



Athletics/Activities Handbook

2015-16

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Region IV Board of Managers

American Fork High School 801-610-8800 (fax) 801-756-8575
Dan Weishar
510 North 600 East
American Fork, UT 84003
ATHLETIC DIRECTOR: Joseph Atwood 801-610-8800

Herriman High School 801-567-8530 (fax) 801-567-8545
James Birch
11917 South 6000 West
Herriman, UT 84096
ATHLETIC DIRECTOR: Mont Widerberg

Lehi High School 801-610-8805 (fax) 801-768-7040
Dave Mower
180 North 500 East
Lehi, Utah 84043
ATHLETIC DIRECTOR: Matt Rowe 801-610-8805

Lone Peak High School 801-717-4568 (fax) 801-763-7064
Rhonda Bromley
10189 North 4800 West
Highland, Utah 84003
ATHLETIC DIRECTOR: Braden Walker 801-717-4568 ext. 789

Pleasant Grove High School 801-610-8170 (fax) 801-785-8744
Tim Brantley (Board of Managers Chair)
700 East 200 South
Pleasant Grove, Utah 84062
ATHLETIC DIRECTOR: Nate Johnston 801-610-8170 x190

Riverton High School 801-256-5800 (fax) 801-256-5880
Carolyn Gough
12476 South 2700 West
Riverton, Utah 84065
ATHLETIC DIRECTOR: Dan Henderson 801-256-5800

Westlake High School 801-610-8815 (fax) 801-768-1068
Gary Twitchell
99 N Thunder Blvd
Saratoga Springs, UT 84045
ATHLETIC DIRECTOR: Michael O'Connor 801-610-8815

Region Activity Chairs

Activity	Contact	School	Phone
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Last Updated: May 4, 2015

Baseball	Matt Norman	Pleasant Grove	801-610-8170
Basketball (B)	Christian Smith	Lone Peak	801-717-4568
Basketball (G)	Chad Wilson	Westlake	801-610-8815
Cross Country (B)	Scott Mansfield	Westlake	801-610-8815
Cross Country (G)	Mark Halliday	Herriman	801-567-8532
Drama	Sari Sorenson	Lehi	801-610-8805
Drill Team	Rich Price	Herriman	801-567-8531
Football	Lynn Allred	Herriman	801-567-8533
Forensics	John Hanks	Lehi	801-610-8805
Golf (B)	Rex Brimhall	American Fork	801-610-8800
Golf (G)	Dave Carter	Pleasant Grove	801-610-8170
Music (Vocal)	Rufine Einzinger	Herriman	801-567-8534
Music (Instrumental)	Brett Robertson	Lehi	801-610-8805
Soccer (B)	Kevin Barton	Riverton	801-256-5800
Soccer (G)	Aaron Barth	Lehi	801-610-8805
Softball	Kristen Packer	Westlake	801-610-8815
Swimming	Jim Marsh	Riverton	801-256-5800
Tennis (B)	Tim Thompson	American Fork	801-610-8800
Tennis (G)	Ryan Nield	American Fork	801-610-8800
Track (B)	Dan Biolo	Lone Peak	801-717-4568
Track (G)	Mike May	Lone Peak	801-717-4568
Volleyball	Kori Thomas	Pleasant Grove	801-610-8170
Wrestling	Curtis Hagen	Riverton	801-256-5815

Coach/Advisor Representatives

Activity	Contact	School	Phone	Email
Baseball	Darrin Henry	PGHS	801-610-8170	dhenry@alpinedistrict.org
Basketball (B)	Doug Meacham	AFHS	801-610-8800	dmeacham@alpinedistrict.org
Basketball (G)	Jill Ames	HHS	801-567-8530	jill.ames@jordandistrict.org
Cross Country	Timo Mostert	AFHS	801-610-8800	tmostert@alpinedistrict.org
Drama	Clin Eaton	RHS	801-256-5800	clin.eaton@jordandistrict.org
Drill	Stacey Squires	PGHS	801-610-8170	ssquires@alpinedistrict.org
Football	Mike Mower	LPHS	801-717-4568	mmower@alpinedistrict.org
Forensics	Phil Clark	LHS	801-610-8805	pclark@alpinedistrict.org
Golf (B)	Lynn Anderson	AFHS	801-610-8800	landerson@alpinedistrict.org
Golf (G)	Bobbie Colby	HHS	801-891-2273	arcolby@comcast.net
Music (Instrumental)	Brek Mangelson	WHS	801-610-8815	bmangelson@alpinedistrict.org
Music (Vocal)	Lois Johnson	LPHS	801-717-4568	ljohnson@alpinedistrictl.org
Soccer (B)	Paul Moizer	RHS	801-256-5800	paul.moizer@jordandistrict.org
Soccer (G)				
Softball	Jerry Willis	WHS	801-808-2227	believestlakesoftball@gmail.com
Swimming	Jared Huff	WHS	801-610-8815	jhuff@alpinedistrict.org
Tennis (B)	Jason Herrud	AFHS	801-610-8800	jherrud@alpinedistrict.org
Tennis (G)	John LaCognata	LPHS	801-717-4568	lacognjo@uvu.edu
Track	Chase Englestead	RHS	801-256-5800	chase.englestead@jordandistrict.org
Volleyball	Deanna Meyer	LPHS	801-717-4568	dmeyer@alpinedistrict.org
Wrestling	Brock Moore	PGHS	801-610-8170	bmoore@alpinedistrict.org

AMERICAN FORK ROSTER

2014-2015 Activity Advisors

Address: 510 N. 600 E. American Fork, UT 84003

School Colors: Red and White

Phone: (801) 610-8800 **Fax:** (801) 756-8575

School Mascot: Cavemen

Activity	Name	E-mail	Phone/Ext
Principal	Dan Weishar	dweishar@alpinedistrict.org	801-610-8800
Asst. Principal	Rex Brimhall	rbrimhall@alpinedistrict.org	
Asst. Principal	Ryan Nield	rnield@alpinedistrict.org	
Asst. Principal	Tim Thompson	tthompson@alpinedistrict.org	
Admin. Secretary	Mary Scharman	mscharman@alpinedistrict.org	
Athletic Director	Joseph Atwood	jatwood@alpinedistrict.org	
Asst. Athletic Director	Jeremy Lewis	jeremylewis@alpinedistrict.org	
Athletic Trainer	Becky Bailey	beckybailey@alpinedistrict.org	
Baseball	Jarod Ingersoll	jingersoll@alpinedistrict.org	
Basketball, Boys	Doug Meacham	dmeacham@alpinedistrict.org	
Basketball, Girls	Corey Clayton	cclayton@alpinedistrict.org	
Cheerleading	Shelese Robinson	sheleserobinson@alpinedistrict.org	
Cross Country	Timo Mostert	tmostert@alpinedistrict.org	
Drill Team	Jacquel Tholl	jtholl@alpinedistrict.org	
Drama	Neal Johnson	njohnson@alpinedistrict.org	
Football	Aaron Behm	abehm@alpinedistrict.org	
Forensics	Mallory Morris	mmorris@alpinedistrict.org	
Golf, Boys	Lynn Anderson	landerson@alpinedistrict.org	
Golf, Girls	Lynn Anderson	landerson@alpinedistrict.org	
Music, Instrumental	John Miller	jmiller@alpinedistrict.org	
Music, Vocal	Tracy Warby	twarby@alpinedistrict.org	
Soccer, Boys	Casey Waldron	caseybwaldron@gmail.com	
Soccer, Girls	Derek Dunn	derekdunn8@gmail.com	
Softball	Leslie Warr	lwarr@alpinedistrict.org	
Swimming	Kathy King	Kdk31960@alpinedistrict.org	
Tennis, Boys	Jason Herrud	jherrud@alpinedistrict.org	
Tennis, Girls	Jason Herrud	jherrud@alpinedistrict.org	
Track	Cody Fonnesbeck	cfonnesbeck@alpinedistrict.org	
Volleyball	Shantell Durrant	shantelldurrant@alpinedistrict.org	
Wrestling	Eric Spencer	espencer@alpinedistrict.org	

HERRIMAN ROSTER**2014-2015 Activity Advisors****Address:** 11917 South 6000 West, Herriman, UT 84096**School Colors:** Red, Gold and Navy**Phone:** (801) 567-8530 **Fax:** (801) 567-8545**School Mascot:** Mustangs

Activity	Name	E-mail	Phone/Extension
Principal	Jim Birch	james.birch@jordandistrict.org	8570
Asst. Principal	Lynn Allred	lynn.allred@jordandistrict.org	8533
Asst. Principal	Rufine Einzinger	rufine.einzinger@jordandistrict.org	8534
Asst. Principal	Richard Price	richard.price@jordandistrict.org	8531
Asst. Principal	Mark Halliday	mark.halliday@jordandistrict.org	8532
Secretary	Shirlene Lancaster	shirlene.lancaster@jordandistrict.org	8571
Athletic Director	Mont Widerberg	mont.widerberg@jordandistrict.org	8581
Baseball	Jason DeHerrera	jason.deherrera@jordandistrict.org	7271
Boys' Basketball	Brad Tingey	brad.tingey@jordandistrict.org	8556
Girls' Basketball	Jill Ames	jill.ames@jordandistrict.org	7213
Cheerleading	Lavinia Sasaki	lavinia.sasaki@hotmail.com	801-688-8094
Cross Country	James Barnes	james.barnes@jordandistrict.org	7206
Drill Team	Arial Larsen	a_larsen_1@hotmail.com	8581
Drama	KayCee Bradshaw	kaycee.bradshaw@jordandistrict.org	7257
Football	Dustin Pearce	dustin.pearce@jordandistrict.org	7298
Forensics	Alyssa Topham	alyssa.topham@jordandistrict.org	7218
Golf-Boys	Jeff Price	jeff.price@jordandistrict.org	7227
Golf-Girls	Bobbie Colby	arbcolby@comcast.net	8581
Music, Instrumental	Shawn Mangum	shawn.mangum@jordandistrict.org	7201
Music, Vocal	Austin Thorpe	austin.thorpe@jordandistrict.org	7200
Boys Soccer	Ryan Mitchell	ryan.mitchell@jordandistrict.org	7215
Girls Soccer	Bill DeBruyn	bdebruyn@herrimansoccer.com	8581
Softball	Heidi McKissick	heidi.mckissick@jordandistrict.org	
Swimming	Michael Goldhardt	herrimanpolo@gmail.com	801-448-3552
Tennis	Linda Richmond	linda.richmond@jordandistrict.org	8581
Track	Jonathan Haag	jonathan.haag@jordandistrict.org	
Volleyball	Bryan Nicholson	bryan.nicholson@jordandistrict.org	7212
Wrestling	Steve Bowdren	steve.bowdren@jordandistrict.org	7298

LEHI ROSTER**2014-2015 Activity Advisors****Address:** 180 North 500 East Lehi, UT 84043**School Colors:** Purple and White**Phone:** 801-610-8805 **Fax:** 801-768-7007**School Mascot:** Pioneers

Activity	Name	E-mail	Phone/Extension
Principal	Dave Mower	dmower@alpinedistrict.org	801-610-8805
Admin. Secretary	Diane Cardon	dcardon@alpinedistrict.org	
Asst. Principal	Brett Robertson	brobertson@alpinedistrict.org	
Asst. Principal	Aaron Barth	abarth@alpinedistrict.org	
Asst. Principal	John Hanks	jhanks@alpinedistrict.org	
Asst. Principal	Ben Abrams	babrams@alpinedistrict.org	
Athletic Director	Matt Rowe	mrowe@alpinedistrict.org	
Athletic Trainer	Janice Bentley	jbentley@alpinedistrict.org	
Baseball	Jason Ingersoll	j_ingy@hotmail.com	
Basketball, Boys	Sean Yeager	syearer@alpinedistrict.org	
Basketball, Girls	Brett Hays	bhays@alpinedistrict.org	
Cheerleading	Darcie Peirce	dlpeirce@digis.net	
Cross Country	Jamie Alvizo	jalvizo@alpinedistrict.org	
Drill Team	Kylie Ash	kash@alpinedistrict.org	
Football	Ed Larson	elarson@alpinedistrict.org	
Golf, Boys	Tele Whiteman	tele@vanguardgolf.com	
Golf, Girls	Tele Whiteman	tele@vanguardgolf.com	
Soccer, Boys	Jerry Preisendorf	Jpreisendorf@gmail.com	
Soccer, Girls	Jerry Preisendorf	Jpreisendorf@gmail.com	
Softball	Tim Kennedy	timkennedy@alpinedistrict.org	
Swimming, Boys	Dennis Meyring	dmeyring@alpinedistrict.org	
Swimming, Girls	Dennis Meyring	dmeyring@alpinedistrict.org	
Tennis, Boys	Allan Wofford	awofford@alpinedistrict.org	
Tennis, Girls	Allan Wofford	awofford@alpinedistrict.org	
Track, Boys	Jamie Alvizo	jalvizo@alpinedistrict.org	
Track, Girls	Jamie Alvizo	jalvizo@alpinedistrict.org	
Volleyball	Jamie Ingersoll	jingersoll@alpinedistrict.org	
Wrestling	Dan Rice	drice@alpinedistrict.org	
Drama	Mindy Nelsen	mnelsen@alpinedistrict.org	
Forensics/Debate	Phill Clark	philipclark@alpinedistrict.org	
Instrumental Music	Matt Reynolds	mreynolds@alpinedistrict.org	
Vocal Music	Lauren Anderson	laurenanderson@alpinedistrict.org	

LONE PEAK ROSTER**2014-2015 Activity Advisors****Address:** 10189 N 4800 W Highland City, UT 84003**School Colors:** Black, Gold, Maroon**Phone:** 801 717-4568 **Fax:** 801 763-7064**School Mascot:** Knight

Activity	Name	E-mail	Phone/Extension
Principal	Rhonda Bromley	rbromley@alpinedistrict.org	750
Admin. Secretary	Renda Bahr	rbahr@alpinedistrict.org	755
Asst. Principal	Tim Pead	tpead@alpinedistrict.org	756
Asst. Principal	Christian Smith	chsmith@alpinedistrict.org	785
Asst. Principal	Mike May	mmay@alpinedistrict.org	752
Asst. Principal	Dan Biolo	dbiolo@alpinedistrict.org	751
Athletic Director	Braden Walker	bwalker@alpinedistrict.org	789
Athletic Director	Kip Saunders	ksaunders@alpinedistrict.org	904
Baseball	Matt Bezzant	matthewbezzant@alpinedistrict.org	902
Basketball, Boys	Quincy Lewis	qlewis@alpinedistrict.org	130
Basketball, Girls	Nancy Warner	nwarner@alpinedistrict.org	725
Cheerleading	Kelli Schwarz	kschwarz@alpinedistrict.org	407
Cross Country	?	?	
Drill Team	Liz Hales	lizhales3@gmail.com	801-574-3142
Football	Mike Mower	mmower@alpinedistrict.org	201
Golf, Boys	Rob Stanger	robstangergolf@gmail.com	760-409-8628
Golf, Girls	Gina Higbee	gina@ginahigbeegolf.com	801-830-4653
Soccer, Boys	Blaine Hale	blaine@lonepeaksoccer.com	801-636-2583
Soccer, Girls	Heather Dahl	heather@lonepeaksoccer.com	702-281-9648
Softball	Eric Gunnarson	egunnarson@alpinedistrict.org	912
Swimming, Boys	?	?	
Swimming, Girls	?	?	
Tennis, Boys	John LaCognata	JLACOGNA@utah.gov	801-592-8959
Tennis, Girls	John LaCognata	JLACOGNA@utah.gov	801-592-8959
Track, Boys	Brad Molen	bmolen@alpinedistrict.org	800
Track, Girls	?	?	
Volleyball	Deanna Meyer	dmeyer@alpinedistrict.org	224
Wrestling	Lyle Mangum	lmangum@alpinedistrict.org	908
Drama	Jim Smith	jsmith@alpinedistrict.org	106
Forensics/Debate	Scott Gibby	sgibby@alpinedistrict.org	308
Music, Instrumental	Curtis McKendrick	cmckendrick@alpinedistrict.org	104
Music, Vocal	Lois Johnson	ljohnson@alpinedistrict.org	102

PLEASANT GROVE ROSTER**2014 - 2015 Activity Advisors****Address:** 700 E. 200 S. Pleasant Grove, UT 84062**School Colors:** Royal Blue & White**Phone:** (801) 610-8170 **Fax:** (801) 785-8744**School Mascot:** Vikings

Activity	Name	E-mail	Phone/Extension
Principal	Tim Brantley	tbrantley@alpinedistrict.org	750
Admin Secretary	Linda Parry	lparry@alpinedistrict.org	755
Asst. Principal	Matt Norman	mattnorman@alpinedistrict.org	751
Asst. Principal	Kori Thomas	kmthomas@alpinedistrict.org	753
Asst. Principal	Dave Carter	dcarter@alpinedistrict.org	754
Athletic Director	Nate Johnston	nathanjohnston@alpinedistrict.org	190
Asst. Athletic Director	Kyle Sanderson	ksanderson@alpinedistrict.org	111
Athletic Trainer	Kristin Pond	kpond@alpinedistrict.org	146
Baseball	Darrin Henry	dhenry@alpinedistrict.org	113
Basketball, Boys	Randy McAllister	rmcallister@alpinedistrict.org	247
Basketball, Girls	Stephanie Nixon	snixon@alpinedistrict.org	109
Cheerleading	Cami Goodwin	cgoodwin@alpinedistrict.org	209
Cross Country	Mark Morrison	mmorrison@alpinedistrict.org	156
Drama	Stewart Shelly	shelly@alpinedistrict.org	131
Drill Team	Stacy Squires	ssquires@alpinedistrict.org	210
Football	Les Hamilton	lhamilton@alpinedistrict.org	
Golf, Boys	Randy McAllister	rmcallister@alpinedistrict.org	247
Golf, Girls	Derek Scoville	dscoville@alpinedistrict.org	215
Music, Instrumental	Vince Burgoyne	vburgoyne@alpinedistrict.org	138
Music, Vocal	Jim Wilcock	jwilcock@alpinedistrict.org	135
Soccer, Boys	Chris Ecalono	christopherecalono@alpinedistrict.org	212
Soccer, Girls	Lee Tortorelli	ltortorelli@alpinedistrict.org	205
Softball	Rachel Hartgrove	rhartgrove@alpinedistrict.org	
Student Government	Justin Reeves	jreeves@alpinedistrict.org	124
Swimming	Lisa Harris	sjzharris@hotmail.com	
Tennis, Boys	Sam Dehoyos	samdehoyos@yahoo.com	
Tennis, Girls	Russ Mayo	rmayo@alpinedistrict.org	153
Track	Glenn Larson	glarson@alpinedistrict.org	109
Volleyball	Allyce Jones	allycejones@alpinedistrict.org	210
Wrestling	Brock Moore	bmoore@alpinedistrict.org	147

RIVERTON ROSTER

2014-2015 Activity Advisors

Address: 12476 S. 2700 W. Riverton, Utah 84065
Phone: 801-256-5800 **Fax:** 801-256-5880

School Colors: Purple, Black, Silver
School Mascot: Silverwolves

Activity	Name	E-mail	Phone/Extension
Principal	Carolyn Gough	carolyn.gough@jordandistrict.org	801-256-5800
Asst. Principal	Curtis Hagen	curtis.hagen@jordandistrict.org	
Asst. Principal	Arthur Erickson	arthur.erickson@jordandistrict.org	
Asst. Principal	James Marsh	james.marsh@jordandistrict.org	
Asst. Principal	Kevin Barton	kevin.barton@jordandistrict.org	
Admin. Secretary	Brenda Groo	brenda.groo@jordandistrict.org	
Athletic Director	Dan Henderson	daniel.henderson@jordandistrict.org	
Baseball	Jay Applegate	jay.applegate@jordandistrict.org	
Basketball, Boys	Skyler Wilson	skyler.wilson@jordandistrict.org	
Basketball, Girls	Ron Ence	ron.ence@jordandistrict.org	
Cheerleading	Stephanie Hansen	coachhansenscheer@gmail.com	
Cross Country	Chase Englestead	chase.entlestead@jordandistrict.org	
Drill Team	Karen Hudson	kmh1106@comcast.net	
Drama	Clin Eaton	clin.eaton@jordandistrict.org	
Football	Brent Hawkins	brenton.hawkins@jordandistrict.org	
Forensics/Debate	Mike Henriksen	michael.henriksen@jordandistrict.org	
Golf, Boys & Girls	Dustin Carter	carter0445@hotmail.com	
Music, Instrumental	Jason Weimer	jason.weimer@jordandistrict.org	
Music, Vocal	Mathew Ulmer	mathew.ulmer@jordandistrict.org	
Orchestra	Jason Weimer	jason.weimer@jordandistrict.org	
Soccer, Boys	Paul Mozier	paul.mozier@jordandistrict.org	
Soccer, Girls	Paul Moizer	paul.moizer@jordandistrict.org	
Softball	Katelyn Elliott	katelyn.elliott@jordandistrict.org	
Swimming	Samantha Weed	samantha.weed@jordandistrict.org	
Tennis, Boys	Karl McKenzie	karl.mckenzie@jordandistrict.org	
Tennis, Girls	Ron Ence	ron.ence@jordandistrict.org	
Track	Chase Englestead	chase.engelestead@jordandistrict.org	
Volleyball	Lindsay Lind	lindsvb3@hotmail.com	
Wrestling	Russ Crump	joseph.crump@jordandistrict.org	

WESTLAKE ROSTER**2014-2015 Activity Advisors****Address:** 99 N Thunder Blvd, Saratoga Springs, UT 84045**School Colors:** Navy, Blue, Vegas Gold**Phone:** 801-610-8815 **Fax:** 801-768-1068**School Mascot:** Thor

Activity	Name	E-mail	Phone/Extension
Principal	Gary Twitchell	gtwitchell@alpinedistrict.org	801-610-8815
Admin. Secretary	Natalie Clark	nclark@alpinedistrict.org	
Asst. Principal	?	?	
Asst. Principal	Kristin Packer	kpacker@alpinedistrict.org	
Asst. Principal	Chad Wilson	chadw@alpinedistrict.org	
Athletic Director	Michael O'Connor	moconnor@alpinedistrict.org	
Athletic Coordinator	Sharon Mardesich	smardesich@alpinedistrict.org	
Athletic Trainer	Trever Whiting	twhitingatc@gmail.com	
Baseball	Ben Byrd	bbyrd@alpinedistrict.org	
Basketball, Boys	Nate Carling	ncarling@alpinedistrict.org	
Basketball, Girls	Ashlee McKray	Amckray@me.com	
Cheerleading	Taylon Richards	taytumbler@hotmail.com	
Cross Country	Mike Felix	michaelfelix@alpinedistrict.org	
Cross Country	Chad Durham	cdurham@alpinedistrict.org	
Drill	Kelli Knight	westlakestormdrill@gmail.com	
Football	Steve Clements	naseclem@gmail.com	
Golf, Boys	Milo Lines	milolines@yahoo.com	
Golf, Girls	Tele Whiteman	Tele@vanguardgolf.com	
Soccer, Boys	Dan Watkins	vvpizza@yahoo.com	
Soccer, Girls	Caitlin Young	caitlinmonshedi@gmail.com	
Softball	Jerry Willis	believestlakesoftball@gmail.com	
Swimming, Boys	Jared Huff	jhuff@alpinedistrict.org	
Swimming, Girls	Jared Huff	jhuff@alpinedistrict.org	
Tennis, Boys	Carl Johnson	carl@saratogaspringstennis.com	
Tennis, Girls	Carl Johnson	carl@saratogaspringstennis.com	
Track, Boys	Mike Felix	michaelfelix@alpinedistrict.org	
Track, Girls	Jordan Chronister	jchronister@alpinedistrict.org	
Volleyball	Amber Hall	amber.m.hall@gmail.com	
Wrestling	Cody Burdett	cburdett@alpinedistrict.org	
Drama	Amy Morry	amorrey@alpinedistrict.org	
Band	Brek Mangelson	bmangleson@alpinedistrict.org	
Orchestra	Randen Heywood	rheywood@alpinedistrict.org	
Vocal Music	Maureen Hatch	mhatch@alpinedistrict.org	

Directions to American Fork High School

American Fork High - 600 E. 510 N. American Fork, UT 84003

Directions: Take the I-15 Exit 276 (500 E.) and travel north until 300 north, about 1.5 miles. Go east (Right) on 300 1 block, and turn north again on 600 E. The school is one block north.

Baseball Field: Go through the north parking lot off of 600 E. between the school and the seminary building. The field is on the east side of the school campus.

Football Field: Go through the main parking lot off of 600 E. on the south side of the school. The field is on the east side of the school campus.

Gymnasium: Go through the north parking lot off of 600 E. between the school and the seminary building. The field is on the east side of the school campus.

Pool: American Fork's Recreation Center is located just south the ASD offices at 100 East and 575 North.

Soccer Field: Go to the main parking lot off of 600 E. on the south side of the school. The field is on the east side of the school campus.

Softball Field: Go through the main parking lot off of 600 E. on the south side of the school. The field is on the east side of the school campus.

Directions to Herriman High School

Herriman High – 11917 S. 6000 W. Herriman, UT 84096

Directions: Take Bangerter Highway to 12600 South. Go west (left) to the end of 12600 South which is 6000 West and turn north (right) again. The school is about .4 miles north, can't miss it because it is the only thing out in the middle of nowhere. (Due to construction on I-15, alternate route from Utah County: Exit #282, West on 2100 N to Redwood Road, North on Redwood Rd to Porter Rockwell Blvd., West on Porter Rockwell, Right (North) on Mountain View Corridor, North to Daybreak Pkwy, West 2 blocks to school).

Baseball Field: Enter the parking lot on the south side. Very south/east part of the school just east of the driving range.

Football Field: Go through the main parking lot on the north of the school. The Track and Field are directly east of the school.

Gymnasium: By the north entrance in the large student parking. North section of the school.

Pool: JL Sorenson Recreation Center 5350 West Herriman Main Street, Herriman UT 84096 • 385 468-1340

Soccer Field: Behind the softball field on the southeast end of the grounds.

Softball Field: Enter the parking lot on the south side. Just north of the baseball field on south/east part of the school just east of the driving range.

Directions to Lehi High School

Lehi High - 180 N. 500 E. Lehi, UT 84043

Last Updated: May 4, 2015

Directions: From the I-15, take the Lehi Main Street Exit. Turn west and the school is just past the Lehi Roller Mills on the north side of Main Street.

Baseball/Softball Field: Located on the northeast corner of campus.

Football Field: Located on the east side of campus.

Gymnasium: Enter the school from the southeast doors.

Pool: Located at the Lehi Legacy Recreation Center – 123 N Center Street.

Soccer Field: Located on the east side of campus.

Tennis Courts: Located on the southeast corner of campus.

Directions to Lone Peak High School

Lone Peak High - 10189 N. 4800 W. Highland, Utah 84003

From the North: Take Exit #284 Alpine/Highland Exit (Cabela's Exit).
Turn Left (East) on Alpine Highway (11000 North/HWY 92).
Travel 6.2 miles East and turn Right (South) on 4800 West.
Travel 1 mile and arrive at Lone Peak High School on left (West) side of road.

From the South: Take Exit #275 Pleasant Grove/Lindon.
Turn Right (East) and travel .5 miles to traffic control light (2000 West).
Turn Left (North) and travel 4.6 miles.
Arrive at Lone Peak High School on left (West) side of Road.

Baseball Field: Go to the light just South of the High School (West Cedar Hills Drive) and turn right (west). Drive past the tennis courts and track and continue on that road. Baseball field will appear on your right.

Football Field: Enter the "loop" at the south end of the school and drive to the back of the school.

Gymnasium: Enter the "loop" at the south end of the school and drive to the side of the school.

Soccer Field: Enter the "loop" at the south end of the school and drive to the back of the school.

Softball Field: Enter the "loop" at the south end of the school and drive to the back of the school.

Directions to Pleasant Grove High School

Pleasant Grove High – 700 E. 200 S. Pleasant Grove, UT 84062

Directions: From the I-15, take Exit #275 Pleasant Grove. Turn east on Pleasant Grove Blvd. and go 2.2 miles. Turn right on 100 East and go .1 miles. Turn left on 200 South and go .7 miles.

Baseball Field: South East

Football Field: West

Gymnasium: West

Pool: American Fork City Pool

Soccer Field: West

Softball Field: South East

Directions to Riverton High School

Riverton High – 12476 S. 2700 W. Riverton, UT 84065

From the North: RHS can be easily found by exiting I-15 at Draper / Riverton and head west on 12600 So. to 2700 West.

From the South: Turn onto Bangerter Hwy. from I-15 and head west to 2700 West. Make a right turn and head north to 12600 So. School is on the left. (Due to construction on I-15, alternate route from South: Exit #282, West on 2100 N to Redwood Road, North on Redwood Rd to 12600 So., West on 12600 to 2700 West).

Baseball Field: Southwest of school

Football Field: West of school

Gyms: North of school

Soccer Field: West of Football Stadium

Softball Field: Southwest of school

Directions to Westlake High School

Westlake High – 99 N Thunder Blvd, Saratoga Springs, UT 84045

Directions: I-15 to exit Pioneer Crossing and go WEST ~ 4.5 miles to Redwood Rd. Turn Left (South) on Redwood Rd., make your 1st left on 400 south, travel one block west and turn left on THUNDER BLVD. Westlake is one block west of Redwood Rd.

Football/Baseball/Softball: Please park busses on the West Side of the football stadium (the roadway goes between the field house and the tennis courts).

Volleyball/Basketball: Please park your busses behind the field house (West side of the farthest north building). Teams may be dropped off in front of the field house on the east side of building).

Soccer: Please park your busses in the south-west parking lot near the LDS seminary.

Region IV General Policies 2015-2016

Region policy supersedes individual sport/activity guidelines. UHSAA policy supersedes Region Policy. (find updated UHSAA Handbook at <http://uhsaa.org/Publications/Handbook/Handbook.pdf>)

I. ADMISSION FEES and TICKETS

- A. Tickets will be sold at Varsity Football, and all levels (Sophomore, Junior Varsity, and Varsity) of Basketball, Volleyball, and Wrestling games/matches. Tickets will also be sold at Region Tournaments in swimming, wrestling, track, and drill team.
- B. Region Ticket Prices are:
- \$4.00 Visiting high school students with activity card and other school age children
 - \$5.00 Adults and high school students without activity card.
 - \$20.00 Family Pass - Immediate family members arriving together.
- C. Free Admission:
- Home team students with activity cards.
 - Staff members of Region IV schools with Region IV passes or with UHSAA passes.
 - Senior Citizens (62 or over).
 - Cheerleaders, Pep Club, and Drill Team members in uniform.
 - Student officers in school sweaters and with SBO passes.
 - Children under school age.
- D. Tickets will be sold through at least three quarters of the Varsity activity. Ticket sales will begin:
- a. 1 hour before varsity football starting time
 - b. 15 minutes prior to the start of the first basketball, volleyball, or wrestling match/game.
- E. State admission pricing will be charged at all State Playoff and Endowment 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 Administrators 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.

The UHSAA Officials Pay Agreements can be found at <http://www.uhsaa.org/officials/payscale.pdf>.

V. ELIGIBILITY of PLAYERS (see UHSAA Handbook By-Laws Section 1)

VI. SPORTSMANSHIP POLICIES (see UHSAA Handbook Administrative Policies and Guidelines #4)

- A. **Sportsmanship Announcer Statement:** (To be read prior to every Region event) *“Ladies and gentlemen, welcome to (home high school) for tonight’s/today’s athletic contest. We welcome our guests from (Visiting High School) and wish all players good luck in tonight’s/today’s game. Both schools are members of the Utah High School Activities Association and support the new statewide sportsmanship program Raise-the-Bar. Sportsmanship does matter and we ask for your support in demonstrating respect for the game and all the participants by refraining from negative cheers, chants or behavior. Do Rowdy Right”*
- B. **Cheer and Spirit Groups**
- a. Cheerleaders must follow the National Safety Guidelines in order to qualify for catastrophic insurance coverage.
 - b. All spirit safety rules are to be followed during practices, games and performances.
 - c. Cheerleaders in uniform and accompanied by an advisor will be admitted to the game without charge.
 - d. Cheerleaders may use hand held performance signs and pompoms 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.
 - e. 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.
 - f. Traveling cheerleaders, drill teams and pep clubs will be supervised by designated adult chaperones.
 - g. 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.
 - h. 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.
 - i. 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.
 - j. 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.
 - k. Because academics are a priority, it is recommended that a cheerleader not be required to attend activities more than three times a week.
- C. **Pep Band, and Spectator Conduct:**
- a. Unless as an approved participant in a host school’s performance or promotion, no spectators will be allowed on the sidelines, field or floor during game time, quarters, or half-time, or pre-game.
 - b. Pep bands will be provided only by the host school (exceptions 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.
 - c. Drums are to be used only to play with the band, as part of an organized cheer, and to be part of the pep/spirit club’s marching activities. Drums are not to be used indiscriminately as noisemakers.
 - d. Students will not sit on the front row of the bleachers during the game.
 - e. The throwing of any object, including confetti, torn paper scraps, crepe paper, toilet tissue, etc., is not allowed.
 - f. In the chart below, ONLY those items marked “Y” will be allowed as fan/spectator items at UHSAA State Tournaments/Meets. It is recommended that Region schools follow these regulations during the regular season and in Region Tournaments. Sportsmanlike vocal cheering and support from all participants are always encouraged.

The items indicated on this chart are guidelines for spectators.

	Base ball	Baske tball	Cross Country	Drill Team	Foot ball	Golf	Soc cer	Softb all	Swim ming	Tennis	Track & Field	Volleyb all	Wrestli ng
Practice at State site 2 weeks prior	N	N	N	N	N	Y	N	N	N	Y	N	N	Y
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
Paper banners for team to run through	N	N	N	N	N	N	N	N	N	N	N	N	N
Balloons	Y	N	Y	N	Y	Y	Y	Y	N	Y	Y	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, (non-electric)	Y	N	Y	N	Y	N	Y	Y	N	N	Y	N	N
Artificial noise makers (shakers, clickers, horns, vuvuzelas, bells, cow bells, thundersticks, buzzers, etc.)	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, spectators faces must be identifiable	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Pom-poms	Y	Y	Y	N	Y	Y	Y	Y	N	Y	Y	N	N
Rally towels	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
Recorded music over PA by approval only	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
School bands, (including drums)	N	Y	N	N	Y	N	N	N	N	N	N	N	N
Air horns/sirens/electric bull horns	N	N	N	N	N	N	N	N	N	N	N	N	N

D. Pregame, Halftime and Postgame Activities

- a. 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.
- b. 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.
- c. Football half-time: Half-time will follow UHSAA guidelines. Host performing group has 10 minutes which includes time to get on and off the field.

- Exceptions can be made by mutual agreement for special occasions.
 - Any exception to the time limit (Homecoming) must be approved by the visiting team administration one (1) week in advance, and officials need to be notified on the night of the game.
 - d. 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)
 - e. A supervisor must be present when student groups perform. 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.
 - f. 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. Cheer/Drill may be recognized during halftime of a basketball game but must stay within halftime allotment.
- E. **Banners and Signs**
- a. No negative banner or posters of any nature will be displayed in the area of competition. A sign welcoming the visiting team is encouraged.
 - b. A sign of a positive nature for the home teams to run through will be allowed.
 - c. 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.
 - d. No banners or signs are allowed at any State competition site.

VII. EVENT SCHEDULING and PARTICIPATION

A. Change of Date and/or Time

1. A change of time of an activity may be effected through mutual agreement of both schools (coach, principal, and athletic director). After a mutual agreement is reached between schools concerned, the change of date must be approved by the Region Board of Managers through the Region Chairperson over the activity/sport.
2. The host school must notify the arbiter of the change. All costs associated with changing the time and date of a contest will be incurred by the school requesting the change.
3. 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 change requested will need to be requested to the UHSAA arbiter.

B. Game Starting Times and Participant Regulations

1. No sports activity may begin before 3:00 p.m. on a school day.
2. Exceptions to this rule are Golf (availability of courses) and tennis region and tournaments.

C. Failure to Participate - (see UHSAA Handbook By-Laws Article 7, Section 8: Breach of Contract)

VIII. ACTIVITY LIMITATIONS and ANNUAL MORATORIUMS (see UHSAA Handbook By-Laws Article 2)

IX. SEEDING FOR STATE: PROCEDURE for BREAKING TIES for STANDINGS

- A. The **Region Activity Chairperson** will facilitate the Tie-Break procedure with administrative representation from the involved schools at the earliest convenience once the tie has been confirmed by game results. Games to break ties will be played at neutral locations coordinated by the Region Activity Chairperson.
- B. **Head to Head Region records** (with tied teams) - 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.
- C. **Compare against highest Region finish** - 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.

- D. **Compare head to head records** - 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 records.
- E. **Coin Flip** - If a tie still exists after exhausting the above procedure, a coin flip will be conducted under the direction of the Region Activity Chairperson. Each school's representative will toss a coin. The coins tossed should land onto a floor surface (Refer to the individual sport's guidelines for the play-in competition format).
1. For a **2-way tie for two seeds**, toss until only one "heads" coin occurs and that team will receive the higher seed.
 2. In the event of **more than two teams tying for available seeds**, all teams will flip coins with the team flipping the "odd coin" (different from the other coins) receiving the higher seed. The coin flip procedure will continue until all teams are seeded.
 3. In the event of multiple teams tied for **fewer playoff berths than teams tied**, teams will not be eliminated from state seeding without an opportunity to play for the final state berths. Tiebreaker Scenarios where fewer seeds are available then tied teams will use the guidelines below to determine seeding:
Tiebreaker Scenarios for 1 spot (4th seed)
 - 2-way tie - playoff game to determine the 4th seed.
 - 3-way tie - odd team (coin flip) waits to play the winner of the game between the same coin teams. Winner of second competition takes the 4th seed.
 - 4-way tie - coin toss to determine pairings (toss until two head and two tails), coin toss to determine the order of the games, 4-team tournament with winner taking 4th seed.**Tiebreaker Scenarios for 2 spots (3rd and 4th seeds)**
 - 3-way tie - odd team (coin flip) takes the 3rd seed, same coin teams play for 4th seed.
 - 4-way tie - coin toss to determine game pairings (toss until two head and two tails), the two game winners toss a coin to determine 3rd and 4th seeds.**Tiebreaker Scenarios for 3 spots (2nd, 3rd, and 4th seeds)**
 - 4-way tie - odd team (toss until one coin different than other three) takes 2nd, odd team (next coin flip) takes 3rd while remaining same coin teams play for 4th seed.

X. **REGION BOARD of MANAGER GOVERNANCE** (see UHSAA Handbook Constitution Article 2: Section 4, By-laws Article 7, Section 7)

A. **Duties of Region Activity Chairpersons**

- a. Region Chairpersons will not be compensated for time to administrate their region activity assignment. With prior agreement and as determined appropriate by the Region Board of Managers, a meet or tournament director may be compensated for planning/hosting the event.
- b. Conduct all coaches/advisor meetings pertinent to the respective activity. Reimbursement expenses for food at Region coach/advisor meetings may not exceed \$15.00 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.
- c. Be the direct liaison to the Region Board of Managers and coordinate and manage all Region competitions and tournaments of respective activity.
- d. Select and honor respective All-Region teams where applicable (each school will be responsible for printing certificates for Academic All Region athletes).
- e. Oversee all tie-break scenarios and communicate results to the Region Board and UHSAA.
- f. Be responsible for awards, trophies, medals, etc. pertinent to respective activity.

Trophies and Awards

Academic All Region	Any varsity participant with cumulative GPA 3.75 or higher
Baseball	One region trophy
Basketball, Boys & Girls)	One region trophy Each
Cross Country	One region-meet trophy each, medals for places 1-7 Varsity, ribbons for places 8-14
Drama	Seven 4x6 Plaques-Outstanding Performance in Region One-Act Plays, 130 Individual Superior Ranking Medals, 3 Play Plaques for Play, 3 "Sweepstakes" Trophies
Drill Team	One region trophy, plaques-1 st and 2 nd place in each category: dance, military, and kick, Five drill down medals for top five finishers
Football	One region trophy
Forensics/Debate	One region trophy, (see pg. 43 for other awards)
Golf, Boys & Girls	One region trophy each, 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.
Soccer, Boys & Girls	One region trophy each
Softball	One region trophy
Swimming, Boys & Girls	One Region Trophy each, Medals for places 1 st - 6 th individual (8 events) and top 3 relays teams (3 events)
Tennis, Boys & Girls	One region trophy each, 24 medals: 1st-4th places in 6 categories: 1 st , 2 nd , and 3 rd singles and doubles
Track, Boys & Girls	One region trophy each, medals for places 1 st -6 th individual (13½ events) and top 3 relay teams (3 events)
Volleyball	One region trophy
Wrestling	One region trophy

ALPINE SCHOOL DISTRICT

2015-16 TRADITIONAL SCHOOL YEAR CALENDAR

7 th and 10 th Grade Day (optional for schools)	Tuesday, Aug. 18, 2015
Official School Year Begins	Wednesday, Aug. 19, 2015
Official School Year Ends	Friday, May 27, 2015

HOLIDAYS AND OTHER DAYS SCHOOL WILL BE CLOSED OR ALTERED

Labor Day Recess	Monday, Sept. 7, 2015
Fall Break	October 15 - 16, 2015
Minimal Day (Prof Development)	Monday, October 19, 2015
Teacher Comp. Day	Wednesday, November 25, 2015
Thanksgiving Recess	Thursday, Friday, Nov. 26-27, 2015
Christmas Break	Monday, Dec. 21, 2015 – Friday, Jan. 1, 2016
Dr. Martin Luther King Jr. Day Recess	Monday, Jan. 18, 2016
Washington and Lincoln Day Recess	Monday, Feb. 15, 2016
Minimal Day (Prof. Development)	Monday, March 7, 2016
Snow Make-up Day	Monday, April 4, 2016
Teachers Comp Day	Tuesday, April 5, 2016
Spring Break	April 6 - 8, 2016
Last Day of School	Friday, May 27, 2016
Memorial Day	Monday, May 30, 2016

END OF TERM:

1 st Term – Aug. 19, 2015 – October 23, 2015	2 nd Term – Oct. 26, 2015 – Jan. 12, 2016
3 rd Term – Jan. 13, 2016 - March 18, 2016	4 th Term - March 21, 2016 - May 27, 2016

Jordan School District

2015-16 TRADITIONAL SCHOOL YEAR CALENDAR

Induction Meetings for Secondary Teachers New to the District Tuesday, August 18, 2015
*All Teachers at Local Schools Wednesday, Thursday, Friday, August 19-21, 2015
Beginning of Class work for Students Monday, August 24, 2015
Close of Class work for Students Friday, June 3, 2016
*Check-out Day for Teachers Monday, June 6, 2016

HOLIDAYS AND OTHER DAYS SCHOOL WILL BE CLOSED

Labor Day Recess Monday, September 7, 2015
PLAN Testing (10th Graders am – no school 11th and 12th GR) Thursday, September 17, 2015
..... Teacher Professional Development Day in the PM
High School Parent-Teacher Conferences (no classes held) Wednesday, October 7, 2015
Fall Recess Thursday, Friday, October 15-16, 2015
All-Grade Transmittal Day (Students do not attend.) Friday, October 30, 2015
Thanksgiving Recess Wednesday, Thursday, Friday, November 25-27, 2015
Winter Recess Monday, December 21, 2015 – Friday, January 1, 2016
..... School resumes on Monday, January 4, 2016
Dr. Martin Luther King Jr. Day Recess Monday, January 18, 2016
All-Grade Transmittal Day (Students do not attend.) Friday, January 22, 2016
Washington/Lincoln Day Recess Monday, February 15, 2016
High School ACT Testing AM (No school for students not participating) Tuesday, March 1, 2016
..... Teacher Professional Development Day in the PM
High School Parent-Teacher Conferences (No classes held) Wednesday, March 2, 2016
Spring Recess Thursday, Friday, Monday, March 24-28, 2016
Secondary Grade Transmittal Day (Students do not attend.) Friday, April 1, 2016
Memorial Day Recess Monday, May 30, 2016
Graduations Thursday, June 2, 2016
Bingham, Copper Hills, Herriman, Riverton, River's Edge, South Valley, Valley, West Jordan

FALL PARENT-TEACHER CONFERENCE SCHEDULE

High School Wednesday, October 7, 2015

SPRING PARENT-TEACHER CONFERENCE SCHEDULE

High School Wednesday, March 2, 2016

END OF QUARTERS

1st Quarter - Thurs, Oct 29, 2015 (46 Days) 2nd Quarter—Thurs, Jan 21, 2016 (45 Days)
3rd Quarter - Thurs, Mar 31, 2016 (45) Days 4th Quarter—Fri, June 3, 2016 (44 Days)
*184 Contract Days (students are in school 179 days-1 Professional Development Day is included in the first 4 days of school). ** Counted as Days in School.

Baseball Policies

Region Activity Chairperson: Matt Norman, PG High School – 801-830-9298
Coaches' Representative: Darrin Henry, PG High School 801-610-8170

1. Beginning team selection and practice date is **Wednesday, March 2, 2016**. The first games may be played no earlier than **Wednesday, March 9, 2016**.
2. Game time for all Varsity games will be 3:30 P.M. J.V games will be played at 3:30 P.M. on Thursday and double headers on Saturdays beginning at 10:00 AM. Sophomore games will be played on Tuesday at the opposite site of the Varsity game and 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 minutes pre-game for each team. Sophomores will be limited to a 22 game schedule and are to be played by members of the sophomore and freshman classes only.
4. Game, time and date changes according to Region Policy.
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 bad 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 doubleheaders 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. If necessary the dates of May 12-14, 2016 may be used as playoff dates to determine fourth seed (last play-off) placement into the state tournament. If two teams are tied for the fourth play-off spot, the team that won the three game series will host the game and be the home team. The tie-breaker rule will be used for all other seeding issues. In the event that 3 teams tie for the fourth play-off spot, the following steps will be used to determine the 4th place team.
 - a. A coin flip will take place unless one of the 3 teams won the series against the two other teams. If one of the teams won the series against the two other teams they will host the games and be the home team when they play.

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- b. The odd team (or team that won the series against the other 2 teams) sits out first while the other two teams play a 7-inning game (the team that won the series will be the home team). The loser of the game is eliminated. The winner of the game will then play the team that won the coin toss in a 7-inning game to determine the final spot in the state tournament.
 - c. Each game will be a 7-inning game ~~played at a neutral field.~~
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. Individual schools (coaches) are responsible to print certificates for those student/athletes selected to the all-region team.
13. The 10-run rule after 5 innings will be used for all games.
14. No games can be scheduled on Monday, April 25th, 2016 (Varsity, JV, & Soph)

Academic All-State Applications accepted between, Tuesday, March 15th and Tuesday, April 19th, 2016.

Region IV Baseball Schedule 2016

Home Series Listed First

<p><u>Week 1</u> Bye Lone Peak Lehi Westlake</p>	<p>Herriman Riverton Pleasant Grove American Fork</p>
<p><u>Week 2</u> Bye Westlake Pleasant Grove Lehi</p>	<p>Lone Peak Herriman American Fork Westlake</p>
<p><u>Week 3</u> Bye American Fork Riverton Lone Peak</p>	<p>Pleasant Grove Herriman Lehi Westlake</p>
<p><u>Week 4</u> Bye American Fork Herriman Riverton</p>	<p>Westlake Lehi Lone Peak Pleasant Grove</p>
<p><u>Week 5</u> Bye Westlake Herriman Lone Peak</p>	<p>Riverton Lehi Pleasant Grove American Fork</p>
<p><u>Week 6</u> Bye American Fork Pleasant Grove Herriman</p>	<p>Lehi Riverton Lone Peak Westlake</p>
<p><u>Week 7</u> Bye Pleasant Grove Lehi Riverton</p>	<p>American Fork Westlake Lone Peak Herriman</p>

Region 4 Varsity Baseball Schedule 2016

Monday, Week 1	Tuesday, March 29	Wednesday, March 30	Thursday, March 31	Friday, April 1	Saturday, April 2
	RHS @ LP (Varsity)	LP @ RHS (Varsity/Soph)	RHS @ LP (JV/Soph)	RHS @ LP (Varsity)	LP @ RHS (JV)
	PG @ Lehi (Varsity)	Lehi @ PG (Varsity/Soph)	PG @ Lehi (JV/Soph)	PG @ Lehi (Varsity)	Lehi @ PG (JV)
	AF @ WHS (Varsity)	WHS @ AF (Varsity/Soph)	AF @ WHS (JV/Soph)	AF @ WHS (Varsity)	WHS @ AF (JV)
Monday, Week 2	Tuesday, April 5	Wednesday, April 6	Thursday, April 7	Friday, April 8	Saturday, April 9
	RHS @ WHS (Varsity)	WHS @ RHS (Varsity/Soph)	RHS @ WHS (JV/Soph)	RHS @ WHS (Varsity)	WHS @ RHS (JV)
	AF @ PG (Varsity)	PG @ AF (Varsity/Soph)	AF @ PG (JV/Soph)	AF @ PG (Varsity)	PG @ AF (JV)
	HHS @ Lehi (Varsity)	Lehi @ HHS (Varsity/Soph)	HHS @ Lehi (JV/Soph)	HHS @ Lehi (Varsity)	Lehi @ HHS (JV)
Monday, Week 3	Tuesday, April 12	Wednesday, April 13	Thursday, April 14	Friday, April 15	Saturday, April 16
	HHS @ AF (Varsity)	AF @ HHS (Varsity/Soph)	HHS @ AF (JV/Soph)	HHS @ AF (Varsity)	AF @ HHS (JV)
	Lehi @ RHS (Varsity)	RHS @ Lehi (Varsity/Soph)	Lehi @ RHS (JV/Soph)	Lehi @ RHS (Varsity)	RHS @ Lehi (JV)
	WHS @ LP (Varsity)	LP @ WHS (Varsity/Soph)	WHS @ LP (JV/Soph)	WHS @ LP (Varsity)	LP @ WHS (JV)
Monday, Week 4	Tuesday, April 19	Wednesday, April 20	Thursday, April 21	Friday, April 22	Saturday, April 23
	Lehi @ AF (Varsity)	AF @ Lehi (Varsity/Soph)	Lehi @ AF (JV/Soph)	Lehi @ AF (Varsity)	AF @ Lehi (JV)
	HHS @ LP (Varsity)	LP @ HHS (Varsity/Soph)	LP @ HHS (JV/Soph)	HHS @ LP (Varsity)	HHS @ LP (JV)
	PG @ RHS (Varsity)	RHS @ PG (Varsity/Soph)	PG @ RHS (JV/Soph)	PG @ RHS (Varsity)	RHS @ PG (JV)
Monday, Week 5	Tuesday, April 26	Wednesday, April 27	Thursday, April 28	Friday, April 29	Saturday, April 30

Last Updated: May 4, 2015

	Lehi @ WHS (Varsity)	WHS @ Lehi (Varsity/Soph)	Lehi @ WHS (JV/Soph)	Lehi @ WHS (Varsity)	WHS @ Lehi (JV)
	PG @ HHS (Varsity)	HHS @ PG (Varsity/Soph)	PG @ HHS (JV/Soph)	PG @ HHS (Varsity)	HHS @ PG (JV)
	AF @ LP (Varsity)	LP @ AF (Varsity/Soph)	AF @ LP (JV/Soph)	AF @ LP (Varsity)	LP @ AF (JV)
Monday, Week 6	Tuesday, May 3	Wednesday, May 4	Thursday, May 5	Friday, May 6	Saturday, May 7
	RHS @ AF (Varsity)	AF @ RHS (Varsity/Soph)	RHS @ AF (JV/Soph)	RHS @ AF (Varsity)	AF @ RHS (JV)
	LP @ PG (Varsity)	PG @ LP (Varsity/Soph)	LP @ PG (JV/Soph)	LP @ PG (Varsity)	PG @ LP (JV)
	WHS @ HHS (Varsity)	HHS @ WHS (Varsity/Soph)	WHS @ HHS (JV/Soph)	WHS @ HHS (Varsity)	HHS @ WHS (JV)
Monday, Week 7 May 9	Tuesday, May 10	Wednesday, May 11	Thursday, May 12	Friday, May 13	Saturday, May 14
WHS @ PG (Varsity)	PG @ WHS (Varsity/Soph)	WHS @ PG (Varsity)	WHS @ PG (JV/Soph)		PG @ WHS (JV)
LP @ Lehi (Varsity)	Lehi @ LP (Varsity/Soph)	LP @ Lehi (Varsity)	LP @ Lehi (JV/Soph)		Lehi @ LP (JV)
HHS @ RHS (Varsity)	RHS @ HHS (Varsity/Soph)	HHS @ RHS (Varsity)	HHS @ RHS (JV/Soph)		RHS @ HHS (JV)

Boys Basketball Policies

Region Activity Chairperson: Boys - Christian Smith, Lone Peak High School (801) 717-4568
Coaches' Representative: Doug Meacham, American Fork High (801)756-8547

1. Beginning practice date for boys and girls basketball is November 9th, 2015. The first game may be played no sooner than November 24th, 2015. "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 of 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 of any changes).
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. Tournament entries are determined by win and loss records during Region IV play. In the event of a tie, general policies are used to seed or qualify the eligible teams.
10. 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 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 Nov. 19, 2014.
11. Guidelines for All-Region Voting:
 - The Region MVP is chosen by the Region Champion coach.
 - In the case where there are multiple Region Champions, each Region Champion coach will choose a MVP.
 - Each coach submits their top 12 nominations for the All-Region Team (ranked in order from 1st choice to 12th).
 - Coaches may not nominate someone from their own team.
 - Points for the nominations are awarded as follows: 1st place = 12 points, 2nd place = 11 points, etc.
 - The top five players are part of the All-Region 1st Team.
 - The next five players are part of the All-Region 2nd Team.
 - The remaining players who received votes will receive Honorable Mention.

Region IV Boys Basketball Schedule 2015-16

<p><u>Friday, January 8</u> American Fork @ Lone Peak Herriman @ Riverton Westlake @ Pleasant Grove Lehi – Bye</p>	<p><u>Tuesday, February 2</u> Herriman @ Lone Peak Lehi @ Riverton Westlake @ American Fork Pleasant Grove – Bye</p>
<p><u>Tuesday, January 12</u> Lone Peak @ Herriman Riverton @ Lehi American Fork @ Westlake Pleasant Grove – Bye</p>	<p><u>Friday, February 5</u> Lone Peak @ American Fork Riverton @ Herriman Pleasant Grove @ Westlake Lehi – Bye</p>
<p><u>Friday, January 15</u> Westlake @ Lehi Herriman @ American Fork Pleasant Grove @ Riverton Lone Peak – Bye</p>	<p><u>Tuesday, February 9</u> Lone Peak @ Lehi American Fork @ Riverton Herriman @ Pleasant Grove Westlake – Bye</p>
<p><u>Tuesday, January 19</u> Lehi @ Lone Peak Riverton @ American Fork Pleasant Grove @ Herriman Westlake – Bye</p>	<p><u>Friday, February 12</u> American Fork @ Herriman Lehi @ Westlake Riverton @ Pleasant Grove Lone Peak – Bye</p>
<p><u>Friday, January 22</u> Lone Peak @ Pleasant Grove American Fork @ Lehi Westlake @ Riverton Herriman – Bye</p>	<p><u>Tuesday, February 16</u> Westlake @ Lone Peak Herriman @ Lehi Pleasant Grove @ American Fork Riverton – Bye</p>
<p><u>Tuesday, January 26</u> Westlake @ Lone Peak Lehi @ Herriman American Fork @ Pleasant Grove Riverton – Bye</p>	<p><u>Friday, February 19</u> Pleasant Grove @ Lone Peak Lehi @ American Fork Riverton @ Westlake Herriman – Bye</p>
<p><u>Friday, January 29</u> Riverton @ Lone Peak Pleasant Grove @ Lehi Westlake @ Herriman American Fork – Bye</p>	<p><u>Tuesday, February 23</u> Lone Peak @ Riverton Lehi @ Pleasant Grove Herriman @ Westlake American Fork – Bye</p>

5A State Tournament
 February 29 - March 5

GIRLS BASKETBALL POLICIES

Region Activity Chairperson: Chad Wilson, Westlake High School (801) 610-8815

1. Beginning practice date for boys and girls basketball is November 9, 2015. The first game may be played no sooner than November 24, 2015. **“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 of both schools involved can start 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 visiting school may film a game from their own student section or an area designated by the home team.
8. Moratorium dates are November 26 – November 29, 2015
December 23-27, 2015
January 1, 2016
9. Tournament entries are determined by win and loss records during Region IV play. In the event of a tie, General policies are used to seed or qualify the eligible team.
10. General courtesies recommended for boys' and girls' games;
 - a. 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.
 - b. If pre-game activities are to be longer or 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.
 - c. Conduct halftime activities within the scheduled time – not to exceed seven (7) minutes for all activities. Minor variations can be made with the consent of both schools.
 - d. Copies of schedules and team rosters must be emailed to each region school's AD by November 18, 2015.
11. Coaches will meet March 7, 2016 at Texas Roadhouse in Lehi at 6:00 to pick the All-Region Team. Nominees should be emailed to Region Activity Chair prior to that meeting.

REGION IV GIRLS BASKETBALL SCHEDULE 2015-2016

<p><u>Tuesday, January 5</u> Riverton @ Lone Peak Pleasant Grove @ Lehi Westlake @ Herriman American Fork Bye</p>	<p><u>Thursday, January 28</u> Lone Peak @ Riverton Lehi @ Pleasant Grove Herriman @ Westlake American Fork Bye</p>
<p><u>Thursday, January 7</u> Lone Peak @ American Fork Riverton @ Herriman Pleasant Grove @ Westlake Lehi Bye</p>	<p><u>Tuesday, February 2</u> Lone Peak @ Herriman Riverton @ Lehi American Fork @ Westlake Pleasant Grove Bye</p>
<p><u>Tuesday, January 12</u> Herriman @ Lone Peak Lehi @ Riverton Westlake @ American Fork Pleasant Grove Bye</p>	<p><u>Thursday, February 4</u> American Fork @ Lone Peak Herriman @ Riverton Westlake @ Pleasant Grove Lehi Bye</p>
<p><u>Thursday, January 14</u> Lehi @ Westlake American Fork @ Herriman Riverton @ Pleasant Grove Lone Peak Bye</p>	<p><u>Tuesday, February 9</u> Lehi @ Lone Peak Riverton @ American Fork Pleasant Grove @ Herriman Westlake Bye</p>
<p><u>Tuesday, January 19</u> Lone Peak @ Lehi American Fork @ Riverton Herriman @ Pleasant Grove Westlake Bye</p>	<p><u>Thursday, February 11</u> Herriman @ American Fork Westlake @ Lehi Pleasant Grove @ Riverton Lone Peak Bye</p>
<p><u>Thursday, January 21</u> Pleasant Grove @ Lone Peak Lehi @ American Fork Riverton @ Westlake Herriman Bye</p>	<p><u>Tuesday, February 16</u> Lone Peak @ Westlake Lehi @ Herriman American Fork @ Pleasant Grove Riverton Bye</p>
<p><u>Tuesday, January 26</u> Westlake @ Lone Peak Herriman @ Lehi Pleasant Grove @ American Fork Riverton Bye</p>	<p><u>Thursday, February 18</u> Lone Peak @ Pleasant Grove American Fork @ Lehi Westlake @ Riverton Herriman Bye</p>

5A State Tournament
 February 22-27 @ SLCC

Cross Country Policies

REGION ACTIVITY CHAIR: Mike Christensen (801) 567-8531
Coaches' Representative: Timo Mostert, AF High School (801) 756-8547

1. No meets are to be scheduled before August 11, 2015.
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. Runners 1-7 will be awarded 1st Team All-Region in Varsity, and runners 8-14 will be awarded 2nd Team All-Region in Varsity.
 6. Each school will receive assignments for the Region Championship from the host school.
 7. 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.
 8. The highest 6th place finisher determines a tiebreaker.
 9. Coaches may run 7 runners in the varsity region championship race. Additional non-scoring runners will not be allowed.
 10. The number of teams, and individuals, that qualify for the state meet will be as per the number set by the UHSAA.
 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. Academic All-Region is for any athlete with a cumulative GPA of 3.75 or higher.
 14. Each individual may compete in a maximum of 10 meets plus Region and State.
 15. Please refer to “General Policies” in the Region IV Handbook for all other Region IV rules, and the UHSAA Handbook for all UHSAA rules.
 16. American Fork High School will host the Region Championship for 2014.

Region IV Cross Country Schedule 2014

Pre-Region Meet – September 3rd, 2014 at American Fork High School

Races begin at 7:00 PM. Girls will go first, followed by the boys.

Region Meet - October 10th, 2014 at American Fork High School

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 Sugar House Park - Wednesday, October 22, 2014

Drama Policies

REGION ACTIVITY CHAIR: Sari Sorenson, Lehi High School (801) 610-8805
Coaches' Representative: Clint Eaton, Riverton High School (801)256-5800

1. Teachers 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. 12th, 2016, 3:30pm at Lehi High School.**
2. Judges: Coaches, recent alumni (4 Years), 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. **All judges must complete examination before Region and bring their certificate to the region event. Go to UHSAA website and click under ACTIVITIES. Click on Theatre and the lesson plan and test will be there. We are classification 5A, Region 4.**
3. Cost and Fees for Judges:
 - a. One (1) to seven (7) schools participating - 30 individual event judges at \$50.00/day
 - b. Presentations (plays) - three (3) judges at \$150.00/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:
 - a. Individual entries must receive a rating (superior, excellent good or fair).
 - b. Rating System:
 - i. Any entry must receive at least two (2) superior ratings out of three to qualify for state
 - c. Any entry receiving a straight superior rating (SSS) at region will receive a medal.
 - d. The top 5 pieces in each individual event will participate in a final medals round. Each students' three (3) ranking scores (1st, 2nd, 3rd, etc.) will be added together. The lowest scores (not to exceed 5) will be in the medals round.
 - e. In each medals round, 3 judges will watch all pieces and rank. Ranking scores will be added and 1st, 2nd, 3rd places will be awarded based on lowest scores.
 - f. Scores for plays (since they are before IE's) will be announced at the end of the play competition. Plays will also be ranked and rated for 1st, 2nd, 3rd place. All 1st, 2nd and 3rd place finishers will compete at state. Any school's play receiving Straight Superiors will also progress to state
 - g. Region 4 will participate in Region Sweepstakes following guidelines of Section IV of the UHSAA handbook.
5. Double Entering: Each student may only qualify for state in one (1) individual event and in the play event.
6. Trophies and Awards:
 - Seven (7) 4x6 plaques - Outstanding Performance in Region One-Act Plays - decided by the three (3) Festival Play Judges.
 - One hundred thirty (130) Superior Individual Medals - awarded to Straight superiors only.
 - 42 Certificates for 1st, 2nd and 3rd place IE's divided in the following way (**this will be taken care of by the coaches**):
 - (3 of each) 1st, 2nd, 3rd Place Classical Scenes (9 total)
 - (3 of each) 1st, 2nd, 3rd Place Contemporary Scenes (9 total)
 - (1 of each) 1st, 2nd, 3rd Place Humorous Monologue (3 total)
 - (1 of each) 1st, 2nd, 3rd Place Dramatic Monologue (3 total)
 - (2 of each) 1st, 2nd, 3rd Place Pantomime (6 total)
 - (4 of each) 1st, 2nd, 3rd Place Musical Theatre (12 total)

Last Updated: May 4, 2015

- 3 Plaques for Plays- 1st, 2nd, 3rd Place Region 4 Plays
- 3 Trophies for Sweepstakes Awards (1st Place Region 4 Drama, 2nd Place Region 4 Drama, 3rd Place Region 4 Drama)

Drama Schedule, 2015-16

January 12, 2016

Region Drama Meeting

3:30 p.m.

Lehi High School – Drama Room

March 10, 2016

Region Plays

8:00 a.m. – 4:00 p.m.

*Play Results (Acting Awards, State, 1st, 2nd, 3rd Places)

Lehi High School

March 17, 2016

Region IE's (Individual Entries):

3:00 p.m. Round One

4:00 p.m. Round Two

5:00 p.m. Round Three

6:00 p.m. Medals Round

7:15p.m. Awards Ceremony

*IE State Qualifiers, Medals

*IE 1st, 2nd, 3rd (each category)

*Sweepstakes 1st, 2nd, 3rd

Westlake High School

Thursday-Saturday, April 14-16, 2016

5A State Drama

Riverton and Bingham High

Drill Policies

Region Activity Chair: Rich Price, Herriman High School (801)567-8530

Coach Representative: Stacey Squires, PG, 801-610-8170

1. Region drill teams will follow the guidelines listed in the General Guidelines of the Region IV Manual.
2. The Region Drill Team Competition will be conducted under the rules and guidelines of the UHSAA competition regulations. Herriman High School will host on **Thursday, January 28, 2016**.
3. Drill teams must follow the National Safety Guidelines.
4. The categories for 2015-16 are: **DANCE**, and **MILITARY**, and **CHARACTER** A team may enter up to three categories at the region level.
5. The team coach must attend a UHSAA Rules 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, Herriman High School on **Monday, December 7, 2015 5:00 PM**.

MILITARY	DANCE	CHARACTER
3	1	4
6	5	2
2	7	3
7	4	1
5	6	6
1	3	7
4	2	5

- Competition Order to be determined by drawing number (1-7).
 - Team(s) without representation will be assigned #1 in the selection.
 - Facility Orientation (dressing rooms, team entry & exit, direction, etc.)
 - The Region Competition order will be Military, Dance, and Character.
7. Please submit program details upon email request via “Google Form” to **richard.price@jordandistrict.org** by Friday, December 4, 2015:
 - Official name of drill team
 - A high quality team photo (jpg)
 - List of teammate names, officers and coaches (Please check spelling)
 - Names of the school administration and athletic director (Please check spelling)
 - Three (3)All-Region Team Nominations (Please check spelling) Seniors, check with Art
 - Academic All-Region Nominations (3.75 cumulative GPA) (Please check spelling)
 - Name & Contact of Performing group for Region Competition entertainment (i.e., Cheerleading, Dance, etc.)
 8. A UHSAA certificated judge will be utilized for the Region Tournament as competition director (Jaime Hodges).
 9. Drill teams will have thirty (30) 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. Additional time will not be granted.
 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 (*Region IV Manual*)
 - A Region trophy will be awarded to the Region Championship Team.

- Certificates will be awarded for 2nd, 3rd & 4th overall.
 - The top four (4) overall finishers will be announced as qualifying for State.
 - Plaques will be awarded to 1st and 2nd place winner in each category: Dance, Military and Kick.
 - Certificates will be awarded for 3rd and 4th place in each category.
 - Plaques/medals will be awarded to 1st, 2nd, 3rd, 4th and 5th place winners in the Drill Down Competition.
 - Certificates will be awarded to eligible for Academic All-Region (cum GPA of 3.75+).
 - Certificates will be awarded for All-Region Team (3 per school).
 - Region certificates, provided by Region IV, are to be printed by the host school.
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. Parents will not be allowed to decorate team dressing rooms.
13. Moratorium/Dead 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. State 5A Drill Team Competition will be held on Friday, February 5 2016. 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.

Region IV Drill Schedule 2015-16

Region Competition Planning Meeting

Monday, December 7, 2015 5:00pm

Herriman High School

**Region program details due Friday, December 4*

Region IV Drill Team Competition

Thursday, January 28, 2016

Herriman High School

5:00 PM (ticket booth open/doors open 4:30 PM)

Pricing (Region IV Handbook)

\$20 Family Pass

\$5 Adult

\$4 Students with Activity Card

State Drill Team Competition

5A - Friday, February 5, 2016

REGION DRILL TEAM COACHES 2015-16

Region	School Name	Class	School Phone	Cell Phone	Drill Team Coach	Email
4	American Fork	5A	801-610-8800	801-850-7086	Jacquel Tholl	jtholl@alpinedistrict.org
4	Herriman	5A	801-567-8530	801-503-7787	Arial Larsen	a_larsen_1@hotmail.com
4	Lehi	5A	801-610-8805	206-446-0590	Cadie Brockbank	Thebrockbanks@hotmail.com
4	Lone Peak	5A	801-717-4568	801-574-3142	Liz Hales	lonepeakdrill@gmail.com
4	Pleasant Grove	5A	801-610-8170	801-360-8397	Stacy Squires	ssquires@alpinedistrict.org
4	Riverton	5A	801-256-5800	801-864-9312	Karen Hudson	kmhl106@comcast.net
4	Westlake	5A	801-610-8815	801-414-0044	Kristie Kipp	kristiesthomas@hotmail.com
	REGION CHAIR	5A	801-567-8530		Richard Price	richard.price@jordandistrict.org

Region Competition Planning Meeting

Monday, December 9, 2014

5:00pm

Lone Peak High School

**Region program details due at this time*

Football Policies

Region Activity Chair: Lynn Allred, Herriman 801-567-8530
Coaches' Representative: Dustin Pearce, Herriman 801-567-8530

1. Beginning practice date will be August 3, 2015. (helmets only)
2. Endowment game will be August 21, 2015.
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 3:30 pm—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. 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 school's administration to keep their sidelines and track areas clear of all spectators. No spectators will be allowed on the field during the game.
10. The home team is responsible for emergency medical care.
11. Head coaches (or assistant coaches) will make email the two (2) most recent games via Huddle by 8:00 am each Saturday. 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 filmed by a responsible adult. They should include pre-snap set wide angle, scoreboard by quarter, and each scoring play. Film all plays.
12. 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.
13. 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.
14. Visiting team will be allowed a minimum of 2 spotters and a maximum of 4 (depending on facility).
15. 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.

16. 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 10, 2015. 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 2, 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 (6, 5, 4, 4, 3, 3), 2nd Team Players (5, 4, 3, 3, 2, 2), Honorable Mention (as selected by individual coaches).
17. 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.
18. Any current employee of a school may not officiate in any varsity game in which that school is participating.
19. The National Anthem will be played at 5 minutes before the scheduled starting time. The visiting team should be informed if this is changed.
20. Region scheduling will flip home and away year to year. The order will remain the same for two years.
21. 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.
22. Any Media personnel from schools must remain on their school's sideline.

Region IV Football Schedule 2015

<p><u>August 13 (Thursday)</u> Practice and Team Selection</p>	<p><u>September 11 (Friday)</u> Westlake @ AF Riverton @ Lehi PG @ Lone Peak Box Elder @ Herriman</p>	<p><u>October 8 (Thursday)</u> Salem Hills @ Westlake</p> <p><u>October 9 (Friday)</u> PG @ Riverton Lehi @ Lone Peak Herriman @ AF Westlake Bye</p>
<p><u>August 21 (Endowment)</u> Hunter @ AF Corner Canyon @ PG Skyview @ Riverton Herriman @ Brighton Westlake @ Bingham Hillcrest @ Lehi Bountiful @ Lone Peak</p>	<p><u>September 18 (Friday)</u> Lehi @ PG Lone Peak @ Riverton Herriman @ Westlake Corner Canyon @ AF</p>	<p><u>October 14 (Wednesday-Fall Break)</u> Westlake @ PG Herriman @ Lehi Riverton @ AF Lone Peak @ Woods Cross</p>
<p><u>August 28 (Friday)</u> P.G. @ Del Oro, CA Bingham @ Herriman Wasatch @ Westlake Springville @ Lehi Lone Peak @ Timpview</p> <p><u>August 29 (Saturday)</u> AF vs Highland, Idaho Riverton @ Skyview, Idaho (ISU)</p>	<p><u>September 25 (Friday)</u> Riverton @ Herriman Lone Peak @ Westlake AF @ Lehi Bountiful @ PG</p>	<p><u>October 22 (Thursday)</u> Lehi @ Westlake AF @ PG Lone Peak @ Herriman Riverton Bye</p>
<p><u>September 4 (Friday)</u> AF @ Brighton Riverton @ Fremont Herriman @ Hunter PG @ Jordan Lehi @ Granger Lone Peak @ West Westlake @ Hillcrest</p>	<p><u>October 2 (Friday)</u> Westlake @ Riverton PG @ Herriman AF @ Lone Peak Lehi @ Viewmont</p>	<p><u>October 30/31 (Fri/Sat)</u> Playoffs @ Home Sites</p> <p><u>November 6th/7th (Fri/Sat)</u> Playoffs @ Home Sites</p> <p><u>November 13th (Friday)</u> Semi Finals @ U of U</p> <p><u>November 20th (Friday)</u> State Championship @ U of U</p>

Forensics/Debate Policies

Region Activity Chairperson: John Hanks, Lehi (801) 610-8805
Coaches' Representative: Phil Clark, Lehi High (801) 610-8805

1. Starting Date: No forensics meets may be held prior to October 1, 2016
State Tournament: March 11-12, 2016
2. Debate, Lincoln-Douglas and Public Forum Paring: Up to six (6) rounds will be held in each event. Pairings 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.
3. Individual Events Paring: Up to (4) rounds of each event will be held. Random Pairing will be used but students from the same school will not be in the same round.
4. Student Congress paring: all contestants will be placed in one house of 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.
5. Entry: There will be a limit of four (4) teams in Policy Debate, Public Forum, 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 Student Congress and Individual Events there will be three (3) entries.
6. 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.
7. 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 requirements 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.

8. 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 than (1) hour. Five (5) total hours of session time will be held with breaks and lunches scheduled as needed.
9. At the Region IV Speech and Debate Tournament, a student may enter both a debate event (Policy debate,

Lincoln-Douglas debate, Public Forum debate, Student Congress) and an individual event (US Extemp, Foreign Extemp, Impromptu Speaking, Original Oratory). The student may only compete in one event at state.

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

Debate/Forensics Tournament

Saturday, February 27, 2016 – Lehi High School
State Forensics Tournament
March 11-12, 2016 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

Last Updated: May 4, 2015

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 Policies

Region Activity Chair: Rex Brimhall, American Fork High School, (801)756-8547

Coaches Representative: Lynn Anderson, American Fork High School, (801)756-8547

Region statistics will be kept by Dustin Carter, Riverton High School, 801-256-5800

1. Start Date: Monday, July 27, 2015 First contest allowed Monday, August 3.
2. There will be a maximum of 14 varsity and 14 JV 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. The point system will be used to determine the overall region champion. The first-place team will receive 7 points, second will receive 6, third 5, fourth 4, fifth 3, sixth 2 and seventh 1 point. In the case of a tie for 1st place, both teams will be presented with a trophy.
3. All schools will be responsible for their own greens fees.
4. Region tournaments will start as late as possible (shotgun starts will be requested).
5. The Region IV Tie Breaker Rule will be followed to decide final region standings, if needed. If there is a tie for the final state tournament spot, the coaches of the included schools will choose 4 golfers who will then playoff until the final spot is decided.
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 in region tournaments. No riding golf carts unless approved by a majority vote of region coaches prior to play.
9. Players' relatives will be permitted to watch, unless local course rules prohibit. Spectators 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. Only the Head Coach and one (1) assistant may coach, advise and/or offer help of any type during play. If there are violations to this rule, sanctions will be administered in the following manner: 1st offense, warning; 2nd offense, 2-stroke penalty; 3rd offense, disqualification from tournament.
10. All coaches are responsible for their players' attire at region events. Hats/visors must be worn with the brim forward. Collared shirts/mock turtleneck shirts must be tucked in. Shorts must be of modest length. Prohibited attire: denim, tank tops, T-shirts, sleeveless shirts, cut-offs and any other dress considered inappropriate by coaches or the golf courses.
11. All golfers will play from the designated tee markers. Only rangefinders without slope capabilities will be allowed. The following electronic devices are not allowed: (including, but is not limited to) cell phones, music devices, smartphones, etc. Region IV tournaments will follow UHSAA rules and regulations.
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. Prior to the first match, each school will hold a region rules meeting. All golfers 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 -10. Their best 7 of 10 region tournament scores will determine medalists.

Region IV Boys Golf Schedule 2015

Varsity/JV Tournaments

Tuesday, August 5th Glen Eagle (Varsity) 8:00 Shotgun	Thursday, September 11th Talon's Cove (Varsity) 1:00 Shotgun
Wednesday, August 6th East Bay (JV) 8:30 Shot	Monday, September 15th Riverbend (JV) 2:00 Tee Times
Monday, August 11th Spanish Oaks (Varsity) 9:00 Shotgun	Tuesday, September 16th The Ranches 1:00 Shotgun
Wednesday, August 13th East Bay (Varsity) 8:30 Shotgun	Monday, September 22 Hobble Creek 1:00 Tee Times
Thursday, August 21st Mountain View (Varsity) 2:00 Shotgun	Tuesday, September 23rd The Ranches (JV) 1:00 Shotgun
Thursday, August 28th Mountain View (JV) 2:30 Tee Times	Thursday, September 25th Murray Parkway (Varsity) 1:00 Shotgun
Tuesday, September 2nd Fox Hollow (Varsity) 2:00 Shotgun	Tuesday, September 30th Soldier Hollow (Varsity) 10:00 Shotgun
Thursday, Sept. 4th Fox Hollow (JV) 2:00 Shotgun	Wednesday, October 1st Soldier Hollow (JV) 10:00 Shotgun
Monday, September 8th Riverbend (Varsity) 2:00 Tee Times	Wednesday, October 1st Wasatch Mountain (Varsity) 9:30 Shotgun

Monday & Tuesday, October 6th & 7th, 2014

State 5A Tournament

Glen Eagle, Syracuse

TBD

Girls Golf Policies

Region Activity Chairperson: Dave Carter, Pleasant Grove (801) 610-8170 ext 754
Coaches' Representative: Bobbie Colby, Herriman (801) 891-2273

1. All general policies in the Region IV Activities Manual should be read and will apply to the sport of golf. – **UHSA Modified Stableford Scoring will be used at all matches.**
2. There will be four (4) 9-hole region matches and five (5) 18-hole region tournaments. JV teams will play in the five (5) 9-hole matches and the final 18-hole region tournament is optional; coaches will decide if JV players play 9 or 18 at the final event. 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 - 8; Second - 6; Third - 5; Fourth - 4; Fifth - 3; Sixth - 2; Seventh - 1. Region Golf Champion will be determined by this scoring. The team with the most points will be declared Region IV Champion. The Region rep along with the course golf pro, will decide if the tournament should be cancelled if weather does not permit. The tournament will not be rescheduled.
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 four (4) 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. Each golfer must **exchange scorecards** with another person in the group (circle scoring), **both must sign** each other's card before turning it in at the scoring-table. Each Player is responsible for the correctness of their hole-by-hole scores. Players are allowed to use "rules of Golf appropriate" distance measuring devices both on the region and state championship level. *As part of the conditional use of the range finder, a player must allow any competitor in his group to also use the device upon request.* All local and USGA Rules of Golf will apply to this competition. Cell phones, MP-3 devices, and other electronic "smart" devices are not allowed except in reporting emergency situations
7. No caddie will be used by any golfer.
8. No riding golf carts unless approved by a majority vote of region coaches prior to play.
9. 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.

SPECIAL NOTICE: Appropriate attire will be required of all golfers (LPGA Dress Code). Participants may not wear denims of any kind or color. Participants must wear slacks or pants and collared shirts or mock turtlenecks. Knee length shorts or knee length skirts **are** allowed. Penalty for breach of rule: 2 strokes and attire must be legal before play may continue

10. Players must attend school the day of scheduled dual matches and tournaments to be eligible for play that day
11. Play will be governed by USGA rules and local course rules, proper golf etiquette and Region IV sportsmanship code.
12. Each school will be required to attend the region rules meeting.
13. 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
14. Spectators may attend but they are not allowed to give advice to participants. Spectators must stay 50 feet away from player. Conversation between player and spectators will result in the 1st time, Warning; 2nd, 2 Stroke Penalty; and 3rd, Disqualified.

Region IV Girls Golf Coaches 2014-14

Coach	School	Phone #	Email
Wightman, Tele	Lehi	801-995-5688	tele@vanguardgolf.com
Higbee, Gina	Lone Peak	801-830-4653	gina@ginahigbeegolf.com
Anderson, Lynn	American Fork	801-362-8743	lynnanderson@alpinedistrict.org
Carter, Dave	Pleasant Grove	801-785-8700	carterd@alpinedistrict.org
Colby, Bobbie	Herriman	801-891-2273	arbcolby@comcast.net
Nyhus, Steven	Riverton	801-787-5816	steven.nyhus@jordandistrict.org
Lines, Milo	Westlake	801-61088-15	milolines@yahoo.com

Region 4 Girl's Golf Schedule 2015

Thursday, March 12th- Rules/Etiquette Meeting (MANDATORY)	@ Lone Peak HS-5:30pm
Thursday, March 19th- 9 Hole Region Tournament	@ Riverbend-1:00pm Tee Times
Monday, March 23rd- 9 Hole Region Tournament	@ The Ranches-2:00pm Shotgun
Thursday, March 26th-18 Hole Region Tournament	@ Fox Hollow-1:00pm Shotgun
Wednesday, April 1st- 9 Hole Region Tournament	@ River Oaks-2:00pm Shotgun
Monday, April 13th- 18 Hole Region Tournament	@Glenmoor-2:00pm Varsity Shotgun 3:00pm JV Tee Times
Tuesday, April 21st – 18 Hole Region Tournament	@ East Bay-9:00am Shotgun
Thursday, April 23rd- 18 Hole Region Tournament	@Talons Cove-12:00pm Shotgun
Thursday, April 30th - 9 Hole Region Tournament	@Thanksg. Point-2:00pm Shotgun - Front 9
Thursday, May 7th- 18 Hole Region Championship	@ Mountain View-8am Shotgun (DATE AVAILABLE, BUT NOT YET CONFIRMED)
May 13th-14th STATE TOURNAMENT	@ East Bay

*JV players will play 9 holes at every tournament with the exception of the final region event where all players will play 18 holes.

Music Policies

Region Representative (Vocal): Rufine Einzinger, Herriman High School (801) 567-8534

Last Updated: May 4, 2015

Coaches Representative(Vocal): Lois Johnson, Lone Peak High school (801) 717-4568
Region Representative (Instrumental): Brett Robertson, Lehi High School (801) 610-8805
Coaches Representative (Instrumental): Brek Mangelson, Westlake High School (801) 610-8815

1. All general policies in the Region IV Activities Manual should be read and will apply to the activity of Music.
2. All region festivals will follow the current UMEA state festivals guidelines.
3. The following vocal awards will be presented:
 - a. Solo & Ensembles – certificates to soloists and ensembles that receive superior or excellent ratings.
 - b. Certificates for superior or excellent ratings at Large Choir, Madrigal or Solo & Ensemble Festivals will be presented to each participant.
 - c. Trophies will be awarded to teams that obtain superior or excellent ratings.
 - d. Choir Festivals – certificates will be awarded to all participants of teams that receive superior or excellent ratings. Trophies will be awarded for groups
 - e. receiving superior or excellent ratings.
4. The following Instrumental awards will be presented:
 - a. Solos & Ensemble Festival – certificates to soloists and ensembles that receive superior ratings.
 - b. Jazz Band Festival – certificates for bands that receive superior ratings.
 - c. Orchestra and Band Festivals – certificates for groups that receive superior ratings.
5. Schools will be allowed to submit 30 total entries to the Solo & Ensemble Festival. It is **strongly recommended** that an individual student not enter more than three solo and/or ensemble events. Schools may submit as many alternates as they want; however alternates will be scheduled on a space available basis.
6. At least three (3) judges will listen to all groups.
 - a. Large choirs will be limited to 15 minutes on and off the stage.
 - b. Large instrumental groups will be limited to 30 minutes on and off stage.
 - c. Groups that receive a minimum of two superior ratings will qualify for State Festivals.
7. Schools will not be allowed to enter more than one (1) large group unless approved by the festival chair.
8. In order to qualify for State, entrants must observe two (2) other group performances at that festival.
9. Music directors are expected to be present for Solo & Ensemble performances of their school. Those who are absent may jeopardize student eligibility.

The host school's music director will hire the judges and arrange for their payment.

Region IV Fine Arts Events 2015-2016

2016 Performing Arts Events for Region 4

Day & Date	Event	Time	Location
Thursday, March 3	Region Jazz Festival	3:00 p.m.	Lone Peak High
Tuesday, March 1	Vocal/Piano Solo & Ensemble	3:00 - 7:00 p.m.	Herriman High
Tuesday, March 8	Instrumental Solo & Ensemble	3:00 p.m.	American Fork High
Thursday, March 10	Region Drama One Acts	8:00 am All Day	Lehi High School
Tuesday, March 15	Chamber Choir Festival	6:00 p.m.	Pleasant Grove High
Thursday, March 17	Region Drama Individual Events	3:00 p.m.	Westlake High
Monday, March 14	Training Choir Festival	2:00 p.m.	Lone Peak High
Fri. & Sat., Mar 26-27	STATE JAZZ	All Day	TBA
Thursday, March 31	Region Band	TBA	Riverton High
Thurs & Fri, April 14 - 15	STATE DRAMA	All Day	Riverton High
Saturday, April 16	STATE DRAMA	All Day	Bingham High
Thursday, April 21	Region Orchestra	3:00 p.m.	Westlake High
Saturday, April 30	STATE CHAMBER & SOLO & ENSEMBLE	All Day	Orem High
Monday, April 18	Large Choir Festival	2:00 p.m.	Westlake High
Fri & Sat, May 6-7	STATE BAND	All Day	TBA
Fri & Sat, May 13-14	STATE CHOIR	All Day	UofU
Fri & Sat, May 20-21	STATE ORCHESTRA	All Day	TBA

Boys Soccer Policies

Region Activity Chairperson: Kevin Barton, Riverton (801) 256-5816

Coaches' Representative: Paul Mozier, Riverton High School (801) 256-5800

- Practice beginning date: Wednesday, March 2, 2016.
 - First Contest may be held on Wednesday, March 9, 2016.
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 3:30 p.m.
 - Junior Varsity game time is 5:15 p.m.
 - Night games must be scheduled at least a week in advance per change of game time rules and notify the region chair.
 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 into the Deseret News (237-2162 after 4:00 p.m.) And the Salt Lake Tribune (257-8900 after 4:00 pm).
 8. Shin guards are mandatory.
 9. The uniform sportsmanship policy applies.
 - 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. Tiebreaker: 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. The winner plays bye 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 bye team. All games are played on a neutral site.

15. All-Region 4 Boys Soccer Team Selection Process:

Each coach will select the following number of players from their team for 1st team, 2nd team, and honorable mention all-region. In addition, each can nominate a player of their own to be a positional MVP. Each coach will vote for positional MVP's obviously not voting for their own player. The voting will take place on a Google Form provided by the region chair. The region chair will be responsible for tallying all of the votes and publishing the results to coaches. Individual team coaches are responsible for providing certificates for all of the players receiving any level of all-region team. That coach will also be responsible for contacting the major newspapers and media about their individual players that have made the all-region team. This should be done in a meeting attended by all coaches or via e-mail the first Monday after region play concluded. In addition, there will be an Academic All-Region team. Coaches will submit these names to the region chair by way of the same Google Form. They should include all seniors that qualified for the Academic All-State team. The Academic All Region Team selection will be taken from the list generated on the Google Form.

All-Region Team Selection example:

1 st place	5	4	1
2 nd place	4	3	1
3 rd place	3	2	1
4 th place	2	2	1
5 th place	1	1	1
6 th & 7 th place	1	1	1

MVP Forward	Academic All Region
MVP Midfielder	Academic All State
MVP Defender	
MVP Goalie	

For questions please contact Kevin Barton, Assistant Principal at Riverton High School by phone (801-256-5816) or email (kevin.barton@jordandistrict.org)

Region IV Boys Soccer Schedule 2015-16

All preseason games are to be arranged by coaches. (Remember 16 game limit)

- **Varsity Game Start Time is 3:30 pm and JV at 5:15 pm.** Games can be scheduled to start at 5:00 pm JV and 7:00 pm Varsity with prior approval. (Pleasant Grove, Lehi and Herriman have asked to play 5:00 pm JV and 7:00 pm Varsity games for 2016. Games are * on the schedule)
- Games are scheduled on Wednesday and Fridays.

Wednesday, March 23, 2016 LP @ Riverton Herriman @ Lehi * Westlake @ PG * Bye - AF	Friday, March 25, 2016 Jordan Schools on Spring Break Westlake @ AF LP @ PG * Bye - Lehi	Wednesday, March 30, 2016 AF @ Lehi * Riverton @ Westlake LP @ Herriman * Bye - PG	Friday, April 1, 2016 PG @ Herriman * AF @ Riverton Lehi @ Westlake Bye - LP	Friday, April 8, 2016 Alpine Schools on Spring Break. Riverton @ Herriman *
Wednesday, April 13, 2016 Lehi @LP Riverton @ PG * Herriman @ AF Bye - Westlake	Friday, April 15, 2016 AF @ PG * Westlake @ LP Riverton @ Lehi * Bye - Herriman	Wednesday, April 20, 2016 PG @ Lehi * LP @ AF (switched) Herriman @ Westlake Bye - Riverton	Friday, April 22, 2016 Riverton @ LP Lehi @ Herriman * PG @ Westlake Bye - AF	Wednesday, April 27, 2016 AF @ Westlake Herriman @ Riverton PG @ LP Bye - Lehi
Friday, April 29, 2016 Herriman @ LP Westlake @ Riverton Lehi @ AF Bye - PG	Wednesday, May 4, 2016 Riverton @ AF Herriman @ PG * Westlake @ Lehi * Bye - LP	Friday, May 6, 2016 PG @ Riverton AF @ Herriman * LP @ Lehi * Bye - Westlake	Wednesday, May 11, 2016 LP @ Westlake Lehi @ Riverton PG @ AF Bye - Herriman	Friday, May 13, 2016 Lehi @ PG * AF @ LP (switched) Westlake @ Herriman* Bye - Riverton

* Games that are non-standard times (see explanation above).

Region Playoffs/Tie-breaker (If necessary)

May 14, 2016

May 26, 2016 (Finals)

State Playoff Rounds

May 17, 2016 (first round)

May 20, 2016 (Quarter Finals)

May 24, 2016 (Semi Finals)

Girls Soccer Policies

Region Activity Chairperson: Aaron Barth, Lehi (801) 610-8805)

Coaches' Representative: ~~Brett Bergholm~~, Lehi. (801) 610-8805

First Practice Date: Monday August 3rd. First Contest Date: Tuesday August 11th

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 3:30 p.m.**
 - * Junior Varsity game time is 15 minutes after Varsity game is finished (**approx. 5:15 p.m.**)
 - * Night games may be played, 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 as well as the Region Chair which will notify all coaches.
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. Tiebreaker: 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

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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. The winner plays bye 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 bye team. All games are played on a neutral site.

REGION IV GIRLS SOCCER SCHEDULE 2015-2016

<u>Week 1</u>	<u>Tuesday August 25th</u> American Fork - Bye Lone Peak @ Lehi Herriman @ Pleasant Grove Westlake @ Riverton	<u>Thursday, August 27th</u> Lone Peak - Bye Lehi @ American Fork Herriman @ Westlake Pleasant Grove @ Riverton
<u>Week 2</u>	<u>Tuesday, September 1st</u> Lehi -Bye American Fork @ Lone Peak Riverton @ Herriman Westlake @ Pleasant Grove	<u>Thursday, September 3rd</u> Herriman - Bye Pleasant Grove @ American Fork Lone Peak @ Westlake Lehi @ Riverton
<u>Week 3</u>	<u>Tuesday, September 8th</u> Pleasant Grove - Bye American Fork @ Herriman Riverton @ Lone Peak Westlake @ Lehi	<u>Thursday, September 10th</u> Westlake - Bye Riverton @ American Fork Lone Peak @ Herriman Lehi @ Pleasant Grove - JV 6:00, Var 8:00
<u>Week 4</u>	<u>Tuesday, September 15th</u> Riverton – Bye American Fork @ Westlake Lone Peak @ Pleasant Grove Herriman @ Lehi	<u>Thursday, September 17th</u> American Fork - Bye Lehi @ Lone Peak Pleasant Grove @ Herriman Riverton @ Westlake
<u>Week 5</u>	<u>Tuesday, September 22nd</u> Lone Peak –Bye American Fork @ Lehi Westlake @ Herriman Riverton @ Pleasant Grove	<u>Thursday, September 24th</u> Lehi -Bye Lone Peak @ American Fork Herriman @ Riverton Pleasant Grove @ Westlake
<u>Week 6</u>	<u>Tuesday, September 29th</u> Herriman - Bye American Fork @ Pleasant Grove Westlake @ Lone Peak Riverton @ Lehi	<u>Thursday, October 1st</u> Pleasant Grove – Bye Herriman @ American Fork Lone Peak @ Riverton Lehi @ Westlake
<u>Week 7</u>	<u>Tuesday, October 6th</u> Westlake – Bye American Fork @ Riverton Herriman @ Lone Peak Pleasant Grove @ Lehi	<u>Thursday, October 8th</u> Riverton – Bye Westlake @ American Fork Pleasant Grove @ Lone Peak Lehi @ Herriman

Region Play in Game if necessary

Saturday October 10th

State Inter-region Playoffs

Tuesday October 13th

State Quarter Finals

Thursday October 15th

State-Semi Finals

Tuesday October 20 - TBA

Finals

Friday October 23rd @ Rio Tinto

***Pleasant Grove and Lehi game times may be different depending on stadium availability.**

Softball Policies

Region Activity Chairperson: Kristin Packer, Westlake High (801) 835-7014
Coaches' Representative: Jerry Willis, Westlake High (801) 808-2227

1. Wednesday, March 2, 2016 shall be the first day for team selection and/or team practice.
2. Wednesday, March 9, 2016 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 a 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 (region only)
 - 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 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 or 7 innings. No new inning will begin after 1.5 hours, but the teams will finish the inning. (No drop dead).
6. The visiting team will take the field at 3:00 pm; the home team will take the field at 3:15 pm.
7. The home team will be responsible for:
 - a. Providing an official scorekeeper (a responsible adult).
 - b. Providing two (2) new game balls (same ball as used in State).
 - c. Paying the Officials.
 - d. Field management.
 - e. Calling, texting, emailing, etc. the media with game results.
8. Postponed games will follow the UHSAA suspended game procedures.
 - a. The **home** team will call their opponent and 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 within a week.
 - c. Priority should be given to region games (over rescheduled non-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. Videotaping of games is by playing teams only.
12. One region trophy will be awarded to the first place team.

Region 4 Softball Coaches Contact Information

Heidi McKissick	Herriman High School	(801) 750-4019	heidi.mckissick@jordandistrict.org
Leslee Warr	American Fork High School	(801) 310-5387	lwarr@alpinedistrict.org
Rachel Hartgrove	Pleasant Grove High School	(801) 369-1430	rhartgrove@alpinedistrict.org
Whitney Thomas	Lehi High School	(928) 242-3758	nix_whitney@hotmail.com
Katelyn Elliot	Riverton High School	(801) 836-5043	katelyn.elliott@jordandistrict.org
Eric Gunnarson	Lone Peak High School	(801) 819-9330	egunnarson@alpinedistrict.org
Jerry Willis	Westlake High School	(801) 808-2227	believewestlakesoftball@gmail.com

Region IV Softball Schedule 2015-16

<p><u>Tuesday, March 22</u> American Fork @ Herriman Westlake @ Lehi Riverton @ Pleasant Grove Lone Peak - BYE</p>	<p><u>Thursday, April 21</u> Herriman @ American Fork Lehi @ Westlake Pleasant Grove @ Riverton Lone Peak - BYE</p>
<p><u>Thursday, March 24</u> Lehi @ American Fork Pleasant Grove @ Lone Peak Westlake - BYE (Herriman/Riverton - Spring Break)</p>	<p><u>Tuesday, April 26</u> Lone Peak @ Pleasant Grove American Fork @ Lehi Riverton @ Herriman Westlake - BYE</p>
<p><u>Tuesday, March 29</u> Westlake @ American Fork Lehi @ Pleasant Grove Lone Peak @ Herriman Riverton - BYE</p>	<p><u>Thursday, April 28</u> American Fork @ Westlake Pleasant Grove @ Lehi Herriman @ Lone Peak Riverton - BYE</p>
<p><u>Thursday, March 31</u> Pleasant Grove @ American Fork Riverton @ Lone Peak Westlake @ Herriman Lehi - BYE</p>	<p><u>Tuesday, May 3</u> American Fork @ Pleasant Grove Herriman @ Westlake Lone Peak @ Riverton Lehi - BYE</p>
<p><u>Tuesday, April 5</u> Herriman @ Riverton (Westlake, Lehi, Pleasant Grove, and American Fork - Spring Break)</p>	<p><u>Thursday, May 5</u> Riverton @ Lehi Pleasant Grove @ Herriman Westlake @ Lone Peak American Fork - BYE</p>
<p><u>Tuesday, April 12</u> Lone Peak @ Westlake Herriman @ Pleasant Grove Riverton @ Lehi American Fork - BYE</p>	<p><u>Tuesday, May 10</u> Lone Peak @ American Fork Herriman @ Lehi Westlake @ Riverton Pleasant Grove-BYE</p>
<p><u>Thursday, April 14</u> Riverton @ Westlake LEHI @ Herriman American Fork @ Lone Peak Pleasant Grove - BYE</p>	<p><u>Thursday, May 12</u> Riverton @ American Fork Westlake @ Pleasant Grove Lone Peak @ Lehi Herriman - BYE</p>
<p><u>Tuesday, April 19</u> American Fork @ Riverton Pleasant Grove @ Westlake Lehi @ Lone Peak Herriman - BYE</p>	<p>May 17, May 19 - First Round State Tournament</p>

Swimming Policies

Region Activity Chairperson: Jared Huff, Westlake High School

Coaches' Representative: ~~Jared Huff, Westlake High School~~

1. Monday, October 5, 2015 is the first day of practice/team selection. Friday, November 6, 2015 is the first date a swimming meet may be held.
2. A maximum of fourteen (14) meets will be held including the region and state meets. All region meets will begin at 3:30 pm unless otherwise stated.
3. The Region Championship will be held on Saturday, January 30, 2016 at the South Davis Pool beginning at 3:30 pm.
4. The State Championship Meet will be held at Brigham Young University on Friday & Saturday, February 12-13, 2016.
5. Each team in the region shall have a current version of Hy-Tek meet manager and team manager swimming software.
6. Each school's entries for the Region Championship will be limited to all official entries in each individual event and two (2) entries in each relay event. Only "A" relay teams will be scored. 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.
 - No more than four swimmers from each school may receive a medal. No more than four swimmers from each school may be used to score towards the Region Championship and will be awarded medals.
 - Each school must submit their region entries as well as their Academic All-Region names (3.75 or higher) at our Region Seeding Meeting. The meeting will be held on January 26, 2016 at the Thanksgiving Point Deli at 6:30 pm.
 - The scoring format will be 16 places; 1 Region Trophy, 6 individual event medals, and 3 relay team medals.
7. All hosting schools of dual meets will have the following:

	<u>Dual Meets</u>	<u>Region Championship</u>
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
Hospitality Coordinator		\$30.00
Meet Director		\$150.00 (Kathy King)

Region IV Swimming Meet Schedule 2015-16

(All Meets will begin at 3:30 pm, unless noted)

First Meet allowed on Nov 6, 2015.

November 11 – Wednesday	LP & PG @ AF
November 18 - Wednesday	Riverton @ PG
December 2 - Wednesday	LP @ AF
December 4 - Friday	PG & WL @ Lehi
December 9 - Wednesday	LP & AF @ Riverton
December 16 - Wednesday	Herriman & LP @ AF
January 6 - Wednesday	PG @ Herriman,
January 9 – Saturday	Lehi, WL, Riverton @ Herriman
January 14 - Thursday	Herriman @ Riverton (Battle of the Paddles)
January 15 - Friday	WL, LP, AF @ Lehi
January 20 - Wednesday	PG & LP @ AF
January 30 - Saturday	Region Meet @ South Davis, 3:30pm
Feb 12 & 13 - Friday & Saturday	State Swimming Championships @ BYU

Region IV Swimming Coaches 2015-16

Region Chair – ~~James Marsh, Riverton High School~~
~~801-256-5817 james.marsh@jordandistrict.org~~

School	Coach	Cell Phone	School Phone	E-Mail Address
American Fork	Kathy King	801-472-2188	801-756-8547	kdk31960@gmail.com
	Karen Pollock	801-874-9991	801-756-8547	jeff@pollock.us
Herriman	Michael Goldhardt	801-448-3552	801-446-4397	herrimanpolo@gmail.com
Lehi	Dennis Meyring	801-368-4022	801-610-8805	dmeyring@alpinedistrict.org
Lone Peak				
Pleasant Grove	Lisa Harris	801-856-5567	801-610-8700	sjznharris@hotmail.com
Riverton	Samantha Weed	979-997-6842	801-256-5800	samantha.weed@jordandistrict.org
West Lake				

Boys Tennis Policies

Region Activity Chairperson: Tim Thompson, American Fork High (801) 610-8800
Coaches' Representative: Jason Herrud, American Fork (801)610-8800

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 (**this is up for debate and waiting to hear back from state**) plus the Region and State Tournaments. A one-day tournament will count as one meet and two-day tournament counts as two matches.
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 3:30 pm 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 rescheduling 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 lineup 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, and will use a 12 point 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. According to USTA rules, a player is allowed 20 seconds between points. A coach may provide feedback during the 20 second time but cannot interrupt the continuous play rule. Coaching is NOT permitted in or on the confines of the tennis court. (Exception below)
 - a. A coach may coach his/her players during the 90 second changeover at the end of odd games, and during the 10 minute rest period.
 - b. Only the school tennis coach employed by that school may coach and only in a manner which does not interfere with the play on adjoining courts.
13. The Region IV Tournament will be a seven-team consolation tournament.

14. The region home team will furnish high altitude tennis balls for Region IV dual Meets, region chair will provide the balls for the region tournament.
15. 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.
16. 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.
17. 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.
18. Stacking concerns will be reported to region chair, and may be addressed at midway point or end of 1st round region play.
19. Trophies & Awards; one region trophy, 24 medals for girls and 24 medals for boys, medals: 1st-4th places in 6 categories-1st singles; 2nd singles; 3rd singles; 1st doubles; 2nd doubles; 3rd doubles.
20. Region tournament will be on a rotation schedule for each calendar year:
 - 2015 - American Fork
 - 2016 - Pleasant Grove
 - 2017 - Herriman

Region IV Boys Tennis Schedule 2015-16

Beginning Practice/Team Selection: *Wednesday March 2, 2016*
First Contest Allowed: *Wednesday March 9, 2016*
Online Rules Clinic: *Monday Feb. 15 – Wednesday March 9*
Academic All –State Nominations: *Tuesday March 15 – Tuesday April 12*
Eligibility List /Team Photo Due: *Friday March 18, 2016*
State Entry Deadline: *Saturday May 14, 2016*
Dead Time: *Nov. 26-29 / Dec. 23-27 /Jan. 1*

<u>Tuesday March 15, 2016</u> Herriman @ Lone Peak PG @ Lehi Riverton @ Westlake	<u>Tuesday April 19, 2016</u> Westlake @ Lone Peak AF @ Riverton Herriman @ PG
<u>Thursday March 17, 2016</u> Lone Peak @ Westlake Riverton @ AF PG @ Herriman	<u>Thursday April 21, 2016</u> Lone Peak @ AF Westlake @ Lehi Riverton @ Herriman
<u>Tuesday March 22, 2016</u> AF @ Lone Peak Lehi @ Westlake Herriman @ Riverton	<u>Tuesday April 26, 2016</u> Lehi @ Lone Peak Herriman @ AF PG @ Westlake
<u>Wednesday March 23, 2016</u> Lone Peak @ Lehi AF @ Herriman Westlake @ PG	<u>Thursday April 28, 2016</u> Lone Peak @ Riverton PG @ AF Herriman @ Lehi
<u>Tuesday March 29, 2016</u> Riverton @ Lone Peak AF @ PG Lehi @ Herriman	<u>Tuesday May 3, 2016</u> Riverton @ PG Westlake @ Herriman AF @ Lehi
<u>Thursday March 31, 2016</u> PG @ Riverton Herriman @ Westlake Lehi @ AF	<u>Thursday May 5, 2016</u> Lone Peak @ PG Lehi @ Riverton AF @ Westlake
<u>Tuesday April 12, 2016</u> PG @ Lone Peak Riverton @ Lehi Westlake @ AF	<u>Monday May 9, 2016</u> Region Seeding Meeting AF High @ 5:30 pm
<u>Thursday April 14, 2016</u> Lone Peak @ Herriman Lehi @ PG Westlake @ Riverton	<u>Varsity Region IV Meet</u> Wednesday –Thursday May 11-12, 2016 @ Pleasant Grove High

Boys 5A State Tennis Tournament

Thursday May 19 and Saturday May 21 @ Liberty Park

Girls Tennis Policies

Region Activity Chairperson: Ryan Nield, American Fork High (801) 610-8800
Coaches' Representative: Jason Herrud, American Fork (801)610-8800

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 (this is up for debate and waiting to hear back from state) 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 3:30 pm 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 rescheduling 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 lineup 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. According to USTA rules, a player is allowed 20 seconds between points. A coach may provide feedback during the 20 second time but cannot interrupt the continuous play rule. Coaching is NOT permitted in or on the confines of the tennis court. (Exception below)
 - a. A coach may coach his/her players during the 90 second changeover at the end of odd games, and during the 10 minute rest period.
 - b. Only the school tennis coach employed by that school may coach and only in a manner which does not interfere with the play on adjoining courts.
13. The Region IV Tournament will be a seven-team consolation tournament.
14. The region home team will furnish high altitude tennis balls for Region IV dual Meets.

Last Updated: May 4, 2015

15. 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.
16. 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.
17. 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.
18. Stacking concerns will be reported to region chair, and may be addressed at midway point or end of 1st round region play.
19. Trophies & Awards; one region trophy, 24 medals for girls and 24 medals for boys, medals: 1st-4th places in 6 categories-1st singles; 2nd singles; 3rd singles; 1st doubles; 2nd doubles; 3rd doubles.
20. Region tournament will be on a rotation schedule for each calendar year:
 - 2015 - American Fork
 - 2016 - Pleasant Grove
 - 2017 - Herriman

Region IV Girls Tennis Schedule 2015-16

Beginning Practice/Team Selection:
First Games:
Online Rules Clinic:
Academic All –State Nominations:
Eligibility List Due:
State Entry Deadline:

Monday August 3, 2015
Tuesday August 11, 2015
Thursday Aug 6 -Thursday September 3
Tuesday August 25-Tuesday September 8
Friday August 28
Thursday October 1

<p><u>Tuesday, August 11</u> Pleasant Grove @ Westlake Lone Peak @ American Fork Lehi @ Herriman</p>	<p><u>Thursday, August 13</u> Lone Peak @ Riverton Westlake @ Lehi Herriman @ American Fork</p>	<p><u>Tuesday, August 18</u> Herriman @ Westlake Lehi @ Riverton Lone Peak @ Pleasant Grove</p>
<p><u>Thursday, August 20</u> American Fork @ Riverton Herriman @ Pleasant Grove Lehi @ Lone Peak</p>	<p><u>Tuesday, August 25</u> Pleasant Grove @ Lehi Riverton @ Herriman Westlake @ American Fork</p>	<p><u>Thursday, August 27</u> Lehi @ American Fork Lone Peak @ Westlake Pleasant Grove @ Riverton</p>
<p><u>Tuesday, September 1</u> Riverton @ Lone Peak Lehi @ Westlake American Fork @ Herriman</p>	<p><u>Thursday, September 3</u> Westlake @ Pleasant Grove American Fork @ Lone Peak Herriman @ Lehi</p>	<p><u>Tuesday, September 8</u> Riverton @ American Fork Pleasant Grove @ Herriman Lone Peak @ Lehi</p>
<p><u>Thursday, September 10</u> Herriman @ Lone Peak American Fork@Pleasant Grove Westlake @ Riverton</p>	<p><u>Tuesday, September 15</u> Westlake @ Herriman Riverton @ Lehi Pleasant Grove @ Lone Peak</p>	<p><u>Thursday, September 17</u> Lehi @ Pleasant Grove Herriman @ Riverton American Fork @ Westlake</p>
<p><u>Tuesday, September 22</u> Lone Peak @ Herriman Pleasant Grove@American Fork Riverton @ Westlake</p>	<p><u>Thursday, September 24</u> Westlake @ Lone Peak Riverton @ Pleasant Grove American Fork @ Lehi</p>	<p><u>Region Seeding Meeting</u> Friday, September 25 American Fork High School @ 5:00pm</p>
<p><u>JV Region IV Tournament</u> Saturday, September 26 Lone Peak High @ 9:00am</p>	<p><u>Varsity Region IV Meet</u> Tues, Sept. 29 @9:00 am and Wed, Sept. 30 @ 9:00 am @ American Fork High School</p>	<p><u>Girls 5A State Tennis Tournament</u> Wednesday & Saturday October 7 & 10 Liberty Park, Salt Lake City</p>

Track and Field Policies

**Region Activity Chairs: Dan Biolo, Lone Peak High (801) 717-4568 and
Mike May, Lone Peak High School**

Coaches' Representative: Chase Englestead (435) 817-3157

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 held no earlier than March 7th, 2016.
4. Track meets, including the Region meet, will start at 3:30 pm.
5. Host schools must have at least 2 paid officials at the combined boys' and girls' track meets paid for by the host school. Host school will assign events to visiting school(s).
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 NFHS rulebook for scoring to eight places in individual events, top six in relays.
 - c. Each school is allowed 5 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. The seeding meeting is the Monday of the week of the Region Meet.
9. It is the responsibility of each coach to submit the names of athletes with a 3.75 or above cumulative GPA at the seeding meeting for academic certificates.
10. The top 2 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. The host school will have the option to use Runner Card.
11. Visiting schools should provide one responsible helper at the finish line for away meets.
12. 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.
13. 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 rule book 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.

14. Field Event Assignments:

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

15. 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

2015	Herriman
2016	Lone Peak

16. NFHS Rules will govern the Region Meet.

17. Region Entries become finalized at the close of the Region Seeding Meeting.

18. Once paged to an event, a participant has a maximum of 10 minutes to report to the event site. Failure to report within the time limit will result in disqualification.

Region IV Track and Field Schedule 2015-16

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	<p><u>Tuesday, April 26</u> LP @ PG</p>

	<p><u>Wednesday, April 27</u> Riverton @ AF Lehi @ Herriman</p>

Last Updated: May 4, 2015

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Region IV Track & Field Meet

Wednesday, May 11–Thursday, May 12 @ Lone Peak

Region JV Track & Field Meet

Tuesday, May 17 @ Lehi

(Only Non--Placers at Region may attend)

State Championships

Friday, May 20 - Saturday, May 21 @ BYU

Region IV Track and Field Championships
Order of Events (Times are approximate)

Wednesday, May 6th

- 3:30 pm - Girls 100m Hurdles / Boys 110m Hurdles TRIALS
- 4:00 pm - Girls 100m Dash / Boys 100m Dash TRIALS
- 4:30 pm - Girls 1600m Run FINALS
- 4:45 pm - Girls 400m Dash / Boys 400m Dash TRIALS
- 5:15 pm - Girls 300m Hurdles / Boys 300m Hurdles TRIALS
- 5:45 pm - Boys 3200m Run FINALS
- 6:15 pm - Girls 200m Dash / Boys 200m Dash TRIALS
- 6:45 pm - Girls Medley Relay / Boys Medley Relay FINALS
- 3:30 pm - Boys Discus FINALS
 - Girls Shot Put FINALS
 - Girls High Jump FINALS
 - Boys Long Jump FINALS
 - Boys Pole Vault FINALS
- 4:00 pm - Girls Javelin FINALS

Thursday, May 7th

- 3:30 pm - Girls 100m Hurdles / Boys 110m Hurdles FINALS
- 3:40 pm - Girls 100m Dash / Boys 100m Dash FINALS
- 3:50 pm - Boys 1600m Run FINALS
- 4:10 pm - Girls 4x100m Relay / Boys 4x100m Relays FINALS
- 4:20 pm - Girls 400m Dash / Boys 400m Dash FINALS
- 4:30 pm - Girls 300m Hurdles / Boys 300m Hurdles FINALS
- 4:40 pm - Girls 800m Run / Boys 800m Run FINALS
- 5:00 pm - Girls 200m Dash / Boys 200m Dash FINALS
- 5:10 pm - Girls 3200m Run FINALS
- 5:30 pm - Girls 4x400m Relay / Boys 4x400m Relay FINALS
- 3:30 pm - Girls Discus FINALS
 - Boys Shot Put FINALS
 - Boys High Jump FINALS
 - Girls Long Jump FINALS
- 4:00 pm - Boys Javelin FINALS

Volleyball Policies

Region Activity Chair - Kori Thomas, Pleasant Grove (801) 610-8170

Coach Rep. – Deanna Meyer, Lone Peak (801) 717-4568 ext 224

Coaches:

American Fork	Shantell Durrant	801-889-6507	shantelldurrant@alpinedistrict.org
Herriman	Bryan Nicholson	801-884-6149	bryan.nicholson@jordandistrict.org
Lehi	Jamie Ingersoll	801-372-2268	jingersoll@alpinedistrict.org
Lone Peak	Deanna Meyer	801-651-7794	dmeyer@alpinedistrict.org
Pleasant Grove	Allyce Jones	801-380-1280	allycejones@alpinedistrict.org
Riverton	Lindsay Lind	801-835-0006	lindsvb3@hotmail.com
Westlake	Amber Hall	801-610-8815	amberhall@alpinedistrict.org

1. We will follow National Federation rules. All varsity matches will be best of three (3) out of (5) games. Games 1-4 shall be played to 25 points (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.
 - i. Sophomore games may play the best 2 out of 3 format, hosting school choice.
 - 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 Wednesday, September 8, 2015. 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. If a tie exists see region rules.
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 a tournament, no 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.
8. **All-Region** meeting will be held on the Monday before the state tournament at 6:00 pm. Location TBA.
9. **Academic All-Region** - Varsity players with a 3.75 cumulative GPA are eligible for Academic All-Region.

Region IV Volleyball Schedule 2015 - 2016

Tuesday Sept. 8 Westlake @ Pleasant Grove Riverton @ Herriman American Fork @ Lehi Lone Peak BYE	Tuesday Oct. 6 Pleasant Grove @ Westlake Herriman @ Riverton Lehi @ American Fork Lone Peak BYE
Thursday Sept. 10 Lehi @ Riverton Herriman @ Westlake Pleasant Grove @ Lone Peak American Fork BYE	Thursday Oct. 8 Riverton @ Lehi Westlake @ Herriman Lone Peak @ Pleasant Grove American Fork BYE
Tuesday Sept. 15 Riverton @ Lone Peak American Fork @ Pleasant Grove Lehi @ Herriman Westlake BYE	Tuesday Oct. 13 Lone Peak @ Riverton Pleasant Grove @ American Fork Herriman @ Lehi Westlake BYE
Thursday Sept. 17 BYE	Thursday Oct. 15 Fall Break BYE
Tuesday Sept. 22 Herriman @ American Fork Pleasant Grove @ Riverton Lone Peak @ Westlake Lehi BYE	Tuesday Oct. 20 American Fork @ Herriman Riverton @ Pleasant Grove Westlake @ Lone Peak Lehi BYE
Thursday Sept. 24 American Fork @ Westlake Lehi @ Lone Peak Herriman @ Pleasant Grove Riverton BYE	Thursday Oct. 22 Westlake @ American Fork Lone Peak @ Lehi Pleasant Grove @ Herriman Riverton BYE
Tuesday Sept. 29 Pleasant Grove @ Lehi Lone Peak @ American Fork Westlake @ Riverton Herriman BYE	Tuesday Oct. 27 Lehi @ Pleasant Grove American Fork @ Lone Peak Riverton @ Westlake Herriman BYE
Thursday Oct. 1 **Lone Peak @ Herriman Wed. Sept. 30th** Westlake @ Lehi Riverton @ American Fork Pleasant Grove BYE	Thursday Oct. 29 Herriman @ Lone Peak Lehi @ Westlake American Fork @ Riverton Pleasant Grove BYE

Date of importance:

Rules Clinic @ UHSAA: August 4th

Start Date: August 10th

First Match: August 18th

Eligibility and Team Photo Due: Fri. Aug. 28th

September 12th: ACT Test

October 24th: ACT Test

Academic All State: Tues. Aug. 25 – Tues. Oct. 6th

Fall Break both Districts: Oct. 15 – 16th

Nov. 7th- 8th State Tournament @ UVU

Wrestling Policies

Region Activity Chairperson: Curtis Hagen, Riverton High (801) 256-5800
Coaches' Representative: Brock Moore, Pleasant Grove High (801) 610-8170

1. Start Date for practice is November 9, 2015, first matches starting November 24, 2015, starting times for region matches will be as follows: Weigh in: 4:00pm, JV matches: 5:00pm, Varsity matches: 7:00pm
2. The gym must be cleared of all other activities by 3:30pm so it can be set up for dual matches. A change in starting time will require mutual agreement between the coaches and 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. The NFHS rulebook will be followed for all rules, including weight classes, weight control, weigh-ins, tournament scoring and every other situation unless otherwise directed by the UHSAA.
4. There will be no weight allowance given unless there are back-to-back dual meets or tournaments. A coach must contact the opposing coach 24 hours in advance if this situation occurs. A one-pound allowance per consecutive days of competition is the maximum authorized. No more than two pounds weight allowance will be allowed for consecutive days of competition.
5. To meet National Federation and State guidelines, a wrestler must certify at a specific weight class prior to his first wrestling match. Each wrestler is required to have at least one official weigh-in before being entered in the region tournament. Please refer to UHSAA website for complete information on wrestler weight certification found at www.uhsaa.org in the wrestling section.
6. Platform scales must be certified (by a government agency) by November 14, 2015.
7. Moratoriums: November 26-November 29, 2015, December 23-27, 2015, January 1, 2016.
8. Coaches will exchange line-ups by email or fax by 10:00 am to the opposing schools the day of the match. The line up should include Varsity, JV and Extras.
9. 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
10. 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.
11. Any school with a wrestler who is unable to compete in the State Meet 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 default in the tournament bracket at the State Meet.
12. Divisional expenses will be covered by the Region.

Region IV Wrestling Schedule 2015-16

Region Duals

<p><u>Thursday, Dec 3, 2015</u> American Fork @ Westlake Riverton @ Herriman Lone Peak @ Pleasant Grove Lehi - BYE</p>	<p><u>Wednesday, Jan 13, 2016</u> Herriman @ Westlake Pleasant Grove @ American Fork Lone Peak @ Lehi Riverton - BYE</p>
<p><u>Thursday, Dec 10, 2015</u> Herriman @ Pleasant Grove Lehi @ American Fork Riverton @ Lone Peak Westlake - BYE</p>	<p><u>Thursday, Jan 14, 2016</u> Riverton @ American Fork Herriman @ Lehi Westlake @ Lone Peak Pleasant Grove - BYE</p>
<p><u>Wednesday, Dec 16, 2015</u> Pleasant Grove @ Westlake American Fork @ Herriman Lehi @ Riverton Lone Peak - BYE</p>	<p><u>Thursday, Jan 21, 2016</u> Lone Peak @ Herriman Westlake @ Riverton Lehi @ Pleasant Grove American Fork - BYE</p>
<p><u>Thursday, Jan 7, 2016</u> Westlake @ Lehi American Fork @ Lone Peak Pleasant Grove @ Riverton Herriman - BYE</p>	<p><u>Jan 27-28, 2016</u> State Dual Meet Championships <u>Feb 5-6, 2016</u> Divisionals <u>Feb 10-11, 2016</u> State Individual Meet Championships</p>

Other Important Dates:

<p>Tuesday, Nov. 4 Monday, Nov. 9 Friday, Nov. 13 Saturday, Nov. 14 Tuesday, Nov. 24 Thurs. Nov 26 – Sun. Nov 29 Wed. Dec 23 – Sun. Dec 27 Friday, Jan 1 Fri. Feb 5 & Sat. Feb 6 Wed. Feb 10 – Thurs Feb 11</p>	<p>Rules Clinic (UHSA) Team Selection/Practice Body Fat Testing Body Fat Testing First Contest Allowed Moratorium Moratorium Moratorium Divisionals State Finals</p>
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