Region IV Tournament will be a single elimination.

15. The region home team will furnish high altitude tennis balls for Region IV dual Meets.
16. The Region IV Championship will be determined by a combination of the dual matches and the Region IV Tournament. A team could receive 0,1,2,3,4 or 5 points per dual match. Scoring for the Region Tournament will be: first place in each category will receive five (5) points, second place three (3) points, third place two (2) points and fourth place one (1) point. In the event of a tie, co-championships will be awarded.
17. Seeding is by position: a tiebreaker is determined by 1) head to head, 2) number of sets lost, 3) number of games lost, 4) coin toss. In exceptional circumstances the seeding at a particular position will be based on the recommendations of the majority of the coaches at the seeding meeting. Regardless of the number of wins.
18. In the event tournament is moved indoors due to inclement weather, no matches will begin after 8:00pm and play must conclude by 10:30 p.m.
19. Stacking concerns will be reported to region chair, and may be addressed at midway point or end of 1st round region play.

TENNIS SCHEDULE – BOYS

Beginning practice date: Monday Feb 27th, 2012.

First matches may be held: Monday March 5th, 2012.

All pre-Season matches are arranged by the coaches.

Varsity matches start at 3:30; JV matches start after varsity game ends.

Thursday, March 15th

AFHS @ LPHS

BHS @ PGHS

LHS @ RHS

Tuesday April 3rd

LPHS @ AFHS

PGHS @ BHS

RHS @ LHS

Tuesday, March 20th

LHS @ BHS

PGHS @ LPHS

RHS @ AFHS

Tuesday, April 17th

BHS @ LHS

LPHS @ PGHS

AFHS @ RHS

Thursday, March 22nd

PGHS @ LHS

LPHS @ RHS

AFHS @ BHS

Thursday, April 19th

LHS @ PGHS

RHS @ LPHS

BHS @ AFHS

Tuesday, March 27th

BHS @ LPHS

LHS @ AFHS

RHS @ PGHS

Tuesday, April 24th

LPHS @ BHS

AFHS @ LHS

PGHS @ RHS

Thursday, March 29th

AFHS @ PGHS

BHS @ RHS

LHS @ LPHS

Thursday April 26th

PGHS @ AFHS

RHS @ BHS

LPHS @ LHS

Region seeding meeting
Region Tournament @ Riverton
State Tennis Tournament

May 1, 2012
May 3 & 4, 2012
May 11 & 12, 2012

Girls Tennis

Region Activity Chairperson: Dan Biolo, American Fork High (801) 756-8547

Coaches' Representative:

1. Region IV will adopt the USTA Code of Ethics and Rules. Coaches are encouraged to work with their individual players to ensure their compliance with code.
2. Each individual is allowed to play fourteen (14) matches plus the Region and State Tournaments. A one-day tournament will count as one meet and two-day tournament counts as two meets.
3. Tennis players must compete in a minimum of five Region IV matches during the high school season in order to compete at the region meet. This includes matches at the varsity or junior varsity level and in the singles or doubles category. Injury or special situations will be considered but must be approved by UHSAA staff prior to the student athlete participating in the region meet. The region tournament will determine state qualifiers and their positions.
4. Starting time for tennis matches will be 3:30pm unless otherwise agreed upon by coaches and principals.
5. Matches are to be played on the date scheduled (subject to weather and court conditions). The host coach will be responsible for contacting the visiting coach regarding court location, and/or cancellation and re-scheduling plans by 1:00pm.
6. Each team is expected to participate in a JV schedule. The matches will be held the same day and place as the varsity matches. The JV will play an 8 game pro-set.
7. Coaches will provide a written line-up of players by position as they arrive for all dual matches.
8. Each school's best player must play either #1 singles or #1 doubles. The #1 singles player must be better than the #2 singles player and so on. The same policy must be used for doubles; i.e., the best team must play first doubles.
9. Each team should have proper tennis attire. Teammates must wear the same style and color of shirt. For the duals, Region IV Tournament, and State Tournament, the rule states that proper and full team uniform is mandatory.
10. Varsity matches will consist of two (2) out of three (3) sets with a twelve (12) point tie break at 6-6. Junior varsity players will play a pro-set, use no add scoring, and will use a tie break at 8-8.
11. Players are limited to a ten (10) minute warm-up period with practice serves being taken during this time. Coaches should enforce the practice time limit.
12. Coaching at matches and tournaments is permitted after each set for a maximum of two minutes. No one other than official team coaches may talk to players during matches. A maximum of two school-sponsored coaches, can coach the players. Players may leave the courts only during the five-minute time period unless an emergency is established.
13. A 90-second changeover time is allowed, including coaching, except after the first game of each set.
14. The Region IV Tournament will be a single elimination.

15. The region home team will furnish high altitude tennis balls for Region IV dual Meets.
16. The Region IV Championship will be determined by a combination of the dual matches and the Region IV Tournament. A team could receive 0,1,2,3,4 or 5 points per dual match. Scoring for the Region Tournament will be: first place in each category will receive five (5) points, second place three (3) points, third place two (2) points and fourth place one (1) point. In the event of a tie, co-championships will be awarded.
17. Seeding is by position: a tiebreaker is determined by 1) head to head, 2) number of sets lost, 3) number of games lost, 4) coin toss. In exceptional circumstances the seeding at a particular position will be based on the recommendations of the majority of the coaches at the seeding meeting. Regardless of the number of wins.
18. In the event tournament is moved indoors due to inclement weather, no matches will begin after 8:00pm and play must conclude by 10:30 p.m.
19. Stacking concerns will be reported to region chair, and may be addressed at midway point or end of 1st round region play.

Tennis Schedule - Girls

Beginning Practice/Team Selection

Monday, August 1, 2011

Tuesday, August 23

American Fork @ Bingham
Lehi @ Lone Peak
Pleasant Grove @ Riverton

Tuesday, September 20

Pleasant Grove @ Bingham
Lone Peak @ Riverton
Lehi @ American Fork

Thursday, August 25

Pleasant Grove @ American Fork
Riverton @ Lehi
Lone Peak @ Bingham

Thursday, September 22

Riverton @ American Fork
Lone Peak @ Pleasant Grove
Bingham @ Lehi

Tuesday, August 30

Lone Peak @ American Fork
Bingham @ Riverton
Lehi @ Pleasant Grove

Region Seeding Meeting

Friday, September 23
American Fork High School @ 5:00pm

Thursday, September 1

Bingham @ Pleasant Grove
Riverton @ Lone Peak
American Fork @ Lehi

JV Region IV Meet

Saturday, September 24
Lone Peak High School @ 9:00am

Tuesday, September 6

American Fork @ Riverton
Pleasant Grove @ Lone Peak
Lehi @ Bingham

Varsity Region IV Meet

Tuesday/Wednesday, September 27&28
Riverton High School @ 9:00am

Thursday, September 8

Bingham @ American Fork
Lone Peak @ Lehi
Riverton @ Pleasant Grove

Girls 5A State Tennis Tournament

October 6,8
Liberty Park, Salt Lake City

Tuesday, September 13

American Fork @ Pleasant Grove
Lehi @ Riverton
Bingham @ Lone Peak

Thursday, September 15

American Fork @ Lone Peak
Riverton @ Bingham
Pleasant Grove @ Lehi

TRACK AND FIELD

Region Activity Chair: Chris Titus, Bingham High (801) 256-5100

Coaches' Representative: Robby Duncan, Bingham (801) 230-7758

1. Athletes may participate in no more than 12 meets, not including Region and State as per UHSAA Rules. 6 of those meets may be State Qualifiers. There is NO starting date for practice.
2. Track meets for boys and girls are to be conducted concurrently.
3. The first meet may be hold no earlier than March 5th, 2012.
4. Track meets will start at 3:30pm with the exception of the Region Meet, which may begin at 3:30pm (all events).
5. Host schools must have at least 2 paid officials at the combined boys' and girls' track meets paid for by the host school.
6. The Region will provide the following awards:
 - a. Region Championship Meets: Trophy for first place boys' team and first place girls' team; medals for first six places in individual events and first two places in relays.
 - b. Scoring for the region championships will be based on the 2012 NFHS rulebook for scoring to eight places in individual events, top five in relays.
 - c. Each school is allowed 6 competitors per event in the Region Championship Meet and one relay team.
7. Responsibility of deciding whether a meet should be cancelled (or postponed) due to weather rests with the host school. However, input from other participating schools should be obtained whenever possible. The final decision rests with the host school's principal. Schools who must cancel meets because of weather will not be required to reschedule them, however, they should make an effort to do so if possible. No decision will ever be finalized before noon.
8. It is the responsibility of each coach to submit the names of seniors with a 3.75 or above cumulative GPA at the seeding meeting for academic certificates.
9. The top 3 participants (designated 'varsity' scorers) in lane races and all distance competitors (800m and above) will be required to be 'stickered' with regular file folder labels at each meet in the Region including the Region Championship meet. Stickers are to be provided by each school's coaching staff.
10. Visiting schools should provide one responsible helper at the finish line for away meets.
11. In the Region Meet all athletes must be in uniform according to NFHS rules. Exceptions to this due to extraordinary circumstances must be approved in advance by the Region Chair.
12. A maximum budget of \$300 will be paid by the Region for the funding of Coaches Hospitality Area during the Region Championships. The region is also responsible for paying a starter and a head finish judge. Each school will be required to bring two adults and two student-athletes to help run their respective event at the meet. Schools should arrive with the pertinent section of the rulebook in hand to run their event. Clipboards and event sheets will be provided by the host school and officials will bring their own tapes and field markers. These assignments will remain standard from year to year.

Field Event Assignments:

Bingham	Pole Vault
Lone Peak	Shot Put
Lehi	Discus
American Fork	Long Jump
Pleasant Grove	High Jump
Riverton	Javelin
All	Relay Exchanges and Hurdles

13. It is recommended that the site school for the Region Championships rotate among schools with sufficient lanes to run the event. The rotation for the Region Meet will be:

Region Championships

2012	TBA
2013	Riverton

14. NFHS Rules will govern the Region Meet.
15. Region Entries become finalized at the close of the Region Seeding Meeting.
16. Academic All-State deadline date (to UHSAA) is Tuesday, April 24th.

2012 REGION IV TRACK AND FIELD SCHEDULE

Wednesday, March 21st

Riverton @ Bingham
American Fork @ Pleasant Grove
Lehi @ Lone Peak

Wednesday, March 28th

Lehi & Bingham @ American Fork
Lone Peak & Pleasant Grove @ Riverton
Riverton @ American Fork

Wednesday, April 4th

Lone Peak @ Bingham
Pleasant Grove @ Lehi
Riverton @ American Fork

Wednesday, April 18th

Bingham @ Pleasant Grove
American Fork @ Lone Peak
Lehi @ Riverton

Wednesday, May 9th

Region IV Championships @ Lehi

Thursday, May 10th

Region IV Championships @ Lehi

Friday, May 17th

State Championships @ BYU

Saturday, May 18th

State Championships @ BYU

Region III Championships Order of Events

Wednesday, May 11th

2:00 pm	Girls 100m Hurdles / Boys 110m Hurdles TRIALS
2:30 pm	Girls 100m Dash / Boys 100m Dash TRIALS
3:00 pm	Girls 1600m Run FINALS
3:15 pm	Girls 400m Dash / Boys 400m Dash TRIALS
3:45 pm	Girls 300m Hurdles / Boys 300m Hurdles TRIALS
4:15 pm	Boys 3200m Run FINALS
4:45 pm	Girls 200m Dash / Boys 200m Dash TRIALS

1:30 pm	Boys Discus FINALS Girls Shot Put FINALS Girls High Jump FINALS Boys Long Jump FINALS Boys Pole Vault FINALS
2:00 pm	Girls Javelin FINALS

Thursday, May 12th

2:00 pm	Girls 100m Hurdles / Boys 110m Hurdles FINALS
2:10 pm	Girls 100m Dash / Boys 100m Dash FINALS
2:20 pm	Boys 1600m Run FINALS
2:40pm	Girls 4x100m Relay / Boys 4x100m Relays FINALS
2:50pm	Girls 400m Dash / Boys 400m Dash FINALS
3:00pm	Girls 300m Hurdles / Boys 300m Hurdles FINALS
3:10pm	Girls 800m Hurdles / Boys 300m Hurdles FINALS
3:30pm	Girls Medley Relay / Boys Medley Relay FINALS
3:45pm	Girls 200m Dash / Boys 200m Dash FINALS
3:55pm	Girls 3200m Run FINALS
4:15pm	Girls 4x400m Relay / Boys 4x400m Relay FINALS

1:30pm	Girls Discus FINALS Boys Shot Put FINALS Boys High Jump FINALS Girls Long Jump FINALS
2:00pm	Boys Javelin FINALS

Volleyball Policies

Region Activity Chairperson: Kori Thomas (801) 610-8170 ext. 735

Coaches

American Fork -			
Bingham High School	Melissa Glasker	801-231-3250	Glasker@msn.com
Lehi High School	Jamie Ingersol	801-610-8805	ingersoll@alpine.k12.ut.us
Lone Peak High School	Deana Meyers	801-717-4568	dmeyer@alpine.k12.ut.us
Pleasant Grove High	Allyce Jones	801-380-1280	ajones@alpine.k12.ut.us
Riverton High School	Trudy Pecorelli	801-244-0125	trudy.pecorelli@jordan.k12.ut.us

1. We will follow National Federation rules. All varsity matches will be best of three (3) out of five (5) games. Games 1-4 shall be played to 25 point (no cap), the fifth and deciding game shall be played to 15 points (no cap).
 - a. Sub-Varsity matches: games 1 & 2 are to 25 points with games 3, 4, & 5 played to 15 points.
 - b. Sub-Varsity: games 1 & 2 are capped at 27 points, games 3, 4, & 5, are capped at 17.
 - c. Each team will be allowed two (2) timeouts per game.
 - d. Let serve shall be allowed.
 - e. The 3-ball system is mandated for ALL MATCHES.
2. Region Play will begin on Tuesday, September 13, 2011. All matches will be played on either Tuesdays or Thursdays unless determined in advance by coaches and set forth in the schedule. Game times will be Sophomores at 4:00 p.m., Junior varsity at 5:15 p.m. and Varsity at 6:30 p.m.
3. Seeding for the State Tournament will be determined by the standing in region play. In the event of a tie, seeding will be determined by Region Record, head to head set count and then region ratio.
4. The contest limitation for volleyball will be 14 matches and two (2) tournaments with the following guidelines for tournaments; no more than nine (9) total matches in tournament, nor more than seven (7) matches in a given day, and tournaments may not exceed three (3) days.
5. Courts will be available thirty (30) minutes prior to game time for warm-up.
6. Net time will be four (4) minutes for home team, four (4) minutes for visiting team and two (2) minutes shared serving.
7. The **WINNING** Coach is responsible for calling in scores to the Deseret News (801) 237-2161 and Salt Lake Tribune (801) 257-8900. Coaches will call in their own stats.

VOLLEYBALL SCHEDULE

September 13

American Fork @ Lone Peak
Bingham @ Pleasant Grove
Riverton @ Lehi

September 20

Pleasant Grove @ American Fork
Lone Peak @ Riverton
Lehi @ Bingham

September 27

Pleasant Grove @ Lehi
Bingham @ Lone Peak

September 29

American Fork @ Riverton

October 4

Lehi @ American Fork
Riverton @ Bingham
Lone Peak @ Pleasant Grove

October 6

American Fork @ Bingham
Lone Peak @ Lehi
Pleasant Grove @ Riverton

October 11

Lone Peak @ American Fork
Pleasant Grove @ Bingham
Lehi @ Riverton

October 13

American Fork @ Pleasant Grove
Riverton @ Lone Peak
Bingham @ Lehi

October 18

Lehi @ Pleasant Grove
Lone Peak @ Bingham
Riverton @ American Fork

October 25

American Fork @ Lehi
Bingham @ Riverton
Pleasant Grove @ Lone Peak

October 27

Bingham @ American Fork
Lehi @ Lone Peak
Riverton @ Pleasant Grove

WRESTLING

Region Activity Chairperson: Curtis Hagen, Riverton High (801) 256-5818
Coaches' Representative: Brock Moore, Pleasant Grove High (801) 610-8170

Start Date for practice is November 7, 2011

1. First match of the year cannot be held prior to November 22, 2011
2. Starting times for region matches will be as follows.
 - a. Weigh in: 4:00pm
 - b. JV matches: 5:30pm
 - c. Varsity matches: 7:00pm

The gym must be cleared of all other activities by 4:15pm so it can be set up for dual matches. A change in starting time will require mutual agreement between the principals of the two schools involved. Changes in dates of activities require the approval of the Region IV Board of Managers. Host schools are responsible to notify the arbiter of any time or date changes.

3. There will be no weight allowance given unless there are back-to-back dual meets. A coach must contact the opposing coach 24 hours in advance if this situation occurs.
4. To meet National Federation and State Guidelines, a wrestler must certify at a specific weight class prior to his first wrestling match. Please refer to UHSAA website for complete information on wrestler weight certification.
5. Platform scales must be certified (by a government agency) by November 22, 2011.
6. Coaches will exchange line-ups by email or fax by 10:00am to the opposing schools the day of the match. The line up should include Varsity, JV and Extras. Exception: Weigh in at home for Region Open JV tournament.
7. The state arbiter for Varsity, JV, will assign the officials for all Region and non-region matches and sophomore meets. All officials must be certified.
8. A maximum of 24 encounters will be allowed plus Region and State Meets. All tournaments will be counted as three (3) encounters. Dual Matches count as one (1) encounter.
9. Any school with a wrestler who is unable to compete in the State Meets must notify the Region Chairperson immediately and the replacement wrestler's coach. The Region Fifth place wrestler should be available to fill in a possible bye in the tournament bracket at the State Meet.

Region Varsity Tournament

- A. Wrestlers will be seeded into the tournament by criteria. Attempts will be made to seed all varsity wrestlers.
- B. All rounds will be scored in the tournament. No pigtails or true 4th place matches will be scored.
- C. Weigh ins will be conducted as per state guidelines.
- D. The seeding meeting will be under the direction of the host school with the head coach and the Region Chair doing the pre-seeding. Byes will be assigned beginning with the first seed and moving down to each subsequent seed. They will be drawn equally.
- E. Each coach will be required to bring to the JV tournament an up to date Alpha Master sheet for his team and a list of each wrestler's region win/loss record with the opponent's name and school. This should include all Region duels highlighted with the weight in which the wrestlers competed. The director of the Region Meet will submit the weigh in sheets to the state officials at the State Tournament.
- F. Wrestlers may not change weight class after the seeding meeting.
- G. All wrestling results need to be entered into Track Wrestling by the proceeding day by Midnight.
- H. Scoring of byes in the region tournament.
- I. Fifth and Sixth place will be wrestled and scored.
- J. Awards presented and provided by the Region Host School:
 - a. Outstanding Coach
 - b. Dual Meet Champion Award
- K. Awards presented and provided by Region IV:
 - a. Region Tournament Trophy
 - b. Medals first-sixth place
 - c. Outstanding Wrestler, Upper and Lower weighs
- L. Tournament times will be set by the Host School.
- M. The following criteria will be used for seeding wrestlers in the Region IV Wrestling Tournament.
 - a. Head-to-Head record in any competition.
 - b. Agreement among coaches who is the best wrestler. Must be at least a 4-2 vote.
 - c. Previous state place.
 - d. Previous region place.
 - e. Common Opponents
 - f. Total Varsity wins.
 - g. Coin toss.
 - h. In case of
 - i. Any Changes to seeding after the seeding meeting is held must be put before a committee consisting of a representative head coach from each school and the region chair.

- j. If necessary, at 4th and 5th place if 5th has been beaten 4th the match will be re-wrestled.
- k. True 4th will always be determined.

Region JV Tournament

Two entries per school go into the varsity tournament regardless of place in JV.

Wrestling Schedule

Wednesday December 14

American Fork @ Lehi

Thursday December 15

Lone Peak @ Riverton

Thursday January 5

Riverton @ Lehi

Lone Peak @ Bingham

Pleasant Grove @ American Fork

Thursday January 19

Riverton @ American Fork

Pleasant Grove @ Lone Peak

Lehi @ Bingham

Region JV Tournament held at Bingham High Thursday December 26, 1:00pm weigh, 3:00pm start

Region Varsity Tournament held at Pleasant Grove Wednesday February 1st

State Tournament held at UVU, Wednesday and Thursday February 15th and 16th.

Region JV and Varsity Rotation

2012:JV Varsity: Bingham

2013:JV Varsity

Alpine School District
2011-12 TRADITIONAL SCHOOL YEAR CALENDAR

7th and 10th Grade Day (optional for schools) Monday, Aug. 22, 2011
Official School Year Begins Tuesday, Aug. 23, 2011
Official School Year Ends Thursday, May 31, 2012

HOLIDAYS AND OTHER DAYS SCHOOL WILL BE CLOSED OR ALTERED

Labor Day Recess Monday, Sept. 5, 2011
Parent-Teacher Conferences Wednesday, Sept 21, 2011
Minimal Day (Prof Development) Monday, Sept. 26, 2011
Fall Break October 20 - 23, 2011
Minimal Day (Prof Development) Monday, November 14, 2011
Teacher Comp. Day Wednesday, November 23, 2011
Thanksgiving Recess Thursday, Friday, Nov. 24-25, 2011
Parent-Teacher Conference Wednesday, November 30, 2011
Christmas Break Monday, Dec. 19, - Jan. 2, 2011
Dr. Martin Luther King Jr. Day Recess Monday, Jan. 16, 2012
Minimal Day (Prof. Development) Monday, February 13, 2012
Parent Teachers Conference Wednesday, February 15, 2012
Washington and Lincoln Day Recess Monday, Feb 20, 2012
Minimal Day (Prof. Development) Monday, March 26, 2012
Snow Make-up Day Monday, April 9, 2012
Teachers Comp Day Tuesday, April 10, 2012
Spring Break April, 11 - 13, 2012
Memorial Day Monday, May 28, 2012
Graduations Wednesday, May 30, 2012
 Orem, Mountain View, Lehi, American Fork
Graduations Thursday, May 31, 2012
 Timpanogos, Westlake, Pleasant Grove, Lone Peak

END OF TERM

1st Term - Aug. 23 - Oct. 28, 2012

2nd Term - Oct. 31 - Jan 13, 2012

3rd Term - January 17 - March 23, 2012

4th Term - March 26 - May 31, 2012

Jordan School District
2011-12 TRADITIONAL SCHOOL YEAR CALENDAR

Induction Meeting for Secondary Teachers New to the District Mon., Tues., Aug. 22-23, 2011
 Induction Meeting for Elementary Teachers New to the District Mon., Tues., July 18-19, 2011
 Official School Year Begins Wednesday, Aug. 24, 2011
 *All Teachers at Local Schools Wednesday, Thursday, Friday, Aug. 24-26, 2011
Beginning of Classwork for Students Monday, Aug. 29, 2011
Kindergarten Classwork Begins Wednesday, Sept. 7, 2011
Close of Classwork for Students Friday, June 1, 2012

HOLIDAYS AND OTHER DAYS SCHOOL WILL BE CLOSED

Labor Day Recess Monday, Sept. 5, 2011
 **Compensatory Recess for Secondary Parent-Teacher Conferences Friday, Oct. 7, 2011
 (See High School and Middle School Conference Schedule below)
 Fall Recess Thursday, Friday, Oct. 20-21, 2011
 All-Grade Transmittal (Student do not attend) Friday, Nov. 4, 2011
 **Compensatory Recess for Elementary Parent-Teacher Conference Friday, Nov. 11, 2011
 (See Elementary School Conference Schedule below)
 Thanksgiving Recess Thursday, Friday, Nov. 24-25, 2011
 Winter Recess Close at end of day Friday, Dec. 23, 2011
 School Resumes Tuesday, Jan. 3, 2012
 Dr. Martin Luther King Jr. Day Recess Monday, Jan. 16, 2012
 All-Grade Transmittal Day (Students do not attend) Friday, Jan. 20, 2012
 Washington and Lincoln Day Recess Monday, Feb 20, 2012
 **Compensatory Recess for Secondary parent-Teacher Conferences Friday, March 2, 2012
 (See High School and Middle School Conference schedule below)
 Elementary Grade Transmittal Day (Elementary students do not attend) Friday March 2, 2012
 **Compensatory Recess for Elementary Parent-Teacher Conferences Friday, March 9, 2012
 (See Elementary School Conference schedule below)
 Secondary Grade Transmittal Day (Secondary Students do not attend) Monday, March 26, 2012
 Spring Recess Thursday, Friday and Monday, April 5-6,9 2012
 Memorial Day Recess Monday, May 28, 2012
 Graduations Thursday, May 31, 2012
 Bingham, Copper Hills, Herriman, Riverton, South Valley, Valley, west Jordan

FALL PARENT-TEACHER CONFERENCE SCHEDULE

High School Tuesday and Wednesday, Oct. 4-5, 2011
 Middle School Wednesday and Thursday, Oct. 5-6, 2011
 Elementary School Wednesday and Thursday, Nov. 9-10, 2011

SPRING PARENT-TEACHER CONFERENCE SCHEDULE

Middle School Tuesday and Wednesday, February 28-29, 2012
 High School Wednesday and Thursday, Feb 29-March 1, 2012
 Elementary School Wednesday and Thursday, March 7-8, 2012

END OF QUARTERS

1st Quarter-Thursday, Nov. 3, 2011 46 Days 2nd Quarter-Thursday, Jan. 19, 2012 45 Days
 3rd Quarter-Friday, March 23, 2012 44 Days 4th Quarter-Friday, June 1, 2012 45 Days

*184 Contract Days
 ** Counted as Days in School

Emergency closures in traditional schools will be made up first on Washington and Lincoln Day, then on Spring Recess.

