



REGION VIII

Activities Manual
2011-2012

REGION VIII HANDBOOK

2010-2011

Table of Contents

Region VIII Administration	1
Region VIII Activity Responsibilities.....	2
Sportsmanship Award	3
State Standards & Guidelines For Student Extracurricular Activities	4
Policies And Procedures For Athletic Contests	5-8
Trophies & Awards	9
Official's Pay Scale	10-12
Baseball Guidelines.....	13-14
Baseball Schedule	15-17
Basketball Guidelines.....	18-19
Basketball Schedule–Boys	20
Basketball Schedule–Girls	21
Cross Country Guidelines	22
Cross Country Schedule	23
Drama Schedule and Guidelines	24
Drill Team Guidelines.....	25-26
Drill Team Schedule	26
Football Guidelines	27-28
Football Schedule.....	29
Forensics Guidelines	30-32
Forensic Schedule	33
Forensic Orders of the Day	33-34
Golf Guidelines-Boys.....	35-36
Golf Schedule-Boys	37-38
Golf Guidelines-Girls.....	39-40
Golf Schedule-Girls.....	41
Music Guidelines.....	42
Music Procedures	43-44
Music Directory.....	45
Music Calendar	46-47
Soccer Guidelines.....	48-50
Soccer Schedule -- Girls.....	51
Soccer Schedule -- Boys	52
Softball Guidelines.....	53-54
Softball Schedule.....	55
Swimming Guidelines.....	56-57
Swimming Schedule & Diving Schedule.....	58
Tennis Guidelines.....	59-60
Tennis Schedule -- Girls.....	61
Tennis Schedule -- Boys	62
Track And Field Guidelines	63
Track And Field Schedule.....	64
Volleyball Guidelines.....	65-66
Volleyball Schedule	67
Wrestling Guidelines.....	68-70
Wrestling Schedule	71

REGION VIII ADMINISTRATION

Region Chair John W. Penrod john.penrod@nebo.edu
Region Secretary Melony Mortensen melony.mortensen@nebo.edu 801-794-6740

Maple Mountain 51 North 2550 East, Spanish Fork, 84660 Fax 794-6744 801-794-6740

John Willie Penrod – Principal john.penrod@nebo.edu
Alan Ashton alan.ashton@nebo.edu
RaShel Tingey rashel.tingey@nebo.edu

Mt. View 665 W. Center St. Orem UT 84057 Fax 227-8764 801-227-2400

Blaine Edman – Principal blainedman@alpine.k12.ut.us
Mike Ericksen mericksen@alpine.k12.ut.us
Jose Enriquez jenriquez@alpine.k12.ut.us
Peter Glahn glahn@alpine.k12.ut.us

Orem 175 S. 400 E., Orem, UT 84097 Fax 227-8774 801-610-8165

Mike Browning– Principal mbrowning@alpinedistrict.org
Mike Larson mlarson@alpine.k12.ut.us
Mike May mmay@alpinedistrict.org
Mark Clinton mclinton@alpine.k12.ut.us

Provo 1125 No. University Provo 84604, Fax 374-4880 801-373-6550

Jeff Schoonover jschoonover@alpine.k12.ut.us
Lani Quisenberry laniq@provo.edu
Kyle Bates kyleb@provo.edu
Karen Brown karenb@provo.edu

Salem Hills 150 N. Skyhawk Blvd., Salem, 84653 Fax 423-3206 801-423-3200

Bart Peery – Principal bart.peery@nebo.edu
Troy Bohling troy.bohling@nebo.edu
Brenda Burr brenda.burr@nebo.edu

Springville 1205 East 900 South, Springville 84663, Fax 489-2806 801- 489-2870

Mike Brown – Principal mike.brown@nebo.edu
Lynn Mecham lynn.mecham@nebo.edu
Scott Johnson scott.johnson@nebo.edu

Timpanogos High School 1450 N. 200 E., Orem, 84057 Fax 223-3134 801-223-3120

Theron Murphy – Principal tcm@alpine.k12.ut.us
Deb Zirbes zirbd786@alpine.k12.ut.us
Diane Wanamaker wanad786@alpine.k12.ut.us
ByronTanner tannb786@alpine.k12.ut.us

Timpview 3570 N. 650 E. Provo,UT 84604 Fax 224-4210 801-221-9720

Todd McKee toddm@provo.edu
Brad Monks bradm@provo.edu
Rene Cunningham renec@provo.edu
Stacey Briggs staceyb@provo.edu

REGION VIII ACTIVITY RESPONSIBILITIES 2011-2012
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<u>School Activity</u>	<u>Responsible</u>	<u>Name</u>	<u>Phone</u>
Region Chair	Maple Mountain	Willie Penrod	
Calendaring	Maple Mountain	Alan Ashton	
Sportsmanship	Orem	Mike Browning	
Baseball	Timpanogos	Deb Zirbes	
Basketball	Timpview	Brad Monks	
Cross Country	Salem Hills	Troy Bohling	
Drama	Salem Hills	Brenda Burr	
Drill Team	Maple Mountain	RaShel Tingey	
Football	Salem Hills	Bart Peery	
Forensics	Provo	Jeff Schoonover	
Golf	Orem	Mike May	
Music	Maple Mountain	Alan Ashton	
Soccer	Provo	Kyle Bates	
Softball	Springville	Scott Johnson	
Swimming	Orem	Mike Larson	
Tennis	Mt. View	Mike Ericksen	
Track	Mt. View	Peter Glahn	
Volleyball	Timpanogos	Diane Wanamaker	
Wrestling	Springville	Lynn Mecham	

**REGION VIII
SPORTSMANSHIP AWARD**

In an effort to recognize and promote good sportsmanship, the Board of Managers has established the Region VIII Sportsmanship Award to be presented after the Fall, Winter, and Spring sports seasons. For each season, the selected school will receive \$200. In the event of a tie, both schools will be recognized. They will split the \$200.00
The criteria for selection are:

1. Enthusiasm at school events.
2. Good Sportsmanship at events. This includes crowd, competitors, and coaches.
3. Absence of negativism (booing, derisive or profane cheers, graffiti, or destruction of school property).
4. Positive efforts by spirit groups (cheerleaders, drill team, band, student council) to promote a positive environment for competition.

Selection:

Each school will have one vote for each sport season, i.e. Fall, Winter, Spring (you may not vote for your own school).

**STATE BOARD OF EDUCATION
2011-2012
STANDARDS & GUIDELINES FOR STUDENT EXTRACURRICULAR ACTIVITIES**

The central purpose of schooling is the academic program of studies for students. However, supportive to the instructional program is a diversity of school sponsored student activities that are frequently an extension of the academic program. They include such things as musical and dance performing groups, forensic and sports teams, student publications and government, clubs and social activities, etc. Those involved in student activities generally achieve better grades, attendance, citizenship, and personal discipline than do non-participants.

Because of the intense interest in and value placed on student activities, it is not uncommon for some excesses and abuses to surface which may detract from the central purpose of schooling. Keeping the academic program and the student activity program in perspective is the rationale for the following standards and guidelines:

STANDARDS

1. Schools are prohibited from scheduling full-year fitness and movement (physical education/athletic) classes for specific school teams. In schools where in-season fitness and movement (physical education/athletic) classes are scheduled, such classes shall not be used to violate the starting and stopping dates for practice and competitive play as prescribed by the Utah High School Activities Association. This standard is aimed at helping restore equity to high school competitive sports programs.

2. All coaches must either hold a current Utah Secondary Teaching Credential (PE/Coaching Major or Minor) or must have successfully completed the state sponsored UHSAA/USOE coaches training . Aides and/or paraprofessionals employed or used in coaching assignments must also meet the requirements of the UHSAA/USOE coaches certification program (see the UHSAA handbook).
3. School personnel, activity leaders, coaches, advisors, etc., shall not require students to attend out-of-school camps, clinics, workshops, etc., for which they, activity leaders, coaches, advisors, etc., receive compensation from a source other than the school or district in which they are employed.

GUIDELINES

1. Local boards of education and district superintendents should continually reaffirm the central purpose of schooling -- the academic program of students. Extracurricular activities should be just that, extracurricular, and should support the academic program.
2. Local boards of education, superintendents, and school principals are urged to guarantee a productive instructional setting for students who remain behind while their classmates and teachers are gone for participation in extracurricular activities. The "warehousing" of students not involved in extracurricular activities negatively compounds the differences between students involved and those not involved in extracurricular activities.
3. Local boards of education and district superintendents are urged to disapprove travel for extracurricular activities that would result in teachers and students being gone for more than two consecutive school days. Preferably, approved out-of-state travel for extracurricular activities will be limited to summer months or other times when school is not in session.
4. Local boards of education and district superintendents are urged to disapprove all travel, trips, excursions, appearances, cruises, etc., which are sponsored by commercial interests for profit. Such travel, while often popular with students and patrons, represents a serious misuse and manipulation of schools and students. Approved in-state and out-of-state travel for extracurricular activities should involve students in verified and documented educational experiences.
5. It is recommended that the Utah High School Activities Association and local schools and districts continue their practice of delaying the starting time for extracurricular activities until after school. In addition, the periodic realignment of the regions of the Utah High School Activities Association should continually seek to reduce travel and time out of school for students and teachers.
6. Region VIII recognizes the importance of Utah Code 53-11-908 with the intent to promote good sportsmanship.

General Guidelines and Policies

1. Noise makers will be allowed following the state guidelines (i.e. air horns, drums, bells, whistles, duck calls, clappers etc.). Megaphones are to be used only by official cheerleaders for communication with cheering sections. There will not be megaphones allowed in the gymnasium during competition.
2. The throwing of any objects by spectators will not be allowed at athletic events, including confetti, torn paper scraps, crepe paper, toilet tissue, mini-balls, frisbees, etc.. (Violating schools may be fined)
3. The use of laser pointers is forbidden at all region events. The laser pointer will be confiscated and the spectator will be ejected from the event.
4. Constructive, positive signs and posters may be used by the home team. All derogatory signs are prohibited. No hand held posters are allowed. School flags are permitted at outdoor events on your own side line.
5. Moratorium: No practices or games may be scheduled during the officially established moratorium dates unless a request has been made to and approved by the UHSAA.
6. Breach of contract: In the case of breach, the region board of managers shall have the authority to assess a penalty and or fine, not to exceed \$1,000 against the offending coach and/or school.
7. Spectators are not allowed on playing fields or courts at anytime, including halftimes and before and between games unless under the direction of the administration. Post game demonstrations on the floor or the field by the opposing team at the end of the game are not allowed thus ensuring that the visiting teams and officials exit safely. Demonstrations meant to taunt or demean the opposing team are prohibited.
8. Children under high school age are discouraged from being on the sideline, court or playing field.
9. Placement of visiting student body, pep squad, cheerleaders, and drill team is at the discretion of the host school. Spectators in the student section are not allowed to sit on the front row or stand on the floor in the gymnasium.
10. Schools that violate region rules may be fined. The amount of the fine to be determined by the Region Board of Managers.
11. A well-planned flag ceremony should be encouraged prior to start of the event.
12. Each student body is to exhibit good sportsmanship. The administrators and advisors are, in the interest of proper education, to stress positive sportsmanship. Schools are encouraged to read a sportsmanship statement at all varsity athletic activities. An example is given below:

Good evening ladies and gentlemen; welcome to today's contest between (Visiting team/mascot) and (host school/mascot). On behalf of the faculty, staff and student body of (host school) we remind you that the ideals of good sportsmanship are a major part of this contest. Each of us should make every effort to promote this goal. Please stand and remove your hats

for the presentation of colors.

13. All dressing room facilities must be left in a clean and orderly manner. The visiting head coach is responsible to check the facilities prior to departure.
14. Unless there are more than 50% of Region schools participating, no new state sponsored activity will be added.
15. In case of scheduling conflicts, region and varsity events take precedence over non-region events and activities/practices. Students should not be penalized for missing non region events or practices due to participation in scheduled region events.
16. Tournament entries will be determined by the win/loss record in Region play. In the event of a tie between teams qualified for state tournament positions (**the inter-region play-in game is considered a seed for the State Tournament**), the seeding will be determined by the win/loss record between the teams involved. If the seeding is not resolved, the seeding will be determined by head to head records against the team with the highest finish (Region Champion). If that does not break the tie, success against the next highest finisher will be compared. This process will continue on down through the entire region standings in an attempt to break the tie. If the tie is still not broken by this procedure, teams will conduct a coin toss to determine seeding.

Coin Toss Procedure: A representative from each of the involved schools and the Region representative over the activity or his/her designee must be present. In the case of two teams, the Region representative flips one coin after one school has called a side. The winner of the flip gets the higher seed.

In the case of three schools, each school's representative flips a coin simultaneously until an "odd" outcome is determined (one coin not matching the other two). The "odd" school gets highest seed and the remaining two teams conduct a two team coin flip to determine the remaining seeding.

Note: See guidelines B and C below for specific coin toss procedures for possible entry or non-entry scenarios.

In the event of any tie that would determine entry or non-entry to the tournament, play-offs will be held with the following guidelines: If there is a tie between two teams with one available tournament slot, they will play each other with the winner earning the tournament entry. A coin toss will occur to determine home field for outdoor events, while a neutral site will be utilized for indoor events. If there are three teams tied for one available tournament entry slot, a three way coin flip will be held. The "odd" team will have a bye and the other two teams will play. The winner of that game will play the bye team. The winner of that game will then get the tournament entry slot. A coin toss will occur to determine home field for outdoor events while a neutral site will be utilized for indoor events. If there are three teams tied for two available spots (**The inter-region play-in game is considered a seed for the state tournament**), head to head records of the teams involved will determine the higher seed, and then a playoff will be held for the final spot. If head to head competition does not determine the higher seed, there will be a three-way coin flip; "odd" team gets the lower seed, the other two teams play for the remaining state tournament seed. A coin toss will occur to determine home field for outdoor events while a neutral site will be utilized for indoor events.

When four teams tie for two spots they will draw for pairings then two winners flip for seeding. In the event of a tie involving more than four teams, the Region Board of Managers will determine an acceptable tie breaking procedure. The administrator with responsibility for the event as listed on Page 2 of the Region handbook will make a proposal for consideration by the entire board.

18. A change of time or date of an activity may be affected only through mutual agreement of both school's principals. The host school must notify the arbiter of the change in time for him to notify the officials. The host school must also notify other Region VIII schools unless postponement is weather related.
19. All radio and television stations need to get prior approval from the principal or designee before broadcasting an event.
20. REGION APPROVED TICKET PRICES TO MAJOR SCHOOL ACTIVITIES:
 - \$15.00 = 1 family*
 - \$ 5.00 = 1 adult
 - \$ 4.00 = 1 student with activity card (including junior high students.
Students/children under junior high age also pay \$4.00)
 - ** Senior Citizens over 65 and children 5 and under = free
 - *Family pass means immediate family living at home - maximum of six who arrive at the event together.

Tickets will be sold at varsity football, region drill, region wrestling and varsity, J.V. and Sophomore volleyball, basketball and wrestling meets at the above region prices.

All state playoff games will charge state playoff prices
21. Money from state play-off games (not going to state) will be retained by the host school (after expenses) and divided with the visiting school. (refer to the UHSAA handbook regarding disbursement of money).
22. There will be a limit of 75 Region Activity Passes issued to each school. The region chair will send (20) region passes to each school district office.
23. Each school will be issued a maximum of twenty five (25) Region Activity Passes for Student Body Officers. Student Body Officer passes allow 1 person with ID in free.
24. Academic All-Region selection will be varsity players only and 3.7 or higher cumulative GPA. Schools will present their own awards. Region VIII certificates are available for use by the schools.
25. Host schools will provide for someone to meet officials and show them to their dressing rooms both before and after any event. Any misconduct of officials, including failure to show up or tardiness is to be reported to the Region chairperson in charge of the involved activity. A detailed report including names and improper conduct shall be submitted in writing to the UHSAA office and to the arbiter involved.
26. Region VIII Eligibility Requirements: The minimum GPA a student must have in order to participate is 2.0 and not more than one F for the previous grading period.

Cheer/Drill/Band

1. Drill team members in uniform and cheerleaders in uniform with an advisor will be admitted to the game without charge. Each group must have an advisor.
2. All cheering **SHOULD** be under the direction of the cheerleaders. There are to be **NO** derogatory or obscene cheers.
3. Cheerleaders are to refrain from conducting cheers during free throw shooting.
4. Placement of visiting student body, pep squad, cheerleaders, and drill team is at the discretion of the host school.
5. Only varsity cheerleaders and mascots are allowed on the court or field for cheers, activities, or demonstrations unless specifically sponsored by the host school administration. Children below high school age are prohibited from being used in connection with any Region VIII interscholastic activity except during approved halftime performances.
6. Cheerleaders will observe all State or District guidelines for pyramids and stunting and tumbling. Only home teams may tumble.
7. Football half-time: Performing groups have ten (10) minutes which includes time to get on and off the field. Exceptions can be made by mutual agreement for special occasions.
8. Basketball half-time: A maximum of seven (7) minutes is allotted for half-time entertainment which includes time to get on and off the floor. Exceptions can be made by mutual agreement for special occasions.
9. Drill teams will perform only at home games unless by mutual agreement with the host school.
10. Pep band will be provided by the host school only with exceptions by mutual agreement. During basketball games, pep bands are to play during regulation time-outs, quarter breaks and half-time only. An advisor must always be present if a band is to perform. Drums are to play only as part of the pep band or as accompaniment to a cheer by the cheerleaders.
11. The region will not financially support coaches meetings.
12. The region will support 3 AD meeting per year (Fall, Winter, Spring) to include region 8 ADs only.

TROPHIES & AWARDS 2011- 2012

The Region Board of Managers agrees to fund the following Awards, Medals and Trophies.

The cost associated with any additional awards or recognitions will not be funded by Region VIII or member schools.

Baseball	1 Region Trophy
Basketball (Boys)	1 Region Trophy
Basketball (Girls)	1 Region Trophy
Cross Country (Boys)*	1st-10th Place Medals / 1 Region Trophy
11th- 20th Place Ribbons	1st-10th J.V. Ribbons
Cross Country (Girls)*	1st-10th Place Medals / 1 Region Trophy
11th- 20th Place Ribbons	1st-10th J.V. Ribbons
Drama	\$100.00 for Certificates for Region Drama Awards...../ Award Certificates
Drill Team	1 Region Trophy
1 st -3 rd place Plaques for each category (military, kick, and dance)	
1st- 5th place medals for drill down	
Forensics.....	1 st - 3 rd place medals in each category / 1 Region Trophy
Football.....	1 Region Trophy
Golf (Boys).....	1st- 10 th Place Medals / 1 Region Trophy
Golf (Girls).....	1st- 10 th Place Medals / 1 Region Trophy
Music	\$100.00 for certificates for Region Music Awards /Award Certificates
Soccer (Boys)	1 Region Trophy
Soccer (Girls)	1 Region Trophy
Softball	1 Region Trophy
Swimming (Boys)*	1 st - 5 th Place Medals / 1 Region Trophy
Swimming (Girls)*	1 st - 5 th Place Medals / 1 Region Trophy
Tennis (Boys)*	1 st - 5 th Place Medals / 1 Region Trophy
Tennis (Girls)*	1 st - 5 th Place Medals / 1 Region Trophy
Track (Boys) 1st and 2 nd for relay*	1 st - 5 th Place Medals / 1 Region Trophy
Track (Girls) 1st and 2 nd for relay*	1 st - 5 th Place Medals / 1 Region Trophy
Volleyball.....	1 Region Trophy
Wrestling	1 st - 5th Place Medals / 1 Region Trophy

Medals will be given to those who qualify individually for State placement by placing at the Region meet **** RIBBONS WILL BE ATTACHED TO ALL MEDALS**

REGION VIII OFFICIAL'S PAY SCALE
2011-2012

Event	Varsity	JV & Soph	Post Season
Football	\$55.00 (4 man)	\$40.00	\$60.00
	\$53.00 (5 man)	\$40.00	\$60.00
Basketball	\$55.00	\$40.00	\$60.00
	\$50.00 (3 man)		
Wrestling	\$49.00	\$35.00	See next page
Baseball	\$50.00	\$40.00	\$55.00
Volleyball:			
Referee	\$40.00	\$28.00	\$45.00
Umpire	\$33.00	\$28.00	\$45.00
Tournament	\$28.00 match	\$23.00 match	
Soccer:			
Referee	\$49.00	\$30.00	\$52.00
Linesman	\$33.00	\$30.00	\$52.00
Softball:	\$40.00	\$35.00	\$45.00
Tournament per game (with 1 ½ hour time limit or less) \$33.00 per game*			
Swimming			
Region VIII pay for swimming official will be as follows:			
Region Championship meet (per day)			
	Referee (1)	\$40.00	
	Starter (1)	\$40.00	
	Stroke Judges (4)	\$35.00	
	Scorers Table (3)	\$25.00	
Region Dual Meets			
	Starter/Referee	\$30.00	
	Scorers Table	\$25.00	
	Stroke Judge	\$30.00	

ADDITIONAL CHARGES:

Mileage: \$.36 per mile for all miles over 50 that the official has driven. The other officials on the game will receive \$.05 per mile for all miles traveled over 50. Assigners will make every effort to assign officials to games in an effort to reduce mileage fees to schools. Officials are responsible to list round-trip mileage on their voucher in order to be reimbursed. If an official works a J.V. game plus a Varsity game, the official will receive the mileage allowance only **once**, not for each of the two games officiated.

Football: 4 officials in Varsity games, 4 officials for J.V. & Soph., and 4 officials @ 3A/4A State games.

Drill Team Judges: State Meet – \$125.00 (plus travel allowance)
Region Meet -- \$65.00 (plus travel allowance)

Music: Region Festival -- \$130.00 full day, \$65.00 half day (5 hrs.)
State Festival - \$130 full day, \$65 half day (5 hours) + travel allowance

Drama Judge: State Meet – \$20 up to 4 hours \$30 over 4 hours

Region Drama: Compensate play judges \$100.00, Individual Events judges \$25.00.

Region Drama One Acts Coordinator \$50.00

Forensics: \$30.00

WRESTLING TOURNAMENT PAY SCALE (14 WEIGHTS)
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VARSIITY

Dual meet value -- \$49.00
2 Duals-Double dual-\$98.00
3 Duals-Tri-dual-\$147.00
4 Duals-4 team tourney-\$196.00
12 Duals-8 team tourney-\$588.00
21 Duals-12 team tourney-\$1,029.00
29 Duals-16 team tourney-\$1,421.00

JR.VARSIITY

Dual meet value -- \$35.00
2 Duals-Double Dual-\$70.00
3 Duals-Tri-dual-\$105.00
4 Duals-4 team tourney-\$140.00
12 Duals-8 team tourney-\$420.00
21 Duals-12 team tourney-\$735.00
29 Duals-16 team tourney-\$1,015.00

Each dual match for varsity averages to \$3.50 per match, a J.V. match equals \$2.50 per match. The total pay is calculated by multiplying these figures by the number of duals occurring in the tournament; for example, a normal dual match is 14 bouts x \$3.50=\$49.00. The total may also be calculated by taking the number of duals in one bracket in a tournament, (a 16-team tournament has 29 duals in a bracket), multiply that number by \$49.00 and it totals \$1,421.00. That figure is divided by the number of officials in the tournament. Mileage is added to each official as well.

- A. Dual meet values will dictate the cost of ALL tournaments except the state Meets.
- B. ADD .34 cents (driver) .05 cents (rider) for each mile over 50 miles to all dual meets and tournaments.
- C. Byes in tournaments may be deducted out of the pay but exhibition matches will be paid \$2.50/bout.

GENERAL PAYMENT INFORMATION

Officials shall be paid at the contest site prior to the start of the contest or may be paid by mail after the contest. The principal at each school has responsibility to ensure that all officials are paid as required.

Officials shall receive one fee per contest.

Officials and schools assigned by the UHSAA shall not be permitted to negotiate fees or mileage other than as printed in this manual and in the UHSAA constitution and By-laws.

Should a contest be stopped because of conditions beyond the control of the officials (weather, power outage, etc.) before the contest is one half completed, or the contest is not started after the officials arrive at the site, the officials will be paid one game fee which they will divide. Each official will receive \$10.00 for mileage. Should the contest be more than one-half completed, the officials will receive the standard amount paid for a completed game.

BASEBALL GUIDELINES
2011-2012

REGION ACTIVITY CHAIRPERSON: Deb Zirbes, Timpanogos High School

1. Beginning practice and team selection date:
Practice Date: February 27, 2012 **First contest date: March 5, 2012**
2. All games will begin at 3:30. JV games will begin not more than 15 minutes following the varsity game. Varsity players will be excused so that they will arrive at the field no earlier than 1.5 hours before the contest begins. Home team will have the infield 30 minutes before game time. Visiting teams will have the infield 15 minutes before game time. If the visiting team is late, they may forfeit warm-up time so the game will not be delayed.
3. Schools may postpone league games without Region clearance for the following reasons:
 - a. Poor weather conditions
 - b. Field in unplayable condition
 - c. Make-up games to accommodate playoff games.
 - d. Home team coach will notify the visiting coach ASAP on rain delays or rain-outs. In case of a region game cancellation (due to the above conditions) the game will be played on the next available school day. Saturdays are an option if both coaches agree. Pre-empt to include sophomore and JV games only. Non-league varsity games and tournament travel day will not be pre-empted as contracts with other school need to be honored.
4. No team shall attempt to change their schedule for the purpose of gaining an advantage on pitching rotation or other pertinent factors.
5. Each team is expected to participate in a J.V. and Sophomore schedule with each playing another member of the Region at least twice. See JV schedule. Sophomore teams play on Monday and Friday at the opposite site of the Varsity game. No Sophomore team players will be excused from school to participate in region contests.
6. A maximum of 25 games will be played. (See state handbook regarding tournament games.)
7. The 10-run rule after five (5) innings will be used.
8. The home team will be responsible to have an official scorekeeper.
9. One trophy will be awarded to the winner of Region play. Co-champions will each receive a trophy in case of a tie for first place.
10. In the event of a tie in Region standings, see the guidelines for all sports on Page 11. If there is a tie for the final playoff spot, the game will be played at a site agreed upon by the coaches. The home team will be determined by the results of head to head competition between the two teams. If they have a split, a coin flip will determine the home team.
11. Game time may be changed only by agreement of the two principals involved.
12. In case District Spring Breaks do not coincide, schools with scheduled games during spring breaks may, by mutual consent, work out an alternate date that is agreeable with the administrators of both schools.
13. The coach of the first place team will be in charge of organizing the selection of the All-Region team. All Region coaches will participate in the selection process.
14. Dead time period applies to all current 9th through 12th grade students. During the dead time there should be no coach to player contact related to the sport. This includes not observing players perform in that sport.

15. Baseball dead time – 4 weeks after championship, beginning the 2nd Monday in August & 8 weeks beginning 1st Monday in November.
16. Academic All-State nominations will be accepted between March 27th through April 17th.

BASEBALL SCHEDULE

2011-2012

Tuesday, March 27

Salem Hills @ Mountain View
Springville @ Orem
Maple Mountain @ Provo
Timpview @ Timpanogos

Thursday, March 29

Mountain View @ Salem Hills
Orem @ Springville
Provo @ Maple Mountain
Timpanogos @ Timpview

Tuesday, April 3

Timpview @ Springville
Orem @ Mountain View
Provo @ Salem Hills
Maple Mountain @ Timpanogos

Thursday, April 5

Springville @ Timpview
Mountain View @ Orem
Salem Hills @ Provo
Timpanogos @ Maple Mountain

*Monday April 9

Salem Hills @ Springville
Orem @ Provo
Maple Mountain @ Timpview
Mountain View @ Timpanogos

Mon. Apr. 9 DH or Tues. Apr. 10

Springville @ Salem Hills
Provo @ Orem
Timpview @ Maple Mountain
Timpanogos @ Mountain View

Tuesday, April 17

Springville @ Maple Mountain
Provo @ Mountain View
Timpview @ Orem
Salem Hills @ Timpanogos

Thursday, April 19

Maple Mountain @ Springville
Mountain View @ Provo
Orem @ Timpview
Timpanogos @ Salem Hills

Tuesday, April 24

Timpview @ Provo
Maple Mountain @ Mountain View
Salem Hills @ Orem
Springville @ Timpanogos

Thursday, April 26

Provo @ Timpview
Mountain View @ Maple Mountain
Orem @ Salem Hills
Timpanogos @ Springville

Tuesday, May 1

Provo @ Springville
Maple Mountain @ Salem Hills
Mountain View @ Timpview
Orem @ Timpanogos

Thursday, May 3

Springville @ Provo
Salem Hills @ Maple Mountain
Timpview @ Mountain View
Timpanogos @ Orem

Monday, May 7

Mountain View @ Springville
Salem Hills @ Timpview
Orem @ Maple Mountain
Provo @ Timpanogos

Tuesday, May 8

Springville @ Mountain View
Timpview @ Salem Hills
Maple Mountain @ Orem
Timpanogos @ Provo

SOPHOMORE BASEBALL SCHEDULE
2011-2012

Monday, March 26

Mountain View @ Salem Hills
Orem @ Springville
Provo @ Maple Mountain
Timpanogos @ Timpview

Friday, March 30

Salem Hills @ Mountain View
Springville @ Orem
Maple Mountain @ Provo
Timpview @ Timpanogos

Monday, April 2

Springville @ Timpview
Mountain View @ Orem
Salem Hills @ Provo
Timpanogos @ Maple Mountain

Friday, April 6

Timpview @ Springville
Orem @ Mountain View
Provo @ Salem Hills
Maple Mountain @ Timpanogos

TBA

Springville @ Salem Hills
Provo @ Orem
Timpview @ Maple Mountain
Timpanogos @ Mountain View

TBA

Salem Hills @ Springville
Orem @ Provo
Maple Mountain @ Timpview
Mountain View @ Timpanogos

Monday, April 16

Maple Mountain @ Springville
Mountain View @ Provo
Orem @ Timpview
Timpanogos @ Salem Hills

Opposite of varsity schedule.

Friday, April 20

Springville @ Maple Mountain
Provo @ Mountain View
Timpview @ Orem
Salem Hills @ Timpanogos

Monday, April 23

Provo @ Timpview
Mountain View @ Maple Mountain
Orem @ Salem Hills
Timpanogos @ Springville

Friday, April 27

Timpview @ Provo
Maple Mountain @ Mountain View
Salem Hills @ Orem
Springville @ Timpanogos

Monday, April 30

Springville @ Provo
Salem Hills @ Maple Mountain
Timpview @ Mountain View
Timpanogos @ Orem

Friday, May 4

Provo @ Springville
Maple Mountain @ Salem Hills
Mountain View @ Timpview
Orem @ Timpanogos

Wednesday, May 9

Springville @ Mountain View
Timpview @ Salem Hills
Maple Mountain @ Orem
Timpanogos @ Provo

Thursday, May 10

Mountain View @ Springville
Salem Hills @ Timpview
Orem @ Maple Mountain
Provo @ Timpanogos

JV BASEBALL SCHEDULE 2011-2012

Tuesday, March 27

Salem Hills @ Mountain View
 Springville @ Orem
 Maple Mountain @ Provo
 Timpview @ Timpanogos

Friday, March 30

Salem Hills @ Mountain View
 Springville @ Orem
 Maple Mountain @ Provo
 Timpview @ Timpanogos

Tuesday, April 3

Timpview @ Springville
 Orem @ Mountain View
 Provo @ Salem Hills
 Maple Mountain @ Timpanogos

Friday, April 6

Timpview @ Springville
 Orem @ Mountain View
 Provo @ Salem Hills
 Maple Mountain @ Timpanogos

TBA

Salem Hills @ Springville
 Orem @ Provo
 Maple Mountain @ Timpview
 Mountain View @ Timpanogos

TBA

Springville @ Salem Hills
 Provo @ Orem
 Timpview @ Maple Mountain
 Timpanogos @ Mountain View

Tuesday, April 17

Springville @ Maple Mountain
 Provo @ Mountain View
 Timpview @ Orem
 Salem Hills @ Timpanogos

Friday, April 20

Springville @ Maple Mountain
 Provo @ Mountain View
 Timpview @ Orem
 Salem Hills @ Timpanogos

Tuesday, April 24

Timpview @ Provo
 Maple Mountain @ Mountain View
 Salem Hills @ Orem
 Springville @ Timpanogos

Friday, April 27

Timpview @ Provo
 Maple Mountain @ Mountain View
 Salem Hills @ Orem
 Springville @ Timpanogos

Tuesday, May 1

Provo @ Springville
 Maple Mountain @ Salem Hills
 Mountain View @ Timpview
 Orem @ Timpanogos

Friday, May 4

Provo @ Springville
 Maple Mountain @ Salem Hills
 Mountain View @ Timpview
 Orem @ Timpanogos

Monday, May 7

Mountain View @ Springville
 Salem Hills @ Timpview
 Orem @ Maple Mountain
 Provo @ Timpanogos

Tues. May 8 or Wed. May 9

Springville @ Mountain View
 Timpview @ Salem Hills
 Maple Mountain @ Orem
 Timpanogos @ Provo

BASKETBALL GUIDELINES 2011-2012
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REGION ACTIVITY CHAIRPERSON: Brad Monks, Timpview High School

1. Game Times and Locations:

<u>Gym 1</u>	<u>Gym 2</u>
3:30 Girls JV	Boys JV
5:15 Girls Varsity	Boys Soph
7:00 Boys Varsity	Girls Soph

(After January 25th, boys & girls JV teams exchange gym locations)

Region prices will be charged at all Region Varsity, J.V. and Sophomore games.

2. Region VIII Varsity, Junior Varsity, and Sophomore teams may schedule twenty games during the season. Post-season play-offs or State Tournament games will not be counted as part of the (20) twenty games. Junior Varsity and Sophomore league games will be played on the same date as the Varsity.
3. Only by mutual consent of principals from both schools involved can the starting times be changed. The Region Basketball Chairman must be notified of any change in the starting time. Change of dates must be approved by the Region VIII Board of Managers. (The home team will notify the arbiter in case of any change.)
4. Girls will use the smaller ball.
5. The visiting school may film a varsity game from its own student section. There is to be no filming by any school not involved in the game.
6. Practice will start for basketball **November 7, 2011**. No practice games are to be scheduled prior to **November 22, 2011**. (No coaching, intramural, or other methods of selecting a team may be held prior to the starting dates).
7. The home team will furnish, whenever possible, a chalk board and taping table for visiting teams for all games. Teams will provide their own towels.
8. The home team will provide water and cups for visiting teams.
9. Moratorium dates are: **November 24-27, 2011, December 23-27, 2011, January 1, 2012**.
10. The team in the Region which has the best win/loss percentage will be declared the Region Champion and will be awarded a trophy. In case of a tie for first place, co-champions will be named and duplicate trophies will be awarded.
11. The Region Champion Head Coach of the girls' and boys' teams will be responsible to get the other girls' and boys' coaches together to select an All-Region Girls' and Boys' Teams and

academic team. The Academic All Region team will be senior players. This meeting must be held one week after the State Tournament (site selected by the region champion).

12. Spectators are not allowed on the playing floor at any time before games or at half-time. This applies to all levels of play. Balls need to be put up at half-time.
13. The floor should be swept at half-time prior to resuming play.
14. Pre-game music will be allowed at both boys' and girls' games.
15. Students will not be allowed to sit on the first row of the student section or stand on the floor.
16. Tie breaker information see page 7 in Region Handbook.
17. Dead time period applies to all current 9th through 12th grade students during the dead time there should be no coach to player contact related to the sport. This includes not observing players perform in that sport.
18. Basketball dead time = 4 weeks after championship & 8 weeks beginning August 1st.
19. Basketball Academic All-State nominations are accepted between December 13 - January 17.

Boys JV will be in the auxiliary gym through January 25 and exchange locations with girls JV starting on January 28.

- If there is a tie for the last playoff spot the game will be played on February 23 or 24 at a neutral site.
- The state playin games will be played on February 26 at home sites.
- State first round games will be played at a central site.

BASKETBALL SCHEDULE - BOYS
2011-2012

Friday Jan. 6

Orem @ Provo
Timpview @ Mt. View
Salem Hills @ Timpanogos
Maple Mt. @ Springville

Tuesday Jan. 10

Mt. View @ Provo
Orem @ Salem Hills
Timpview @ Maple Mt.
Timpanogos @ Springville

Friday Jan. 13

Provo @ Salem Hills
Mt. View @ Maple Mt.
Springville @ Orem
Timpanogos @ Timpview

Tuesday Jan.17

Maple Mt. @ Provo
Salem Hills @ Springville
Mt. View @ Timpanogos
Timpview @ Orem

Friday Jan. 20

Springville @ Provo
Timpanogos @ Maple Mt.
Salem Hills @ Timpview
Orem @ Mt. View

Tuesday Jan. 24

Timpanogos @ Provo
Springville @ Timpview
Orem @ Maple Mt.
Salem Hills @ Mt. View

Friday Jan.27

Orem @ Timpanogos
Mt. View @ Springville
Maple Mt. @ Salem Hills
Provo @ Timpview

Tuesday Jan. 31

Provo @ Orem
Mt. View @ Timpview
Timpanogos @ Salem Hills
Springville @ Maple Mt.

Friday Feb. 3

Provo @ Mt. View
Salem Hills @ Orem
Maple Mt. @ Timpview
Springville @ Timpanogos

Tuesday Feb. 7

Salem Hills @ Provo
Maple Mt. @ Mt. View
Orem @ Springville
Timpview @ Timpanogos

Friday Feb. 10

Provo @ Maple Mt.
Springville @ Salem Hills
Timpanogos @ Mt. View
Orem @ Timpview

Tuesday Feb. 14

Provo @ Springville
Maple Mt. @ Timpanogos
Timpview @ Salem Hills
Mt. View @ Orem

Friday Feb. 17 Boys only

Provo @ Timpanogos
Timpview @ Springville
Maple Mt. @ Orem
Mt. View @ Salem Hills

Tuesday Feb. 21 Boys only

Timpanogos @ Orem
Springville @ Mt. View
Salem Hills @ Maple Mt.
Timpview @ Provo

4A State Tournament Feb.27-Mar. 3

**BASKETBALL SCHEDULE – GIRLS
2011-2012**

Tuesday Jan. 3 Girls only

Timpanogos @ Orem
Springville @ Mt. View
Salem Hills @ Maple Mt.
Timpview @ Provo

Friday Jan.27

Orem @ Timpanogos
Mt. View @ Springville
Maple Mt. @ Salem Hills
Provo @ Timpview

Friday Jan. 6

Orem @ Provo
Timpview @ Mt. View
Salem Hills @ Timpanogos
Maple Mt. @ Springville

Tuesday Jan. 31

Provo @ Orem
Mt. View @ Timpview
Timpanogos @ Salem Hills
Springville @ Maple Mt.

Tuesday Jan. 10

Mt. View @ Provo
Orem @ Salem Hills
Timpview @ Maple Mt.
Timpanogos @ Springville

Friday Feb. 3

Provo @ Mt. View
Salem Hills @ Orem
Maple Mt. @ Timpview
Springville @ Timpanogos

Friday Jan.13

Provo @ Salem Hills
Mt. View @ Maple Mt.
Springville @ Orem
Timpanogos @ Timpview

Tuesday Feb. 7

Salem Hills @ Provo
Maple Mt. @ Mt. View
Orem @ Springville
Timpview @ Timpanogos

Tuesday Jan. 17

Maple Mt. @ Provo
Salem Hills @ Springville
Mt. View @ Timpanogos
Timpview @ Orem

Friday Feb. 10

Provo @ Maple Mt.
Springville @ Salem Hills
Timpanogos @ Mt. View
Orem @ Timpview

Friday Jan. 20

Springville @ Provo
Timpanogos @ Maple Mt.
Salem Hills @ Timpview
Orem @ Mt. View

Tuesday Feb. 14

Provo @ Springville
Maple Mt. @ Timpanogos
Timpview @ Salem Hills
Mt. View @ Orem

Tuesday Jan. 24

Timpanogos @ Provo
Springville @ Timpview
Orem @ Maple Mt.
Salem Hills @ Mt. View

Thursday Feb. 16 Girls only

Provo @ Timpanogos
Timpview @ Springville
Maple Mt. @ Orem
Mt. View @ Salem Hills

Girls 4A State Tournament Feb.20-25

CROSS COUNTRY GUIDELINES
2011-2012

REGION ACTIVITY CHAIRPERSON: Troy Bohling, Salem Hills High School

Beginning date meets may be held is August 9, 2011.

1. Time for cross-country is 4:00 p.m.
2. The host school will arrange a safe, well-marked course for all Region Meets. Distance for dual meets will be three miles. A finish chute will be required on dual meets as well as the Region Meet. Host school will provide an adequate number of volunteers to assist.
3. Each school will furnish their own adhesive-backed finish tags. Tags should represent school colors (Maple Mountain - gold, Provo -green, Mt. View–white, Salem Hills-blue, Timpanogos – black, Springville-red, Timpview- orange, Orem - purple).
4. In the Region Meet, the first 4 qualifying teams and the top 3 runner from non qualifying teams will go to the State meet.
5. The winner of the Region trophy is determined by the scores in the Region meet.
6. Medals will be awarded to the first 10 finishers in the Region Meet in both girls' and boys' division. Ribbons will be awarded to finishers 11-20 of the girls' and boys' Varsity races. Ribbons will be awarded to the first 10 finishers in both the girls' and boys' J.V. races.
7. There will be a maximum of ten (10) meets per team, not per individual, plus the Region and State.
8. The Region coaches will choose an All-Region Academic Team composed of senior runners with a 3.7 or higher GPA for the cumulative grades. The names of All-Region Academic Team members must be turned in to the host school no later than one week before the region meet is to be held.
9. Dead time period applies for all current 9th through 12th grade students during the dead time there should be no coach to player contact related to the sport. This includes not observing players perform in that sport.
10. Cross Country dead time: 12 weeks beginning March 1
11. Cross Country Academic All State nominations are accepted between September 6-20.

August 9, 2010 – First Cross Country Meet can be held

Changes in the Region Schedule must be approved by the Region Representative for Cross Country. A fine may be imposed for failure to notify the Region Representative.

Varsity Schedule

Pre-Region VIII Cross Country Meet @ Springville High School

Thursday, August 18, 2011

6:30 - Girls

7:00 – Boys

Cross Country Region Meet

Saturday, October 8, 2011

Host: Springville High School

Start Time:

9:00 JV Girls

9:30 JV Boys

10:00 Varsity Girls

10:30 Varsity Boys

Cross Country Region Meet Rotation

2011 Springville

2012 Timpview

2013 Salem Hills

2014 Orem

Cross Country State Meet

Wednesday, October 19, 2011

Sugarhouse Park & Highland High School

<p style="text-align: center;">DRAMA SCHEDULE AND GUIDELINES 2011-2012</p>
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Region Activity Chairperson: Brenda Burr, Salem Hills High School

One Act Plays

Salem Hills High School
March 20, 2012

Individual Events

Timpview High School
March 27, 2012

STATE DRAMA FESTIVAL

@ TBA

1. DATES AND HOSTING SCHOOLS: Dates and location for the Regional Competition Plays and the Individual Events will be determined at the annual spring planning meeting held the preceding year. State drama competition is always held at a predetermined high school on the third weekend of April. (Please no music department trips that conflict with these dates.)
2. The Host School will be given \$50.00 for hosting the One Act Plays, and \$100.00 for hosting Region Individual Events.
3. COST AND FEES FOR JUDGES:
Compensate play judges \$110.00, Individual Events judges \$30.00
Rationale: State pays judges for 1A, 2A plays--\$150 for 8 plays, and \$150 for 3A, 4A judges for 12 plays
4. Alumni or student teachers from any of the seven Region VIII schools will not be used as judges for any portion of the competition. Alumni may be used if they have been graduated for four years. The Region will pay \$100.00 for certificates and straight superior medals.
5. All Region Drama teachers will meet at least one month prior to the Region competitions to discuss judges, starting times, qualifying, and any other business deemed necessary before the Region Tournaments.

DRILL TEAM GUIDELINES

2011-2012

REGION ACTIVITY CHAIRPERSON: RaShel Tingey, Maple Mountain

1. Admission to Region Drill Team competition will be the same as any major Region activity.
2. Advisors are to use good judgment in choosing uniforms and dance routines. Such decisions should reflect community standards.
3. Five in-state judges will be used for state competition. The high and low score will be dropped for each routine.
4. Teams may participate in no more than four invitational competitions including the Region meet.
5. **All drill team advisors need to attend a judges workshop. First year advisors must take the written rules test to insure safety in their programs. The penalty for not taking the written test will be a \$50.00 fine and a letter to the principal of the school and district superintendent. Any advisor that does not attend the judges' workshop will need to take the test.**
6. There shall be no deduction of points for using used uniforms in competition. Schools are encouraged to maintain a "costume closet" for flexibility and originality without the expense of new costumes. Judging sheets shall not reflect if the costume is new or flashy. The annual maximum fee per girl is \$600.00. This \$600.00 fee includes all costs from the girl, whether it comes from out-of-pocket expense, fund raisers, or donations.
7. This maximum fee excludes summer camps or the travel to and from those camps and post-season trips. If the schools add money, it lowers the amount that the girl pays. There is a limit of \$250.00 for camp-related expenses: camp fees and a rehearsal uniform.
8. Drill teams will compete in the designated categories as directed by the State (dance, kick, military, prop, character or novelty) at Region Competition. The 3 teams with the highest combined scores will represent the Region at State Competition. They will be allowed to participate with all three of their category routines. Any school which was not in the top 3 but which won first place in one of the categories will be allowed to participate at State in that category only.
9. Five (5) performance judges, two (2) penalty judges and one (1) shoe and prop judge will be used at the Region level.
10. Scoring will be done according to current UHSAA guidelines.
11. A plaque will be awarded for 1st, 2nd, and 3rd place in each category. First through fifth place medals will be awarded for drill down. A trophy will be given to the overall winner.

12. Dead time period applies to all current 9th through 12th grade students. During the dead time there should be no coach to player contact related to the sport. This includes not observing players perform in that sport.
13. Drill team dead time: 12 weeks between February 1 and August 15. School must indicate the 12 weeks using the drill team dead time period form from the UHSAA website.
14. Drill team Academic All-State nominations are accepted between December 13 - January 10.
15. An all region team consisting of 3 members from each school will be selected by the coaches. An all academic region team consisting of seniors with a 3.75 gpa or higher will be selected from each school.

DRILL TEAM SCHEDULE

2011-2012

Region Drill Team Competition

Thursday, January 26, 2012 – 6:00 p.m.

Site: Salem Hills High School
(Military, Dance, Character)

State Drill Team Competition

Site: UVU

February, 3- 4, 2012

\$100.00 will be available for a hostess room

REGION REPRESENTATIVE: Molly Brenchley, Maple Mountain High School

Region Competition Rotation

2012 - Salem Hills (Military, Dance, Character)

2013 - Springville

2014 - Timpview

2015 – Maple Mountain

**STATE RULES WILL BE FOLLOWED AT BOTH THE REGION MEET AND STATE MEET.
THE REGION MUST USE STATE JUDGING AND SCORING SHEETS.**

FOOTBALL GUIDELINES

2011-2012

REGION ACTIVITY CHAIRPERSON: Bart Peery, Salem Hills High School

1. **Starting Date** for football is August 8, 2011. An Endowment game may be held on August **19th or 20th**, regular Varsity games may be held beginning August **25th**, and the first JV/Sophomore games may be held August **24th**. Each team is allowed to play 9 regular season games (non-endowment/post-season games).
2. **Out of Season Participation** state guidelines are as follows:
 - **Dead Time (12 weeks following championship game):** no coaching, no organized practices, meetings or competitions, nor coach/player contact related to the sport. No “open field” is permitted.
 - **Spring (from end of 12 week dead time through and including Memorial Day):** no organized practice or intra-school scrimmages, no competitions or scrimmages with other schools, no helmets or pads worn.
 - **Summer (after Memorial Day to 3 weeks prior to start date):** 5 consecutive days in pads may be requested in writing to the Activities Association prior to the use of any pads.
 - **Fall (3 weeks prior to start date):** Participation must be optional. X and O chalk talks are permitted. Week 1: no organized workouts, conditioning and weightlifting only; Weeks 2 & 3: helmets only workouts permitted.
3. **Region Scheduling** will stay the same for two years with home sites changing then we will rotate from the bottom up. The schedule will rotate in 2012.
4. **Tie Breakers** will be decided according to guidelines in the Region Handbook. Playoffs with multiple teams will be half games.
5. **Varsity Game Time** is 7:00 p.m. **Junior Varsity** is 3:30 p.m. and **Sophomore** is 6:00 p.m. (both played the day before Varsity at opposite site).
6. **Change of Date and Time** must be approved by Board of Managers after mutual agreement is reached between schools (coaches and administration) concerned. Change of date should be approved at least one week prior. Host school must notify the UHSAA arbiter and Region VIII Head Football Coaches of changes.
7. **Sub-Varsity (JV/Sophomore) Athletes** will not be allowed to play more than the equivalent of one game during the two games held at the same site. It will be the responsibility of the coaches at the games to communicate concerns, monitor, and enforce this guideline. Seniors are allowed to participate in Junior Varsity games.
8. **Uniforms** for home teams will be dark, while traveling teams will be light.
9. **Dressing Facilities**, including a chalkboard, will be provided by the home school. Each school will provide their own towels. Locker rooms will be cleared one and one-half hours before game. A guide will meet the bus to show to locker room, etc. Efforts to secure locker rooms during games are expected of the home administration. JV and sophomore teams will dress at their own schools and restroom facilities will be made available by the host school.
10. **Announcers** are not to be commentators or to second-guess the officials.
11. **Region VIII Prices** will be charged at all varsity games, including non-Region games (excluding playoff games).
12. If teams pick each other up when **Using Headsets**, both teams will turn off their headsets until the problem is resolved.

13. **Scouting** is to be done from the spectator bleachers/areas. It is unethical for scouts to film games they are scouting.

14. **Coaches* will Communicate** during the season:

- Each Region School is expected to **Exchange Two Game Films** (DVD) in preparation for their Varsity games. Scouts/Coaches from the visiting school for next week's game will bring the DVD's of their two previous games for exchange (Burger King in Spanish Fork, 8:30 a.m. is default exchange). Videos will include filming when huddle breaks, all plays with a pre-snap alignment at wide angle and still shots of the scoreboard by quarter and after each scoring play. It is not ethical to edit films or film a team when scouting. The same extension of courtesy will be given visiting filmers as to home filmers. Provisions will be extended to "spotters" for both teams. All post-season film exchanges will be at the discretion of the individual coaches.
- Each coach will **Send Schedules and Team Rosters** to all Region schools one week before first region game. The roster shall contain the name, grade level, height, weight and number of each athlete.
-
- The region chair shall initiate communication with all the Region coaches regarding selection of the **Region MVP** and the **All-Region VIII Team** at the end of Region play. All region teams will be assigned for 1st and 2nd teams by the following breakdown:
 - 1st place 6 players
 - 2nd place 5 players
 - 3rd place 4 players
 - 4th place 3 players
 - 5th place 2 players
 - 6th place 2 players
 - 7th place 2 players
 - 8th place 2 players

Each coach will be allowed to nominate as many honorable mention player as needed. Academic All Region VIII Players will be determined by Region Handbook Guidelines.

15. Dead Time period applies to all current 9th through 12th grade students. During the dead time there should be no coach to player contact related to the sport. This includes not observing players perform in that sport.

16. Football dead time = 4 weeks after championship and continue for 8 additional weeks.

17. Football Academic All-State nominations are accepted between September 20 October 11.

*** Current Region VIII Head Football Coaches:**

FOOTBALL SCHEDULE

2011-2012

Friday August 19
(Endowment game)

Friday August 26
Second Week

Friday September 2
Third Week

*** Region VIII Games**

Friday September 9
Provo @ Orem
Timpview @ Mt. View
Salem Hills @ Timpanogos
Maple Mountain @ Springville

Friday September 16
Mountain View @ Provo
Orem @ Salem Hills
Timpview @ Maple Mountain
Timpanogos @ Springville

Friday September 23
Provo @ Salem Hills
Maple Mountain @ Mt. View
Springville @ Orem
Timpanogos @ Timpview

Thursday September 29
Maple Mountain @ Provo

Friday September 30
Salem Hills @ Springville
Mt. View @ Timpanogos
Timpview @ Orem

Friday October 7
Springville @ Provo
Timpanogos @ Maple Mountain
Salem Hills @ Timpview
Orem @ Mt. View

Thursday October 13
Provo @ Timpanogos
Timpview @ Springville
Orem @ Maple Mountain
Mountain View @ Salem Hills

Wednesday October 19
Timpanogos @ Orem
Springville @ Mountain View
Maple Mountain @ Salem Hills
Provo @ Timpview

Inter-region Playoff	October 28
State Quarterfinals	November 4
State Semifinals	November 11
State Championship	

FORENSIC GUIDELINES

2011-2012

REGION ACTIVITY CHAIRPERSON: Jeff Schoonover, Provo High School

1. **Tentative Location and date of Region Forensics Meet for the next year 2010.**

<u>Date</u>	<u>Events</u>	<u>Location</u>	<u>Starting Time</u>
Saturday, February 25th	(All)	Salem Hills	8:00 a.m.

3. Deadline for forensic entries: February 14th, 2011. Drops may be made until February 17th, with a \$25.00 drop fee thereafter. Changes (replacing one entry with another name in the same event) may be made up until tournament check-in. Registration needs to be emailed to

4. State Forensic Meet: Murray High School (subject to Spring Coaches meeting)

5. 2011-2012 Region Representative – Doug Welton, Salem Hills High School

<u>Region Format</u>	<u>Number of Contestants</u>
CX Debate/Public Forum	Three Teams
Lincoln Douglas	Four Contestants
Foreign Extemp	Three Contestants
National Extemp	Three Contestants
Original Oratory	Three Contestants
Impromptu	Three Contestants
Congress	Six Contestants

Judging Requirements:

- One judge for every two policy teams or portion thereof
- One judge for every two PF teams, or portion thereof
- One judge for every two LD entries or portion thereof
- One judge for five IE entries or portion thereof
- One judge for Congress if bringing any entries

Tournament judges are available, on availability, on two weeks notice, at no cost to your school. However failure of your required number of judges to check in and be available for rounds will result in a \$10 fee assessed per round missed.

Debate Pairings: All rounds will be randomly selected and pre-set using TRPC and TRIEPC, with manual checking that schools are meeting as many different schools as possible. If a bye is required, the bye will be determined by random computer selection, and will count as a win (speaker points will be the average of all other rounds). Three rounds of debate will be held.

Individual Event Parings: Random selection shall be done in each event by TRIEPC. Contestants from the same school will not meet each other if it can be avoided. Three rounds of competition will take place. Each round to have 4-6 contestants.

Congress Pairings: All contestants placed in one house. A panel of judges, one per school, shall be used.. There will be two sessions of 2 hours each. Only bills of a

substantive and serious nature should be introduced. Congress must follow the Orders Of the Day, or risk disqualification in the tab room.

7. Region will pay for judges at the Region Forensics Meets. (\$10 per round with a maximum of \$30 full day). Schools must apply to the UHSAA Region for reimbursement.
8. Medals/Trophies will be awarded to the top 4 contestants in each event, 2 – 1st place and 2 – 2nd place , and for Public Forum 2 – 1st place and 2 – 2nd place, and overall sweepstakes award to the top school in points. Region will pay for medals. In team debate, both individuals will receive a medal.
9. Region will pay for lunch of participating coaches.
10. Appropriate fines will be assessed to schools responsible for building damage.
11. LD and PF debates will use the same topic as that which will be used at State (March topic.)
12. Quartiling will be used to determine school points.
13. Each school must submit by February 7th IN ELECTRONIC FORMAT by email. Please email to kirbyglad@byu.net 20 impromptu topics as assigned (quotes, abstract/one word, social value)

REGION VIII SCORING/PAIRING GUIDELINES

The region coaches/tournament host will make every effort to provide for fair scoring with the following stipulations:

COACHES

- A. All region VIII coaches will meet at least 1 month prior to the region competition to discuss judges, starting times, qualifying, and any other business deemed necessary.
- B. Coaches will be fair, honest, and exhibit good sportsmanship at all times!
- C. Coaches will NOT ask a judge to change or alter their decision for any reason.

JUDGES

- A. A team WILL NOT be judged by someone representing their own school except:
 1. *In cases of IE's when it cannot be avoided or*
 2. *With permission of both teams and their coaches in case of a judging time conflict.*
- B. If a team violates this rule, they will be subject to disqualification as decided by the region rep/coaches.
- C. Judges will not score based on personal biases or preference of styles. (They will strive to be objective)
- D. Congress judges will not collaborate on their scores.

SCORING

- A. All coaches will be present when tabulating scores.
- B. All scores will be double-checked for accuracy and approved before making the final announcement.

- C. **Only competitors receiving a superior rating or finishing in the top 50% or 10 contestants (whichever is larger) will qualify for state. Debaters must have a winning or tie record to qualify under this rule.**

TIE BREAKERS:

First: All boxes of Superior, Excellent, Good and Fair will be tabulated based on the following scale.

The individual with the highest total score will win.

* Superior: 5

* Excellent: 4

* Good: 3

* Fair: 2

Second: If all the boxes remain tied, the break will be done by the judges' preferences. (best ranking) The entry that had two of the three judges preference will win the tie.

(Example: A score of 2S, 1S, 5S will win to a 2S, 3S, 3S)

Third: If a tie continues to exist, a run-off will be provided as soon as possible.

In cases where a run-off is not possible, the decision will be made by coin toss.

COMPUTER TABULATION:

The TRPC and TRIEPC programs will be used to set rounds and for tabulation. All pairings will be checked by hand for confirmation to tournament and state rules. All tabulation entries will be made by teams of two for verification.

RESOLUTIONS:

If any questions should arise upon which these rules are silent or ambiguous, the Utah Forensics Association rules and guidelines will be used. If those documents are silent or ambiguous on the topic, the NFL National and District Tournament rules and guidelines will be used..

FORENSICS TOURNAMENT SCHEDULE

2011-2012

8:00 – 8:15	Check-In
8:15	Assembly – Judges Meeting
8:30 – 10:30	Round 1 Policy, PF, LD, Extemp Draw Begins, Congress Session 1 (done at 10:30)
9:00	IE’s Round 1
10:00	Round 2 Extemp Draw begins
10:30	Round 2 Policy, PF, LD IE’s Round 2
11:00	Session 2 Congress (Done at 1:00)
12:00	Round 3 Policy, PF, LD, Extemp Draw begins
12:30	IE’s Round 3

Lunch available for purchase from Noon until 2:00 pm in cafeteria

2:00 p.m. (or ASAP) Awards

Tab room note:

Last PF/LD ballots arrive at 1:00
Last congress ballots arrive 1:15
Last policy ballots arrive 1:30
Last IE ballots arrive 1:45

Orders Of the Day

1. This Body shall use Roberts Rules of Order, Newly Revised, except that the Orders shall take precedence. This rule cannot be changed without the approval of the tournament director.
2. The Body shall be presided over by a Chair who shall be elected by a plurality of the Body and shall serve for 60 minutes, or until four bills or resolutions have been considered, whichever comes first. Upon expiration of the Chair’s term, the motions on the floor are immediately tabled and the election is conducted. After the election, the items tabled for the election are immediately taken up as though no interruption occurred (except time for the election is not included in the time limit for considering legislation).

3. Legislation to be considered by this Body is limited to bills or resolutions that were submitted and approved before the tournament, typewritten on white paper, and a copy distributed to each member of the Body. Each line of text shall be sequentially numbered.
4. Legislation shall be selected at random by the Chair. No senator may have a second item introduced until all senators who desire to introduce legislation have done so.
5. The Body shall observe speaking priority. Speaking priority will begin afresh for each session, as though no one had spoken previously. This rule cannot be changed without the approval of the tournament director.
6. Senators introducing legislation shall have two minutes to read and move the bill. Upon second, the introducing senator shall be recognized for three minutes to speak without interruption in favor of the bill, and then to answer questions from the Body for one additional minute. During this time, no other motions are in order.
7. Debate on the bill will be three minute speeches, alternating against and for. Speakers may not yield any unused time to another speaker, but may use their time to take questions from the Body.
8. All amendments must be submitted in writing to the Chair before consideration. While an amendment is on the floor, no other amendments are in order.
9. Twenty minutes after the introduction of a main motion, no further debate will be in order. Any amendments to the motion will be immediately put to a vote, and then the main motion shall immediately be put to a vote.
10. Any member of the Body can be removed for obstruction, disorderly conduct, or other good cause by a 2/3 vote of the body and the concurrence of the Chair. The Chair can be impeached by a unanimous vote of the Body excluding the Chair.
11. This body shall act as a federal policy maker for the United States Of America.

BOY'S GOLF GUIDELINES

2011 - 2012

REGION ACTIVITY CHAIRPERSON: Mike May & Mark Clinton, Orem High School

1. A rules /etiquette clinic will be held prior to the first region match.
2. The first practice date may begin on **Aug 1, 2010**. The first golf match may be held **Aug 9, 2010**. A maximum of 14 matches may be held.
3. Region play will consist of eight 18-hole matches.
4. The Region Champion and State Tournament Qualifiers will be determined by accumulative Region Tournament scores. Seeding for the State Tournament will be announced.
5. The host school will be responsible for the following details:
 1. Starting times
 2. Scoring the meet
 3. Local Pro to explain the rules and the hand-outs of local rules
 4. Green fees, if any
 5. Marshaling of tournament
 6. Providing a signing table for golfers to check in after their round
6. Play will be from the blue tees for the boys or as directed by the local Pro.
7. Scoring will be done as follows:
 1. Scoring by stroke play
 2. Each school may play 6 golfers; the low 4 scores from each team will be counted. If for any reason a team cannot post 4 scores, that team must take the highest recorded score from the rest of all the golfers on all teams.
 3. All golfers must exchange cards and score another golfers card.
 4. Scores should be written down before the group tees off on the next hole. Any changes on a score card must be initialed by the scorer.
 5. Once golfers leave the final hole, they are required to check in at the signing table with their group. Failure to do so in a timely manner may result in a disqualification. Once signed, the hole by hole scores cannot be changed.
 6. USGA rules are in effect unless modified by local rules.
8. Caddies are not allowed at any time. Players must carry their own bag or use a pull cart and may not accept advice from any player or spectator. Penalty: (2 strokes per hole)
9. The host coaches are not allowed to play while student athletes are on the course.
10. **Spectators are allowed only with permission from the local pro. Galleries are welcome but coaching is only allowed by the designated school coach (school coach as per UHSAA guidelines must have completed required coaches' trainings and be an official member of school coaching staff). Any advice given by spectators, parents, assistant coaches, or teammates (fellow competitors) will result in penalties being assessed.** Spectators must stay 30 feet behind the players. The Marshall will first warn those in violation and then assess a 2 stroke penalty for a second violation.

11. **DRESS CODE**

Hats/visors, if worn, must be worn with the brim forward.

Collared shirts, turtleneck or mock turtleneck, must be worn and tucked in at all times.

Shorts may be worn by any contestant, but no Levi or inappropriate shorts may be worn by contestants.

PROHIBITED DRESS

Tank tops, T-shirts, Men's sleeveless shirts, denim shorts, short shorts, cut-off shorts, or denim jeans.

Proper dress is required at all times at the host facility. Questionable attire will be reviewed by the region coaches. Should a host facility have a stricter dress code, its policy will take precedence. Players in violation will not be allowed to tee off.

12. The host pro or course representative will consult with all the golf coaches to determine if a course is to be deemed unplayable. Leaving the course or interrupting continuous play without notification from an official is grounds for disqualification. **If 9 common holes are completed, that is sufficient to make official and the round will not be rescheduled. In such an instance, the 9-hole scores will be counted toward team totals, but not toward the medalist competition.**
13. The Region Champion will be determined by the accumulative scores from qualifying rounds taken from each individual Region Golf Tournament. In the event of a tie, the teams shall be declared co-champions. At the last Region Tournament a tie for the final state berth will be played off between the low 4 scores from that day's play, from each team, playing until "sudden death." Total of all 4 players against the other team's 4 players, playing the hole as an eight-some.
14. The Region medalists will be determined by the following average scores from the best seven of eight region tournaments. The player with the lowest average will be deemed region medalist. In case of a tie for first, co-region medalists will be awarded. In the case of a tie for placement in the rest of the top 10, the final region match score will serve as the tie breaker.
15. A 10 person All-Region golf team will be selected using the medalist system described above. The All-Region team will be awarded medals for their All-Region status and the team will be published by the Region Golf Director.
16. An Academic-All Region team will be selected. Students must have a 3.7 cumulative GPA, and must be seniors and varsity players.
17. Contest Limitation: Fourteen (14), including all nine (9), or eighteen (18) hole tournaments up to one week prior to the State Tournament.
18. **All golfers will be expected to respect the golf courses and facilities and not use profanity.** Violation pertaining to course damage, throwing clubs, or use of profanity will be punished in the following manner:
1st offense - warning
2nd offense - 2 stroke penalty
3rd offense - disqualification
19. Dead time period applies to all current 9th through 12th grade students. During the dead time there should be no coach to player contact related to the sport. This includes observing players perform in that sport.
20. Boys Golf Academic All-state nominations are accepted from Aug 23 – Sept 6.

Week of August 15

Region Meet @ Eastbay (Host: Timpview)
8:00 AM

Region Meet @ Talon's Cove? (Host: Provo)
8:00 AM

Week of August 22*

Region Meet @ TBD (Host: Timpanogos)
12:00 noon

Week of August 29

Region Meet @ Cascade (Host: Orem)
12:00 Noon

Week of September 5

Region Meet @ Hobble Creek (Host: Springville)
12:00 Noon

Week of September 12

Region Meet @ Spanish Oaks (Host: Maple Mtn)
12:00 Noon

Week of September 19

Region Meet @ Gladstan (Host: Salem Hills)
12:00 Noon

Week of September 26

Region Meet @ TBD (Host: Mtn View)
12:00 Noon

Monday & Tuesday, October 3 & 4, 2011

State Golf Meet @ Hobble Creek
9:00 AM

* Avoid first day of school!

JV SCHEDULE: four duals and one 18-hole region match

In an effort to maintain maximum in-class time and reduce travel expenses, JV teams will play in four dual or tri meets and only one 18-hole region match. It is the responsibility of the host school to make tee times for the meets with their respective courses just in the assigned week.

Week of Aug 15th

*MV@ Provo
Orem @ Springville
Timpanogos @ MM
Timpview @ Salem Hills*

Week of Aug 29th

*Salem Hills @ MV
MM @ Timpview
Springville @ Timpanogos
Provo @ Orem*

Week of Sept 12th

*MM @ Provo
Timpanogos @ Orem
Timpview @ Salem Hills
Springville @ MV*

Week of Sept 19th

*Mtn. View @ Timpview
Salem Hills @ Timpanogos
Provo @ Springville
Orem @ MM*

Week of Sept 26th (Neutral Site)

*Location: Talon's Cove
18 hole round 12:00 noon
Pay for your own 6 players*

GIRL'S GOLF GUIDELINES

2011-2012

REGION ACTIVITY CHAIRPERSON: Mike May & Mark Clinton, Orem High School

1. A rules /etiquette clinic will be held prior to the first region match.
2. Tryouts and practice may begin on **Feb 27, 2010**. The first golf match may be held **March 5, 2010**. A maximum of 14 matches may be held. **The State Meet will be held May 15th @ TBA Course.**
3. **Region play will consist of three 9-hole matches & three 18-hole matches.**
4. The Region Champion and State Tournament Qualifiers will be determined by accumulative Region Tournament scores. Seeding for the State Tournament will be announced.
5. The host school will be responsible for the following details:
 - a. Starting times
 - b. Scoring the meet
 - c. Local Pro to explain the rules and the hand-outs of local rules
 - d. **Green fees, if any**
 - e. Marshaling of tournament
 - f. Providing a signing table for golfers to check in after their round
6. Girls will play from the designated Women's tees.
7. Scoring will be done as follows:
 - g. Scoring by stroke play
 - h. **Each school may play 6 golfers; the low 4 scores from each team will be counted.** If for any reason a team cannot post 4 scores, that team must take the highest recorded score from the rest of all the golfers on all teams.
 - i. If a school does not have at least 4 competitors for a region meet, they may represent their schools as an individual and may qualify for state if in the top ten cumulative averages of 4 of 5 region meets.
 - j. **A 10 Stroke Maximum is allowed on any hole. If a player reaches 10 before holing out, they are to pick up and take a 10 on that hole.**
(Will use the adopted scoring method utilized at state tournament – i.e. Modified Stableford etc.)
 - k. All golfers must exchange cards and score another golfers card.
 - l. Scores should be written down before the group tees off on the next hole. Any changes on a score card must be initialed by the scorer.
 - m. Once golfers leave the final hole, they are required to check in at the signing table with their group. Failure to do so in a timely manner may result in a disqualification. Once signed, the hole by hole scores cannot be changed.
 - n. USGA rules are in effect unless modified by local rules.
8. Caddies are not allowed at any time. Players must carry their own bag or use a pull cart and may not accept advice from any player or spectator. Penalty: (2 strokes per hole)
9. **Coaches are not allowed to play while student athletes are on the course.**

10. Spectators are allowed only with permission from the local pro. **Galleries are welcome but coaching is only allowed by the designated school coach (school coach as per UHSAA guidelines must have completed required coaches' trainings and be an official member of school coaching staff). Any advice given by spectators, parents, assistant coaches, or teammates (fellow competitors) will result in penalties being assessed.** Spectators must stay 30 feet behind the players and may not give any advice or counsel to any of the competitors. The Marshall will first warn those in violation and then assess a 2 stroke penalty for a second violation.
11. **DRESS CODE**

Proper dress is required at all times at the host facility. Questionable attire will be reviewed by the region coaches. Should a host facility have a stricter dress code, its policy will take precedence. Players in violation will not be allowed to tee off. LPGA standards apply – sleeveless shirts are acceptable if shirt has a collar.
12. The host pro or course representative will consult with all the golf coaches to determine if a course is to be deemed unplayable. Leaving the course or interrupting continuous play without notification from an official is grounds for disqualification. **If 9 common holes are completed, that is sufficient to make official and the round will not be rescheduled.**
13. The Region Champion will be determined by the accumulative **9 or 18-hole** scores taken from each individual Region Golf Tournament. In the event of a tie, the teams shall be declared co-champions. At the last Region Tournament a tie for the final state berth will be played off between the low 4 scores from that day's play, from each team, playing until "sudden death." Total of all 4 players against the other team's 4 players, playing the hole as an eight-some.
14. The Region medalists will be determined by the **9-hole** average scores, calculated after dropping one of the 9-hole rounds (**each 18-hole round will be recorded as two 9-hole rounds for dropping purposes**). The player with the lowest average will be deemed region medalist. In case of a tie, co-region medalists will be awarded.
15. A 10 person All-Region golf team will be selected using the medalist system described above. The All-Region team will be awarded medals for their All-Region status and the team will be published by the Region Golf Director.
16. An Academic-All Region team will be selected. Students must have a 3.7 cumulative GPA and must be varsity players.
17. Contest Limitation: Fourteen (14), including all nine (9), or eighteen (18) hole tournaments up to one week prior to the State Tournament.
18. **All golfers will be expected to respect the golf courses and facilities and not use profanity.** Violation pertaining to course damage, throwing clubs, or use of profanity will be punished in the following manner:
 - 1st offense - warning
 - 2nd offense - 2 stroke penalty
 - 3rd offense – disqualification

Participants may not use (or have power on) any cell phone, pager, or other electronic devices including RANGE FINDERS while on the golf course. Penalty for use of Range Finder: DQ. The only exception to this rule is the use of cell phone to call coaches for a rules question.

GIRL'S GOLF SCHEDULE

Spring of 2012

Week of March 26, 2012

Region Meet @ Spanish Oaks (Host: Maple Mountain)
2:00 PM (9 Holes)

Week of April 2, 2012

Region Meet @ Sleepy Ridge (Host: Timpanogos)
2:00 PM (9 Holes)

Week of April 16, 2012

Region Meet @ Gladstan (Host: Salem Hills)
2:00 PM (9 Holes)

April 23, 2012

Region Meet @ East Bay (Host: Timpview)
9:00 AM (18 Holes)

Week of April 30, 2012

Region Meet @ Hobble Creek (Host: Springville)
12:00 Noon (18 Holes)

Week of May 7, 2012

Region Meet @ Cascade (Host: Orem)
12:00 Noon (18 Holes)

Tuesday, May 15, 2012

State Golf Meet @ TBA

JV

Teams are encouraged to participate in JV dual matches, but nothing will be officially scheduled as a region. Those matches are to be worked out between coaches, and should take place outside of school time

Pairings will be as follows.

Group 1:#1, #1, #1, #1	Group 6: #4, #4, #4, #4
Group 2:#1, #1, #2, #2	Group 7: #5, #5, #5, #5
Group 3:#2, #2, #2, #2	Group 8: #5, #5, #6, #6
Group 4:#3, #3, #3, #3	Group 9 #6, #6, #6, #6
Group 5:#3, #3, #4, #4	

** if there are unforeseen circumstances that cause a team to be late, the pairings can be adjusted to accommodate.

MUSIC GUIDELINES

2011-2012

REGION ACTIVITY CHAIRPERSON: Alan Ashton, Maple Mountain High School

Where possible, schools who host Solo and Ensemble get a two year rest before hosting the same event again.

1. The **publicity** is the responsibility of the host school for each festival and specifically requires an announcement of the festival before it takes place. A summary of the results should follow the festival. The summary will be completed by the festival chairperson and sent to the Region Music Chairperson.
2. The **host school** should pay the adjudicators and then bill the Region for reimbursement.
3. **Participant schools may award a certificate to each solo and each ensemble entry that earns a one rating.** Each school may issue the Region Certificate after completion of the festival.
4. The **maximum number of people permitted to perform** in an ensemble must be consistent with the maximum number permitted to perform in an ensemble in the State Music Festival.
5. The host school will provide **information on starting time**, procedures, list of suggested judges (for approval), adjudication, etc. (at least ten (10) school days in advance).
6. The host school must see that **adjudicators understand** that they accept the **responsibility to name superior groups** for state participation.
7. Every school receiving a "Superior" rating should also be recognized.
8. One of the most worthwhile experiences to come from participation in the Region Music Festivals is the opportunity to hear and see other students perform and remain to the end of the festival. Instrumental and choral groups are expected to see and hear at least two other schools perform, due to the length of instrumental performances. If you are sponsoring a music festival (whether instrumental or vocal), please **provide sufficient supervision** to help encourage students to stay in the performing areas. Also, please provide proper seating facilities for all participants. Music directors should be careful to instruct their students to remain in the performing areas while students from other schools perform their numbers. Students remain in performance clothing in performance areas.
9. Eligibility list due date for the State for Music is February 24.

MUSIC PROCEDURES

2011-2012

1. Eligibility:
 - a. Large Group Festivals: All high schools in the Region will be eligible to enter groups in any of the festivals.
2. Hosting the Festivals:
 - a. Schools will alternate in hosting the festivals.
 - b. Responsibilities of the host school:
 - 1) Arranging for facilities for the festival
 - 2) Publicity for the festival
 - 3) Programming the festival
 - 4) Notifying each school in the Region of the festival
 - 5) Arranging for adjudicating for the festival
 - 6) Sending a copy of the UHSAA regulations concerning music and music festivals to the adjudicators at least one (1) week prior to the festival and informing the adjudicator of the procedures and rules concerning music festivals in Region VIII.
3. Adjudicating Festivals:
 - a. The host school will have the responsibility of presenting a list of potential adjudicators to the directors.
 - b. Fee for adjudication: Adjudicators will be paid at the rate of \$120.00 per day or \$75.00 per half day plus mileage. If their combined travel and adjudication time is less than 7 hours, they should be paid for that portion of their time that is used. Mileage will be \$10.00 plus .25 per mile over 100 miles round trip.
 - c. Number of adjudicators:
 - 1) Instrumental Solo Ensembles - one adjudicator per thirty (30) entries, number of entries to be determined by each school director. (Each school should inform the Festival Chairman two (2) weeks in advance of the number of entries they intend to enter.) The host school and the Region Chairman may regulate the number of entries if necessary.
 - 2) Vocal Solo/Ensemble (16 entries), Piano Solos (5 entries) - one adjudicator per thirty (30) entries, number of entries to be determined by school directors. (Each school should inform the festival chairman two (2) weeks in advance of the number of entries they intend to enter.) The host school and the Region Chairman may regulate the number of entries if necessary.
Quality required, not numerical limits for Vocal Solo/Ensemble entries
Guideline – no more than 5 piano solos per school.
 - 3) Jazz Instrumental - three (3) adjudicators
 - 4) Concert Bands - three (3) adjudicators
 - 5) Orchestras - three (3) adjudicators
 - 6) Marching Bands - three adjudicators
 - 7) Concert Choirs - three adjudicators
4. Ratings and Special Recognitions:

- a. All entries in the festival will be adjudicated as follows:
 - 1) Each judge will give a rating (1 through 5) on each ensemble (no points). He may use "+'s" and "-'s" with the exception of "I+".
 - 2) Adjudicators will not be required to use all steps in the adjudication scale and may rate as many groups in the same division as the standard of performance dictates.
 - 3) Groups wishing to play for criticism only, must so state prior to the festival to the host school chairman.

- b. Participant schools may award Division Certificates to each ensemble or individual who earns the rating of "Superior."

- c. Memorization of solos: Vocal students will be expected to memorize solo in order to receive top ratings in the festival. However, exceptions to this rule may be granted if (in the mind of the adjudicator) the solo does not lend itself to memorization - either because of the length of the piece or because it is really an ensemble type piece with the piano accompaniment. Memorization of the instrumental solos is optional.
(Vocal Students)

5. Additional Information:
 - a. Each school must inform the Festival Chairman of the host school one week (7 days) in advance of the number of entries they intend to enter. Schools not notifying the festival chairman of the number of entries may not be permitted to participate. It is the responsibility of the music teacher and principal of each school to see this deadline is met. Schools not meeting this deadline will be notified by the Region VIII Music Chairman at least one day prior to the festival that these names were not submitted and therefore, the school may not be permitted to participate.

 - b. A time for the choir festivals is established as follows:
 - 1) Each school will be allowed thirty (30) minutes per group. This includes getting on and off the stage. It is the responsibility of each music director to stay within these time limits. The school hosting the festival should pull the curtain on any school not staying within these limits. (Except for Training Choir Festivals)

6. Certificates: One certificate will be awarded to the following for all "Superior" ratings:
 - a. Concert Bands - One certificate per each superior band
 - b. Large Vocal Groups - One certificate per superior group
 - c. Instrumental Jazz Ensemble - Individual certificate
 - d. Vocal Jazz Ensemble - Individual certificate
 - e. Chamber Choir (Madrigals) - One certificate per choir
 - f. Orchestra - One certificate per orchestra

Region VIII Music Directory

Maple Mountain High School

Cory Mendenhall – Choir	cory.mendenhall@nebo.edu
Chris Wilson – Band	chris.wilson@nebo.edu
Sherrie Dunford – Orchestra	sherrie.dunford@nebo.edu

Mt. View High School

Rosemary Mathews – Choir	rmathews@alpine.k12.ut.us
John Bowman – Band/Orchestra	jbowman@alpine.k12.ut.us

Salem Hills High School

Justin Bills – Choir	justin.bills@nebo.edu
Mike Larsen – Band	mike.larsen@nebo.edu
Paul Wells – Orchestra	paul.wells@nebo.edu

Orem High School

Sterling Keyes – Choir	keyes754@alpine.k12.ut.us
Howard Summers – Band/Orchestra	hsummers@alpine.k12.ut.us

Springville High School

Leanna Crockett—Choir	leanna.crockett@nebo.edu
Lena Halkidis – Band	lena.halkidis@nebo.edu
Sam Tsugawa—Orchestra	samuel.tsugawa@nebo.edu

Timpview High School

Paul Larsen – Choir	pau11@provo.edu
Dave Fullmer – Band	davef@provo.edu
Alan Allred – Orchestra	alana@provo.edu

Timpanogos High School

Steve Durtschi – Choir	sdurtschi@alpine.k12.ut.us
Jared Morris – Band	jmorris@alpine.k12.ut.us
Cheryl Burton – Orchestra	cherylburton@alpine.k12.ut.us

Provo High School

Suzana Garrett – Choir	suzanag@provo.edu
Jared Harold – Band	jaredh@provo.edu
Alan Allred – Orchestra	alana@provo.edu

MUSIC SCHEDULE**2011-2012****2011-2012 Region 8 Music Festivals Schedule TENATIVE**

EVENT	DATE	LOCATION	HOST/HOESSTESS
Region Marching Band	S. Sept. 17	Orem	Howard Summers
Region Strings S/E	Th. Feb 23	Maple Mountain	Sherrie Dunford
Region Winds/Percussion S/E	W. Feb 29	Timpanogos	Jared Morris
Region Vocal/ Piano S&E	W. Mar. 14	Springville	Leanna Crockett
Region Jazz	W. Mar. 7	Provo	Jared Hearld
Region Chamber Choir	W. Mar. 28	Orem	Sterling Keyes
Region Orchestra	W. Mar. 21	Timpview	Alan Allred
Region Concert Band	Apr. 4	Maple Mountain	Chris Wilson
Region Training Choir	Apr. 18	Mountain View	Rosemary Mathews
Region Large Choir	W. Apr. 25	Timpview	Paul Larson
State Jazz Festival	Mar. 30-31?	TBA-Jordan?	TBA – Randall Clark?
State Solo & Ensemble	Saturday, April	Lone Peak	UHSAA
State Band	Friday-Saturday May 4-5	UVU	UMEA
State Choir	Friday-Saturday May 11-12	Maple Mountain	UMEA
State Orchestra	Friday-Saturday May 18-19	Salem Hills	UMEA

Other Dates of Interest

All-State Choir: Oct. 6-8

All-State Band & Orchestra: Jan. 19-21

UTA: Jan. 19-21

UMEA Honor Choir: Jan. 13-14

Nebo, Alpine, & Provo Fall Break: October 20-21, 2011

Nebo, Alpine & Provo Spring Break: April 9-13, 2012

UMEA/MENC Mid Winter Conference: February 3-4, 2012 in St. George

ACDA: February 29-March 3, 2012 in Reno, NV.

ASTA: March 21-24, 2021 in Atlanta, GA.

For all festivals that begin after school, the host school will be scheduled first followed by the next closest school. They will all begin at 3:30 p.m.

SOCCER GUIDELINES

2011-2012

REGION ACTIVITY CHAIRPERSON: Kyle Bates, Provo High School

Beginning practice and team selection day:

Girls' – Monday August 1, 2011

Boys' - Monday, February 27, 2012

The first soccer game of the year may be held:

Girls' - Tuesday, August 9, 2011

Boys' – Monday, March 5, 2012

1. When weather conditions make playing of games impossible, the home schools will notify the visiting school by 1:30 p.m. If weather conditions are questionable, final determination will be made by consent of both schools. If the two teams cannot reach a consensus prior to game, the referee shall make the final decision.
2. In the event of a game cancellation due to weather or field conditions, the game will be made up on the earliest available date by mutual consent of both schools involved.
3. Varsity game times for girls will be at 4:00 p.m. unless you are playing at Timpview. Girls' games at Timpview will start at 5:00 for JV and 7:00 for varsity. Varsity game times for boys will be at 4:00 p.m. All JV games will commence no later than 15 minutes after the end of the varsity game.
4. The number of games to be played, including both non-region and region games, will match the limit set by UHSAA, which is currently sixteen (16), not to include state tournament games.
5. Region standings will be determined by points earned for region match results. Region win = 3 points, region draw = 1 point, region loss = 0 points.
6. Varsity matches will consist of two forty-minute (40) halves. Junior varsity matches will be of the same length unless shortened by weather or daylight visibility, as per referee decision.
7. As per UHSAA rules, in non-region and region play, when a game ends in regulation time with a draw, two ten-minute (10) "sudden victory" overtime periods will be played (Golden Goal). If the match plus the overtime periods still results in a draw, the game shall end. There will be no shootout.
8. The region match points results will determine qualification and seeding for state tournament representatives from Region VIII. Refer to the Region VIII Handbook for tiebreaker procedures.
9. The home team must wear white jerseys and the visiting team must wear dark jerseys as per NFHS rules. Socks must match the color of the jersey being worn.

10. Academic All-Region selections will be varsity players only and have a 3.7 or higher cumulative GPA. Schools will present their own awards. Region VIII certificates are available for use by the schools.
11. Each school in Region VIII is expected to participate in a JV schedule. JV games that end in a draw will not go to overtime periods unless mutually agreed upon by the coaches of both teams prior to the match beginning.
12. The fighting rule, as found in the UHSAA Handbook and in the NFHS Officials Rulebook, will be strictly enforced. Any coach, player, or bench personnel ejected by an official for unsportsmanlike behavior or violent conduct shall be suspended from the next regularly scheduled game at that level of play and any intervening level of play:

Examples:

- A. If ejected from a JV game, the individual cannot participate in either the following varsity game or the next JV game.
 - B. If ejected from a varsity game, the individual cannot participate in either the following JV or the next varsity game. If the coach or participant is involved in a second incident/ejection, he/she will be suspended for the next two regularly scheduled games. A third ejection will result in suspension for the remainder of that season. Ejections occurring on the final game of the season will carry over for all underclassmen to the first game of the succeeding season in that sport.
13. From the Region VIII Handbook, page 5, each student body is to exhibit good sportsmanship. The administrators and advisors are, in the interest of proper education, to stress positive sportsmanship. Schools are encouraged to read a sportsmanship statement at all varsity athletic activities. An example is given below:

Good afternoon ladies and gentlemen; welcome to today's contest between {Visiting team/mascot} and {Home school/mascot}. On behalf of the faculty, staff and student body of (host school) we remind you that the ideals of good sportsmanship are a major part of this contest. Each of us should make every effort to promote this goal. Please stand and remove your hats for the presentation of colors.
 14. Spring breaks for the districts in the region are:

Alpine April 9-13, 2012
 Nebo April 9-13, 2012
 Provo April 9-13, 2012
 15. The top teams qualify to go to the playoffs. Refer to the Region VIII Handbook for tiebreak procedures.
 16. All region soccer teams are to recognize outstanding varsity players of any grade who finish the season in good standing. Region VIII head coaches will meet after the last region match to select the players for this recognition in the following pattern: The region chair will arrange the time and place of the meeting. After the All-Region team has been selected, the list will be given to the region chair to be put in the local papers. The first-place team is allowed four players, the second-place team is allowed three players, the third- and fourth-place teams each select two players, and

the fifth-, sixth-, seventh-, and eighth-place teams each select one player for the team. Region coaches will also select an Offensive MVP, a Defensive MVP, and an Outstanding Goalkeeper for the region.

17. Dead time period applies to all current 9th through 12th grade students. During the dead time there should be no coach-to-player contact related to the sport. This includes not observing players perform in that sport, with exceptions as noted by the UHSAA rules.
18. Soccer dead time: 4 weeks after respective state championship match and 8 weeks beginning December 1, 2011.
19. Soccer Academic All-State nominations are accepted on the following dates:
Girls' Soccer between August 30—September 13, 2011
Boys' Soccer between March 27—April 17, 2012

Current Region VIII head soccer coaches:

Maple Mountain

Boys: Mike Klauck mklauck@msn.com
Girls: Carolyn Swenson carolyn.swenson@nebo.edu

Provo

Boys: Cesar Cardoso cesarc@provo.edu
Girls: Chris Chilcoat chrisc@provo.edu

Salem Hills

Boys and Girls: Lee Gillie lee.gillie@nebo.edu

Orem

Boys and Girls: Ed Louder louderjoed@comcast.net

Springville

Boys: Rick Bertelsen rickb@justrawspeed.com
Girls: Ryan Swanson agentswanson@yahoo.com

Timpview

Boys and Girls: Rob Dahl dahlrob@hotmail.com

Mountain View

Boys:

Girls:

Timpanogos

Boys:
Girls: Natalyn Lewis nolewis@gmail.com

SOCCER SCHEDULE - GIRLS

2011-2012

Beginning practice date: **Monday, August 1, 2011**

First game may be held: **Tuesday, August 9, 2011**

All non-region games are arranged by the respective head coaches.

Varsity games start at 4:00 p.m. (with the exception of home games at Timpview).

JV games start no later than 15 minutes after the varsity game ends.

Thursday, August 18

Timpview @ Timpanogos
Provo @ Orem
Mountain View @ Springville
Maple Mtn. @ Salem Hills

Tuesday, August 23

Orem @ Timpview
Timpanogos @ Provo
Springville @ Maple Mountain
Salem Hills @ Mountain View

Thursday, August 25

Timpview @ Provo
Timpanogos @ Orem
Salem Hills @ Springville
Maple Mtn. @ Mountain View

Tuesday, August 30

Springville @ Timpview
Mtn. View @ Timpanogos
Orem @ Maple Mountain
Provo @ Salem Hills

Thursday, September 1

Timpview @ Mountain View
Timpanogos @ Maple Mtn.
Orem @ Salem Hills
Provo @ Springville

Tuesday, September 6

Salem Hills @ Timpview
Springville @ Timpanogos
Mountain View @ Orem
Maple Mtn @ Provo

Thursday, September 8

Timpview @ Maple Mountain
Timpanogos @ Salem Hills
Orem @ Springville
Provo @ Mountain View

Tuesday, September 13

Timpanogos @ Timpview
Orem @ Provo
Springville @ Mountain View
Salem Hills @ Maple Mtn.

Thursday, September 15

Timpview @ Orem
Provo @ Timpanogos
Maple Mountain @ Springville
Mountain View @ Salem Hills

Tuesday, September 20

Provo @ Timpview
Orem @ Timpanogos
Springville @ Salem Hills
Mountain View @ Maple Mtn.

Thursday, September 22

Timpview @ Springville
Timpanogos @ Mtn. View
Maple Mountain @ Orem
Salem Hills @ Provo

Tuesday, September 27

Mountain View @ Timpview
Maple Mtn. @ Timpanogos
Salem @ Orem
Springville @ Provo

Timpview @ Salem Hills
Timpanogos @ Springville
Orem @ Mountain View
Provo @ Maple Mountain

Tuesday, October 4

Maple Mountain @ Timpview
Salem Hills @ Timpanogos
Springville @ Orem
Mountain View @ Provo

Thursday, October 6

Region Playoff

Tuesday, October 11

State Tournament, 1st rd.
(home schools)

Thursday, October 13

State Tournament, Quarters
(home schools)

Tuesday, October 18

State Tournament,
Semis(Juan Diego High Shoo

Friday, October 21

State Tournament, Final
(Rio Tinto Stadium)

Thursday, September 29

SOCCER SCHEDULE – BOYS

2011-2012

Beginning practice date: **Monday, February 27, 2012**

First game may be held: **Monday, March 5, 2012**

All non-region games are arranged by the respective head coaches.

Varsity games start at 4:00 p.m.

JV games start no later than 15 minutes after the varsity game ends.

Tuesday, March 20

Timpview @ Timpanogos
Provo @ Orem
Mountain View @ Springville
Maple Mtn. @ Salem Hills

Thursday, March 22

Orem @ Timpview
Timpanogos @ Provo
Springville @ Maple Mtn.
Salem Hills @ Mountain View

Tuesday, March 27

Timpview @ Provo
Timpanogos @ Orem
Salem Hills @ Springville
Maple Mountain @ Mtn. View

Thursday, March 29

Springville @ Timpview
Mtn. View @ Timpanogos
Orem @ Maple Mountain
Provo @ Salem Hills

Tuesday, April 3

Timpview @ Mountain View
Timpanogos @ Maple Mtn.
Orem @ Salem Hills
Provo @ Springville

Thursday, April 5

Salem Hills @ Timpview
Springville @ Timpanogos
Mountain View @ Orem
Maple Mountain @ Provo

Tuesday, April 17

Timpview @ Maple Mountain
Timpanogos @ Salem Hills
Orem @ Springville
Provo @ Mountain View

Thursday, April 19

Timpanogos @ Timpview
Orem @ Provo
Springville @ Mountain View
Salem Hills @ Maple Mtn.

Tuesday, April 24

Timpview @ Orem
Provo @ Timpanogos
Maple Mtn. @ Springville
Mountain View @ Salem Hills

Thursday, April 26

Provo @ Timpview
Orem @ Timpanogos
Springville @ Salem Hills
Mountain View @ Maple Mtn.

Tuesday, May 1

Timpview @ Springville
Timpanogos @ Mtn. View
Maple Mountain @ Orem
Salem Hills @ Provo

Thursday, May 3

Mountain View @ Timpview
Maple Mtn. @ Timpanogos
Salem Hills @ Orem
Springville @ Provo

Tuesday, May 8

Timpview @ Salem Hills
Timpanogos @ Springville
Orem @ Mountain View
Provo @ Maple Mountain

Thursday, May 10

Maple Mountain @ Timpview
Salem Hills @ Timpanogos
Springville @ Orem
Mountain View @ Provo

Friday, May 11

Region Playoff

Wednesday, May 16

State Tournament, 1st rd.
(home schools)

Friday, May 18

State Tournament, Quarters
(home schools)

Tuesday, May 22

State Tournament, Semis
(Woods Cross High School)

Thursday, May 24

State Tournament, Final
(Rio Tinto Stadium)

SOFTBALL GUIDELINES
2011-2012

REGION ACTIVITY CHAIRPERSON: Scott Johnson, Springville High School

1. Beginning practice and team selection date will be [February 27, 2012](#).
2. The first practice game may be held on or after [March 5, 2012](#)
3. A maximum of 22 games will be played (all games count).
See State Handbook, p. 28.
4. The National Federation of State High School Association Official Softball Rules are to be followed.
5. One trophy will be awarded to the Region Champion. Co-champions will both be awarded trophies in the event of a tie.
6. All games must be completed by May 11, 2012
7. Two umpires will be provided by arbitration as approved by the Region. Only certified umpires may be used.
8. All Region Varsity games will start at 3:30 p.m. and then at 4:00 p.m. after April 1st. Junior Varsity games will begin 20 minutes after the end of the Varsity game on the same field as the Varsity game. Sophomore games will begin at 4:00 p.m. and will be played on a separate field. *Varsity and Junior Varsity teams will play 7 innings and the 10 run rule will take effect after 5 innings and the fifteen run rule will take effect after three innings. Sophomores will play for 3 outs per inning, with a maximum of 7 innings. (1 ½ hr.)*
9. Any varsity game postponed by weather must be made up at the first available date. Saturdays may be used if other days are unavailable. Schools may postpone (change) league games without Region clearance for the following reasons:
 - A. Poor weather conditions
 - B. Field in unplayable condition
 - C. Make-up games to accommodate playoff games
10. An All-Region Team will be selected by the coaches under the direction of the coach of the Region Champions on May 10th at 6 p.m. at Springville High School.
11. An All-Region Academic Team, comprised of Varsity athletes, will be selected by each school. The students must have a 3.7 or higher GPA for this honor.
12. Dead time period applies to all current 9th through 12th grade students. During the dead time there should be no coach to player contact related to the sport. This includes not observing players perform in that sport
13. Softball dead time : **4 weeks beginning 2nd Monday in August**, and 8 weeks beginning 1st Monday in November. Dead times are August 8-September 6, and November 2 –December 27.

14. Softball academic All-State nominations are accepted between [March 27 – April 17](#).

**Varsity, Junior Varsity
and Sophomore
games will be held on the same day same site.**

**Tryouts may be held on
February 28, 2011**

**First game may be held
on March 7, 2011**

**First and second round
of State tournament to be
held at home schools on
May 17th & 19th 2011
(must be completed by**

SOFTBALL SCHEDULE
2011-2012

First Half

March 20

Provo @ Orem,
SHS @ MMHS,
Timpanogos @ Timpview
Salem @ Mountain View

March 22

Orem @ MMHS,
SHS @ Provo,
Timpview @ Salem,
Mt. View @ Timpanogos

March 27

Orem @ SHS,
Provo @ Timpview,
MMHS @ Mountain View
Timpanogos @ Salem

March 29

Timpview @ Orem,
Mountain View @ Provo,
MMHS @ Timpanogos
Salem @ SHS

April 3

Orem @ Mountain View,
Timpanogos @ Provo,
Salem @ MMHS,
SHS @ Timpview

April 5

Timpanogos @ Orem,
Provo @ Salem,
MMHS @ Timpview,
Mountain View @ SHS

April 17

Orem @ Salem,
MMHS @ Provo,
SHS @ Timpanogos,
Timpview @ Mt. View

Second Half

April 19

Orem @ Provo,
MMHS @ SHS,
Timpview @ Timpanogos
Mountain View @ Salem

April 24

MMHS @ Orem,
Provo @ SHS,
Salem @ Timpview,
Timpanogos @ Mt. View

April 26

SHS @ Orem,
Timpview @ Provo,
Mountain View @ MMHS
Salem @ Timpanogos

May 1

Orem @ Timpview,
Provo @ Mountain View
Timpanogos @ MMHS
SHS @ Salem

May 3

Mountain View @ Orem,
Provo @ Timpanogos,
MMHS @ Salem,
Timpview @ SHS

May 8

Orem @ Timpanogos,
Salem @ Provo,
Timpview @ MMHS,
SHS @ Mountain View

May 10

Salem @ Orem,
Provo @ MMHS,
Timpanogos @ SHS,
Mt. View @ Timpview

SWIMMING GUIDELINES

2011-2012

REGION ACTIVITY CHAIRPERSON: Mike Larson, Orem High School

1. Team selection and first practice cannot be held before September 19th, 2011. The first swimming meet of the year cannot be held before October 12th, 2011.
2. A maximum of fourteen (14) meets can be participated in by region teams, including state qualifying meets.
3. All Region VIII meets will begin at 3:30 p.m. unless agreed upon by all teams involved in the meet.
4. Region VIII pay for swimming officials will be as follows:

Referee (1)	\$40
Starter (1)	\$40
Stroke Judges (4)	\$35
Scorers Table (3)	\$25
Starter/Referee	\$30
Scorers Table	\$25
Stroke Judge	\$30
5. A region seeding meeting will be held electronically through email. Submissions are due to Provo High School by 5:00 pm on Wed. January 18th.
6. The region VIII swim meet will be held on January 20th and 21st at the Provo High School Pool with Provo High School as the host. Warm-ups will begin at 2:30 on Friday the 20th with events beginning at 4:00 pm. Events 1-8 will be swam on Friday. On Saturday the 21st, warm-ups will begin at 8:30 a.m. with events starting at 10:00 a.m. Events 9-22 will be swam on Saturday.
7. The state 4A swimming meet will be held on February 3-4 @ BYU.
8. Each school's entries for the region championships will be limited to all official entries in each individual event and two (2) entries in each relay event with only one scoring. All entry times must be the best time for meets during the current season.
 - A. All swimmers must meet eligibility requirements as per National Federation Rules. (Swimmers may compete in 2 individual events with two relays or 1 individual and 3 relays.)
 - B. The top four (4) swimmers from each school may score towards the Region Championships.
 - C. Unlimited Entries except for the 500 y (4) and one (1) relay per school unless available lanes allow for more entries. Only the "A" relay will score for the meet.
 - D. Scoring format will be twelve (12) places (as per National Federation rules for a 6 lane

pool.) If swam in an eight (8) lane pool scoring will be sixteen (16 places)

9. Region VII swimming championships Awards (boys/girls)

10. Dead time Period applies to all current 9th-12th grade students. During the dead time there should be no coach or player contact related to the sport. This includes not observing players perform in that sport.

11. Swimming dead time: Refer to the UHSAA ready reference guide.

12. Swimming academic all-state nominations are accepted between December 13th 2011 and January 10th 2012.

13. The first day for practice and team selection is September 19th, 2011.

SWIMMING SCHEDULE

2011-2012

Region Swimming Meets

Wednesday November 30

Timpview @ Mt. View /Timpanogos
Orem @ Springville/MM

Wednesday December 7

Mt. View/Timpanogos @ Provo
Timpview @ Springville/MM
Salem Hills @ Orem

Wednesday December 14

Provo @ Springville/MM
Orem @ Timpview
Salem Hills @ Mt. View

Tuesday December 20

Salem Hills @ Provo

Wednesday January 4

Orem, Salem Hills, Provo @ Timpview
Springville/MM @ Mtn Vew /Timpanogos

Monday January 9

Springville/MM @ Salem Hills

Wednesday January 11

Timpview @ Provo

Thursday January 12

Mt View /Timpanogos@ Orem

Region Swimming Championships

January 20-21

@ Provo Provo HS Hosts

State 4 A Swimming Championships

February 3-4

@ BYU

TENNIS GUIDELINES

2011-2012

REGION ACTIVITY CHAIRPERSON: Mike Ericksen, Mountain View

Girls beginning practice date August 1st, 2011. First competition may be held 8/9/2011.

Boys beginning practice date Feb. 27, 2012. First competition can be held 3/5/2012.

1. Region VIII will adopt the rules and code of conduct outlined by USTA and ITCA; coaches are expected to keep players and spectators of their school in compliance with the rules and expectations outlined here. Violations of this code could result in a point penalty. Coaching will be permitted during net changeovers and during set changeovers. Players may only leave the court between the second and third set or in an emergency situation. Players will be permitted a 10 minute warm-up at the beginning of each match.
2. The best singles player must be in the number one slot, the next best singles player in the number two slot, and so on. The same policy must be used for doubles. The best player may play either first singles or first doubles.
3. In case of a substitution, players do need to be moved up in the order.
4. The Region Team Championship will be determined by the results from the Region Dual meets. In the dual meets, one (1) team point will be given the winners of the five matches. A team could receive 0, 1, 2, 3, 4, or 5 points per dual match.
5. **Players will be seeded into the Region Tournament based on the following criteria: Team record at the spot.**
6. High school tennis players must compete in a minimum of five (5) matches during the high school season in order to compete at the Region tournament. 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 the Region VIII tennis chair prior to the student athlete participating in the Region tournament. The philosophy that the best player should compete in any given category, i.e., first singles, second singles, etc, is still appropriate. Stacking is not permissible and could result in Region VIII action. If a coach suspects that another coach is stacking their players to gain an advantage, the coach will immediately contact the Region tennis chair who will contact the coach in question and ask for documentation or other evidence or proper player placement.
7. All Region matches will begin at 3:30 p.m.
8. All Region matches will be played on the date scheduled unless weather or other conditions require a change. The coaches involved will determine the new playing date(s) required. Host coach will be responsible for contacting the coach of the visiting team about playing conditions no later than 1:30 p.m.; conversations between coaches are encouraged to guarantee good communication regarding the match play.
9. Medals will be awarded to Region VIII's 1st – 5th place players (to be presented prior to the Region Tournament).
10. In dual matches, there will be a twelve (12) point tiebreaker (must win by two) in case of tie matches.
11. The home team will provide the tennis balls for the match. The tennis balls must be championship

balls.

12. Coaches will provide a written line-up of players by position as they arrive for all dual matches.
13. Each team should wear proper tennis attire. This includes school identification, which can be by letter or name. Teammates should wear the same style and color of shirt. Team uniforms with school identification are required for divisional and state tournaments.
14. Fourteen meets are allowed per individual. The number of meets counted for a tennis tournament shall be equal to the number of days scheduled for the tournament; e.g.; a one day tournament shall count as one meet, a two day tournament shall count as two meets, etc.
15. A maximum of **2** designated coaches for Region play.
16. Dead time period applies to all current 9th through 12th grade students. During the dead time there should be no coach to player contact related to the sport. This includes not observing players perform in that sport.
17. Tennis dead time: 12 weeks beginning November 1st
18. Tennis Academic All-State nominations are due on the following dates:

Girls Tennis – September 6th, 2011
Boys Tennis -- April 10th, 2012

GIRL'S TENNIS SCHEDULE

2011-2012

September 1st

Maple Mtn. @ Timpview
Mt. View @ Orem
Provo @ Timpanogos
Springville @ Salem Hills

September 6th

Salem Hills @Maple Mtn.
Timpview @Mt. View
Orem @Provo
Timpanogos@ Springville

September 8th

Timpanogos@ Maple Mtn.
Mt. View @ Salem Hills
Provo @ Timpview
Springville @ Orem

September 13th

Orem @Maple Mtn.
Mt. View @ Timpanogos
Salem Hills @Provo
Timpview @Springville

September 15th

Maple Mtn. @ Mt. View
Springville @Provo
Orem @Timpview
Salem Hills @Timpanogos

September 20th

Provo @Maple Mtn.
Springville @Mt. View
Timpview @Timpanogos
Orem @Salem Hills

September 22nd

Maple Mtn. @ Springville
Provo @Mt. View
Timpview @ Salem Hills
Timpanogos @Orem

Seeding meeting September 27th (place to be determined)
Region Meet September 29th and 30th at Mountain View High School
State Tennis at Liberty Park October 7th and 8th

J.V. Tennis Tournament October 3rd at Mountain View High School (tentative)

**Boy's Tennis Schedule
2011-2012**

April 3rd

Maple Mtn. @ Timpview
Mt. View @ Orem
Provo @ Timpanogos
Springville @ Salem Hills

April 5th

Salem Hills @Maple Mtn.
Timpview @Mt. View
Orem @Provo
Timpanogos @Springville

April 17th

Timpanogos @ Maple Mtn.
Mt. View @ Salem Hills
Provo @ Timpview
Springville @ Orem

April 19th

Orem@ Maple Mtn.
Mt. View@ Timpanogos
Salem Hills @Provo
Timpview @Springville

Seeding meeting May 3rd (place to be determined)
Region Meet May 10th and 11th at Mountain View High School
State Tennis at Liberty Park May 18th and 19th

J.V. Tennis Tournament May 7th at Mountain View High School (tentative)

April 24th

Maple Mtn. @ Mt. View
Springville @Provo
Orem @Timpview
Salem Hills @Timpanogos

April 26th

Provo @Maple Mtn.
Springville @Mt. View
Timpview @ Timpanogos
Orem @ Salem Hills

May 1st

Maple Mtn. @ Springville
Provo @Mt. View
Timpview @ Salem Hills
Timpanogos @Orem

TRACK & FIELD GUIDELINES

2011-2012

REGION ACTIVITY CHAIRPERSON: Peter Glahn, Mt. View High School

1. A total of twelve (12) meets per individual, plus Region and State meets are allowed. Individuals may participate in no more than six (6) State qualifying meets..
2. Conduct boys' and girls' meets concurrently.
3. First meet date is March 5, 2012.
4. All meets will start 3:30 pm
5. Host schools will be responsible to conduct and to take care of the needs of all track meets held at their school. Schools hosting the Region Championships may request schools participating in the meet to bring needed equipment and provide help in running events. The Region will pay for four (4) positions including a Head Starter and three (3) other meet officials for the Region Championships
6. Each school is permitted to enter seven (7) individuals in each event and one relay team per event at the Region meet. If more than seven (7) have qualified for the State Meet then all who have qualified can be entered in the Region championships .
7. A boys' and girls' Region trophy will be awarded to the teams winning the Region meet. Medals will be awarded to the top 3 individuals in each event. Medals will also be given to the 1st and 2nd place relay teams in each relay event.
8. Coaches should nominate an All-Region Academic Team composed of varsity competitors with a 3.7 or higher cumulative GPA.
9. Region will allow an optional J.V. meet the Tuesday following the Region Meet at 3:30 p.m. This will be held for State non-qualifiers at site of next year's Region Meet at no cost to the Region.
10. Dead time period applies to all current 9th through 12th grade students. During the dead time there should be no coach to player contact related to the sport. This includes not observing players perform in that sport.
11. Track dead time: 12 weeks beginning 2nd Monday in September. During this time there should be no coach to player contact related to track. This includes not observing athletes perform in their sport.
12. Track Academic All-State nominations are accepted between April 3-24.

TRACK & FIELD SCHEDULE

2011-2012

REGION VIII TRACK & FIELD MEET

Region Meet 2012 @ Mountain View High

State Meet 2012 @ BYU

Deadline Academic All State

May 9th and 10th

May 18th and 19th

April 24th

Quad Meet Region Schedule:

March 13th Host School: Salem Hills/ attending schools: Springville Maple Mtn. Provo
Host School: Timpview/ attending schools: Mountain View, Orem
Timpanogos

April 3rd Host School: Orem/ attending schools: Springville, Salem Hills, Provo
Host School: Maple Mountain/ attending schools: Timpview, Timpanogos,
Mtn. View

STATE TRACK & FIELD MEET

May 18 – 19 @ BYU

ROTATION FOR REGION TRACK

2011 –

2012 –

2013 –

2014 –

VOLLEYBALL GUIDELINES
2011-2012

REGION ACTIVITY CHAIRPERSON: Diane Wanamaker, Timpanogos High School

1. THE BEGINNING PRACTICE DATE IS AUGUST 8th, 2011
The first game may be held on August 16th, 2011
Dead time: November 7th, 2011 to January 29th, 2012
2. By UHSAA guidelines maximum number of matches is Sixteen (16). Tournaments with eight (8) or fewer teams count as two (2) games. No more than nine total matches in a tournament and no more than 7 matches in a given day.
3. Game times: Sophomore 4:00 p.m. J.V. 5:15 p.m. Varsity 6:30 p.m.
Admission to be charged at all Sophomore, Junior Varsity, and Varsity Games.
4. Rally scoring format for sub-varsity matches is as follows: games 1 and 2 score to 25 with a cap of 27 and games 3,4 (if necessary) and 5 (if necessary) score to 15 with a cap of 17. The let serve is still utilized. Games 1 and 2 have a possibility of two time-outs per team and games 3,4 (if necessary), and 5 (if necessary) have a possibility of one time-out per team.

Rally scoring format for varsity matches is as follows: games 1-4 (if necessary) score to 25 with no cap and game 5 (if necessary) scores to 15 with no cap. The let serve is still utilized. Games 1-5 (if necessary) have a possibility of two time-outs per team (note: the varsity game 5 to 15 has the possibility of two time-outs per team, unlike the sub-varsity game to 15).
5. Warm-up prior to games will be four minutes for visiting team, and four minutes for home team followed by 2 minutes serving. It is suggested that the HOST school have another area in the school that teams can have a ball warm-up and stretching prior to their time on the net.
6. The host school will control warm-up music, if used.
7. The National Anthem or The Pledge of Allegiance is also encouraged at home games.
8. FINAL VARSITY GAME PROCEDURES: If your school honors its seniors and parents at the final home varsity game of the season, **honor seniors and parents before the warm ups begin**. The host school should have a place reserved for the visiting team. The visiting team will take the net for their allotted time. The home team will take their allotted time. Announce both teams and then begin play.
9. The Region VIII first place team will host a meeting on Tuesday, November 1, 2011 at 6:00 pm to select an All-Region Team. All varsity players are eligible. Nominations should be sent to the

Region host coach prior to the meeting. Honorable Mention and Academic All-State nominees will be recorded and sent to the local newspaper. Coaches will nominate any Varsity athletes with a 3.7 or higher GPA to the Academic All Region Team.

10. Dead time period applies to all current 9th through 12th grade students. During the dead time there should be no coach to player contact related to the sport. This includes not observing players perform in that sport.
11. Volleyball dead time: 4 weeks after championship and continues for 8 additional weeks.
12. Volleyball Academic All-State nominations are accepted between September 20th and October 4th, 2011.

2011-2012

Starting Date: August 9, 2010

Two tournaments and 14 games

Region Games: Sophomore 4:00 pm, JV: 5:15 pm, Varsity 6:30 pm

Tryouts: August 8th

First match: August

Region Play

September 8, 2011

Salem Hills @ Springville
Mt. View @ Maple Mtn.
Orem @ Timpanogos
Timpview @ Provo

September 13, 2011

Maple Mtn @ Salem Hills
Mt. View @ Springville
Provo @ Orem
Timpanogos @ Timpview

September 15, 2011

Salem Hills @ Provo
Mt. View @ Timpanogos
Orem @ Maple Mtn
Timpview @ Springville

September 20th, 2011

Timpanogos @ Salem Hills
Maple Mtn. @ Timpview
Provo @ Mt. View
Springville @ Orem

September 22, 2011

Maple Mtn. @ Timpanogos
Springville @ Provo
Mt. View @ Orem
Salem Hills @ Timpview

September 27, 2011

Provo @ Maple Mtn.
Timpanogos @ Springville
Orem @ Salem Hills
Timpview @ Mt. View

September 29, 2011

Provo @ Timpanogos
Springville @ Maple Mtn
Mt. View @ Salem Hills
Orem @ Timpview

October 4th, 2011

Springville @ Salem Hills
Maple Mtn. @ Mt View
Timpanogos @ Orem
Provo @ Timpview

October 6th, 2011

Salem Hills @ Maple Mtn
Springville @ Mt. View
Orem @ Provo
Timpview @ Timpanogos

October 11, 2011

Provo @ Salem Hills
Timpanogos @ Mt. View
Maple Mtn. @ Orem
Springville @ Timpview

October 13, 2011

Salem Hills @ Timpanogos
Timpview @ Maple Mtn.
Mt. View @ Provo
Orem @ Springville

October 18th, 2011

Timpanogos @ Maple Mtn.
Provo @ Springville
Orem @ Mt. View
Timpview @ Salem Hills

October 25, 2011

Maple Mtn. @ Provo
Springville @ Timpanogos
Salem Hills @ Orem
Mt. View @ Timpview

October 27th, 2011

Timpanogos @ Provo
Maple Mtn. @ Springville
Salem Hills @ Mt. View
Timpview @ Orem

Play-off game Thursday, October 28, 2009 or Monday November 1st , 2010

4A State Volleyball November 5th and 6th @ UVU Times: TBA

Wrestling Guidelines
2011-2012

REGION ACTIVITY CHAIRPERSON: Lynn Mecham, Springville High School

It is proposed that we start with the first duel meet on the first full week of December and where possible wrestle on Thursday nights. Rounds 2-5 will be the first weeks in **January**

1. The starting date for wrestling practice is November 7, 2011.
2. The first match of the year cannot be held prior to November 22, 2011.
3. Region matches will be held on Thursdays. Starting times for Region VIII matches will be as follows:
 - A. Weigh-in: 4:15 p.m.
 - B. Gyms cleared: 4:45 p.m.
 - C. Junior Varsity Matches 5:30 p.m.
 - D. Varsity Matches 7:00 p.m.

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

4. The NFHSAA 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.
 - A. There is to be no weight allowance given, unless there are dual matches on consecutive days. A coach must contact the opposing coach 24 hours in advance, if this situation occurs. A one pound allowance is the maximum authorized and both coaches must agree.
 - B. All wrestlers will be restricted to twenty-four (24) credits. A credit is defined as being any time a wrestler goes onto the mat regardless of the length of the match, even if it is to accept a forfeit. (The State Board of Directors has ruled that all team tournaments count as three (3) credits). Region and State Tournaments are not included in this limit.
 - C. The officials for all Region and practice matches will be assigned by the state arbiter for Varsity, Junior Varsity and Sophomore meets. All officials must be certified.
 - D. Moratorium: November 25, 26, 27, 2009, December 23-27, 2009, and January 1, 2010.
5. Region Tournament Guidelines

- A. Each school is allowed to enter one (1) wrestler per weight class from the Varsity level. There will be openings for two other contestants for the Region Tournament at each weight class, with a maximum of two (2) wrestlers per school to wrestle in the Region Tournament
- B. Seeding for the Region Tournament will be the best 8 wrestlers according to the criteria listed below:
 - 1. Head to head region record
 - 2. Head to head outside region
 - 3. Region record, wins at that weight
 - 4. Common opponents
 - 5. State placer
 - 6. Region placer
 - 7. Overall varsity record
 - 8. Common sense
 - 9. Seeded is final in theory
 - a. Hosting rotation for the tournament is:

Varsity Site

2011-2012

2012-2013

- C. There will be a true wrestle-back for 5th place, the winner of which will be an alternate for the State Tournament should one of the qualifiers not be able to participate. Furthermore, the wrestler who is the alternate should be directed to remain in shape until the State Meet begins in case he is asked to compete. If a school has a wrestler injured, who is unable to compete in the State Meet, they must notify the Region Chairman immediately so a replacement can be provided.
 - D. A hospitality room for the Region Tournament will be subsidized by the Region for an amount not to exceed \$150.
6. Region Wrestling Awards:
- A. Region VIII will present one trophy to the school winning the Region VIII Wrestling Tournament. Medals will be provided for 1st through 4th places in each weight. Any other awards given will be the responsibility of the region coaches. The Region Coaches will provide two Outstanding Wrestler Awards for the 103-140 and the 145 Heavyweight classes. The host school will provide a Region Coach of the Year plaque, and a Region Dual Meet Team Champion Trophy.
 - B. Academic All-Region will be awarded before the finals of the Region Tournament. Recipients must be Varsity wrestlers with a 3.7 cumulative GPA or better. Their names will be submitted to the Region Tournament host at the seeding meeting. The certificates will be prepared by the host school. Academic All-State will be submitted at the same time or earlier if the state deadline is earlier.

7. Dead time period applies to all current 9th through 12th grade students. During the dead time there should be no coach to player contact related to the sport. This includes not observing players perform in that sport.
8. Wrestling dead time: 12 weeks beginning July 27.
9. Wrestling Academic All-State nominations are accepted between December 13-January 10.

Wrestling Schedule 2011-2012

Round One: December 1st
Mt. View @ Timpanogos
Timpview @ Salem Hills

Orem @ Maple Mountain
Springville @ Provo

Round Two: December 8th

Springville @ Mt. View
Provo @ Salem Hills
Timpanogos @ Orem
Maple Mountain @ Timpview

Round Three: December 15th

Mt. View @ Maple Mountain
Salem Hills @ Springville
Provo @ Orem
Timpview @ Timpanogos

Round Four: January 5th

Timpview @ Mt. View
Maple Mountain @ Salem Hills

Orem @ Springville
Provo @ Timpanogos

Round Five: January 12th

Mt. View @ Provo
Salem Hills @ Orem
Springville @ Timpview
Timpanogos @ Maple Mountain

Round Six: January 19th

Salem Hills @ Mt. View
Orem @ Timpview
Provo @ Maple Mountain
Springville @ Timpanogos

Round Seven: January 25th

Orem @ Mt. View
Timpview @ Provo
Timpanogos @ Salem Hills
Maple Mountain @ Springville

If region wrestling is same week as January 26th, Round 7 would move to 1/19 and Round 6 1/18

State Wrestling February 15-16 @ UVU