

2012-2013 Region VII ACTIVITIES MANUAL



The high schools of **Region VII** recognize the important role that co-curricular activities and athletics play in the full development of a young person. As in all areas of our schools, **Region VII** high schools are committed to the equitable opportunities for all young men and young women in activities and athletic programs. Activities and athletic programs are designed to be a complement to the academic programs and pursuits of young people. We hope that the self-discipline, commitment, teamwork and training of the mind and body in the arena's of the playing field and stage will effect similar skill development and success in the classroom.

We believe that when structured and pursued with proper balance and perspective, athletics and activities can play a key and positive role in shaping the hearts and minds of our young people. Sports and activities, as much as any other single area of endeavor, hold great potential for bringing people together from diverse backgrounds to pursue shared ideals in a spirit of community.

NOTIFICATION OF THE PRESS:

In all sports events and activities, the home school is responsible to call the Salt Lake Tribune, Deseret News and the Dailey Herald to report the scores, unless decided differently in each individual sport.

Channel 2	-	801-973-3232
Channel 4	-	801-975-4427
Channel 5	-	801-575-5535
Channel 13	-	801-532-1313
Tribune	-	801-257-8900
Deseret News	-	801-237-2161
Dailey Herald	-	801-344-2540



BOARD OF MANAGERS

Jim Birch.....james.birch@jordandistrict.org
Secretary (Shirlene Lancaster).....shirlene.lancaster@jordandistrict.org
Herriman High School-11917 South 6000 West, Herriman, Utah 84096.....801-567-8530
Mustangs-Navy, Scarlet & Vegas Gold

Susan Malone.....susan.malone@canyonsdistrict.org
Secretary (Sharon Palmer).....sharon.palmer@canyonsdistrict.org
Hillcrest High School-7350 South 900 East, Midvale, Utah 84047.....801-826-6000
Huskies-Green, White and Black

David Dunnddunn@murrayschools.org
Secretary (Ilene Nelson).....inelson@murrayschools.org
Murray High School - 5440 South State Street - Salt Lake City, Utah 84107.....801-264-7460
Spartans-Black & Orange

Mark Manning.....mhmanning@graniteschools.org
Secretary (Julie Sandoval).....jfsandoval@graniteschools.org
Olympus High School-4055 South 2300 East, Holladay, Utah 84124.....385-646-5400
Titans-Green & Gray

Doug Binghamdmbingham@graniteschools.org
Secretary (Diane Bunker).....ddbunker@graniteschools.org
Skyline High School – 3251 E 3760 South - Salt Lake City, Utah 84109.....385-646-5420
Eagles- Navy Blue, Vegas Gold, White

Fred Openshaw.....fopenshaw@alpinedistrict.org
Secretary (Natalie Clark).....nclark@alpinedistrict.org
Westlake High School-99 North Thunder Blvd (200 West), Saratoga Springs, Utah. 84045.....801-610-8815
Thunder-Navy-Carolina Blue-Vegas Gold

ACTIVITIES-CHAIRPERSONS AND INDIVIDUAL SCHOOL RESPONSIBILITIES

School Activity	School Host	Administrator	Phone	E-mail
Baseball	Herriman	Lynn Allred	801-567-8530	lynn.allred@jordandistrict.org
Basketball-Boys	Olympus	Mark Manning	385-646-5400	mhmanning@graniteschools.org
Basketball-Girls	Olympus	Wes Cutler	385-646-5400	wcutler@graniteschools.org
Cross Country	Westlake	Stacy Salmans	801-610-8815	sdsalmans@alpinedistrict.org
Drama	Murray	Scott Wihongi	801-267-7460	swihongi@murrayschools.org
Drill Team	Hillcrest	Susan Malone	801-826-6000	susan.malone@canyonsdistrict.org
Football	Skyline	Danny Stirland	385-646-5420	dstirland@graniteschools.org
Forensics	Herriman	Stacy Evans	801-567-8530	Stacey.evans@jordandistrict.org
Golf-Boys	Westlake	Chad Wilson	801-610-8815	chadw@alpinedistrict.org
Golf-Girls	Westlake	Chad Wilson	801-610-8815	chadw@alpinedistrict.org
Music- Instrumental	Hillcrest	Paul Kirby	801-826-6000	paul.kirby@canyonsdistrict.org
Music-Vocal	Murray	Debbie Sorenson	801-264-7460	dsorensen@murrayschools.org
Soccer-Boys	Herriman	Mike Christensen	801-567-8530	mike.christensen@jordandistrict.org
Soccer-Girls	Hillcrest	Christian Cowart	801-826-6000	Christian.cowart@canyonsdistrict.org
Softball	Murray	David Dunn	801-264-7460	ddunn@murrayschools.org
Swimming	Skyline	Doug Bingham	385-646-5420	dmbingham@graniteschools.org
Tennis-Boys	Westlake	Kristin Packer	801-610-8815	kpacker@alpinedistrict.org
Tennis-Girls	Skyline	Lynda Tierney	385-646-5420	lmtierney@graniteschools.org
Track	Olympus	Josh Leroy	385-646-5400	jleroy@graniteschools.org
Volleyball	Hillcrest	Brenda McCann	801-826-6000	Brenda.mcaan@canyonsdistrict.org
Wrestling	Westlake	John Broadhead	801-610-8815	johnbroadhead@alpinedistrict.org
Sportsmanship	Skyline	Deb Bennett	385-646-5420	dbennett@graniteschools.org

Herriman High School- Mustangs
 11917 South 6000 West
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 801-567-8530, Fax 801-567-8545



Activity	Name	E-Mail	Phone Ext.
Principal	Jim Birch	james.birch@jordandistrict.org	8570
Asst. Principal	Mike Christensen	mike.christensen@jordandistrict.org	8531
Asst. Principal	Stacy Evans	stacy.evans@jordandistrict.org	8532
Asst. Principal	Rufine Eizinger	rufineeizinger@jordandistrict.org	8534
Asst. Principal	Lynn Allred	lynn.allred@jordandistrict.org	8533
Secretary	Shirlene Lancaster	shirlene.lancaster@jordandistrict.org	8571
Athletic Director	James Barnes	james.barnes@jordandistrict.org	7206
Baseball	Jason DeHerrera	jason.deherrera@jordandistrict.org	7271
Boys' Basketball	Brad Tingey	brad.tingey@jordandistrict.org	8556
Girls' Basketball	Jill Ames	jill.ames@jordandistrict.org	7213
Cheerleading	Kira Baird	kira.baird@jordandistrict.org	7237
Cross Country	James Barnes	james.barnes@jordandistrict.org	7206
Drill Team	Allison Bleazard	alison.bleazard@jordandistrict.org	7209
Drama	KayCee Bradshaw	kaycee.bradshaw@jordandistrict.org	7257
Football	Larry Wilson	larry.wilson@jordandistrict.org	7218
Forensics	Randall Seltz	randall.seltz@jordandistrict.org	
Golf-Boys	Kevin Fletcher	kevin.fletcher@jordandistrict.org	7227
Golf-Girls	Bobbie Colby	arbcolby@comcast.net	0C
Instrumental Music	Shawn Mangum	shawn.mangum@jordandistrict.org	7201
Vocal Music	Austin Thorpe	Austin.thorpe@jordandistrict.org	7200
Boys' Soccer	Ryan Mitchell	ryan.mitchell@jordandistrict.org	7215
Girls' Soccer	Bill DeBruyn	bdebruyn@herrimansoccer.com	8581
Softball	Staci Hemingway	s.hemingway@herrimanhigh.org	8581
Swimming	Kevin Fletcher	kevin.fletcher@jordandistrict.org	7227
Tennis	Linda Richmond	linda.richmond@jordandistrict.org	8581
Track	Jake Garlick	jacob.garlick@jordandistrict.org	7205
Volleyball	Bryan Nicholson	bryan.nicholson@jordandistrict.org	7212
Wrestling	Steve Bowdren	sbowdren@jordandistrict.org	
Dance	Chelsea Taylor	chelsea.taylor@jordandistrict.org	7208

HILLCREST HIGH SCHOOL

7350 South 900 East

Midvale, Utah 84047

801-826-6000 Fax: 801-826-6009



Activity	Name	E-Mail	Ext.
Susan Malone	Principal	susan.malone@canyonsdistrict.org	6001
Christian Cowart	Asst. Principal	christian.cowart@canyonsdistrict.org	6013
Paul Kirby	Asst. Principal	paul.kirby@canyonsdistrict.org	6014
Mark Mitchell	Asst. Principal	mark.mitchell@canyonsdistrict.org	
Brenda McCann	Intern	Brenda.mccaan@canyonsdistrict.org	
Paul Gaskins	Athletic Director	paul.gaskins@canyonsdistrict.org	6000
Paul Gaskins	Baseball	paul.gaskins@canyonsdistrict.org	6076
Sam Richins	Basketball Men	Samuel.richins@canyonsdistrict.org	6000
Dave Richardson	Basketball Women	dave.richardson@canyonsdistrict.org	6000
Shelly Symes	Cheerleaders	shelly.symes@canyonsdistrict.org	6000
John Olsen	Cross Country	john.olsen@canyonsdistrict.org	6000
Josh Long	Drama	Joshua.long@canyonsdistrict.org	6000
Mechele Bosco	Drill Team	mechele.bosco@canyonsdistrict.org	6000
Casey Miller	Football	casey.miller@canyonsdistrict.org	6000
Mark Doherty	Debate/Forensics	mark.doherty@canyonsdistrict.org	6000
Dave Richardson	Golf Men	Dave.richardson@canyonsdistrict.org	6000
John Mettenet	Golf Women	jmettene@us.ibm.com	6000
Kristi Pehrson	Music Instrumental	kristi.pehrson@canyonsdistrict.org	6000
RaNae Dagleish	Music Vocal	ranae.dagleish@canyonsdistrict.org	6000
Brett Davis	Soccer Men	badsoccer@comcast.net	6000
Megan Beckstead	Soccer Women	megsoccer3@yahoo.com	6000
Jackie Peterson	Softball	Jaclyn.peterson@canyonsdistrict.org	6000
Kami Tressler	Student Government	kami.tressler@canyonsdistrict.org	6000
Ryan Thierbach	Swimming	rthierbach@slco.org	6000
Jill Payne	Tennis Men/Women	jill.payne@canyonsdistrict.org	6000
Scott Stucki	Track Men	scott.stucki@canyonsdistrict.org	6000
Kirk Merhish	Track Women	kirk.merhish@canyonsdistrict.org	6000
Sally Williams	Volleyball	sally.williams@canyonsdistrict.org	6000
Tyler Fowler	Wrestling	tyler.fowler@canyonsdistrict.org	6000

Murray High School - Spartans
 5440 So. State Street
 Murray, Utah 84107
 801-264-7460, Fax 801-264-7461



ACTIVITY	ADVISOR	E-MAIL	EXT
Principal	David Dunn	ddunn@murrayschools.org	5163
Admin. Secretary	Ilene Nelson	inelson@murrayschools.org	5163
Asst. Principal	Scott Wihongi	swihongi@murrayschools.org	5165
Asst. Principal	Debbie Sorensen	dsorensen@murrayschools.org	5166
Boys Athletic Director	Wade Meier	wmeier@murrayschools.org	5152
Girls Athletic Director	Lisa Parker	lparker@murrayschools.org	5152
Baseball	Marce Wilson	mwilson@murrayschools.org	5309
Basketball, Boys	Jason Workman	jason@pantaloncorp.com	5163
Basketball, Girls	Lisa White	lwhite@murrayschools.org	5148
Cheerleading	Courtney Thomas	courtneypaigethomas@gmail.com	5163
Cross Country	Ashley McSwain	amcswain@murrayschools.org	5219
Drama	Will Saxton	wsaxton@murrayschools.org	5105
Drill Team	Mary Ann Chapman	mchap345@yahoo.com	5163
Football	Michael Richmond	mrichmond@comre.com	5163
Forensics/Debate	Starlyn Nackos	snackos@murrayschools.org	5215
Golf	Andy Hokanson	ahokanson@murrayschools.org	5221
Music, Instrumental	Rob Wilson	rwilson@murrayschools.org	5107
Music, Vocal	Alan Scott	ascott@murrayschools.org	5109
Soccer, Boys	Bryan DeMann	bryandemann@gmail.com	5163
Soccer, Girls	Lisa Willardson	willardson.lisa@gmail.com	5100
Softball	Lisa Parker	lparker@murrayschools.org	5152
Swimming	Amber Rogers	arogers@murrayschools.org	5310
Tennis, Boys	Crystal Spackman	cspackman@murrayschools.org	5317
Tennis, Girls	Colby Ford	cford@murrayschools.org	5317
Track	Ashley McSwain	amcswain@murrayschools.org	5219
Volleyball	Brittany Bates	bbates@murrayschools.org	
Wrestling	Todd Thompson	tthompson@murrayschools.org	5151

Olympus High School-Titans
 4055 South 2300 East
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ACTIVITY	ADVISOR	E-MAIL	EXT.
Principal	Mark Manning	mhmanning@graniteschools.org	6700
Admin. Secretary	Julie Sandoval	jfsandoval@graniteschools.org	6701
Asst. Principal	Wes Cutler	wcutler@graniteschools.org	6703
Asst. Principal	Joshua Leroy	jleroy@graniteschools.org	6704
Athletic Director	Kael Ashton	kashton@graniteschools.org	6723
Baseball	TBA		
Basketball, Boys	Matt Barnes	mbarnes@graniteschools.org	6722
Basketball, Girls	Kael Ashton	kashton@graniteschools.org	6723
Cheerleading	Jennifer Goodman	jgoodman@graniteschools.org	6728
Cross Country, Boys	Todd Mitchell	tmitchell@graniteschools.org	385-646-1383
Cross Country, Girls	Todd Mitchell	tmitchell@graniteschools.org	385-646-1383
Drama	Robin Edwards	redwards@graniteschools.org	385-646-8136
Drill Team	Chandra Thompson	chandrathompson@msn.com	0
Football	Aaron Whitehead	awhitehead@graniteschools.com	0
Forensics/Debate	Tiffany Bliss	tbliss@graniteschools.org	385-646-8176
Golf, Boys	Matt Barnes	mbarnes@graniteschools.org	6722
Golf, Girls	Sandy Catten	scatten@graniteschools.org	6738
Music, Instrumental	Evan Bateman	ebateman@graniteschools.org	385-646-8124
Music, Vocal	Vicki Belnap	vbelnap@graniteschools.org	6736
Soccer, Boys	Chris Sonntag	chris@sonntagrec.com	0
Soccer, Girls	Chris Madsen	cjmadsenmai@hotmail.com	0
Softball	Cyndee Bennett	ribi18@netzero.net	385-646-8133
Swimming, Boys	Brad Goffe	bgoffe@graniteschools.org	385-646-6142
Swimming, Girls	Brad Goffe	bgoffe@graniteschools.org	385-646-6142
Tennis, Boys	Patrick Healey	phealey@graniteschools.org	385-646-8144
Tennis, Girls	Kevin Watts		385-646-5400
Track, Boys	Mike Kushlan	mkushlan@graniteschools.org	385-646-8151
Track, Girls	Mike Kushlan	mike.kushlan@granite.k12.ut.us	385-646-8151
Volleyball	Meliame Tukuafu	Meliame.tukuafu@jetblue.com	0
Wrestling	Theros Johnson	tjohnson1@graniteschools.org	6725

Skyline High School - Eagles
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Activity	Coach/Advisor	E-Mail	EXT.
Principal	Doug Bingham	dmbingham@graniteschools.org	6804
Admin. Secretary	Diane Bunker	ddbunker@graniteschools.org	6802
Asst. Principal	Danny Stirland	dstirland@graniteschools.org	6806
Asst. Principal	Lynda Tierney	lmtierney@graniteschools.org	6805
Boys Athletic Director	Steve Marlowe	smarlowe@graniteschools.org	9667
Girls Athletic Director	Deb Bennett	dbennett@graniteschools.org	1117
Athletic Trainer	Matt Clark	mhclark@graniteschools.org	9647
Baseball	Erik Hansen	ehansen@graniteschools.org	9688
Basketball, Boys	Derek Bunting	dbunting11@yahoo.com	0
Basketball, Girls	Deb Bennett	dbennett@graniteschools.org	1117
Cheerleading	Shaunda Trimmer	strimmer@graniteschools.org	9684
Cross Country	Tom Porter	tporter@graniteschools.org	9675
Drama	Courtney Jensen	cjensen3@graniteschools.org	0229
Drill Team	Not Participating		
Football	Steve Marlowe	smarlowe@graniteschools.org	9667
Forensics/Debate	Judie Roberts	jjroberts@graniteschools.org	9676
Golf, Boys	Craig Barlow	cbarlow@graniteschools.org	9643
Golf, Girls	Brodie Reid	breid@graniteschools.org	1027
Music, Instrumental	Adam Larson	alarson2@graniteschools.org	9663
Music, Vocal	Jay Gunderson	jdunerson@graniteschools.org	9654
Soccer, Boys	Shawn Kennedy	skennedy@graniteschools.org	9660
Soccer, Girls	Yamil Castillo	yamcast@att.net	0
Softball	Jamie Hayes	jjhayes@graniteschools.org	8018
Swimming, Boys	Joe Pereira	jpereira@graniteschools.org	9673
Swimming, Girls	Joe Pereira	jpereira@graniteschools.org	9673
Tennis, Boys	TBA		
Tennis, Girls	Heidi Schmauch	heidischmauch@hotmail.com	0
Track, Boys	Allen Hymas	ahymas@graniteschools.org	9657
Track, Girls	Tom Porter	tporter@graniteschools.org	9675
Volleyball	Jami Hutchins	lhutchins@graniteschools.org	6813
Wrestling	Syd Lott	slott@graniteschools.org	9691

Westlake High School - Thunder
 99 North Thunder (200 West) Blvd
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 801-610-8815 Fax 801-768-1068



Sport/Activity	Coach/Advisor	Ext.	E-Mail
Principal	Fred Openshaw	750	fopenshaw@alpinedistrict.org
Asst. Principal	Stacy Salmans	751	sdsalmans@alpinedistrict.org
Asst. Principal	Kristin Packer	752	kpacker@alpinedistrict.org
Asst. Principal	John Broadhead	753	johnbroadhead@alpinedistrict.org
Asst. Principal	Chad Wilson	754	chadw@alpinedistrict.org
Athletic Director	Michael O'Connor	414	mocconor@alpinedistrict.org
Activities/Athletic Coordinator	Sharon Mardesich	414	smardesich@alpinedistrict.org
Baseball	Ben Byrd	419	bbyrd@alpinedistrict.org
Boys Basketball	Craig McAfee	316	cmcafee@alpinedistrict.org
Girls Basketball	Weldon Wardle	429	wwardle@alpinedistrict.org
	Luke Jorgenson	404	ljorgenson@alpinedistrict.org
Cheerleaders	Whittney Byrd	OC	whitterk@gmail.co,
Cross Country	Boys:Aaron Robison	357	arobison@alpinedistrict.org
	Girls:Chad Durham	422	cdurham@alpinedistrict.org
Drill Team	McKenzie Stowell	354	mstowell@alpinedistrict.org
Football	Gary Clark	367	gclark@alpinedistrict.org
Boys/Girls Golf	Travis Reynolds	405	treynolds@alpinedistrict.org
Boys Soccer	Dan Watkins	OC	vvpizza@yahoo.com
Girls Soccer	Adam Brown	431	abrown@alpinedistrict.org
Softball	Kim Jex	430	kjex@alpinedistrict.org
Swimming	Jared Huff	428	jhuff@alpinedistrict.org
Boys/Girls Tennis	Carl Johnson	OC	cj_cycledude@hotmail.com
Boy's/Girl's Track	Andrew Fresques	367	afresques@alpinedistrict.org
Girl's Track	Aaron Robison	356	arobison@alpinedistrict.org
Volleyball	Wayne Wood	OC	wwood@ussynthetic.com
Wrestling	Cody Burdett	306	cburdett@alpinedistrict.org
Band	Brek Mangelson	300	bmangelson@alpinedistrict.org
Choir	Maureen Hatch	303	mhatch@alpinedistrict.org
Orchestra	John Taylor	301	jtaylor@alpinedistrict.org
Ballroom	Christian Bastian	416	cbastian@alpinedistrict.org
Drama	Amy Morrey	304	amorrey@alpinedistrict.org

GENERAL POLICIES

The following regulations pertain to more than one activity, and therefore are included at the beginning of the **Region VII** Activity Manual. Specific regulations for each sport or activity will be found with the **Region VII** schedule for that activity. All state wide regulations can be found in the UHSAA Handbook, or on the UHSAA website (www.uhsaa.org). It is the responsibility of all principals, coaches, moderators and participants to become thoroughly familiar with these regulations.

1. Admission Fees and Tickets

- A. \$4.00 for visiting high school students with activity cards and other school age children.
- B. \$5.00 for adults and high school students without activity card.
- C. \$20.00 family Pass (immediate family only) – limit six (2 adults, 4 children – ALL must be present to enter).
- D. Pre-season games are the same as A and B above.
- E. **Region VII** home games are free to home students with activity card (pre-season games are up to each school).
- F. Free to holder of **Region VII** and **UHSAA, Senior citizens** (62 or over), **cheerleaders and drill team** members in uniform and **student body officers**. Sweaters must be worn. Also **children** less than five years of age, accompanied by a parent.
- G. Tickets will be sold at time of event doors opening and sold throughout the 3rd quarter.
- H. When admission is charged for **Region VII** tournaments, the cost will be \$4.00 for students, \$5.00 for adults, and \$20.00 for a family pass (immediate family only) per day – limit six (2 adults, 4 children – ALL must be present to enter). Admission will be charged for region tournaments/meets for drill, track, swimming and wrestling.
- I. Sideline passes will be limited to individual schools discretion.
- J. All spectators will be charged at Region Tournaments.

2. Supervision of Region Activities, Tournaments and Meets

- A. Any school hosting a **Region VII** tournament or dual competition activity is responsible for providing adequate administrative supervision for the activity.
- B. The host school must have two school administrators at home varsity football and boys varsity basketball games. Visiting team must have an administrator. One administrator at boys/girls varsity soccer and girls varsity basketball. Administrators are to meet prior to the game and work out supervisory details. They are also to stay following the end of the event until the crowds have dispersed.
- C. It is the responsibility of the chairman of each individual activity to see that **Region VII** tournaments and meets are planned and well organized. It is the responsibility of the host school to provide adequate general supervision for the activity. If the host school is not the school of the chairman, there should be a clear understanding between the activity chairman and the host principal regarding the activity. In any case, the host school must provide general supervision for activities taking place in that school. Provide police and administrative supervision at the events and in the parking lots and possible trouble spots as identified by the local school plan.
- D. School administrators who are present at games agree to take immediate, definitive action towards disruptive or unsportsmanlike students or fans.
- E. No sitting or standing on the front rows in basketball.
- F. The host school will clearly define seating areas for both home and visiting students.
- G. If problems of a violent nature occur at any region site as a result of a school's failure to follow these recommended procedures or to provide proper supervision, the **Region VII** Board of Managers will take restrictive action against the offending school.

3. Accommodations for Visiting Teams

Dressing rooms should be appropriately prepared for visiting teams with a clean area, lockers, showers, and whiteboards. Towels will not be furnished to visiting teams by the host school. Visiting teams must bring their own towels if they desire to use them. All dressing room facilities must be left clean and orderly. The visiting head coach or designee will check facilities prior to departure. If a head coach receives a key to dressing room facilities from the home school, the key should be returned to the home school's head coach or designee. Locker room should be a secured room.

4. *Rules for Region VII Tournaments*

All **Region VII** tournaments will follow the same rules as UHSAA state rules. All expenses must be pre-approved by the **Region VII** Board of Managers for payment. Seeding meetings budget will be a onetime \$10.00 per **Head** coach.

5. *Officials*

Host Schools should provide for someone to meet officials and show them to their dressing rooms both before and after any event (and during halftime). Any misconduct of officials, including failure to show or tardiness is to be reported to the Arbiter in charge of the involved activity. A detailed report including names and improper conduct shall be submitted in writing to the **Region VII** Board of Managers, the UHSAA office, and the arbiter involved.

6. *Policies Relating to Student Behavior at Region VII Activities*

A. Bands & Drums:

- (1) A pep band may be provided by the host school only. During basketball games, pep bands are to play during regulation time-outs, quarters and half-times only. An advisor must always be present if a band is to perform
- (2) Drums are to be used only to play with the band, as part of an organized cheer or half time activity. Drums and any other instruments are not to be used indiscriminately as noisemakers or for drum rolls or instrumental fanfare after each basket.

B. Students Body Officers:

Student Body Officers are expected to demonstrate good sportsmanship and to welcome visiting officers to their school. Students Officers should be easily identifiable (sweaters, shirts, etc.) and available to help make interscholastic activities safe and successful.

C. Cheerleaders:

- (1) Cheerleaders of the host school should initiate a meeting with the guest cheerleaders immediately before the game. The two groups should work cooperatively together during the game. At basketball games, cheerleaders will occupy the space behind the basket closest to their student body.
- (2) All stunts and pyramids must be in accordance with ***risk management policies***. Visiting team cheerleaders will not conduct any stunting or tumbling at basketball games.
- (3) No children are to be used in cheerleading activities. Separate half-time activities are to be approved by the school principal.
- (4) Cheerleaders should encourage good sportsmanship at all times. Each student body is to exhibit good sportsmanship. The administration and advisors are, in the interest of proper education, to stress positive sportsmanship and do all in their power to eliminate booing, catcalls, or unsportsmanlike behavior. No cheering is to be derogatory or obscene.
- (5) Cheerleaders and/or mascots are to refrain from conducting cheers or stunts during free throws.
- (6) Megaphones may be used by cheerleaders at football games, and only for communicating with the cheering section. Megaphones may not be used at basketball games. "Refer to the UHSAA Handbook for other activities"
- (7) No electronic cheering methods will be allowed.
- (8) A supervisor must be present when cheerleaders perform.
- (9) The cheerleading and team members must attend the Utah School Board's Risk Management Clinic in the spring.
- (10) Cheerleaders must split the key throughout the entire basketball game.
- (11) Cheerleaders must follow the National Federation Spirit Safety Rules in order to qualify for catastrophic insurance.
- (12) The throwing of any unapproved objects, including confetti, torn paper scraps, crepe paper, toilet tissue, candy, etc., is not allowed.

- (14) In the chart, only those items marked “YES” will be allowed as fan/spectator sport items at all region contests. It is recommended that schools follow these regulations during the regular season and in Region Tournaments. Sportsmanlike vocal cheering and support from each bench are always encouraged.

The items indicated on this chart are the regulations for spectators.

	Baseball	Basketball	Cross Country	Drill Team	Football	Golf	Soccer	Softball	Swimming	Tennis	Track & Field	Volleyball	Wrestling
Wall banners except for welcome or corporate sponsors	N	N	N	N	N	N	N	N	N	N	N	N	N
Confetti/shredded paper	N	N	N	N	N	N	N	N	N	N	N	N	N
Hand-held signs of any size	N	N	N	N	N	N	N	N	N	N	N	N	N
Laser light/pointer	N	N	N	N	N	N	N	N	N	N	N	N	N
Miniature sports balls thrown into crowd	N	N	N	N	N	N	N	N	N	N	N	N	N
Megaphones	Y	N	Y	N	Y	N	Y	Y	N	N	Y	N	N
Artificial noise makers (horns, cowbells, bells, buzzers, clickers)	N	N	Y	N	Y	N	Y	N	N	N	N	N	N
Whistles	N	N	N	N	N	N	N	N	N	N	N	N	N
Shirts on fans	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Pom-poms, shakers, spirit towels	Y	Y	Y	N	Y	Y	Y	Y	N	Y	Y	N	N
Recorded music over PA w/approval only	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
School bands	N	Y	N	N	Y	N	N	N	N	N	N	N	N
Air horns/sirens	N	N	N	N	N	N	N	N	N	N	N	N	N

D. Pre-Game, Half-time, and Post-game Activities:

- (1) The starting line-up may be introduced prior to the activity. A well-planned flag ceremony may be presented.
- (2) All activity should come to a halt immediately when the flag ceremony begins. Head gear should be removed. Activity should remain suspended until flag ceremony is over. Starting line-ups may be introduced following the flag ceremony. All pre-game activities must be concluded before the official time of the event.
- (3) Visiting teams are expected to exit the field/stadium/court to load their busses in and expedient manner.
- (4) The announcer should call everyone to attention as the flag enters. The announcer should be objective and impartial announcing a game.
- (5) Football half-time: Half-time entertainment has ten minutes which includes time to get on and off the field. Exceptions can be made by mutual agreement for special occasions.
- (6) Any special pre or post game activities by the home school must be communicated to the visiting school’s coaches and administration prior to the game. Any senior recognition at end of season cannot delay start of game.
- (7) Basketball half-time: Maximum of seven minutes for half-time entertainment which includes time to get on and off the floor. Exceptions can be made for special occasions.

- (8) The host school drill team or cheerleaders may use pom-poms if the floor is swept after each use, or at the earliest convenient time.
- (9) A supervisor must be present when student groups perform.
- (10) Coaches are responsible for the conduct of their athletes. No activity will be conducted to belittle or humiliate opponents, including organized post-game demonstrations on the floor, field or in the stands. Teams will leave the field or floor immediately after the game ends. Infractions will be referred to the **Region VII** Board of Managers.
- (11) There should be no post game demonstrations by either team on the floor/field at the end of the game until the visiting team has left the floor/field. Any and all activities must have the approval of the school administration.

E. Spectator Conduct/Sportsmanship:

- (1) Encourage student groups to initiate sportsmanlike activities during the season.
- (2) Other than authorized spirit groups (cheerleaders, drill team), no spectators will be allowed on the field or floor during game time, between quarters, half-time or post game. (Until visiting team exits the floor/field).
- (3) No spectator is permitted to have noisemakers such as bells, sirens, horns, drums, and megaphones. Refer to the UHSAA Handbook (under Information – Spectator Support Items).
- (4) The throwing of any objects, including confetti, torn paper scraps, crepe paper, toilet tissue, etc., is not allowed.
- (5) Visiting schools are not to conduct any type of post-game activities.
- (6) The use of negative or insulting chants is not to be used.
- (7) For reasons of student safety and I.D. purposes, student will not be allowed to have **facial masks**. The school administration is responsible to enforce this rule.
- (8) Shirts must be worn at all times. Any prop or attire that promotes unsportsmanlike behavior is prohibited.
- (9) All laser pens are prohibited.
- (10) “**Region VII** Spectator Support Items” – Refer to the UHSAA Handbook (under Information – Spectator Support Items).

F. Banners and Signs:

- (1) No negative banners or posters of any nature will be displayed in the area of competition. A sign welcoming the visiting team is encouraged.
- (2) A sign of a positive nature on the football field at the beginning of the game and at half-time for the home teams to run through will be allowed.
- (3) All banners will be used by the Cheerleaders and mascots only.
- (4) No spectator hand-held banners or signs, in the crowd.
- (5) Each school may have one School Banner at the **Region VII** Championship Meet. The maximum size for this banner is 5’X 8’. No other signs or banners will be allowed at Region site.

7. UHSAA Sportsmanship Policy

A. Sportsmanship Conduct:

- (1) INTRODUCTION – The effective Utah secondary school should support both an academic program and an activities program. The programs should do more than merely coexist, they should be integrated and support each other in “different” arenas. The concept of “sportsmanship” should be taught, modeled, expected, and reinforced in the classroom and in all competitive activities.
- (2) PHILOSOPHY – Activities are an important aspect of the total education process in Utah schools. They provide an arena for participants to grow, to excel, to understand and to value the concepts of SPORTSMANSHIP and teamwork. They are an opportunity for coaches and school staff to teach and model SPORTSMANSHIP, to build school pride, and to increase student/community involvement; which ultimately translates into improved academic performance. Activities are also an opportunity for the community to demonstrate its support for the participants and the school, and to model the concepts of SPORTSMANSHIP for our youth as respected representatives of society. Sportsmanship is good citizenship in action!
- (3) **REGION VII SPORTSMANSHIP CODE OF CONDUCT**

(This statement should be read prior to every **Region VII** event where there is a public address system available)

Ladies and Gentlemen, **Region VII** is proud to sponsor this Game (event) today between _____ and _____ high schools. It is our mission to encourage the highest in athletic and sportsmanship standards. All players, coaches, students, and other spectators are expected to be courteous to their opponents, their fans, and their cheerleaders. **Region VII** prohibits any spectator on the playing surface before, during, or after any contest. Violation of rule will result in sanctions against the offending student and/or the school. All are expected to be respectful to officials' decisions, and to display appreciation for good performance regardless of the team. Enjoy the game (event) and represent your school with dignity.

** Please refer to the "Raise The Bar" Program at UHSAA.ORG*

B. General Sportsmanship Guidelines

SPORTSMANSHIP is a way of thinking and behaving. The following sportsmanship policy items are listed below for clarification:

- (1) Be courteous to all (participants, coaches, officials, staff, and fans).
- (2) Know the rules. Abide by and respect officials' decisions.
- (3) Win with character and lose with dignity.
- (4) Display appreciation for good performance regardless of the team.
- (5) Exercise self-control and reflect positively upon yourself, the team, and the school.
- (6) Permit only positive sportsmanlike behavior to reflect on your school or its activities.
- (7) If flagrant violence occurs in any event in which a **Region VII** school is participating, the Region Board of managers (principals) will review the incident upon request and on a case by case basis to determine possible consequences to participants(s) that are involved. These consequences may result in, but not be limited to, suspension from events(s), suspension for the entire season, and/or may include other consequences as determined by the Region Board of Managers.

C. Unsportsmanlike Ejections and Fighting Policy – Appeals Process

See the Utah High School Activities Association HANDBOOK p. 45.

7. Policies Relating to Coach, Student, and Spectator Behavior in Region VII Activities

A. Sportsmanship

- (1) Administrators, teachers, coaches, and all participants should emphasize sportsmanship in any pre-season, region, or state competition.
- (2) Unsportsmanlike behavior policy:
Any coach, player or bench personnel ejected for unsportsmanlike behavior shall be suspended from the next regularly scheduled game at that level of play (varsity, JV, etc.) and any intervening levels of play.
- (3) Sportsmanlike vocal cheering and support from each bench are always encouraged.

Examples:

- A. If ejected from a JV game, player or coach cannot participate in the following varsity game and the next JV game.

- B. If ejected from a varsity game, player or coach cannot participate in the following JV and the next varsity game. If the coach or participant is involved in a second incident/ejection, he/she will be suspended for the next two (2) regularly scheduled games. A third ejection would result in suspension for the remainder of that season. Ejection occurring on the final game of the season will carry over for all players or coaches to the first game of the succeeding season in that sport.
- C. If a player or coach is ejected from a contest for fighting or other violent behavior, that player or coach shall be suspended for not fewer than two (2) regularly scheduled games or contests at that level of play. In addition, the incident shall be reported to the school, district, and UHSAA which may impose additional penalties consistent with the school's disciplinary policies. Any coach that has been ejected must complete the online NFHS (nfhslearn.org) sportsmanship course, "Teaching and Modeling Behavior" There is a charge of \$20.00 charge the coach in violation will be responsible for.

8. Events Schedules

- A. All **Region VII** regularly scheduled events constitute a contract between schools. The failure of a team to participate in a scheduled contest without prior mutual consent and Board of Managers approval at all levels, including varsity, junior varsity, and sophomore, may result in a fine and forfeit assessed by the Board of Managers, plus the cost of any officials etc. to the affected schools. A contract with non-region schools is recommended.
- B. Any change of dates made after the printing of the **Region VII** Manual must be approved by the Region Board of Managers at least one week before the activity was originally scheduled unless a change is forced by justified conflict.
- C. All invitational meets, matches, or tournaments must be approved by the UHSAA thirty days prior to the activity. Appropriate fines will be assessed against a host school and others who participate in unsanctioned events.

9. Change of Times and Date

Both principals are to agree to the change before a change can occur. If the Board of Managers agrees on a change of time and date of an activity, the host school must notify the arbiter of the change in time for him/her to notify the officials. All officials (Varsity, J.V., Sophomore, and Freshman) will be arbitrated by UHSAA. Call changes to UHSAA offices. All costs associated with changing the time and date will be incurred by the school requesting the change. Weather related changes can be handled between head coaches, but no later than 1pm. The head coaches must notify the administration of the change. Next open available day shall be the makeup date for any weather related changes.

10. Breach of Contract/Failure to Participate

In case of breach of contract, the regional board of managers shall have authority to assess a fine against the offending coach and/or school. The fine shall be sent to the region chairperson, who shall remit that portion due to the offended school and deposit the balance in the regional treasury. In the event that the breach of contract occurs between schools of different regions, the regional boards of managers from the two regions shall resolve the case. The acceptance of a schedule of league games, pre-season or practice by the principals of the schools concerned shall be understood as constituting a contract. Any fines levied will be remitted to the region.

11. Game Starting Times and Participant Regulations

No sports activity may begin before 3:30 p.m., unless approved by the Board of Managers. However, varsity football may not start before 7:00 p.m. All other games shall start at 3:30 p.m. for the first contest of the day. Coaches need to make every reasonable effort to keep students in school. Any exceptions must be approved by the Board of Managers.

12. *Ties of Standing*

The tie-breaking procedure will be used for the following team sports: Baseball, Boys Basketball, Girls Basketball, Boys Soccer, Girls Soccer, Softball, and Volleyball. Football has exception to this tie breaker guideline, please refer to Football Guidelines.

If the tie does not involve a berth in the State Tournament play-offs, but involves only seeding in the playoffs between two or more teams, the tie will be broken in the following manner:

- A. Head to head league competition among the tied teams will be the first criteria used to determine seeding for the State Tournament Playoffs.
- B. If the tie or seeding cannot be resolved using the above method, the seed will be determined by the tied teams' record against teams with the highest finish in the Region. This process will continue down through the Region VII standings until the tie is broken and seeding is determined.
- C. If a tie still exists, a coin flip will determine placement/seeding.

If a tie occurs among teams involving a berth in the State Tournament play-offs, the tie will be broken by a play-off between the tied teams. The play-off will be played on a neutral site agreeable to all schools involved, on a day and time agreeable to all schools involved.

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 team. The play-off will be played on a neutral site agreeable to all schools involved, on a day and time agreeable to all schools involved.

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. The play-off will be played on a neutral site agreeable to all schools involved, on a day and time agreeable to all schools involved.

If there are three teams tied for two available spots (**The inter-region play-in game is considered a seed for the state tournament**). 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 team. The play-off will be played on a neutral site agreeable to all schools involved, on a day and time agreeable to all schools involved.

13. *Moratorium*

A fine and/or additional penalties may be determined by the Board of Managers for any team that is in violation of the designated days for moratorium of practice and play. (Reference the UHSAA handbook.)

14. *Fine for Violations*

A fine may be assessed for a violation of region rules as determined by the **Region VII** Board of Managers.

15. *Seeding Meetings or Other Meetings*

Administrator assigned to the activity must be in attendance and oversee the meeting. Any expenses that are expected to be paid by **Region VII** should be pre-approved by the Board of Managers. Expenses for meetings or other activities may not exceed \$10.00 per head coach; one coach per school is allowed to attend without prior approval from the **Region VII** Board of Managers. Expenditures above this limit must have prior approval by the Region Board of Managers.

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

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

- A. No student who is ineligible for a grading period should represent the school in any pre-season or practice contests with Varsity, Junior Varsity, sophomore or freshman teams.
- B. Eligibility under this rule is determined when grades are posted. Grades are "posted" when the school registrar enters all grades electronically and are available to students, parents and teachers. In no case may the posting date be more than 5 school days following the last day of the grading period. Grade changes after that time cannot restore lost eligibility, except for a documented clerical error.
- C. An incomplete (I), no grade (NG), or no credit (NC) is considered a failure until the grade is made up.
- D. The final grading period is defined as the date report cards are posted by the school for the last grading period of the school year.
- E. A student enters high school when he/she enters the 9th grade regardless of whether the 9th grade is in the high school or a separate junior high school. This means that all 9th or 10th grade students must not have failed more than one class the previous grading period and have a GPA 2.0 or higher.
- F. The word "represent" shall be as defined below. Any violator of the Scholastic Eligibility Bylaw shall not:
 - (1) Be in uniform on competition night.
 - (2) Warm-up with the team.
 - (3) Sit on the bench with the team.
 - (4) Be listed on the program roster.
 - (5) Be introduced as a member of the team.

The above student/participant may, however continue to practice with his/her team upon approval of school administration.

- G. For purposes of academic eligibility a maximum of three (3) make up courses may be taken. Community school classes, electronic classes or summer school classes, etc. will not constitute the previous term, but may be used for makeup. Summer is not a term. The "previous term" refers to the terms of the regular school year. For academic eligibility purposes, In order to replace the deficiency obtained during the final grading period, the new grade must be earned in the same subject area and must come from a summer program that has been approved by the school district, charter or private school. TA letter grades with the exception of failing grades will not be calculated as a part of a student's GPA in determining eligibility.

17. Coaches

- A. Coaching behavior on the bench is reflected in student behavior. It is the responsibility of the principal to direct the coaching staff to be examples of good sportsmanship at all times.
- B. Coaches will behave with good sportsmanship towards officials before, during or after any contest. Any complaints or protests in regard to officiating will be made with the approval of the principal of the school.

18. Duties of Region VII Activity Chairpersons (Administrator)

- A. Conduct all meetings pertinent to respective activity
 - (1) Attends, coordinates and presides over all seeding meetings.
- B. Activity Chair is in charge of all finances:
 - (1) Pay bills through host school or assigned school
 - (2) Prepares financial statement
 - (3) Sends bill to Region Chair
- C. Coordinates and manages all **Region VII** competitions and tournaments of respective activity
- D. Be direct liaison to **Region VII** Board of Managers
- E. In charge of Region Tournament and attends Region Tournament

19. Duties of Region VII Coach/Advisor Reps (Coach)

- A. Select and honor respective **All Region VII** teams where applicable
- B. Be responsible for all awards, trophies, medals, etc., pertinent to respective activity
- C. Will assist in All-Region and Academic All-Region selection meetings

20. Undue Influence Rule

- A. The use of undue influence by any person, connected or not connected with a member school, to secure the transfer of a student to a member school for the purpose of participation in association athletic activities shall cause the student to be ineligible for a period of one (1) year and may result in penalties to the member school.
- B. Undue influence accusations will be heard by the Region Board of Managers. If necessary, appropriate disciplinary actions will be taken. Further violations by a school will result in severe disciplinary actions.
- C. If there is clear evidence that a coach has violated the Undue Influence Rule of the By-Laws section 9 of the UHSAA Manual, he/she may appear before the Region Board of Managers and may, under the direction of the UHSAA, receive any or all of the following for the first violation: a letter of reprimand, suspension and/or fine.
 - (1) If a coach is proven to have violated the Undue Influence Rule a second time, the coach may be suspended a minimum of three contests or one half of the remaining region schedule (whichever is the greater).
 - (2) A third violation may result in suspension for the remainder of the current season.

21. Penalties

Upon having knowledge of an infraction of a rule or policy **Region VII** may initiate action, and may consider any of the following penalties:

- A. Forfeiture of contest(s).
- B. Reprimand by official letter to individual(s) and/or school in regard to the offense committed with a warning to correct situation(s).
- C. Probation of individual(s) and/or school by official letter advising parties of the probationary status and the conditions of the probation.
- D. Restriction which would restrict individual(s) and/ or school in region, group or state activities.
- E. Suspension would result in dropping the school from membership in Region activities for a specific time period.
- F. Fines to the coach, principal and/or school may be assessed.

22. Miscellaneous

- A. Awards are to be given according to the published **Region VII** format. No additional awards will be allowed unless pre-approved by the Board of Managers.
- B. All personnel on the sidelines at any games will be monitored and controlled by the school administration or police officers.

23. Number of Games

Teams which exceed the number of games allowed in any season may forfeit from their region schedule the number of games exceeding the limit. Forfeited game(s) may be subtracted from the region win/loss record of the offending school. For each extra game, one win may be subtracted from the record and one loss may be added. Other sanctions may be taken by the **Region VII** Board of Managers.

Contest Limitations

- A. Any meet, game or competitive activity in which one (1) or more students participate counts toward the contest limitations listed for that activity.
- B. The following contest limitations apply from the starting date until post-season play for all levels of competition; i.e., varsity, JV, sophomore and freshmen. (Region tournaments are considered post-season.)

BASEBALL.....	Twenty-two (22) See UHSAA tournament exceptions.
BASKETBALL (Boys' and Girls')...	Twenty (20) games (plus an endowment game)
CROSS COUNTRY.....	Twelve (12) with Region and State
DRILL TEAM.....	Three (3) competitions (does not include region or state)
FORENSICS/DEBATE.....	Ten (10) meets per individual
FOOTBALL.....	Nine (9) games (plus an endowment game)
GOLF.....	Fourteen (14) meets
MUSIC.....	Four (4) contests (state)
SOCCER (Boys' and Girls').....	Sixteen (16) games
SOFTBALL.....	Twenty-two (22) games
SWIMMING (Boys' and Girls').....	Fourteen (14) meets
TENNIS (Boys' and Girls').....	Fourteen (14) matches. The number of matches counted for a tennis tournament shall be equal to the number of days scheduled for the tournament: e.g., a one (1) day tournament shall count as one (1) match, and a two (2) day tournament shall count as two (2) matches, etc.
TRACK (Boys' and Girls').....	Twelve (12) meets (state no more that 6 qualifying)
VOLLEYBALL.....	Fourteen (14) matches and two (2) tournaments with the following guidelines for the tournaments: no more than nine (9) total matches in a tournament; no more than seven (7) matches in a given day; tournaments may not exceed three (3) days.
WRESTLING.....	Twenty four (24) matches per wrestler; eight (8) team tournaments count as three (3) matches; tournaments with more than eight (8) teams count as four (4) matches; dual meets count as one (1) match; all take down tournaments count as three (3) matches.

Trophies and Awards

Baseball	One (1) Region Trophy
Basketball (Boys and Girls)	One (1) Region Trophy each
Cross Country (Boys and Girls)	One (1) Region Meet Trophy each Runners 1-7 “1 st all region” Medals Runners 8-14 “2 nd all region” Medals 10 Certificates for JV places 1-10
Drama	Six (6) 4x6 Plaques—Outstanding/ Performances/in Region/ One-Acts” Six (6) 4x6 Individual Acting Awards for “Straight/Superior/in Region /One Acts” 150 Individual medals (no year) for “Superior Performance” at Region VII Drama Festival
Drill Team	One (1) Region Trophy Plaques (8x10)—1 st , 2 nd and 3rd place in each category: dance, military, and character Five (5x7) Drill Down medals for 1 st -5 th place
Football	One (1) Region Trophy
Forensics/Debate	Each medal will say “Superior” and will be given to students in the top five places in each event. The following number of medals will be needed:
	<ul style="list-style-type: none"> • Ten (10) Policy Debate Medals, places 1 – 5 (two medals for each place) • Five (5) Lincoln-Douglas Debate Medals, places 1 – 5 • Ten (10) Public Forum Debate Medals, places 1 – 5 (two medals for each place) • Five (5) Original Oratory Medals, places 1 – 5 • Five (5) Impromptu Speaking Medals, places 1 – 5 • Five (5) Foreign Extemporaneous Speaking Medals, places 1 – 5 • Five (5) National Extemporaneous Speaking Medals, places 1 – 5 • Five (5) Student Congress Medals, places 1 – 5
	Twenty (20) additional medals will be provided for possible ties in any or all events.
Golf (Boys & Girls).....	One (1) Region Trophy 20 medals – “Region 7” on one side; “low medalist” on the other side 10 for Varsity & 10 for JV
Music	Certificates for Superior (I) Ratings in Band, Orchestral Large Choir, Madrigals, and Jazz Band Certificates for Superior Ratings at Solo and Ensemble Festival Outstanding Solo and Section Awards presented at Jazz Festival
Soccer (Boys and Girls)	One (1) Region Trophy each
Softball	One (1) Region Trophy
Swimming (Boys and Girls)	One (1) Region Trophy each 48 Medals each (boys & girls) for places 1 st – 6 th Individual events. 36 Medals each (boys & girls) for places 1 st -3 rd relay events.
Tennis (Boys and Girls)	One (1) Region Trophy each 28 Medals for girls and 28 Medals for boys Medals: 1st – 4th place in 5 categories: 1st singles; 2nd singles; 3rd singles; 1st doubles; 2nd doubles
Track (Boys and Girls)	One (1) Region Trophy each Medals for places 1st – 6th individual events Medals for places 1 st -3 rd in relay events Ribbons for JV places 1st – 6th Individuals and 1st place relays
Volleyball	One (1) Region Trophy
Wrestling	One (1) Region Trophy Varsity Medals, 1st – 6th place, Outstanding Wrestler for Upper & Lower Weights (paid by region VII coaches) Certificates for JV

Academic All-Region Certificates are the responsibility of the **Region VII** Chair Person.

BASEBALL GUIDELINES & SCHEDULE

Region Chairman: **Lynn Allred**

Starting Date: **February 25, 2013**

Inter-Region Playoffs: **May 14-15, 2013**

State Tournament: **May 20-24, 2013**

Academic All-State Accepted Between: **March 26-April 16, 2013**

Eligibility List Due: **March 8, 2013**

- 1) The first practice game may be held on or after March 4, 2013
- 2) All varsity and J.V. league games will begin at 3:30 p.m. The days that there are J.V./Sophomore Doubleheaders will begin at 3:30. All other games at 3:30 pm. Each team pays for one sophomore umpire to balance the cost.
- 3) Each Team will be allowed 15 minutes for warm-up and infield practice.
- 4) All league games (Varsity and Junior Varsity) will be played on the date and time scheduled, depending upon weather and field conditions. Each postponed game must be made up in the order of the postponement. A postponed game will be made up on the first available date. J.V. games will be “bumped” from the calendar to allow the Varsity game, at either field or a neutral site as agreed mutually by the coaches. During the first round of region play, a postponed game will be made up by “flip-flopping” the schedule and playing at the visiting team’s field, if that is playable. The visiting team will reverse the schedule for the second round. During the second round, a postponed game will be made up on the first available date at the home field or another site if agreed upon mutually by the coaches. In the event of a postponed game because of bad weather, it will be the responsibility of the home team coach to notify the visiting school and the officials. This should take place by 1:00 p.m. It is the responsibility of both coaches to communicate with each other in the process of rescheduling games for the next available date.
- 5) Any game(s) not made up on the next available date will result in a forfeit for one or both teams, depending on the offending team(s). Both coaches will be consulted to determine the offending team. No team will be made to play five (5) games in a week, unless they choose to do so. Four (4) games in a week will be required if necessary, as defined by UHSAA (Sunday to Sunday).
- 6) When a game is “called” because of darkness or weather, etc., in the first round, the game will be resumed as the preliminary scheduled game of the two teams in the second round. In the second round, the game that is “called” will be resumed on the next available date, excluding J.V. league games. The home field coach will be responsible for notifying all those involved: umpires, principals, and coaches.
- 7) The recommendation of UHSAA on number of innings pitched per week will be followed. (Currently 14 innings)
- 8) Teams will redraw every year for scheduling purposes.
- 9) Region Trophy to first place in regular region play. No medals.
- 10) Please refer to “General Policies” in the **Region VII** Handbook for all other **Region VII** rules, and the UHSAA Handbook for all UHSAA rules.
- 11) In the event of a tie (3 for 2 spots), the winner of the flip gets the last seed, the other two play off for the higher seed – a seven inning game.

8.15.12 FINAL

- 12) In the event of a tie (for 1 spot), the winner of the flip sits out, the other two play a five inning game, the second game immediately after. The winner plays the team that sat out – a five inning game.
- 13) Games may be changed for tournament travel upon agreement between both coaches. The team requesting the change will play on the date and the time chosen by the other team. In the event that coaches cannot agree, then we will refer to the Region handbook, rule #12.
- 14) All JV and sophomores will play double headers starting at 3:30.

2013 Region 7 Baseball Schedule

Week 1

April 9	April 10	April 12
Skyline vs Herriman	Skyline @ Herriman	Skyline vs Herriman
Hillcrest vs Olympus	Olympus @ Hillcrest	Hillcrest vs Olympus
Murray vs Westlake	Murray @ Westlake	Murray vs. Westlake

Week 2

April 16	April 17	April 19
Hillcrest vs. Herriman	Hillcrest @ Herriman	Hillcrest vs Herriman
Olympus vs Murray	Olympus @ Murray	Olympus vs Murray
Westlake vs Skyline	Westlake @ Skyline	Westlake vs Skyline

Week 3

April 23	April 24	April 26
Murray vs Herriman	Murray @ Herriman	Murray vs Herriman
Skyline vs Hillcrest	Skyline @ Hillcrest	Skyline vs Hillcrest
Olympus vs Westlake	Olympus @ Westlake	Olympus vs Westlake

Week 4

April 30	May 1	May 3
Westlake vs Hillcrest	Westlake @ Hillcrest	Westlake vs Hillcrest
Herriman vs Olympus	Herriman @ Olympus	Herriman vs Olympus
Murray vs Skyline	Murray @ Skyline	Murray vs Skyline

Week 5

May 6	May 7	May 8
Herriman vs Westlake	Herriman @ Westlake	Herriman vs Westlake
Hillcrest vs Murray	Hillcrest @ Murray	Hillcrest vs Murray
Olympus vs Skyline	Olympus @ Skyline	Olympus vs Skyline

Region winner trophy (Teams who tie will receive a trophy)

Baseball 2013 Region VII Junior Varsity / Sophomore Schedule

Junior Varsity

March 5th

Skyline @ Herriman
Hillcrest @ Olympus
Murray @ Westlake

March 12th

Hillcrest @ Herriman
Murray @ Olympus
Skyline @ Westlake

March 19th

Murray @ Herriman
Skyline @ Hillcrest
Olympus @ Westlake

March 26th

Westlake @ Hillcrest
Herriman @ Olympus
Murray @ Skyline

April 2nd

Herriman @ Westlake
Murray @ Hillcrest
Olympus @ Skyline

April 8th

Skyline @ Herriman

*April 9th and 12th

Herriman @ Skyline
Olympus @ Hillcrest
Westlake @ Murray

April 15th

Westlake @ Skyline

*April 16th and 19th

Herriman @ Hillcrest
Murray @ Olympus
Skyline @ Westlake

April 22nd

Skyline @ Hillcrest

*April 23rd and 26th

Herriman @ Murray
Hillcrest @ Skyline
Westlake @ Olympus

April 29th

Murray @ Skyline

*April 30th and May 3rd

Hillcrest @ Westlake
Olympus @ Herriman
Skyline @ Murray

May 5th

Olympus @ Skyline

*May 6th and 8th

Westlake @ Herriman
Murray @ Hillcrest
Skyline @ Olympus

Sophomore

March 5th

Skyline @ Herriman (6:00)
Olympus @ Hillcrest
Westlake @ Murray

March 12th

Herriman @ Hillcrest
Olympus @ Murray
Skyline @ Westlake (6:00)

March 19th

Herriman @ Murray
Skyline @ Hillcrest (6:00)
Westlake @ Olympus

March 26th

Hillcrest @ Westlake
Olympus @ Herriman
Murray @ Skyline (6:00)

April 2nd

Westlake @ Herriman
Murray @ Hillcrest
Olympus @ Skyline (6:00)

April 9th

Hillcrest @ Olympus
Murray @ Westlake

April 16th

Hillcrest @ Herriman
Olympus @ Murray

April 23rd

Murray @ Herriman
Olympus @ Westlake

April 30th

Westlake @ Hillcrest
Herriman @ Olympus

May 6th

Herriman @ Westlake
Hillcrest @ Murray

Notes:

Junior Varsity and sophomore Games are double Headers in March (Opposite Sites-3:30 Start).

During the region Season, Sophs play opposite of the Varsity for double header on Tuesday.

During the region season, JV plays Tuesday and Friday after Varsity.

If a coach would like to change games, you have to get the approval from BOTH coaches.

You have the option of changing to Monday, Thursday, or Saturday.

Teams follow the varsity schedule, and play two games a week during region play.

Varsity Games could bump Junior Varsity and sophomore games during the week

**GOOD LUCK
THIS YEAR
GENTLEMEN!**

BOYS BASKETBALL GUIDELINES & SCHEDULE

Region Chairman: **Mark Manning, Olympus**

Starting Date: **Monday, November 5, 2012**

State Tournament: **Feb. 26-Mar. 2 @ Weber State**

Academic All-State Accepted Between: **Dec. 11, 2012 – Jan. 15, 2013**

Eligibility List Due: **November 30, 2012**

- 1) Games will be played on: Tuesday and Friday's at the following times:
 - Sophomore – 3:30 pm
 - Junior Varsity – 5:15 pm
 - Varsity – 7:00 pm
- 2) Halftime for basketball will last ten (10) minutes. Halftime activities must be kept to seven (7) minutes. Minor variations can be made with mutual consent of schools involved.
- 3) Spalding is the designated ball for both Boys' and Girls' State Tournaments. Use of this ball is recommended for **Region VII** games.
- 4) UHSAA Moratorium dates are Nov. 24 -27, 2011; Dec. 23-27, 2011 and Jan. 1, 2012. No games or matches or practices may be held during these designated times. A school is assessed \$200.00 fine if found in violation of the moratorium.
- 5) Pre-season game times and dates are site-based decisions. As a courtesy, copies of schedules and team rosters shall be emailed to each **Region VII** Athletic Director by Nov. 15, 2011.
- 6) In the event of a tie, the **Region VII** tie breaker rule applies.
- 7) Teams may film their own games; however, no filming of opponents is allowed at any level.
- 8) General courtesies recommended for games and are as follows:
 - A. Each school shall provide the visiting team with a secure, clean locker room, a writing board, and an area for private discussion during halftime. Accessibility to a taping table is encouraged.
 - B. If pre-game activities are expected to run longer or they are different than normal, a schedule of the events (including the flag ceremony and introduction of players) shall be provided to coaches and referees.
 - C. **5 Minute Courtesy Rule:** At the conclusion of each game, there is to be 5 minutes put on the time clock between games to have the team playing in the previous game clear the bench, allow teams to exit, the floor to be swept, etc. During this 5 minutes there is to be NO ONE on the floor.
- 9) Each school is responsible for providing a dressing room and private discussion area for officials.
- 10) The start times and dates can be changed only by mutual consent of both teams involved and approval by the **Region VII** Board of Managers. If a game time or date is changed, it is the responsibility of the home to notify the arbiter.
- 11) Selection of All-Region Teams takes place in a meeting of coaches under the direction of the Region Chairperson. An open format, to be decided by the coaches, determines the method of selection. All-Region academic certificates are awarded to senior athletes with a cumulative 3.75 GPA. Coaches shall provide names to the Region Chairperson at the All-Region selection meeting.
- 12) A Region VII trophy will be awarded to the first-place team based on winning percentage. Teams tied for first with the same winning percentage will be named co-champions and will share the title and be seeded in the tournament based on the Region II tie breaker procedure. Each co-champion team will receive a first place trophy.
- 13) A representative of **Region VII** basketball coaches will keep an up-to-date record of region standings.
- 14) Please refer to "General Policies" in the **Region VII** Handbook for all other **Region VII** rules, and the UHSAA Handbook for all UHSAA rules.

BOYS BASKETBALL SCHEDULE 2012-2013

Friday Jan. 11

Westlake @ Herriman
Skyline @ Murray
Olympus @ Hillcrest

Tuesday January 15.

Murray @ Herriman
Olympus @ Westlake
Hillcrest @ Skyline

Tuesday Jan. 22

No games

Tuesday Jan 29

Skyline @ Herriman
Westlake @ Hillcrest
Murray @ Olympus

Tuesday Feb. 5

Herriman @ Murray
Westlake @ Olympus
Skyline @ Hillcrest

Tuesday Feb. 12

BYE

Tuesday Feb. 19

Herriman @ Skyline
Hillcrest @ Westlake
Olympus @ Murray

Friday Jan. 18

Herriman @ Olympus
Hillcrest @ Murray
Skyline @ Westlake

Friday Jan. 25

Herriman @ Hillcrest
Olympus @ Skyline
Westlake @ Murray

Friday February 1

Herriman @ Westlake
Murray @ Skyline
Hillcrest @ Olympus

Friday Feb. 8

Olympus @ Herriman
Murray @ Hillcrest
Westlake @ Skyline

Friday Feb. 15

Hillcrest @ Herriman
Skyline @ Olympus
Murray @ Westlake

GIRLS BASKETBALL GUIDELINES & SCHEDULE

Region Chairman: **Kael Ashton**

Starting Date: **Monday, Nov. 5**

Moratorium: **Nov. 22-25, Dec. 23-27, Jan. 1**

State Tournament: **Feb. 18-23**

Academic All-State Accepted Between: **Dec. 11- Jan. 15**

Eligibility List Due: **Nov.30th**

- 1) Games will be played on: Tuesday's & Friday's at the following times:
 - Sophomore –3:30pm
 - Junior Varsity –5:15 pm
 - Varsity –7:00 pm
- 2) Halftime for basketball will last ten (10) minutes. Halftime activities must be kept to seven (7) minutes. Minor variations can be made with mutual consent of schools involved.
- 3) Wilson is the designated ball for both Boys' and Girls' State Tournaments. Use of this ball is recommended for **Region VII** games.
- 4) UHSAA Moratorium dates are Nov.22-25; Dec. 23-27 and Jan. 1. No games, meets matches or practices may be held during these designated times.
- 5) Pre-season game times and dates are site-based decisions. As a courtesy, copies of schedules and team rosters shall be emailed to each **Region VII** Athletic Director by Nov. 7.
- 6) In the event of a tie, the **Region VII** tie breaker rule applies.
- 7) Teams may film their own games; however, no filming of opponents is allowed at any level.
- 8) General courtesies recommended for games and are as follows:
 - A. Each school shall provide the visiting team with a secure, clean locker room, a writing board, and an area for private discussion during halftime. Accessibility to a taping table is encouraged.
 - B. If pre-game activities are expected to run longer or they are different than normal, a schedule of the events (including the flag ceremony and introduction of players) shall be provided to coaches and referees.
 - C. **5 Minute Courtesy Rule:** At the conclusion of each game, there is to be 5 minutes put on the time clock between games to have the team playing in the previous game clear the bench, allow teams to exit, the floor to be swept, etc. During this 5 minutes there is to be NO ONE on the floor.
- 9) Each school is responsible for providing a dressing room and private discussion area for officials.
- 10) The start times and dates can be changed only by mutual consent of both teams involved and approval by the **Region VII** Board of Managers. If a game time or date is changed, it is the responsibility of the home to notify the arbiter.
- 11) Selection of All-Region Teams takes place in a meeting of coaches under the direction of the Region Chairperson. An open format, to be decided by the coaches, determines the method of selection. All-Region academic certificates are awarded to senior athletes with a cumulative 3.75 GPA. Coaches shall provide names to the Region Chairperson at the All-Region selection meeting.
- 12) A Region VII trophy will be awarded to the first-place team based on winning percentage. Teams tied for first with the same winning percentage will be named co-champions and will share the title and be seeded in the tournament based on the Region II tie breaker procedure. Each co-champion team will receive a first place trophy.
- 13) A representative of **Region VII** basketball coaches will keep an up-to-date record of region standings.
- 14) Please refer to "General Policies" in the **Region VII** Handbook for all other **Region VII** rules, and the UHSAA Handbook for all UHSAA rules.

GIRLS BASKETBALL SCHEDULE 2012-2013

Tuesday Jan. 8

Skyline @ Herriman
Westlake @ Hillcrest
Olympus @ Murray

Tuesday Jan. 15

Herriman @ Murray
Olympus @ Westlake
Skyline @ Hillcrest

Tuesday Jan. 22

No Games

Tuesday Jan 29

Herriman @ Skyline
Hillcrest @ Westlake
Murray @ Olympus

Tuesday Feb. 5

Murray @ Herriman
Westlake @ Olympus
Hillcrest @ Skyline

Tuesday Feb. 12

Herriman @ Hillcrest
Olympus @ Skyline
Murray @ Westlake

Friday Jan. 11

Herriman @ Westlake
Murray @ Skyline
Hillcrest @ Olympus

Friday Jan. 18

Olympus @ Herriman
Murray @ Hillcrest
Westlake @ Skyline

Friday Jan. 25

Hillcrest @ Herriman
Skyline @ Olympus
Westlake @ Murray

Friday February 1

Westlake @ Herriman
Skyline @ Murray
Olympus @ Hillcrest

Friday Feb. 8

Herriman @ Olympus
Hillcrest @ Murray
Skyline @ Westlake

CROSS COUNTRY GUIDELINES & SCHEDULE

Region Chairman: **Stacy Salmans Westlake High School 801-610-8815 Fax 801-768-1068**

Region Meet: **Westlake High School Oct. 9th, 2012**

State Tournament: **Sugar House Park Oct. 17th, 2012**

Academic All-State Accepted Between: **Sept. 7th – 21st, 2012**

Eligibility List Due: **Friday Aug. 24th, 2012**

- 1) Cross country meets will begin at 3:30pm
- 2) The host school will designate a well marked course. Distances for quad meet courses will range from 3,000 to 6,000 meters.
- 3) Qualification for State finishers will qualify with UHSAA yearbook.
- 4) The winner of the region trophy will be determined by the team scores at the Region Meet.
- 5) Runners 1-7 will be awarded 1st team All-Region in Varsity and runners 8-14 will be awarded 2nd team All-Region in Varsity. These individuals will be awarded with medals. The Top 10 JV runners will be awarded with a certificate.
- 6) Two paid Officials will be arranged to start, score, and referee the Region Meet.
- 7) Each school will provide 3 adult volunteers for the Region Meet.
- 8) At tri and quad-meets, girls will run first, then boys, unless agreed upon ahead of time by all coaches involved.
- 9) Please refer to "General Policies" in the **Region VII** Handbook for all other **Region VII** rules, and the UHSAA Handbook for all UHSAA rules.
- 10) Region course:
Westlake High School and Vista Heights Middle School fields.
- 11) Each school will furnish their own stickers or tags for the tri/quad meets. Include athlete name and school.
- 12) The uniform rule will be in effect for all meets, with the exceptions of the pre-season time trials meet.
- 13) The **Region VII** Cross Country Championship meet will be held at Westlake High School on October 9th, Time:3:00pm.
- 14) Each individual may compete in a maximum of 10 meets plus Region and State.
- 15) Academic All-Region is for any senior that has a cumulative GPA of 3.75 or higher.
- 16) Pre-Region meet will be held at Westlake High School on August 30, 2011. The girls will race at 6:30pm and the boys will follow at 7:00pm.

DRAMA GUIDELINES & SCHEDULE

Region Chairman: **William Saxton**
Region One Act Play Tournament: **March 13, 2013 Murray High**
Region I.E. Tournament: **March 20, 2013 Westlake High**
State Drama Festival: **April 11-April 13**
Eligibility List Due **March 1, 2013**

- 1) Date and location for the Region Festival plays and the individual events will be determined at the annual spring planning meeting held in the preceding year. Festival plays and individual events are held during the month of March and April. State Drama Festival is usually held at a pre-determined high school on the third weekend of April.
- 2) Forty-five individual events, judges at \$50.00 each for three rounds. Three competition play judges at \$150.00 each. Mileage is at UHSAA rate.
- 3) The two schools hosting competition will each be paid \$150.00 to cover the cost of lamps, gels, custodial services, materials and printing.
- 4) AWARDS:
Individual Events: 150 individual medals. Inscription: "Superior Performance Region VII Drama Festival"
Plays: 6 - 4X6 plaques Inscription: "Outstanding Performance in Region One Acts" Awards to be decided by judges.
6 - 4X 6 plaques: Inscription: "Straight Superior in Region One Acts" Plaques to cover all straight superior plays and ordered after region play festival is complete.
- 5) QUALIFYING FOR STATE: Each school may send up to four (4) entries per individual event as constituted for that classification. All four entries could qualify for the state festival by achieving the following guidelines:
 - A. Individual entries must receive a rating (superior, excellent, good or fair) and will not receive a ranking at the region level.
 - B. Rating System: Any entry must receive at least two (2) superior ratings out of three to qualify for state.
 - C. Any entry receiving a straight superior rating (SSS) at region will receive a medal.
 - D. All festival plays receiving straight superior ratings OR one half of the numbers of festival plays presented at region drama festivals whichever is greater will qualify to perform in the state drama festival. In the case where fewer than half of the region festival plays receive straight superior ratings, the region play judges will determine the remaining plays to fill our region's allotment.
- 6) TEACHERS MEETING: All Region drama coaches may be asked to meet prior to the Region Festivals to discuss any business deemed necessary before the Region Tournaments begin. We will meet during the UTA conference on January 26th for dinner during the dinner break.
- 7) DOUBLE ENTERING: A participant may compete in one Individual Event (Scenes from Plays, Pantomime, and Monologues) and the Festival play and may therefore qualify for State in the Festival play and in an Individual Event.
- 8) Please refer to "General Policies" in the **Region VII** Handbook for all other **Region VII** rules, and the UHSAA Handbook for all UHSAA rules.

DRILL GUIDELINES & SCHEDULE

Region Chairman: **Susan Malone, Principal, Hillcrest High School**

Region Coaches Meeting: **Thursday, November 29, 2012 @ 3:30 pm, Hillcrest High ACR**

Region Competition: **Wednesday, January 23, 2013 @ Hillcrest High School**

State Competition: **Friday, February 1, 2013 @ Utah Valley University**

Academic All-State Accepted Between: **December 11 – January 8, 2013**

Eligibility List Due: **Friday, November 9, 2012**

- Region drill teams will follow the guidelines listed in the General Guidelines of the Region 7 manual.
 - Region drill team competition will be conducted under the rules and guidelines of the UHSAA competition regulations. The site for region drill team will be Hillcrest High School. The region tournament will begin at 5:00 pm.
 - Drill teams must follow the National Safety Guidelines in order to qualify for catastrophic insurance coverage.
 - The categories will be DANCE, MILITARY, and KICK. A team may enter three categories at the region level.
 - The team coach must attend a UHSAA clinic for coaches and judges prior to the region meet or complete the UHSAA drill team test.
 - Drill team coaches must attend a mandatory meeting prior to the Region Drill Team Competition on Thursday, November 29, 2012, at 3:30 pm at Hillcrest High School. If a school does not have a representative at this meeting, the school's team will be performing first in the military category. A pre-determined rotation that addresses all of the issues (first, middle and end) will be used. Each team will draw a number and will be placed in the performance schedule according to this pre-determined rotation. The order of events for the Region Tournament will be Military, Dance then Character.
 - An UHSAA certified judge would be utilized for the Region Tournament as competition director.
 - All coaches must submit the following information for the Region Program by Thursday, December 1, 2011.
 - Name of team
 - A team picture (high quality with sharp contrast) on CD in pdf format
 - Names of drill team members and officers
 - Names of the school administration and athletic director
 - All-region team names (three deserving drill team members, either seniors or second year members)
 - Academic all-region (names of all team members with a cumulative 3.75 GPA or higher)
 - Performing groups (i.e., cheerleading, dance, etc.) for the evening of region competition
- IT IS CRITICAL ALL NAMES ARE SPELLED CORRECTLY!**
- Drill teams will have twenty (10) minutes of floor time on the day of competition at the host school and one hour session on Monday, January 21, 2013 (Martin Luther King, Jr. Day).
 - Each drill team coach will model sportsmanship to the members of all teams and parents. At region, the state sportsmanship rule will apply.
 - No males or parents will be allowed in the dressing rooms or team rooms during Region Competition. Only coaches will be allowed in the dressing area. Only parents may deliver flowers, notes and treats to their girls at the conclusion of the Region Meet.
 - Moratorium/Dead time: A mandatory dead time period must be scheduled for the summer and two (2) additional weeks must be scheduled after the season. The Thanksgiving and winter moratoriums must be followed. Teams not abiding by the moratorium will face region and state sanctions.
 - Drill team qualification standards for State will be according to the UHSAA guidelines. In an event of a tie, tie-breaking procedures will be followed as outlined in the State Handbook.

Region Competition Awards:

The following awards will be presented at the Region Drill Team Competition:

- A region trophy will be presented to the Region Championship team.
- Plaques will be awarded to 1st, 2nd, and 3rd place winner in each category.
- Medals will be awarded to the 1st-5th place winners of the Drill down Competition.

Coaches requested 1-4th place plaques in each event (and prefer the plaques are different than the Josten's plaques).

FORENSICS/DEBATE GUIDELINES & SCHEDULE

Region Chairman: **Stacy Evans, Herriman High School**

Region Registration Deadline: **February 15, 2013**

Region Meet: **February 23, 2013**

State Meet: **March 8 – 9, 2013**

First Forensics Meet May Be Held: **Designated by UHSAA**

1) Region Format

A. Number of Contestants:

1. Policy Debate - Four Teams
2. Lincoln-Douglas - Four Contestants
3. Public Forum - Four Teams
4. Foreign Extemporaneous - Three Contestants
5. National Extemporaneous - Three Contestants
6. Original Oratory - Three Contestants
7. Impromptu - Three Contestants
8. Student Congress - Three Contestants

All events will count toward the region trophy. The breakdown for events is as follows:

Debate Events: Policy, Lincoln-Douglas, Public Forum, Student Congress

Individual Events: Original Oratory, Impromptu, Foreign Extemporaneous, National Extemporaneous.

All events will be held on Saturday. The tournament will alternate between debate events and individual events every other round. Contestants may enter at most 1 Debate Event and 1 Individual Event. Each team will be limited to a maximum of five double-entered contestants.

2) Judges Requirements

A. Judging requirements are as follows:

- One judge per two policy teams, or fraction thereof.
- 1 judge per three public forum or LD entries, or fraction thereof. (A team bringing a full slate of PF and LD entries must bring 3 total PF/LD judges.)
- One judge for every five IE competitors or fraction thereof.
- One Congress judge for each school with Student Congress.
- Schools must bring sufficient judges to cover their largest judge requirement, whether that be debate or individual events. If these judges can judge both individual and debate events, no further judges will be required. (Schools that bring a full slate will need 2 CX judges, 3 PF/LD judges, 1 Congress judge. If these judges can also judge individual events, no further judges will be needed.)

B. Current head debate coaches cannot judge.

C. Each school that does not bring the appropriate number of judges on the day of a Region meet will be required to drop the number of students to match the number of judges present at the point of infraction and after vote by Region Coaches.

D. Judges will be paid by the Region. Judges will be paid \$8 per round judged or available to judge.

3) Registration Deadline

All schools wishing to compete must submit their Region registration via e-mail or fax to the Region Representative no later than February 15, 2013. Along with registration, each coach must submit 30 Impromptu topics (10 Famous Quotations, 10 Social Issues, 10 Abstract/One Word).

4) Region Pairing Meeting

All schools competing at region must attend the Pairing Meeting for Region. The pairing meeting will occur within 7 calendar days of the Region Meet. All schools must send a coach or a coach designee to the pairing meeting. Head coaches who do not attend the pairing meeting will be bound by the decision of those present at the pairing meeting. Copies of oratories must be brought to the pairing meeting.

5) Debate Pairings

A. All rounds will be paired using cards. All events with full entries from each school will be paired using power-protection.

Other events will be determined by the coaches at the Region Pairing Meeting.

B. Individual teams may not meet any other region school more than once.

C. There will be 3 rounds in policy, LD and Public Forum.

6) Individual Event Pairings

A. Random selecting shall be done in each event as needed.

B. 3 rounds of competition will take place.

C. Where possible schools should not compete against members of their own school's team.

D. First place finishers in each round must have a superior rating.

7) Congress Pairings

Congress will compete in three, 1-½ hour sessions. Every school can submit up to three pieces of legislation, listed in the numerical order in which they wish to present their bills. All legislation must be sent to the Region representative by February 8, 2013, in order to be presented by region and distributed via email to all schools by February 11. Schools that do not receive legislation on this day or whose legislation was not included in the email, must contact the region representative to fix the error. Those schools that have not submitted legislation by the deadline will not be given a place on the docket.

The legislative docket will be set randomly at the Region Pairing Meeting by placing the name of each school that submitted legislation by the deadline in a hat and drawing out one at a time to determine each series of bill resolutions (B/R) to be considered. Random draws will continue until all legislation has been placed on the docket. In Student Congress, all speeches will be three minutes with one-minute question after the proponent, and only one Chair will be allowed from each region school, and priority will remain throughout the day. Removal of an obstructionist will not be permitted. Region coaches will assign a parliamentarian (optional).

A panel of judges, one per school with students in the House, will be added to determine final rank and rating. These judges will remain throughout the three sessions of Congress. The judge for the competitor's school will not score their own school. 1st place ranks must be awarded a superior rating. Rankings must also correspond with ratings.

8) Awards

There will be three separate region trophies awarded at the Region Debate Tournament: a 1st place, 2nd place, and 3rd place trophy. The following number of medals will be needed. Each medal will say "Superior" and the event name, with no place designation (and will be given to the top five students in each event):

- Ten (10) Policy Debate Medals
- Five (5) Lincoln-Douglas Debate Medals
- Ten (10) Public Forum Debate Medals
- Five (5) Original Oratory Medals
- Five (5) Impromptu Speaking Medals
- Five (5) Foreign Extemporaneous Speaking Medals
- Five (5) National Extemporaneous Speaking Medals
- Five (5) Student Congress Medals

Twenty (20) additional medals will be provided for possible ties in any or all events. These additional medals will *only* say "Superior" (no event names).

9) Budget

- A. Judges will be paid \$8 per round. No school will be reimbursed for more than 30 total rounds.
- B. The region representative will have \$125 for hospitality for judges and coaches.

10) General Guidelines

- A. In forensics and debate competition, each individual is limited to ten meets per year, excluding region, state and national competitions.
- B. Topics for the Region Meet will be the same topics that will be used at State. Extemporaneous topics will be drawn from previous months' NFHS topics.
- C. The number of slots filled by a team at the pairing meeting cannot be increased or decreased at the tournament.
- D. If forfeits can be fixed, an attempt will be made to do so, but not at the expense of delaying the tournament.
- E. Sweepstakes points will be calculated as follows:
 1. The top 1/3 of contestants will be given 5 points.
 2. The next 1/3 of contestants will be given 3 points.
 3. The bottom 1/3 of contestants will be given 1 point.
 4. Ties will not be broken; each tri-tile will be chosen by marking the number which least skews all brackets, to the advantage of students.
 5. No speaker points or speech ratings will be entered for any event, unless mandated by computer software.
 6. The top 50% or 10 students, whichever is greater, will be outright qualifiers for State.
- F. Laptops are permissible in policy, public forum, Lincoln-Douglas and extemporaneous, subject to any changes in State requirements. **NO INTERNET ACCESS OR OTHER ELECTRONIC DEVICES ARE PERMITTED.**
- G. The Region chairperson position will change yearly and will be chosen at each annual Region planning meeting.

REGION DEBATE @ Murray High School

DATE: February 23, 2013

Region Representative: Starlyn Nackos

STATE DEBATE @ TBD

DATE: March 8 – 9, 2013

FOOTBALL GUIDELINES & SCHEDULE

Region Chairman: **Steve Marlow**

Academic All-State Accepted Between: **September 18-October 9, 2012**

Eligibility List, Roster & Picture Due: **August 17, 2012**

Start Date: **August 6, 2012**

Moratorium Dates: **Saturday, November 12, 2012-Saturday, February 10, 2013**

Region Coaches Meeting: **Mon., Oct. 22, 2012, Mimi's 5200 S. State 6:00 pm**

Inter-Region Playoffs: **Fri. Oct. 26-Sat. Oct. 27**

State Tournament: **Quarter-Finals-Fri. Nov.2-Sat. Nov.3, 2012**

Semi-Finals- Fri. Nov. 9, 2012

Finals-Fri. Nov. 16, 2012

1. Game Limit 9
2. Varsity Game time 7:00 pm
3. Endowment Game: 2nd Friday or 2nd Saturday after Monday start Date
4. Home teams wear dark jerseys, visiting team wear light jerseys (all levels). Olympus Sophomores will always wear grey, teams playing Olympus Sophomore team will wear dark jerseys home and away.
5. Junior Varsity and Sophomore Games: Each School will play a full schedule of Sophomore and J.V. games. (All games will start at 3:30p.m.-no evening games.) Sophomore games will be played at the same location as the Varsity. J.V. plays opposite. Home team wears dark jerseys. Visiting team wears light or white Jerseys. **Olympus J.V. will wear grey jerseys both home and away. Teams playing Olympus J.V. will wear dark jerseys both home and away.** Sophomore Jersey colors: Home team wears dark jerseys, visitors wear light jerseys.
- 6) Home team is responsible for emergency medical care.
- 7) Chain Crews: All schools are required to use adults on chains and down marker (Varsity only).
- 8) Public Address Announcers will not be commentators, cheerleaders or second guess the officials.
- 9) Change of time: A change of time may be affected through mutual agreement of both schools. (Principal, Athletic Director and Coach) The host school must notify Arbiter of the change in time for him to notify the officials. The host school or Region 7 School (pre-season) shall notify Region chair, Arbiter, Medical Personnel, and other region coaches if a change is made. All officials (Varsity, J.V., and Sophomore) will be arbitred by the UHSAA.
 - a. Change of Date: A change of date must be approved by the Region Board of Managers after a mutual agreement is reached between schools concerned.
- 10) Scouting for future opponents is to be done from the spectator stands. No video filming of future opponents will be allowed at the Varsity, J.V. or Sophomore levels. Photographer must stay on their own team's sideline. The host school should extend courtesy to the visiting press box photographer as its own photographer. Only one person is permitted to film from the press box. An additional end zone filmer will be allowed.
- 11) Visiting team spotter/coaches must remain on the visiting team's side/section of the stadium in a secure location unless another location is provided by home team elsewhere.
- 12) Film Exchange: Head coaches will meet the day following each of the regularly scheduled Varsity game at 7:00 a.m. to deliver the most recent two games DVD's. Exchange will be original copy DVD only. Film exchange will be original copy DVD only. Film exchange will take place at Murray High in the north parking lot. Film to be exchanged in Region 7 will be filmed by a responsible person to ensure quality. HUDL may be used for film exchange, but must exchange by 7:00 a.m. The DVD must include the following:
 - Pre-Snap set wide angle
 - Zoom no tighter than defensive front and offensive front
 - Show a view of the scoreboard by quarter and after each scoring play
 - Show a view of down box and chain before each down
 - Film each down
- 13) Sidelines: No one will be allowed on the field or sidelines during the game without a sideline pass. Each school will develop and distribute 10 sideline passes for the visiting team.
- 14) Dress and locker room: Home school is to provide a lockable dressing facility. A white board or chalkboard with writing instrument needs to be available. Locker room needs to be available 1 1/2 hours before game time. The home team should provide a guide to meet the bus, show the team the locker room and be available if assistance is needed. J.V. and sophomore teams should dress at their own schools. In case of inclement weather J.V. and Sophomore teams will be provided shelter at half-time. The visiting team is responsible for cleaning their locker-room immediately following half time.
- 15) Coaches will communicate with each other on at least the following two occasions:
 - a) Schedule and team rosters are to be e-mailed to each coach by the last day of August. Rosters shall contain players' names grade level, height, weight and position.

- b) Each school will provide a map and directions to the facilities.
- c) The coaches will meet after the last Region 7 game for the purpose of selecting the All-Region 7 Team. Coaches will vote on MVP, Offensive MVP, Defensive MVP, and Special Teams MVP. All-Region Players will be determined by coaches using the following format:
 1. 1st Place- 6 players
 2. 2nd Place- 5 players
 3. 3rd Place- 4 players
 4. 4th Place- 3 players
 5. 5th Place- 2 players
 6. 6th Place- 1 player

Honorable Mentions will be limited to 2 players per team at each coach's discretion.

- d) Mimi's on 5300 South State Street, will be the place for the Coaches' Meeting
- 16) Region Trophy to first place in regular season play.
- 17) Electronic communication equipment, other than coach's equipment, including but not limited
- 18) Rosters and Meeting: Roster and team photo are available at UHSAA.org
- 19) Officials and Game Clock: Any current employee of a school may not officiate in any games.
- 20) Post game activities: At the conclusion of the Varsity, J.V., and sophomore games teams are to gather their gear and load the bus, unless other arrangements have been set up in advance with the home team's administration and coaches.

TIE BREAKER –

2-Way-Ties:

Any 2-way tie will be determined by the head to head matchup

3-Way-Ties:

- **Tiebreaker #1= Head to Head**
 - **If one of the three teams in the tie has defeated both of the other two teams, that team gets the highest seed and the remaining two teams use head to head.**
 - **If head to head cannot break the tie, then Tiebreaker #2 will be used.**
- **Tiebreaker #2=Region Points-Each team will earn a point for every win a defeated opponent has in league play. Team with most points earns highest seed or team with lowest points earns lowest seed.**
 - **Example-Herriman, Hillcrest and Skyline are all tied for 4th, 5th, and 6th place in the region. Herriman beat Hillcrest, Hillcrest beat Skyline, and Skyline beat Herriman. If Murray wins the region with a 4-1 record and their 1 loss to Skyline, then Skyline would earn 4 points for that victory, while hillcrest and Skyline would only earn points for their other region wins (3 points for any 1 opponent at most). This means that Skyline would get the highest seed. Since Herriman beat Hillcrest, Herriman would be the 5 seed and Hillcrest would be 6th.**
 - **If the second tiebreaker cannot break the 3-way-tie, then Tiebreaker #3 will be used.**
- **Tiebreaker #3 = Coin Toss**
 - **Only 1 Playoff spot available**
 - **Principals will each toss a coin and the odd toss will get the spot.**
 - **Example-Herriman, Hillcrest and Skyline are tied for 4th, 5th and 6th. If Herriman & Skyline flip Heads and Hillcrest flips tails, then hillcrest will get the 4th seed playoff spot and head to head will determine 5/6 seed.**
 - **2 Playoff Sots available**
 - **Principals will each toss a coin and the odd toss will get eliminated.**
 - **Example-Westlake, Murray and Olympus are tied for 3rd, 4th and 5th. If Westlake & Murray flip Tails and Olympus flips Heads, then Olympus gets the 5th seed and is eliminated, while head to head will determine the #3 and #4 seeding.**
 - **3 Playoff spots available**
 - **Principals will each toss a coin and the odd toss will get the highest seed.**
 - **Same as for 1 playoff spot available except the odd toss gets #2 seed while head to head determines #3 and #4 seeding.**

REGION 7 2012- FOOTBALL SCHEDULE

Friday, August 17

Herriman @ Orem
Sky View @ Olympus
Provo @ Westlake
Cyprus @ Murray
Skyline @ Hurricane
Hillcrest @ Riverton

Friday, August 24th

Herriman v. Riverton
(@ U of U Aug. 25th)
Olympus @ Northridge
Timpview @ Westlake
Murray @ Granger
Hillcrest @ Taylorville
Syracuse @ Skyline

Friday, August 31

Highland @ Herriman
Alta @ Olympus
Westlake @ Mt. View
Murray @ Taylorsville
Copper Hills @ Hillcrest
Cedar City @ Skyline

Friday, September 7th

Herriman @ Copper Hills
Taylorsville @ Olympus
Westlake @ Northridge
Roy @ Murray
Tooele @ Hillcrest
Skyline @ Juan Diego

Friday, September 14th

Hillcrest @ Herriman
Olympus @ Westlake
Skyline @ Murray

Friday, September 21st

Herriman @ Skyline
Westlake @ Hillcrest
Murray @ Olympus

Friday, September 28th

Olympus @ Herriman
Murray @ Westlake
Hillcrest @ Skyline

Friday, October 5th

Herriman @ Murray
Skyline @ Westlake
Olympus @ Hillcrest

Friday, October 12th

Westlake @ Herriman
Skyline @ Olympus
Murray @ Hillcrest

Wednesday, October 17th

Herriman @ Clearfield
Bonneville @ Murray
Hillcrest @ Cyprus
Olympus @ Woods Cross
Skyline BYE
Westlake BYE

BOYS/GIRLS GOLF GUIDELINES & SCHEDULE

Boys Region Chairperson: Michael O'Connor-Westlake

Girls Region Chairperson: Fred Openshaw-Westlake

Start Date: Boys-July 30, 2012, Girls-Feb. 25, 2013

First Contest: Boys-August 7, 2012, Girls-March 4, 2013

Boys Golf Guidelines:

- 1) Please refer to "General Policies" in the Region VII Handbook for all rules and the UHSAA Handbook for all State guidelines, rules and policies.
- 2) Varsity competition will consist of **Eight** 18-Hole Region Tournaments and **Five** 9-Hole Region Dual Matches. Tournaments will consist of 8 players count 4 scores.
- 3) Junior Varsity competition will consist of **Five** 9-Hole Region Dual Matches and **One** 18-Hole Tournament Championship. Dual matches will consist of 4 players counting all scores using Dual Match Scoring.
- 4) Scoring: Points will be awarded to each school based on placing in each Region tournament. The school with the most accumulated points at the end of the season will be the Region Champion
 - Region VII Tournament Scoring:

1st	2nd	3rd	4th	5th	6th	
	6	5	4	3	2	1
 - The Final 18-Hole Championship:

1st	2nd	3rd	4th	5th	6th	
	12	10	8	6	4	2
 - Dual Match Scoring is as follows: Each foursome is competing for 5 total points.
 - Individual Head to Head stroke Play = 1 Point
 - Individual Match Play = 1 Point
 - Team Match Play = 1 Point
 - In case of a tie, points will be split among the teams.
 - The standings after the completion of the five dual matches will then be scored as one region tournament.
- 5) State Tournament Play-off Berth: In case of a tie for the last state berth, a three-hole play-off will occur at site of Region Championship with each team entering 6 players counting four scores. In the event of a tie the next player's score will be used. In case of still a tie a sudden death play-off will occur until the tie is broken.
- 6) Individual medals will be awarded to the ten players with the lowest scores in the **Eight** Region Tournaments. This will also make up the All-Region First Team. Individual medals will be awarded for the top ten at the JV 18 Hole Championship.
- 7) Region VII Tournament Guidelines
 - Region Tournaments will start as late as possible (shot-gun starts preferred).
 - No caddies may be used at any time.
 - Cell phones and range finders **will not** be permitted on the golf course.
 - Electric/Gas golf carts are not to be used by any players. Exceptions (due to disability, etc...) can be approved by the region chair.
 - All players are to be dressed in appropriate golf attire.
 - Spectators/Parents may attend and are not allowed to give advice to participants. Spectators must stay a minimum of 50 feet from the participants.
 - Players must attend school on the day of any scheduled tournament/match to be eligible to play that day.
- 8) Host School Tournament Responsibilities and Format:
 - The school hosting match is responsible for having scorecards, hole assignments and all other administrative duties necessary for the match.
 - Tournament Green fees are responsibility of Host School. Green fees are responsibility of each team for neutral site tournament.
 - Varsity play will be from the blue tees or the equivalent. Junior Varsity will play from the white tees or the equivalent.
 - Rained out matches will be re-scheduled ASAP and at the convenience of the golf course.

Girls Golf Guidelines:

- 1) Please refer to “General Policies” in the Region VII Handbook for all rules and the UHSAA Handbook for all State guidelines, rules and policies.
- 2) Varsity competition will consist of **Three** 9-Hole Tournaments, **Two** 18-Hole Tournaments and **Five** 9-Hole Region Dual Matches. Tournaments will consist of 6 players count 4 scores. Dual Matches will consist of 6 players count all scores using dual match scoring.
- 3) Junior Varsity competition will consist of **Five** 9-Hole Region Dual Matches and **One** 18-Hole Tournament Championship. Dual matches will consist of 4 players counting all scores using Dual Match Scoring.
- 4) Scoring: Points will be awarded to each school based on placing in each Region tournament. The school with the most accumulated points at the end of the season will be the Region Champion
 - Region VII 9-Hole Scoring:

1st	2nd	3^d	4th	5th	6th	
	6	5	4	3	2	1
 - Region VII 18-Hole Scoring:

1st	2nd	3^d	4th	5th	6th	
	12	10	8	6	4	2
 - Dual Match Scoring is as follows: Each foursome is competing for 5 total points.
 - Individual Head to Head stroke Play = 1 Point
 - Individual Match Play = 1 Point
 - Team Match Play = 1 Point
 - In case of a tie, points will be split among the teams.
 - The standings after the completion of the five dual matches will then be scored as one region tournament.
- 5) State Tournament Play-off Berth: In case of a tie for the last state berth, a three-hole play-off will occur at site of Region Championship with each team entering 6 players counting four scores. In the event of a tie the next player’s score will be used. In case of still a tie a sudden death play-off will occur until the tie is broken.
- 6) Individual medals will be awarded to the ten players with the lowest scores in the **Eight** Region Tournaments. This will also make up the All-Region First Team. Individual medals will be awarded for the top ten at the JV 18 Hole Championship.
- 7) Region VII Tournament Guidelines
 - Region Tournaments will start as late as possible (shot-gun starts preferred).
 - No caddies may be used at any time.
 - Cell phones and range finders **will not** be permitted on the golf course.
 - Electric/Gas golf carts are not to be used by any players. Exceptions (due to disability, etc...) can be approved by the region chair.
 - All players are to be dressed in appropriate golf attire.
 - Spectators/Parents may attend and are not allowed to give advice to participants. Spectators must stay a minimum of 50 feet from the participants.
 - Players must attend school on the day of any scheduled tournament/match to be eligible to play that day.
- 8) Host School Tournament Responsibilities and Format:
 - The school hosting match is responsible for having scorecards, hole assignments and all other administrative duties necessary for the match.
 - Varsity play will be from the blue tees or the equivalent. Junior Varsity will play from the white tees or the equivalent.
 - Rained out matches will be re-scheduled ASAP and at the convenience of the golf course.
 - All teams are responsible for their own Green Fees at all tournaments and matches.

REGION VII

2012 BOY'S GOLF SCHEDULE

Region Tournament Schedule:

(Tournaments schedule to be held on Wednesdays)

August 13 or 14, 2012 @ Murray Parkway G.C.	Host: Murray
August 16, 2012 @ Logan Country Club	Host: Neutral Site
August 22, 2012 @ Mountain Dell G.C.	Host: Skyline
August 29, 2012 @ TBA	Host: Herriman
September 5, 2012 @ River Oaks	Host: Hillcrest
September 12, 2012 @ Glendale G.C.	Host : Olympus
September 19, 2012 @ Talon's Cove	Host: Westlake
September 25, 2012 @ Wasatch	Host: Region – Region Championship (State entries due September 25, 2012)

Region Dual Match Schedule:

(Tournaments schedule to be held on Tues. or Thurs.)

August 21, 2012:

Hillcrest @ Herriman, Olympus @ Murray, Westlake @ Skyline

August 28, 2012:

Herriman @ Olympus, Hillcrest @ Westlake, Murray @ Skyline

September 6, 2012:

Skyline @ Herriman, Westlake @ Murray, Olympus @ Hillcrest

September 11, 2012:

Olympus @ Westlake, Skyline @ Hillcrest, Murray @ Herriman

September 18, 2012:

Herriman @ Westlake, Olympus @ Skyline, Hillcrest @ Murray

Junior Varsity 18 Hole Tournament

September 25, 2012 @ Wasatch

(Players not part of final Varsity Tournament)

Host: Region – Region Championship

4A State Golf Championships:

October 3-4, 2012 @ Logan Country Club

REGION VII 2013 GIRL'S GOLF SCHEDULE

Dual Match Schedule:

(Dual Matches to be held on Tues. or Thurs.)

March 26, 2013 (First Dual Match will depend on Spring Break Schedules)

Herriman @ Hillcrest, Murray @ Olympus, Skyline @ Westlake

April 9, 2013

Olympus @ Herriman, Westlake @ Hillcrest, Skyline @ Murray

April 16, 2013

Herriman @ Skyline, Murray @ Westlake, Hillcrest @ Olympus

April 23, 2013

Westlake @ Olympus, Skyline @ Hillcrest, Herriman @ Murray

April 30, 2013

Westlake @ Herriman, Skyline @ Olympus, Murray @ Hillcrest

Region Tournament Schedule:

(Region Tournaments to be held on Wednesday's)

April 10, 2013 @ Nibley Park (9 holes)

Host: Hillcrest

April 17, 2013 @ Murray Parkway (9 holes)

Host: Murray

April 24, 2013 @ Glendale (9 holes)

Host: Olympus

May 1, 2013 @ Talon's Cove (18 holes)

Host: Westlake

May 7, 2013 @ TBD-Neutral Site (18 Holes)

Host: Region – Region Championship

***State Entries due Wednesday, May 8th.

4A State Golf Championships:

May 14, 2013 @ TBA

MUSIC, INSTRUMENTAL & VOCAL GUIDELINES & SCHEDULE

Region Chairman: Debbie Sorensen (**Vocal**)

Paul Kirby – (Instrumental)

INSTRUMENTAL

- 1) Adjudicators will be contracted for festivals as follows:
 - A. Solo and Ensemble – a maximum of 10 Adjudicators
 - B. Concert Band – 3 adjudicators, plus 1 clinician (optional)
 - C. Jazz Band – 4 adjudicators
 - D. Orchestra – 3 adjudicators, plus 1 clinician (optional)Sight reading is required. The clinic sessions shall not be adjudicated and ratings will not be given. Adjudicators will be paid as per the UHSAA standard adjudicatory pay scale.
- 2) All large ensemble members are required to be audience participants for a minimum of two performances before or after their own performance. Music educators will enforce this guideline through their own grading policies. Schools who fail to adhere to this policy are subject to appropriate penalties/fines.
- 3) Each school may submit unlimited entries to the Solo and Ensemble Festival. However, entries beyond twenty (20) should be prioritized to allow each school adequate representation.
- 4) All students participating in instrumental music festivals must be members of the school's instrumental music program per UHSAA policy.

Instrument Schedule

March 14, 2013- Jazz Band @ Olympus @ 3:30pm
March 21, 2013-Solo & Ensemble @ Murray @ 3:30pm
April 18, 2013- Band @ Herriman @ 3:30pm
April 25, 2013-Orchestra @ Westlake @ 3:30pm

Vocal/Music Schedule

March 5, 2013-Solo & Ensemble @ Murray @ 3:30pm
March 12, 2013- Madrigal @ Westlake I @ 6:30pm
March 19, 2013-Training Choir@ Hillcrest @ 6:30pm
April 24, 2013- Large Choir @ Herriman @ 6:30 pm
April 27, 2013- State Solo & Ensemble & Chamber Choir
May 10th & 11th- State Choir

VOCAL

- 1) Adjudicators will be contracted for festivals as follows:
 - A. Solo and Ensemble – A maximum of 8 Adjudicators
 - B. Madrigals – 3 Adjudicators
 - C. Concert Choirs – 3 Adjudicators, plus 1 clinician (optional)
 - D. Training Choirs – 2 Adjudicators, plus 1 clinician (optional)
- 2) Clinicians may work with each choral group following its performance. The clinic session will not be judged and ratings will not be given. The clinician will give verbal comments and suggestions for improvement.
- 3) Certificates may be given for all ratings in all festivals, with the exception of the Training Choirs. Training Choirs may be given a certificate of participation.
- 4) All students participating in vocal music festivals must be members of the school's vocal music program.
- 5) Each school may submit unlimited entries to the Solo and Ensemble Festival; however, directors are encouraged to submit only the names of those students who exhibit superior quality.
- 6) Schools will abide by time limits set forth by the UHSAA Handbook.
- 7) Please refer to "General Policies" in the **Region VII** Handbook for all other **Region VII** rules, and the UHSAA Handbook for all UHSAA rules.

BOYS SOCCER GUIDELINES & SCHEDULE

Region Chairman: **Michael Glenn**
Starting Date: **Monday, February 25**
First Game: **Monday, March 4 (Region Meeting NO GAMES)**
First Round: Home Sites **May 15**
Quarter Finals: **May 17**
Semi Finals: **May 21, Woods Cross H.S.**
State Tournament: **May 23**
Academic All-State Accepted Between: **March 26-April 16**
Eligibility List Due: **March 8**

- 1) League Games will begin for Varsity at 3:30 p.m., Murray Varsity at 3:45 p.m., and for Junior Varsity at 5:15 p.m.
- 2) Region Trophy to first place in regular region play.
- 3) Please refer to “General Policies” in the **Region VII** Handbook for all other **Region VII** rules, and the UHSAA Handbook for all UHSAA rules.
- 4) Game Field Locations for each school: On campus at all schools except for Murray at Murray Park.
- 5) All-Region is decided by the coaches according to teams finish in region. For the region first team 1st – 5; 2nd – 4; 3rd – 3; 4th – 2; 5th, 6th, & 7th get 1.
- 6) 2nd team All-Region is decided by the coaches with 2 players per team.
- 7) Region Honors: MVP for the following areas:
 - All Around
 - Forward
 - Mid-Field
 - Defender
 - Goal Keeper

Region 7 Boys Soccer Schedule

Spring Break -No Games Jordan, Granite, Canyons

Week1

Tuesday, April 9

Hillcrest @ Westlake
Herriman @ Olympus
Murray @ Skyline

Friday, April 12

Olympus @ Hillcrest
Skyline @ Herriman
Murray@Westlake

Week 2

Tuesday, April 16

Hillcrest @ Herriman
Westlake @ Skyline
Olympus @ Murray

Friday, April 19

Skyline @ Hillcrest
Murray @ Herriman
Westlake @ Olympus

Week 3

Tuesday, April 23

Hillcrest @ Murray
Skyline @ Olympus
Herriman @ Westlake

Friday, April 26

Westlake @ Murray
Hillcrest @ Olympus
Herriman @ Skyline

Week 4

Tuesday, April 30

Westlake @ Hillcrest
Olympus @ Herriman
Skyline @ Murray

Friday, May 3

Herriman @ Hillcrest
Skyline @ Westlake
Murray @ Olympusq

Week 5

Tuesday, May 7

Hillcrest @ Skyline
Herriman @ Murray
Olympus @ Westlake

Thursday, May 9

Murray @ Hillcrest
Olympus @ Skyline
Westlake @ Herriman

Saturday, May 11

GIRLS SOCCER GUIDELINES & SCHEDULE

Region Chairman: **Christian Cowart**

Starting Date: **July 30th**

First Game: **August 7**

First Round/Home Sites: **October 9**

Quarter Finals: **Thursday, October 11**

Semi Finals: **Tuesday, October 16**

State Finals: **Friday, October 19**

Academic All-State Accepted Between: **August 28-September 11**

Eligibility List Due: **August 24th**

- 1) League Games will begin for Varsity at 3:30 p.m., Murray Varsity at 3:45 p.m., and for Junior Varsity at 5:15 p.m.
- 2) Region Trophy to first place in regular region play.
- 2) Please refer to “General Policies” in the **Region VII** Handbook for all other **Region VII** rules, and the UHSAA Handbook for all UHSAA rules.
- 3) Game Field Locations for each school: On campus at all schools except for Murray at Murray Park.
- 4) All-Region is decided by the coaches according to teams finish in region. For the region first team 1st – 5; 2nd – 4; 3rd – 3; 4th – 2; 5th, 6th, & 7th get 1.
- 6) 2nd team All-Region is decided by the coaches with 2 players per team.
- 7) Region Honors: MVP for the following areas:
All Around Forward Mid-Field Defender Goal Keeper

Region 7 Girls Soccer Schedule 2012-2013

Week 1

Tuesday August 28

Westlake @ Hillcrest
Skyline @ Murray
Herriman @ Olympus

Thursday August 30

Skyline @ Westlake
Hillcrest @ Herriman
Olympus @ Murray

Week 2

Tuesday September 4

Friendly Non Conference
Games

Thursday September 6

Westlake @ Murray
Herriman @ Skyline
Olympus @ Hillcrest

Week 3

Tuesday September 11

Hillcrest @ Skyline
Westlake @ Olympus
Murray @ Herriman

Thursday September 13

Olympus @ Skyline
Murray @ Hillcrest
Herriman @ Westlake

Week 4

Tuesday September 18

Westlake @ Skyline
Herriman @ Hillcrest
Murray @ Olympus

Thursday September 20

Hillcrest @ Westlake
Murray @ Skyline
Olympus @ Herriman

Week 5

Tuesday September 25

Murray @ Westlake
Skyline @ Herriman
Hillcrest @ Olympus

Thursday September 2

Skyline @ Hillcrest
Olympus @ Westlake
Herriman @ Murray

Week 6

Tuesday October 2

Hillcrest @ Murray
Skyline @ Olympus
Westlake @ Herriman

Thursday October 4

Region Play-in Games
if necessary

*****NOTES:** *Olympus home games played at 7pm /JV will play @ 5pm/ Murray Home games will start at 3:45 pm*

Softball Policies

Region Representative: David Dunn/Lisa Parker

Start Date: Monday, February 25, 2013

First Contest: Monday, March 4, 2013

Eligibility List Due: Friday, March 8, 2013

Academic All-State Accepted Between: March 25 – April 15

Roster and Photo Due: Friday, March 8, 2013

1st & 2nd Round State Playoffs: May 14 & 16, 2013

State Tournament: May 21-23, 2013

Responsible School: Murray High School

Games

1. 22 game limit
2. Tournament Limits
 - A single day tournament will count as one (1) game with a maximum of four (4) games.
 - A multiple day tournament (2-3 days) will count as two (2) games towards contest limitations.
 - A maximum of eight (8) games may be played in a multiple day tournament.
3. Teams agree to accept all National Federation Rules.
4. Pitching distance will be 43 feet.
5. All region varsity games shall begin at 3:30 pm.
 - a. Games will be a full seven (7) innings.
 - b. If the score is tied at the end of seven (7) innings, the international tiebreaker rule will be in effect.
 - c. The 10-run rule will be in effect after the fifth inning.
 - d. The 15-run rule will be in effect after the third inning.
6. The visiting team will take the field at 3:00 pm; the home team will take the infield at 3:15 pm.
7. The home team will be responsible for:
 - Providing an official scorekeeper (a responsible adult)
 - Providing two (2) new game balls (same ball as used in State)
 - Paying the officials
 - Field management
 - Calling the media with game results
8. Senior recognition day will be kept to a ten (10) minute maximum according to general policy F-8.
9. Postponed games will follow the UHSAA suspended game procedures.
10. The home team will call their opponent and the officials by 11:45am (Olympus & Skyline) and 1:00pm all other schools in the event of a cancellation.
11. In the first round of region play, the postponed game may be “flip-flopped” to the visiting field if it is deemed playable. The second round field will be reversed.
12. Game will be rescheduled on the first available weekday as agreed upon by the involved coaches and approved by the involved principals.
13. Priority should be given to region games.
14. In the second round of region play, the game will be made up on the first available date at home field.

Tie- Breaker – See general policies

In the event of a tie in the standings, the region tie breaker rule will be in effect.

Junior Varsity

8.15.12 FINAL

1. All games will immediately follow varsity games (same day/same site).
2. A team may only score six (6) runs an inning in a JV game.
3. Rules for junior varsity play will be agreed upon by the region in order to provide a developmental atmosphere and to accommodate facility use conflicts.
4. There is a 1.5 hour time limit

All-Region

One region trophy will be awarded to the first place team.

Field Locations:

Herriman: Southeast of campus

Hillcrest: North of the school directly behind the school

Murray: Riverview Jr. High 750 W. Tripp Ln. (5755 S) West of the school

Olympus: Evergreen Jr. High 3401 S. 2000 E. (Behind Church on Evergreen Dr.)

Skyline: Northwest of Campus

Westlake: Northwest behind football stadium

2013 Region 7 Softball Schedule

Tryout Date: Mon. Feb. 25

First Competition: Mon. Mar. 4

1st Round State: Tues. May 14

2nd Round State: Thursday, May 16

State Tournament: Tues. – Thurs. May 21-23

Thursday, March 21

Westlake @ Herriman

Murray @ Olympus

Skyline @ Hillcrest

Tuesday, March 26

Herriman @ Olympus

Murray @ Skyline

Thursday, March 28

Murray @ Westlake

Olympus @ Skyline

Thursday, April 4

Hillcrest @ Herriman

Tuesday, April 9

Westlake @ Hillcrest

Thursday, April 11

Murray @ Hillcrest

Skyline @ Herriman

Olympus @ Westlake

Tuesday, April 16

Herriman @ Westlake

Olympus @ Murray

Hillcrest @ Skyline

8.15.12 FINAL

Thursday, April 18

Hillcrest @ Olympu

Westlake @ Skylin

Murray @ Herriman

Tuesday, April 23

Skyline @ Olympu

Westlake @ Murray

Herriman @ Hillcrest

Thursday, April 25

Skyline @ Murray

Olympus @ Herriman

Hillcrest @ Westlake

Tuesday, April 30

Westlake @ Olympus

Herriman @ Skyline

Hillcrest @ Murray

Thursday, May 7

Olympus @ Hillcrest

Skyline @ Westlake

Herriman @ Murray

3-5-12

2012 – 2013 SWIMMING GUIDELINES & SCHEDULES

Region Chairman: **Joe Pereira, Skyline High School**

Tryouts: **Monday, October 22nd, 2012**

First Meet: **Monday, November 5th, 2012**

Eligibility Lists Deadline: **Friday, November 9th, 2012**

Academic All-State Accepted: **Tuesday, December 11th, 2012 through Tuesday, January 8th, 2013**

Region Championship Entries Due: **Tuesday, January 22nd, 2013**

Region Swimming Championships: **Saturday, January 26th, 2013 T.B.A.**

State Seeding: **3:00 pm, Friday, February 1st, 2013**

4A State Championships: **Friday & Saturday, February 8th & 9th, 2013 at BYU**

1. Swimming “Dead-Time” August 13th through August 26th. Refer to UHSAA ready reference guide.
2. Swimming “Three weeks Prior to Tryouts” October 1st through October 21st. Refer to UHSAA ready reference guide.
3. Monday, October 22nd, 2012 will be the first day of practice/team selection.
4. Monday, November 5th, 2012 will be the first day a swimming meet may be held.
5. A maximum of fourteen (14) meets can be participated in by region teams, including non-region meets.
6. All Region meets will begin at 3:30pm. (Meets at Westlake at 7:00 pm).
7. Dual meets will alternate home and away by season.
8. Home teams have odd lanes, visiting teams have even lanes.
9. Referees - \$40 for dual meets.
10. Official starter - \$30 for dual meets.
11. Scorer, head timer and stroke judges - \$20 each for dual meets.
12. Official referee, starter, scorer, head timer, and stroke judges - \$50 each for Region Championships.
13. Region Championships will require six (6) stroke judges (one from each school).
14. Region Championship scoring to sixteen (16) places.
15. Region Championship Meet will precede the state meet by at least ten (10) days.
16. Region Championship entries will be due five (5) days prior to the region championship meet.
No Times (“NT”) are allowed.
17. Academic All Region nominees (seniors only, 3.75 Overall G.P.A. or higher) must be submitted along with the region entries.
18. The 4A State Championships will be held at Brigham Young University on February 8th & 9th, 2013.

SWIMMING AWARDS:

1 Region Trophy each (Girls & Boys) 1st place (Total 2 trophies).

48 Medals each (Girls & Boys) for places 1-6 in Individual Events (Total 96 medals):

200 yd. Freestyle; 200 yd. Individual Medley; 50 yd. Freestyle; 100 yd. Butterfly; 100 yd. Freestyle; 500 yd. Freestyle; 100 yd. Backstroke; & 100 yd. Breaststroke

36 Medals each (Girls & Boys) for places 1-3 Relay Events (Total 72 medals):

200 yd. Medley Relay; 200 yd. Freestyle Relay; & 400 yd. Freestyle Relay

MEET SCHEDULE:

Tuesday, November 13th, 2012

Olympus at Hillcrest

Wednesday, November 14th, 2012

Westlake at Murray

Wednesday, November 28th, 2012

Murray at Hillcrest

Herriman vs. Westlake at Skyline (double dual)

Wednesday, December 5th, 2012

Olympus at Murray

Wednesday, December 12th, 2012

Murray at Herriman

Hillcrest at Skyline

Westlake at Olympus

Wednesday, December 19th, 2012

Herriman at Hillcrest

Skyline at Murray

Friday, January 4th, 2013

Herriman at Westlake

Wednesday, January 9th, 2013

Herriman at Olympus

Westlake at Hillcrest

Tuesday, January 15th, 2013

Skyline at Olympus

Saturday, January 19th, 2013

Region Championships (Skyline host) at South Davis Recreation Center

Warm Ups: T.B.A – Meet Start: T.B.A.

Awards prior to the last heat of the next event.

Friday & Saturday, February 8th & 9th, 2013

4A State Championships at Brigham Young University

Pool locations:

Herriman	J.L. Sorenson Recreation Center, 5350 Herriman Main St., Herriman 84096	(385) 468-1340
Hillcrest	Midvale Middle School, 7852 Pioneer St. Midvale 84047	(801) 412-2170
Murray	Murray Park Recreation Center, 296 East Murray Street, Murray 84107	(801) 284-4200
Olympus	Granite High School, 501 East 3900 South, Salt Lake City, 84106	(801) 481 7194
Skyline	Skyline High School, 3251 East 3760 South, Salt Lake City	(385) 646-5428
Westlake	Lehi Legacy Center, 123 North Center Street, Lehi, 84043	(801) 768-7124

BOYS TENNIS GUIDELINES & SCHEDULE

Region Chairman: **Kristin Packer**

Start Date: **February 25, 2013**

First Contest: **March 4, 2013**

Region Championship: **May 9th-May 10th**

State Tournament: **Fri.-May 17th-Sat. May 18th**

Academic All-State Accepted Between: **March 19-April 16th**

Eligibility List Due: **Friday, March 8th**

REGION DUAL MATCH PLAY:

- 1) Time of Region Games: All Region dual matches will begin at 3:30 p.m.
- 2) Each team is expected to have a Junior Varsity contingent, which will travel with the school's varsity team and play their matches on the day as Varsity. The coach of the visiting team will call the host coach in advance and ascertain the number of Junior Varsity matches to be played. Junior Varsity players will play at least a pro-set.
- 3) Varsity matches will consist of 2 out of 3 sets, 12 point tie-breaker, regular scoring.
- 4) Both coaches at a dual match will provide a written line-up of players by positions to the opposing coach.
- 5) Players are limited to ten minute warm-up.
- 6) A player who is slated to play, but who arrives late; i.e., during the ten minute warm-up, may be inserted into his/her position; however, the player will not receive the allotted ten minutes to warm up. Tardy players will be penalized according to the rules beginning at 3:30 p.m. at dual meets. The only exception applies at Region if other players can be assigned to available courts for that round. If a player arrives after the match for which he was slated to play has begun, the tardy player will assume the role of a spectator.
- 7) The home team will furnish for each varsity match; two new balls per match; a three set match will receive two new balls at the beginning of the third set.
- 8) A coach may move a singles player to doubles and vice-versa; however, the players must be ranked according to ability in both singles and doubles.
- 9) Coaching on change-over's can only be part of the 90 seconds allowed. Coaching is allowed for only two minutes between sets; however, during the first and second set, players may not leave the court. Between the second and third sets, the players have ten minutes, and players may leave the court.
- 10) Please refer to "General Policies" in the **Region VII** Handbook for all other **Region VII** rules, and the UHSAA Handbook for all UHSAA rules.

REGION TOURNAMENT PLAY:

- 1) **Stacking is not permissible and could result in UHSAA sanctions.** In an effort to promote fair play and wholesome team competition, thereby fostering a healthy educational environment, the Utah High School Activities Association offers the following guidelines in regards to stacking:
 - A. **Legitimate and ethical "placing of players"**: Any lineup which places a better skilled player above a lesser skilled player or a better skilled doubles team above a lesser skilled doubles team is legal.
 - B. **Legitimate lineups according to skill ability**: Skill ability shall be defined as the number of one singles player shall be better than the number two singles player who shall be better than the number three singles player. The number one doubles team shall be better than the number two doubles team. Coaches should enter players at the positions which their skill dictates. Juggling or shuffling the positions to gain an advantage is unsportsmanlike and creates an unhealthy educational environment. In the event of an injury during any course of the season, the next best player would move up to fill the spot vacated by the injured player.
 - C. The Code of Ethics regarding stacking from the UHSAA will followed.
- 2) **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 meet. This includes matches at the Varsity and/or JV level and in the singles or doubles category. Injury or special situations will be considered, but must be approved by the UHSAA prior to the student athlete participating in the Region meet.
- 3) Seeding of the Region Tournament will be conducted by the Region coaches prior to the Region Tournament. Seeds will be based on Region dual matches results at a particular position. Must have a minimum of two referees/U.T.A. 944.8782
- 4) The Region championship trophy will be awarded to the team which has accrued the highest point total based upon the following schedule:
 - A. Each team dual match victory: 1 point per match (10 pts. Total)
 - B. Region Tournament where 4 qualify for State:
 - 1st Place: 5 points
 - 2nd Place: 4 points
 - 3rd Place: 3 points
 - 4th Place: 2 points
 - 5th Place: 1 point
- 5) No more than fourteen (14) matches will be played by team players during the course of the UHSAA tennis season. This restriction does not apply to those matches played either at the Region or State Tournaments.
- 6) All Players in Region Tournament shall wear a matching uniform.
- 7) Each school may award their own Academic All-Region Player(s). Any senior with a 3.75 GPA or higher will qualify.

JUNIOR VARSITY REGION TOURNAMENT PLAY:

- 1) It will be held in conjunction with the Varsity Region Tournament (weather permitting), 3 singles & 2 doubles.
- 2) No add Pro set until final – 2 out of 3 sets regular scoring in final. Add scoring 8-8 you play a 12 pt tie breaker.
- 3) Tournament shall be seeded according to varsity dual match play record.

Site locations will be on campus except for Murray and Olympus – see schedule.

Region VII Tentative Boys' Tennis 2012-2013

Tuesday, March 19

Hillcrest @ Herriman
Murray @ Olympus *#
Skyline @ Westlake

Thursday, March 21

Murray @ Herriman #
Skyline @ Hillcrest
Westlake @ Olympus*

Tuesday, April 9

Herriman @ Skyline
Hillcrest @ Olympus *
Murray @ Westlake #

Thursday, April 11

Murray @ Skyline #
Olympus @ Herriman
Westlake @ Hillcrest

Tuesday, April 16

Herriman @ Westlake
Murray @ Hillcrest #
Skyline @ Olympus*

Thursday, April 18

Herriman @ Hillcrest
Murray @ Olympus *
Westlake @ Skyline

Tuesday, April 23

Hillcrest @ Skyline
Murray @ Herriman
Olympus @ Westlake

Thursday, April 25

Olympus @ Hillcrest
Skyline @ Herriman
Murray @ Westlake

Tuesday, April 30

Herriman @ Olympus *
Hillcrest @ Westlake
Murray @ Skyline

Thursday, May 2

Murray @ Hillcrest
Olympus @ Skyline
Westlake @ Herriman

#Murray games are played at other school. The first time teams play, Murray will be home team. The second time the teams play, Murray will be visiting team

*Olympus High games will be played at Olympus Hills Park.

Other Important Dates

Tuesday, May 7, 2012	Match make-up
Wednesday, May 8,	Region Seeding
Thursday, May 9-Friday, May 10	Region Tournament at Liberty Park
Friday, May 17-Saturday, May 18	State Tournament at Liberty Park

Game addresses:

Herriman / 11917 South Mustang Trail Way (6000 West) Herriman
Hillcrest / 7350 South 900 East, Midvale
Olympus Hills Park / 3080 E. 4430 S., Holladay
Skyline / 3251 E. 3760 S., Salt Lake City
Westlake / 99 North Thunder Blvd. (200 West), Saratoga Springs

GIRLS TENNIS GUIDELINES & SCHEDULE

Region Chairman: **Lynda Tierney**

Start Date: **July 30, 2012**

First Contest: **August 7, 2012**

Region Championship: **September 28-September 29, 2012**

State Tournament: **October 5-6, 2011**

Academic All-State Accepted Between: **August 21 – September 4, 2012**

Eligibility List Due: **August 17, 2012**

REGION DUAL MATCH PLAY:

- 1) Time of Region Games: All Region dual matches will begin at 3:30 p.m.
- 2) Each team is expected to have a Junior Varsity contingent, which will travel with the school's varsity team and play their matches on the day as Varsity. The coach of the visiting team will call the host coach in advance and ascertain the number of Junior Varsity matches to be played. Junior Varsity players will play at least a pro-set.
- 3) Varsity matches will consist of 2 out of 3 sets, 12 point tie-breaker, regular scoring.
- 4) Both coaches at a dual match will provide a written line-up of players by positions to the opposing coach.
- 5) Players are limited to ten minute warm-up.
- 6) A player who is slated to play, but who arrives late; i.e., during the ten minute warm-up, may be inserted into his/her position; however, the player will not receive the allotted ten minutes to warm up. Tardy players will be penalized according to the rules beginning at 3:30 p.m. at dual meets. The only exception applies at Region if other players can be assigned to available courts for that round. If a player arrives after the match for which he was slated to play has begun, the tardy player will assume the role of a spectator.
- 7) The home team will furnish for each varsity match; two new balls per match; a three set match will receive two new balls at the beginning of the third set.
- 8) A coach may move a singles player to doubles and vice-versa; however, the players must be ranked according to ability in both singles and doubles.
- 9) Coaching on change-over's can only be part of the 90 seconds allowed. Coaching is allowed for only two minutes between sets; however, during the first and second set, players may not leave the court. Between the second and third sets, the players have ten minutes, and players may leave the court.
- 10) Please refer to "General Policies" in the **Region VII** Handbook for all other **Region VII** rules, and the UHSAA Handbook for all UHSAA rules.

REGION TOURNAMENT PLAY:

- 1) **Stacking is not permissible and could result in UHSAA sanctions.** In an effort to promote fair play and wholesome team competition, thereby fostering a healthy educational environment, the Utah High School Activities Association offers the following guidelines in regards to stacking:
 - A. **Legitimate and ethical "placing of players":** Any lineup which places a better skilled player above a lesser skilled player or a better skilled doubles team above a lesser skilled doubles team is legal.
 - B. **Legitimate lineups according to skill ability:** Skill ability shall be defined as the number of one singles player shall be better than the number two singles player who shall be better than the number three singles player. The number one doubles team shall be better than the number two doubles team. Coaches should enter players at the positions which their skill dictates. Juggling or shuffling the positions to gain an advantage is unsportsmanlike and creates an unhealthy educational environment. In the event of an injury during any course of the season, the next best player would move up to fill the spot vacated by the injured player.
 - C. The Code of Ethics regarding stacking from the UHSAA will followed.
- 2) **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 meet. This includes matches at the Varsity and/or JV level and in the singles or doubles category. Injury or special situations will be considered, but must be approved by the UHSAA prior to the student athlete participating in the Region meet.
- 3) Seeding of the Region Tournament will be conducted by the Region coaches prior to the Region Tournament. Seeds will be based on Region dual matches results at a particular position. Must have a minimum of two referees/U.T.A. 944.8782
- 4) The Region championship trophy will be awarded to the team which has accrued the highest point total based upon the following schedule:
 - A. Each team dual match victory: 1 point per match (10 pts. Total)
 - B. Region Tournament where 4 qualify for State:
 - 1st Place: 5 points
 - 2nd Place: 4 points
 - 3rd Place: 3 points
 - 4th Place: 2 points
 - 5th Place: 1 point
- 5) No more than fourteen (14) matches will be played by team players during the course of the UHSAA tennis season. This restriction does not apply to those matches played either at the Region or State Tournaments.
- 6) All Players in Region Tournament shall wear a matching uniform.
- 7) The Tournament will follow a consolation bracket format.
- 8) Each school may award their own Academic All-Region Player(s). Any senior with a 3.75 GPA or higher will qualify.

JUNIOR VARSITY REGION TOURNAMENT PLAY:

- 1) It will be held in conjunction with the Varsity Region Tournament (weather permitting), 3 singles & 2 doubles.
- 2) No add Pro set until final – 2 out of 3 sets regular scoring in final. Add scoring 8-8 you play a 12 pt tie breaker.
- 3) Tournament shall be seeded according to varsity dual match play record.

Site locations will be on campus except for Murray and Olympus – see schedule.

**Region VII
Tentative Girls' 2012-2013**

Tuesday, August 21

Hillcrest @ Olympus *
Herriman @ Westlake
Murray @ Skyline #

Tuesday, August 28

Hillcrest @ Westlake
Olympus @ Skyline
Murray @ Herriman #

Tuesday, September 4

Hillcrest @ Skyline
Olympus @ Herriman
Murray @ Westlake #

Tuesday, September 11

Herriman @ Hillcrest
Murray @ Olympus * #
Skyline @ Westlake

Tuesday, September 18

Murray @ Hillcrest #
Westlake @ Olympus *
Skyline @ Herriman

Thursday, August 23

Hillcrest @ Herriman
Murray @ Olympus * #
Westlake @ Skyline

Thursday, August 30

Murray @ Hillcrest #
Olympus @ Westlake
Herriman @ Skyline

Thursday, September 6

Olympus @ Hillcrest
Westlake @ Herriman
Murray @ Skyline #

Thursday, September 13

Westlake @ Hillcrest
Skyline @ Olympus *
Murray @ Herriman #

Thursday, September 20

Skyline @ Hillcrest
Herriman @ Olympus *
Murray @ Westlake #

Murray games are played at other school. The first time teams play, Murray will be home team. The second time the teams play, Murray will be visiting team.

*Olympus High games will be played at Olympus Hills Park

Other Important Dates

Tuesday, September 25

Wednesday, September 26

Friday, September 28- Saturday, September 29

Friday October 5-Saturday October 6

Match make-up

Region Seeding

Region Tournament

State Tournament at Liberty Park

Game Addresses:

Herriman / 11917 South Mustang Trail Way (6000 West) Herriman

Hillcrest / 7350 South 900 East, Midvale

Olympus Hills Park / 3080 E. 4430 S., Holladay

Skyline / 3251 E. 3760 S., Salt Lake City

Westlake / 99 North Thunder Blvd. (200 West), Saratoga Springs

TRACK & FIELD GUIDELINES & SCHEDULE

Region Chairman: **Josh LeRoy Olympus High School (385)646-5400**

First Contest: **March 4th, 2013**

Region J.V. Meet: **May 14th @ Westlake**

Region Championship: **May 8th & 9th @ Herriman**

State Tournament: **May 16th & 17th @ BYU**

Academic All-State Accepted Between: **April 2nd & April 23rd**

Eligibility List Due: **March 8th**

- 1) Track meets for boys and girls are to be conducted concurrently.
- 2) Track meets will start at 3:30 p.m.
- 3) The following awards should be given.
 - A. 1 Team Region Trophy (Boys & Girls).
 - B. Region J.V. Meet: Ribbons for the first six (6) places in individual events and first in the relays.
 - C. Region Championship Meet: Medals for the first six (6) places in individual events, and medals to first three (3) places in relay events. Top four (4) places at Region Championship qualify for the State meet. (Students can also qualify for the state meet at invitational's.)
- 4) The responsibility of deciding if a meet should be cancelled rests with the host school. Although input from the other participating schools should be obtained whenever possible, the final decision rests with the host school. The host school will phone the other participating schools and cancel the meet by 12:30 pm.
- 5) Region Meets:
 - A. Anyone qualifying for any state event cannot participate in the J.V. Region Meet.
 - B. Home school is appointed Meet Director in charge.
 - C. Home school is responsible to send results to visiting teams
- 6) Meets:
 - A. Participants must be designated before running of their events.
 - B. The men's and women's heats may be combined as designated by the host school
 - C. All schools are responsible for bringing their own name tags.
 - D. All field events will be limited to four (4) attempts – no finals.
 - E. Visiting schools will be responsible for staffing and running two (2) Field Events during the Meet.
- 7) Region Championship Meet: Field Events 3:00pm all other events 3:30
 - A. Each school shall be allowed five athletes per event and one relay team per relay event.
 - B. There will be an all-region designation given to the region champions in each event. The host school will notify the press.
 - C. All recorded times and distances entered must come from a region meet or state qualifying track meet. All times for running events below 800 meters must be FAT times or it is considered as "no time".
 - D. The games committee (which will consist of a coach from each school) and/or referee will make all decisions on any protest that may occur.
 - E. Seeding meeting will be held under the direction of the host school. Tentative plan is May 3rd at Herriman
 - F. Top 8 times for track events and top 9 for field events will advance to finals, regardless of placing in heat.
 - G. Pole Vault is a non-scoring event.
 - H. The Region Championship host school must hire a field judge and starter from the UHSAA who is US Track & Field certified.
 - I. Each school will be responsible for staffing two adults (each paid \$35 by the Region) to run one (1) Field Event for Region Championship and the JV Championship Meet.
- 8) Budgets:
 - A. Region Championship Meet costs to be pre-approved by the **Region VII** Board of Managers.
 - B. Cost of J.V. Meet must also be pre-approved by the **Region VII** Board of Managers
- 9) Academic All Region: All coaches are responsible to send an email list (by April 24th) of Track and Field athletes they wish to nominate for academic acknowledgement. Athletes must have a 3.75 or higher GPA
- 10) Please refer to "General Policies" in the **Region VII** Handbook for all other **Region VII** rules, and the UHSAA Handbook for all UHSAA rules.

2013 REGION VII

TRACK & FIELD

SCHEDULE

March 20th	Herriman, *Hillcrest, Murray *Olympus, Skyline, Westlake
March 27th	*Herriman, Westlake
April 10th	Olympus, *Skyline *Hillcrest, Murray
April 17th	Hillcrest, *Murray, Olympus Herriman, Skyline, *Westlake
April 24th	Murray, Skyline, *Westlake *Herriman, Hillcrest, Olympus
May 1st	*Murray, Olympus, Skyline Herriman, *Hillcrest, Westlake
May 8-9	Region Championships at Herriman
May 14th	Region JV Invite at Westlake

VOLLEYBALL GUIDELINES & SCHEDULE

Region Chairman: **Steven Bailey**

Starting Date: **August 6, 2012**

First Game: **August 14, 2012**

State Tournament: **November 2-3, 2012**

Academic All-State Accepted Between: **Sept. 18th-Oct. 2nd**

Eligibility List Due: **August 24th**

- 1) Each school will submit complete game schedules to all Region VII schools.
- 2) Time of Region Games:
 - A. Sophomore: 3:30 games play 3 out of 5 (Montana scoring)
 - B. J.V.: 4:45 – Warm up will begin immediately following sophomore. (Montana scoring)
 - C. Varsity: 6:00 – Warm up will begin immediately following J.V.
- 3) Scoring

Rally scoring format for sub-varsity matches is as follows: games 1 and 2 score to 25 with a cap of 27; games 3 -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 timeouts per team and games 3-5, if necessary, have a possibility of one timeout per team.

Rally scoring for varsity matches is as follows: games 1-4 (if necessary) score to 25 with no cap on 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 (2) timeouts per team.
- 3) Standardized warm-up for all varsity and sub-varsity levels is ten (10) minutes. Teams may either use a 5-5 or a 4-4-2 format to be determined by coaches before game begins.
- 4) The All-Region Team will be selected by the coaches at the end of the season, October 26th during a coaches meeting at TGI Fridays at 6:00pm. Coaches will determine MVP, 1st Team, 2nd Team and Honorable Mention. Academic All-Region team chosen-any senior with a 3.75 GPA or higher.
- 5) Official Line Judges, one from each team, must be provided for all matches.
- 6) A three ball rotation is used in each match. **No spectators** seated on the first row. Home team provides 2 people for the three ball rotation.
- 7) Court needs to be set up one hour prior to the start time of first game.
- 8) The winning team coach is responsible to call the scores to the Deseret News and the Tribune.
- 9) If there are ties of standing, a tie breaker will be determined by:
 - A. Head to head for all Region matches.
 - B. Total sets won.
 - C. Point percentage between tied teams (points scored/points scored against).
 - D. If the first three rules do not break a tie, a coin flip will be used to determine final region placement.
 - E. In the event that a team may be eliminated from state playoffs, a tie will result in a full match being played on the first available date at a neutral site.
- 10) Please refer to “General Policies” in the **Region VII** Handbook for all other **Region VII** rules, and the UHSAA Handbook for all UHSAA rules
- 11) All white balls must be used in Sanctioned events.

Schedule **2012-2013**
Sport **Volleyball**
Admin **Steven Bailey**
School **Hillcrest High School**

DATE Thursday, Sept 6, 2012	DATE Tuesday, Sept 11, 2012	DATE Thursday, Sept 13, 2012	DATE Tuesday, Sept 18, 2012
Olympus @ West Lake	Westlake @ Hillcrest	Murray @ Westlake	Olympus @ Hillcrest
Skyline @ Murray	Murray @ Olympus	Olympus @ Herriman	Skyline @ Westlake
Hillcrest @ Herriman	Herriman @ Skyline	Hillcrest @ Skyline	Herriman @ Murray

DATE Thursday, Sept 20, 2012	DATE Thursday, Sept 27, 2012	DATE Thursday, Oct 4, 2012	DATE Tuesday, Oct 9, 2012
Westlake @ Herriman	Westlake @ Olympus	Hillcrest @ Westlake	Westlake @ Murray
Murray @ Hillcrest	Murray @ Skyline	Olympus @ Murray	Herriman @ Olympus
Skyline @ Olympus	Herriman @ Hillcrest	Skyline @ Herriman	Skyline @ Hillcrest

DATE Tuesday, Oct 16, 2012	DATE Tuesday, Oct 23, 2012	DATE	DATE
Hillcrest @ Olympus	Herriman @ Westlake		
Westlake @ Skyline	Hillcrest @ Murray		
Murray @ Herriman	Olympus @ Skyline		

WRESTLING GUIDELINES & SCHEDULE

Region Chairman: John Broadhead

Start Date: November 5, 2012

First Contest: November 20, 2012

Region Open Tournament: February 6-7, 2013*

Region Tournament: February 6-7, 2013*

State Tournament: February 13-14**

Academic All-State Accepted Between: January 8, 2013

Eligibility List Due: November 30, 2012

Wrestling Body Fat Testing: November 9-10, 2012

* *Date may change dependent upon date of state tournament*

***State date is scheduled for February 13-14 but may change to February 6-7*

1) Starting times for **Region VII** matches will be as follows:

- A. Weigh-ins - 4:00 pm
- B. JV matches - 5:00 pm
- C. Varsity matches – 6:30 pm or following J.V.

The gym must be cleared of all other activities by 4:30pm so it can be set up for dual matches. A change in starting time will require mutual agreement between the principals of the two schools involved. Changes in dates of activities require the approval of the **Region VII** Board of Managers. Host schools are responsible to notify the arbiter of any time or date changes.

- 2) There is to be no weight allowance given unless there are back-to-back dual meets. A coach must contact the opposing coach 24 hours in advance if this situation occurs.
- 3) To meet National Federation and State guidelines, a wrestler must certify at a specific weight class prior to his first wrestling match. Please refer to the UHSAA website for complete information on wrestler weight certification.
- 4) Platform scales must be certified (by a government agency) by November 2nd of each year.
- 5) Coaches will exchange line-ups by **email or fax**, by 10:00 a.m. to the opposing schools the day of the match; the line-up should include Varsity, JV and Extras.
- 6) The state arbiter for varsity and JV will assign the officials for all region matches, non-region matches, and sophomore meets.
- 7) A maximum of twenty-four (24) encounters will be allowed in addition to Region and State Meets. All tournaments will be counted as three (3) encounters. Dual meets count as an encounter.
- 8) Any school with a wrestler who is unable to compete in the State Meet must notify the Region Chairperson immediately and the replacement wrestler's coach. The Region *Fifth place wrestler should be available to fill in a possible bye in the tournament bracket at the State Tournament.

REGION VARSITY TOURNAMENT

- 1) Each school may enter two wrestlers per weight division.
- 2) Wrestlers will be seeded into the tournament by criteria; attempts will be made to seed six.
- 3) All rounds will be scored in the tournament
- 4) Weigh-ins will be conducted as per state guidelines.
- 5) The seeding meeting will be under the direction of the host school with the Region Chair doing the pre-seeding. Byes will be randomly assigned to an open position for each weight.
- 6) After each Region dual, the home coach will be required to fax or e-mail the results of the Region VII dual to the region chair for seeding purposes before their next home dual.

- 7) Each coach will be required to bring to the **Region VII** seeding meeting their team's alpha-master list, eligibility list, wrestlers' names, weight, grade, and overall varsity record. This list should include all Region duals highlighted with the weight in which the wrestler competed.
- 8) Wrestlers may not change weight class after the seeding meeting without a coach's vote.
- 9) Double bonus points will be awarded to wrestlers who received byes and then win their subsequent match in the championship round only. Advancement points will be awarded to winners in the championship or consolation brackets with previous round byes.
- 10) Awards presented by Region Host School
 - A. An outstanding Coach
 - B. Dual Meet Championship Award
- 11) Awards presented and provided by **Region VII**
 - A. Region Tournament Trophy and medals first–sixth place
 - B. Outstanding Wrestler, Upper and Lower
- 12) Tournament times will be set by host school
- 13) The following criteria will be used for seeding wrestlers in **Region VII** Wrestling Tournament:
 - A. Agreement among coaches who is the best wrestler (4-2 vote)
 - B. Head-to-Head record in **Region VII** Dual Meet competition a wrestler has a winning record over opponent, this will supersede the **RegionVII** dual meet win (2 out 3 rule).
 - C. Head-to-Head record in any competition.
 - D. Region wins at the same weight.
 - E. Common opponents
 - F. Region wins
 - G. Previous State finish in order of finish (same weight)
 - H. Previous Region finish in order of finish (same weight)
 - I. Previous State finish in order of finish (different weight)
 - J. Previous Region finish in order of finish (different weight)

- K. Coin toss
- L. In case of a three or four way tie, once the first place wrestler has been determined; seeding of subsequent places (2nd, 3rd, 4th) will be determined by starting at criteria number one.

Region Open Tournament

- 1) This Tournament is **not** limited to sixteen entries.
 - A. There will be no seeding for this tournament
- 2) Reminder; this tournament will count towards the 24 encounter limit
- 3) Eligible wrestlers:
 - A. A Wrestler with no more than 2 Region varsity wins, excluding forfeits, may compete.
 - B. Freshmen, sophomores, juniors and seniors are eligible
 - C. No team points will be scored.
- 4) The first place wrestler will receive an award.

**If we go to a 32 man bracket at state then 5th place will become an 8th place*

Schedule for 2012-13

December 6

Dual Meet Westlake@Skyline
 Dual Meet Herriman@Hillcrest
 Dual Meet Murray@Olympus

January 24/31*

Dual Meet Herriman@Westlake
 Dual Meet Skyline@Olympus
 Dual Meet Hillcrest@Murray

December 13

Dual Meet Murray@Skyline
 Dual Meet Hillcrest@Westlake
 Dual Meet Olympus@Herriman

TBA Region Seeding Meeting
 (TBA@Westlake)

January 10/17*

Dual Meet Herriman@Murray
 Dual Meet Westlake@Olympus
 Dual Meet Skyline@Hillcrest

February 6-7

Region Open (JV and extras)@
 Westlake High School-In Aux. Gym's
 During Region Championships-TBA

January 17/24*

Dual Meet Skyline@Herriman
 Dual Meet Murray@Westlake
 Dual Meet Olympus@Hillcrest

February 13-14

State Championship

** If the state tournament is held February 6-7 then first dates listed will apply*

UHSAA 2012-13 UPDATED CALENDAR AS OF 8/9/2012

[2012.13.UHHS.A.calendar.pdf](#)