

# 2014-2015 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
Daily Herald	-	801-344-2540



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Chargers-Navy, Silver & White

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Bruins-Cardinal Red, White & Gold

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Spartans-Black & Orange

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Titans-Green & Gray

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Golden Tiger-Blue & Gold

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Eagles- Navy Blue, Vegas Gold & White

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Timberwolves-Navy Blue, Forest Green & White

## ACTIVITES-CHAIRPERSONS AND INDIVIDUAL SCHOOL RESPONSIBILITIES

<b>School Activity</b>	<b>School Host</b>	<b>Administrator</b>	<b>Phone</b>	<b>E-mail</b>
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## Corner Canyon High School- Chargers

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## Mountain View High School-Bruins

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## Murray High School - Spartans

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## Olympus High School-Titans

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## Orem High School- Golden Tiger

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Forensics/Debate	N/A	
Golf, Boys	Reggie Rhees	<a href="mailto:rrhees@alpinedistrict.org">rrhees@alpinedistrict.org</a>
Golf, Girls	Reggie Rhees	<a href="mailto:rrhees@alpinedistrict.org">rrhees@alpinedistrict.org</a>
Music, Instrumental	Matthew Tippetts	<a href="mailto:mtippetts@alpinedistrict.org">mtippetts@alpinedistrict.org</a>
Music, Vocal	Sterling Keyes	<a href="mailto:skeyes@alpinedistrict.org">skeyes@alpinedistrict.org</a>
Boys' Soccer	Ed Louder	<a href="mailto:louderjoed@ad.com">louderjoed@ad.com</a>
Girls' Soccer	Ed Louder	<a href="mailto:louderjoed@ad.com">louderjoed@ad.com</a>
Softball	Whitney White	<a href="mailto:wgiles35@gmail.com">wgiles35@gmail.com</a>
Swimming	Tyler Mower	<a href="mailto:tymower@gmail.com">tymower@gmail.com</a>
Tennis, Boys	Ben Dennett	<a href="mailto:bendennett@gmail.com">bendennett@gmail.com</a>
Tennis, Girls	Ben Dennett	<a href="mailto:bendennett@gmail.com">bendennett@gmail.com</a>
Track, Boys	Andy Jacobs	<a href="mailto:oremcrosscountry@gmail.com">oremcrosscountry@gmail.com</a>
Track, Girls	Sam Bates	<a href="mailto:sbates@alpinedistrict.org">sbates@alpinedistrict.org</a>
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Wrestling	Alex Gunoe	<a href="mailto:jamesgunoe@alpinedistrict.org">jamesgunoe@alpinedistrict.org</a>

## Skyline High School - Eagles

3251 East 3760 South

Salt Lake City, UT 84109

385-646-5420, Fax 385-646-5422



<b>Activity</b>	<b>Advisor</b>	<b>E-Mail</b>
Principal	Doug Bingham	<a href="mailto:dmbingham@graniteschools.org">dmbingham@graniteschools.org</a>
Asst. Principal	Ryan Oaks	<a href="mailto:roaks@graniteschools.org">roaks@graniteschools.org</a>
Asst. Principal	Lynda Tierney	<a href="mailto:lmTierney@graniteschools.org">lmTierney@graniteschools.org</a>
Admin. Secretary	Diane Bunker	<a href="mailto:ddbunker@graniteschools.org">ddbunker@graniteschools.org</a>
Boys Athletic Director	Steve Marlowe	<a href="mailto:smarlowe@graniteschools.org">smarlowe@graniteschools.org</a>
Girls Athletic Director	Deb Bennett	<a href="mailto:dbennett@graniteschools.org">dbennett@graniteschools.org</a>
Baseball	Erik Hansen	<a href="mailto:ehansen@graniteschools.org">ehansen@graniteschools.org</a>
Boys' Basketball	Derek Bunting	<a href="mailto:dbunting@graniteschools.org">dbunting@graniteschools.org</a>
Girls' Basketball	Lynette Schroeder	<a href="mailto:lnschroeder.1221@gmail.com">lnschroeder.1221@gmail.com</a>
Cheerleading	Shaunda Trimmer	<a href="mailto:stimmer@graniteschools.org">stimmer@graniteschools.org</a>
Cross Country-Boys	Tom Porter	<a href="mailto:tporter@graniteschools.org">tporter@graniteschools.org</a>
Cross Country- Girls	Tom Porter	<a href="mailto:tporter@graniteschools.org">tporter@graniteschools.org</a>
Drama	Joe Rogan	<a href="mailto:jrogan@graniteschools.org">jrogan@graniteschools.org</a>
Drill Team	N/A	
Football	Justin Thompson	<a href="mailto:jthompson@graniteschools.org">jthompson@graniteschools.org</a>
Forensics/Debate	Judie Roberts	<a href="mailto:jroberts@graniteschools.org">jroberts@graniteschools.org</a>
Golf, Boys	Craig Barlow	<a href="mailto:cbarlow@graniteschools.org">cbarlow@graniteschools.org</a>
Golf, Girls	Brodie Reid	<a href="mailto:breid@graniteschools.org">breid@graniteschools.org</a>
Music, Instrumental	Adam Larson	<a href="mailto:al Larson2@graniteschools.org">al Larson2@graniteschools.org</a>
Music, Vocal	Jay Gunderson	<a href="mailto:jgunderson@graniteschools.org">jgunderson@graniteschools.org</a>
Soccer, Boys	Shawn Kennedy	<a href="mailto:skennedy@graniteschools.org">skennedy@graniteschools.org</a>
Soccer, Girls	Yamil Castillo	<a href="mailto:yam.sue.cast@gmail.com">yam.sue.cast@gmail.com</a>
Softball		
Swimming	Joe Pereira	<a href="mailto:jpereira@graniteschools.org">jpereira@graniteschools.org</a>
Tennis, Boys	Loni Wilcox	
Tennis, Girls	Heidi Schmauch	<a href="mailto:heidischmauch@hotmail.com">heidischmauch@hotmail.com</a> <a href="mailto:hschmauch@graniteschools.org">hschmauch@graniteschools.org</a>
Track, Boys	Allen Hymas	<a href="mailto:ahymas@graniteschools.org">ahymas@graniteschools.org</a>
Track, Girls	Tom Porter	<a href="mailto:tporter@graniteschools.org">tporter@graniteschools.org</a>
Volleyball	Jami Hutchins	<a href="mailto:jhutchins@graniteschools.org">jhutchins@graniteschools.org</a>
Wrestling	Syd Lott	<a href="mailto:slott@graniteschools.org">slott@graniteschools.org</a>

## Timpanogos High School - Timberwolves

1450 North 200 East  
 Orem, Utah 84057  
 801-610-8175 Fax 801-223-3134



<b>Sport/Activity</b>	<b>Coach/Advisor</b>	<b>Cell Phone</b>	<b>E-Mail</b>
Principal	Theron Murphy	801-787-2461	tmurphy@alpinedistrict.org
Asst. Principal	Deb Zirbes	801-369-0884	<a href="mailto:dzirbes@alpinedistrict.org">dzirbes@alpinedistrict.org</a>
Asst. Principal	Diane Wanamaker	801-472-4727	<a href="mailto:dwanamaker@alpinedistrict.org">dwanamaker@alpinedistrict.org</a>
Asst. Principal	Kyle Robinson	435-590-7485	<a href="mailto:KEVINROBINSON@alpinedistrict.org">KEVINROBINSON@alpinedistrict.org</a>
Secretary	Carolyn Anderson	801-372-3450	Canderson@alpinedistrict.org
Athletic Director	Frank Bramall	801-836-3312	fbramall@alpinedistrict.org
Athletic Director	Kim Nelson	801-376-5170	<a href="mailto:mnelson@alpinedistrict.org">mnelson@alpinedistrict.org</a>
Baseball	Kim Nelson	801-376-5170	<a href="mailto:mnelson@alpinedistrict.org">mnelson@alpinedistrict.org</a>
Boys Basketball	Izzy Ingle	678-485-0828	izzingle@gmail.com
Girls Basketball	Kawika Akina	801-787-3382	Kawika_akina@hotmail.com
Cheerleading	Lauren Egbert	208-731-6456	Lauren_egbert13@live.com
Cross Country	Jody Benson	801-368-4521	<a href="mailto:jodylbenson@alpinedistrict.org">jodylbenson@alpinedistrict.org</a>
Football	Joe Dupaix	801-319-1893	<a href="mailto:timpanogosfootball@gmail.com">timpanogosfootball@gmail.com</a>
Boys Golf	Kim Nelson	801-376-5170	mnelson@alpinedistrict.org
Girls Golf	TBA		
Boys Soccer	Scott Taylor	801-413-4995	<a href="mailto:herrtaylor@gmail.com">herrtaylor@gmail.com</a>
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Swimming	Ezra Silva	801-201-4282	ezrasilva@alpinedistrict.org
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Track & Field	Jody Benson	801-368-4521	<a href="mailto:jodylbenson@alpinedistrict.org">jodylbenson@alpinedistrict.org</a>
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Wrestling	TBA		
Band	Jared Morris	801-400-6192	<a href="mailto:jmorris@alpinedistrict.org">jmorris@alpinedistrict.org</a>
Choir	Steve Durtschi	801-707-5611	<a href="mailto:sdurtschi@alpinedistrict.org">sdurtschi@alpinedistrict.org</a>
Orchestra	Carl Johnson	801-309-4059	
Ballroom	TBA		
Dance Team	Emilee Harmon	801-369-8212	enewell@alpinedistrict.org
Drama	Agnes Broberg	801-472-6506	<a href="mailto:abroberg@alpinedistrict.org">abroberg@alpinedistrict.org</a>

## **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](http://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**

**Start charging @ 3:00, no charge for Volleyball and Wrestling**

- 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 **student government/ with cards and sweaters**. 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 3<sup>rd</sup> 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 and police 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 at varsity football and varsity boys basketball games. One home administrator should be at boys/girls varsity games, **except Tennis and Golf**. 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. Sitting or standing on the front rows during basketball games is prohibited.
- 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.

## 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.
13. 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.

## UHSAA STATE EVENT GUIDELINES

In the chart below, **ONLY** those items marked "Yes" will be allowed as support items at UHSAA state tournaments and meets. It is recommended that schools follow these same regulations during regular season and region tournament play. Sportsmanlike vocal cheering and support from team bench area are encouraged. One school flag, designated and controlled by school administration, will be allowed at State. At indoor venues the school flag must remain stationary; at outdoor venues it may be mobile if it does not disrupt spectators and remains on the sidelines nearest the school's section.

### LEGEND:

BB -Baseball      DR -Drill Team      SC -Soccer      TE -Tennis      WR -Wrestling  
 BSK -Basketball      FB -Football      SB -Softball      TR -Track & Field  
 CC -Cross Country      GO -Golf      SW -Swimming & Diving      VB -Volleyball

	BB	BSK	CC	DR	FB	GO	SC	SB	SW	TE	TR	VB	WR
Practice at state site 2 weeks prior	NO	NO	NO	NO	NO	YES	NO	NO	NO	YES	NO	NO	YES
Shirts on fans; spectator faces must be identifiable	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Banners on wall except welcome or corporate sponsor	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Hand held signs of any kind	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Balloons	YES	NO	YES	NO	YES	YES	YES	YES	NO	YES	YES	NO	NO
Confetti/shredded paper	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Paper banners for teams to run through	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Laser light/pointer	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Miniature sports balls thrown into crowd	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Poms	YES	YES	YES	NO	YES	YES	YES	YES	NO	YES	YES	NO	NO
Rally towels	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Artificial noise makers (shakers, clickers, horns, vuvuzelas, bells, cow bells, buzzers, thundersticks)	NO	NO	YES	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO
Air horns/airons/electronic bull horns	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Megaphones (non-electronic)	YES	NO	YES	NO	YES	NO	YES	YES	NO	NO	YES	NO	NO
Cannons/muskets	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Whistles	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Recorded music over PA system by approval only	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
School bands (including drums)	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO

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

- The starting line-up may be introduced prior to the activity. A well-planned flag ceremony may be presented.
- 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.
- Visiting teams are expected to exit the field/stadium/court to load their busses in and expedient manner.
- The announcer should call everyone to attention as the flag enters. The announcer should be objective and impartial announcing a game.
- 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.
- 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.
- 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.
- 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.
- A supervisor must be present when student groups perform.
- 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.
- 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.

# **8. 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](http://nfhslearn.org)) sportsmanship course, "Teaching and Modeling Behavior" **There is a \$20.00 charge to the coach in violation.**

# **9. 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.

# **10. 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 **12:30 pm**. The head coaches must notify the administration of the change. Next open available day shall be the makeup date for any weather related changes.

### **11. 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.

### **12. 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. **No games shall start before 3:30 pm**. Coaches need to make every reasonable effort to keep students in school. Any exceptions must be approved by the Board of Managers.

### **13. 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.

### **14. 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.)

### **15. Fine for Violations**

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

## 16. **Seeding 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.

## 17. **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.

## 18. **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.

## 19. **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

## 20. **Duties of Region VII Coach/Advisor Reps (Coach)**

**All certificates are online. The school will print certificates out with the type of paper they choose.**

- 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

## 21. **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.

## 22. **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.

## 23. **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.

## 24. **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) Each team is allowed to attend one tournament where they may play up to 4 games and count it as two contests toward the 20 game allotment.
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 <sup>st</sup> all region" Medals Runners 8-14 "2 <sup>nd</sup> 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" 70 Individual medals (no year) for "Superior Performance" at Region VII Drama Festival 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> place plaques Region One Act plays, 1 <sup>st</sup> , 2 <sup>nd</sup> place Sweepstakes plaques.
Drill Team .....	One (1) Region Trophy Five (5x7) Drill Down medals for 1 <sup>st</sup> -5 <sup>th</sup> place
Football .....	One (1) Region Trophy
Forensics/Debate .....	One (1) Region Trophy

If there are six competing schools, there will be three separate region trophies awarded at the Region Debate Tournament: a 1<sup>st</sup> place, 2<sup>nd</sup> place, and 3<sup>rd</sup> place trophy. For fewer than six schools, there will be two separate region trophies awarded at the Region Debate Tournament: a 1<sup>st</sup> place and a 2<sup>nd</sup> place.

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

Ten (10) additional medals will be provided for possible ties in any or all events. These additional medals will only say "Superior" (no event names).

Golf (Boys & Girls).....	One (1) Region Trophy Boys Varsity 10 medals- "Region VII" on one side; "Region 1 <sup>st</sup> - 10 <sup>th</sup> place" on the other 10 boys JV certificates "Region VII" on one side and "Region JV 1 <sup>st</sup> -10 <sup>th</sup> " Girls Varsity 10 medals- "Region VII" on one side; "Region 1 <sup>st</sup> - 10 <sup>th</sup> place" on the other 10 girls JV certificates "Region VII" on one side and "Region JV 1 <sup>st</sup> -10 <sup>th</sup> "
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
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Softball ..... One (1) Region Trophy

Swimming (Boys and Girls) ..... One (1) Region Trophy each  
48 Medals each (boys & girls) for places 1st – 6<sup>th</sup> in Individual events.  
36 Medals each (boys & girls) for places 1<sup>st</sup>-3<sup>rd</sup> 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<sup>st</sup>-3<sup>rd</sup> in relay events

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/Administrator: **Deb Zirbes- Timpanogos**

Try-out Date: **Wednesday, Feb. 25<sup>th</sup>**

Starting Date: **Wednesday, March 4<sup>th</sup>**

Inter-Region Playoffs: **May 12 -13**

State Tournament: **May 18-22 @ UVU**

Academic All-State Accepted Between: **March 17-April 14**

Eligibility List Due: **March 13**

1. The first practice game may be held on or after March 11<sup>th</sup>, 2015
2. All varsity league games will begin at 3:30 p.m. with J.V. games to follow. Sophomore games will be double headers to begin at 3:30. Home team will be visiting team the second game. Each team pays for one soph. umpire to balance the cost.
3. Each Team will be allowed 15 minutes for warm-up and infield practice.
4. All league games will be played on the date and time scheduled unless weather or field conditions cause a postponement. 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 an incomplete game (less than 5 innings) 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. J.V. and soph games will be bumped to accommodate varsity make-up 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. (14 innings)
8. Teams will redraw every year for scheduling purposes.
9. A region trophy will go to first place in regular region play. In the event of a first place tie, both teams will be awarded a trophy.
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. If regular region tiebreak rules do not clearly decide order of finish, the following will apply:
  - A. In the event of a tie (3 for 2 spots to determine a state play-off position), the winner of the 3 way flip gets the last seed, the other two play-off for the higher seed- a seven-inning game.
  - B. In the event of a tie (for 1 spot to determine a state play-off position), 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.

**(The region board of managers voted down the run differential tiebreaker.)**
12. 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.
13. All sophomores will play double headers beginning at 3:30.
14. The coaches will select the all-region team according to the following criteria: 1<sup>st</sup> place- MVP +5 players, 2<sup>nd</sup> place- 5 players, 3<sup>rd</sup> place- 4 players, 4<sup>th</sup> place- 3 players, 5<sup>th</sup> place- 3 players, 6<sup>th</sup> place- 2 players, 7<sup>th</sup> place- 2 players. Second team all- region will be at the coaches' discretion.
15. Teams will wear light uniforms for home games and dark uniforms for road games

# **VARSDITY/JV BASEBALL SCHEDULE 2014-2015**

## **Tuesday, March 24<sup>th</sup>**

Skyline @ Orem  
Murray @ Olympus  
Timpanogos @ Mountain View  
Corner Canyon BYE

## **Thursday, March 26<sup>th</sup>**

Orem @ Skyline  
Olympus @ Murray  
Mountain View @ Timpanogos  
Corner Canyon BYE

## **Tuesday, March 31<sup>st</sup>**

Skyline @ Timpanogos  
Mountain View @ Olympus  
Orem @ Corner Canyon  
Murray BYE

## **Thursday, April 2<sup>nd</sup>**

Timpanogos @ Skyline  
Olympus @ Mountain View  
Corner Canyon @ Orem  
Murray BYE

## **Tuesday, April 7<sup>th</sup>**

Corner Canyon @ Skyline  
Murray @ Mountain View  
Olympus @ Orem  
Timpanogos BYE

## **Thursday, April 9<sup>th</sup>**

Skyline @ Corner Canyon  
Mountain View @ Murray  
Orem @ Olympus  
Timpanogos BYE

## **Tuesday, April 14<sup>th</sup>**

Mountain View @ Orem  
Murray @ Corner Canyon  
Olympus @ Timpanogos  
Skyline BYE

## **Thursday, April 16<sup>th</sup>**

Orem @ Mountain View  
Corner Canyon @ Murray  
Timpanogos @ Olympus  
Skyline BYE

## **Tuesday, April 21<sup>st</sup>**

Skyline @ Mountain View  
Timpanogos @ Corner Canyon  
Orem @ Murray  
Olympus BYE

## **Thursday, April 23<sup>rd</sup>**

Mountain View @ Skyline  
Corner Canyon @ Timpanogos  
Murray @ Orem  
Olympus BYE

## **Tuesday, April 28<sup>th</sup>**

Skyline @ Murray  
Orem @ Timpanogos  
Corner Canyon @ Olympus  
Mountain View BYE

## **Thursday, April 30<sup>th</sup>**

Murray @ Skyline  
Timpanogos @ Orem  
Olympus @ Corner Canyon  
Mountain View BYE

## **Tuesday, May 5<sup>th</sup>**

Murray @ Timpanogos  
Olympus @ Skyline  
Mountain View @ Corner Canyon  
Orem BYE

## **Wednesday, May 6<sup>th</sup>**

Timpanogos @ Murray  
Skyline @ Olympus  
Corner Canyon @ Mountain View  
Orem BYE

Sophomores will play double headers on Tuesdays at the opposite site of the JV/Varsity game.  
All MV and Skyline sophomore games (home and away) will be double headers on Mondays



# BOYS BASKETBALL GUIDELINES & SCHEDULE

Region Chairman: **Matt Barnes- Olympus**  
Region Administrator: **Stephen Perschon- Olympus**  
Starting Date: **Monday, November 10, 2014**  
Moratorium: **November 27-30 & December 24-28 & January 1, 2015**  
State Tournament: **March 2-7, 2015 @ Weber State**  
Academic All-State Accepted Between: **Jan. 16-20**  
Eligibility List Due: **Dec. 5**  
First Game: **not before Nov. 25**

- Games will be played on: Tuesday and Friday's at the following times: NO MATTER THE LOCATION!!
  - Sophomore – 3:30 pm
  - Junior Varsity – 5:15 pm
  - Varsity – 7:00 pm
- 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.
- Spalding is the designated ball for both Boys' and Girls' State Tournaments. Use of this ball is recommended for **Region VII** games.
- UHSAA Moratorium dates are November 27-30 & December 24-28 & January 1, 2015. 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.
- 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. 22, 2014.
- In the event of a tie, the **Region VII** tie breaker rule applies.
- Teams may film their own games; however, no filming of opponents is allowed at any level.
- General courtesies recommended for games and are as follows:
  - 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.
  - 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.
  - 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.
- Each school is responsible for providing a dressing room and private discussion area for officials.
- 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.
- 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.
- 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.
- A representative of **Region VII** basketball coaches will keep an up-to-date record of region standings.
- 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 2014-2015**

## **Tuesday, Jan. 6**

Mt. View BYE  
Olympus @ Skyline  
Timpanogos @ Murray  
Corner Canyon @ Orem

## **Friday, Jan. 9**

Murray BYE  
Olympus @ Mt. View  
Orem @ Timpanogos  
Skyline @ Corner Canyon

## **Tuesday, Jan. 13**

Olympus BYE  
Skyline @ Timpanogos  
Corner Canyon @ Mt. View  
Murray @ Orem

## **Friday, Jan. 16**

Orem BYE  
Corner Canyon @ Olympus  
Murray @ Skyline  
Mt. View @ Timpanogos

## **Tuesday, Jan. 20**

Corner Canyon BYE  
Timpanogos @ Olympus  
Mt. View @ Murray  
Orem @ Skyline

## **Friday, Jan. 23**

Skyline BYE  
Olympus @ Murray  
Corner Canyon @ Timpanogos  
Orem @ Mt. View

## **Tuesday, Jan. 27**

Timpanogos BYE  
Murray @ Corner Canyon  
Olympus @ Orem  
Skyline @ Mt. View

## **Friday, Jan. 30**

Mt. View BYE  
Skyline @ Olympus  
Murray @ Timpanogos  
Orem @ Corner Canyon

## **Tuesday, Feb. 3**

Murray BYE  
Mt. View @ Olympus  
Timpanogos @ Orem  
Corner Canyon @ Skyline

## **Friday, Feb. 6**

Olympus BYE  
Timpanogos @ Skyline  
Mt. View @ Corner Canyon  
Orem @ Murray

## **Tuesday, Feb. 10**

Orem BYE  
Olympus @ Corner Canyon  
Skyline @ Murray  
Timpanogos @ Mt. View

## **Friday, Feb. 13**

Corner Canyon BYE  
Olympus @ Timpanogos  
Murray @ Mt. View  
Skyline @ Orem

## **Tuesday, Feb. 17**

Skyline BYE  
Murray @ Olympus  
Timpanogos @ Corner Canyon  
Mt. View @ Orem

## **Thursday, Feb 19**

Timpanogos BYE  
Corner Canyon @ Murray  
Orem @ Olympus  
Mt. View @ Skyline

# GIRLS BASKETBALL GUIDELINES & SCHEDULE

Region Chairman: **Kael Ashton- Olympus**

Region Administrator: **Wes Cutler- Olympus**

Starting Date: **Monday, Nov. 10**

Moratorium: **Nov. 27- 30, Dec. 24-28, Jan. 1**

State Tournament: **Feb. 17-21**

Academic All-State Accepted Between: **Dec. 16- Jan. 20**

Eligibility List Due: **Dec. 5**

1. Games will be played on: Tuesday's & Friday's at the following times:
  - A. Sophomore –7:00 pm
  - B. Junior Varsity –3:00 pm
  - C. Varsity –5:15 pmWhen playing Skyline and Corner canyon game times will be the following regardless of location.
  - A. Sophomore- 3:30 pm
  - B. Junior Varsity- 5:15 pm
  - C. 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.27- 30, Dec. 24-28 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. 1.
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. 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 2014-2015**

## **Tuesday, Dec. 30**

Skyline BYE  
Olympus @ Murray  
Corner Canyon @ Timpanogos  
Mt. View @ Orem

## **Friday, Jan. 2**

Timpanogos BYE  
Murray @ Corner Canyon  
Olympus @ Orem  
Skyline @ Mt. View

## **Tuesday, Jan. 6**

Mt. View BYE  
Skyline @ Olympus  
Timpanogos @ Murray  
Orem @ Corner Canyon

## **Friday, Jan. 9**

Murray BYE  
Olympus @ Mt. View  
Orem @ Timpanogos  
Corner Canyon @ Skyline

## **Tuesday, Jan. 13**

Olympus BYE  
Timpanogos @ Skyline  
Mt. View @ Corner Canyon  
Murray @ Orem

## **Friday, Jan. 16**

Orem BYE  
Olympus @ Corner Canyon  
Skyline @ Murray  
Mt. View @ Timpanogos

## **Tuesday, Jan. 20**

Corner Canyon BYE  
Timpanogos @ Olympus  
Mt. View @ Murray  
Skyline @ Orem

## **Friday, Jan. 23**

Skyline BYE  
Murray @ Olympus  
Timpanogos @ Corner Canyon  
Orem @ Mt. View

## **Tuesday, Jan. 27**

Timpanogos BYE  
Corner Canyon @ Murray  
Orem @ Olympus  
Mt. View @ Skyline

## **Friday, Jan. 30**

Mt. View BYE  
Olympus @ Skyline  
Murray @ Timpanogos  
Corner Canyon @ Orem

## **Tuesday, Feb. 3**

Murray BYE  
Mt. View @ Olympus  
Timpanogos @ Orem  
Skyline @ Corner Canyon

## **Friday, Feb. 6**

Olympus BYE  
Skyline @ Timpanogos  
Corner Canyon @ Mt. View  
Orem @ Murray

## **Tuesday, Feb 10**

Orem BYE  
Corner Canyon @ Olympus  
Murray @ Skyline  
Timpanogos @ Mt. View

## **Thursday, Feb. 12**

Corner Canyon BYE  
Olympus @ Timpanogos  
Murray @ Mt. View  
Orem @ Skyline

# **CROSS COUNTRY GUIDELINES & SCHEDULE**

Region Chairman/ Administrator: **Peter Glahn- Mountain View, 801-610-8160 ext. 654754**

Pre-Region Meet: **Scera Park or Cascade, Wednesday, August 27<sup>th</sup> at 6:30 pm**

Region Meet: **Scera Park or Cascade, Friday, October 10<sup>th</sup> at 3:30pm**

State Tournament: **Sugar House Park Wednesday October 22<sup>nd</sup>**

1. Cross Country Pre- Region will begin at 6:30 pm for Girls and 7:15 for Boys and the Region Meet will begin at 3:30pm starting with the J.V. teams.
2. The host, Orem High School, will designate a well marked course that is at or near 3.0 miles.
3. Qualification for State finishers will qualify with UHSAA Handbook. Top four teams will advance as well as the top three finishers on non-qualifying teams.
4. The Region Champion will be determined by the team scores at the Region Meet.
5. Varsity runners who finish 1-7 at the Region Meet will be awarded 1<sup>st</sup> Team All-Region; Varsity runners 8-14 will be awarded 2<sup>nd</sup> Team All-Region. These individuals will be awarded with medals. The Top 10 finishers in the JV Region Meet 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 three adult volunteers for the Region Meet.
8. A fully automated timing system (RunnerCard) will be used for the Region Meet.
9. Girls will run first, then boys, unless agreed upon ahead of time by all coaches involved.
10. The Region Cross Country Championship Meet will be held at Scera Park or Cascade in Orem on Friday, October 10<sup>th</sup>, 2014 at 3:30 pm. Each team will be able to run 8 but only 7 runners will be scored.
11. The Pre-Region Meet will be held at Scera Park or Old Cascade in Orem on Wednesday, August 27<sup>th</sup>, 2014 at 6:30 pm for girls and 7:15 pm for boys. Each team will provide their own stickers for the Pre-Region Meet.
12. The uniform rule will be in effect for all the region meets.
13. Academic All-region is for any senior that has reached a cumulative 3.75 GPA.

# **DRAMA GUIDELINES & SCHEDULE**

Region Chairman: **William Saxton- Murray**

Region Administrator: **Scott Wihongi- Murray**

Region One Act Play Tournament: **Wednesday, March 11th Corner Canyon**

Region I.E. Tournament: **Wednesday, March 18th Skyline High**

State Drama Festival: **TBD**

Eligibility List due **March 2, 2015**

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: 70 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.  
1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place plaques Region One Act plays. 1<sup>st</sup>, 2<sup>nd</sup> place Sweepstakes plaques.
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 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/ Administrator: **Mary Bailey- Corner Canyon**  
Region Coaches Meeting: **Monday, December 8, 2014, 4:00 pm, CCHS Admin. Conference Rm.**  
Region Competition: **Thursday, January 22, 2015, 6:30 pm. CCHS**  
State Competition: **Friday, February 6, 2015 @ Utah Valley University**  
Academic All-State Accepted Between: **December 16 – January 13, 2015**  
Eligibility List Due: **Friday, November 13, 2014**

1. Region drill teams will follow the guidelines listed in the General Guidelines of the Region 7 manual.
2. 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 Corner Canyon High School. The region tournament will begin at 12:00 pm.
3. Drill teams must follow the National Safety Guidelines in order to qualify for catastrophic insurance coverage.
4. The categories will be DANCE, MILITARY, and CHARACTER. A team may enter three categories at the region level.
5. The team coach must attend a UHSAA clinic for coaches and judges prior to the region meet or complete the UHSAA drill team test.
6. Drill team coaches must attend a mandatory meeting prior to the Region Drill Team Competition on **Monday, December 8, 2014, 4:00 pm** at Corner Canyon 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, and Kick.
7. A UHSAA certified judge would be utilized for the Region Tournament as competition director.
8. All coaches must submit the following information for the Region Program by **Monday, December 8, 2014**.
  - A. Name of team
  - B. A team picture (high quality with sharp contrast) on CD in pdf format
  - C. Names of drill team members and officers
  - D. Names of coaches and assistant coaches
  - E. Names of the school administration and athletic director
  - F. All-region team names (three deserving drill team members, either seniors or second year members)
  - G. Academic all-region (names of all team members with a cumulative 3.75 GPA or higher)
  - H. Performing groups (i.e., cheerleading, dance, etc.) for the evening of region competition

**IT IS CRITICAL ALL NAMES ARE SPELLED CORRECTLY!**
9. Drill teams will have thirty (30) minutes of floor time on the day of competition and one hour of floor time on **Monday, January 19, 2015** (Martin Luther King, Jr. Day). Practice times begin at 12:00 pm and the order will be drawn at the December 8 meeting.
10. Each drill team coach will model sportsmanship to the members of all teams and parents. At region, the state sportsmanship rule will apply.
11. 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.
12. 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.
13. 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. A region trophy will be presented to the Region Championship team.
- B. Plaques will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place winner in each category.
- C. Medals will be awarded to the 1<sup>st</sup>-5<sup>th</sup> place winners of the Drill down Competition.
- D. Certificates for All Region team members and Academic All Region team members.

# FOOTBALL GUIDELINES & SCHEDULE

**Region Chairman: Ryan Oaks - Skyline**

**Start Date: Mon. Aug. 4, 2014**

**State Tournament: First Round-Fri. Oct. 31-Sat. Nov 1 (Home Sites)**

**Quarter-Finals-Fri. Nov. 7-Sat. Nov 8, 2014 (Home Sites)**

**Semi-Finals-Fri. Nov 14, 2014 @ U of U**

**Finals-Fri. Nov 21, 2014 @ U of U**

1. Game Limit 9, plus 1 Endowment Game
2. Varsity Game time 7:00 pm
3. Endowment Game: August 23 or August 24
4. Home teams wear dark jerseys, visiting teams wear light jerseys (all levels).
5. Junior Varsity and Sophomore Games: All games will start at 3:30 pm. Sophomore games will be played at the same location as the Varsity games, one day prior. J.V. games will be played opposite of the Varsity games, one day prior. All schools have both teams except Skyline & MVHS. MVHS will only have Sophomore and Varsity. Skyline will only have a JV and Varsity.
6. Home teams are responsible for emergency medical care.
7. Chain Gang: All schools are required to use adults on the chains and down markers (varsity only).
8. Public Address Announcers will not be commentators, cheerleaders, or second guess the officials.
9. Change of scheduled game: A change of time may be affected through mutual agreement of both schools (Principal, Athletic Director, and Coach). The host school must notify the Arbiter of the change in time for him to notify the officials. The host school or Region 7 School shall notify the Region Chair, Arbiter, Medical Personnel, and other region coaches of the change. All officials will be arbitred by the UHSAA.
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 the same courtesy to the visiting press box photographer as its own photographer. Only one person is permitted to film from the press box. An addition end zone filmer is 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 the home team elsewhere. One filmer and 2 coaches will be allowed space in the home team's press box.
12. Film exchange will be finalized the day after the game by 7:00 a.m. through [www.hudl.com](http://www.hudl.com). If HUDL cannot be used, then the coaches will meet at Chuck-o-rama on 12400 South in Draper at 7:00 a.m. the day after the game to exchange film. 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 the 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 (outside the box) sideline passes for the visiting team.
14. Dress and locker room: Home school is to provide a lockable dressing facility. A white board with writing instrument needs to be available. Locker room needs to be available 1 ½ hours before game time. The home team will provide a guide to greet 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 halftime. The visiting team is responsible for cleaning their locker room immediately after halftime. If a visiting team would like to return to the locker room after the game, notification will be given to the home team administration so security can be provided. Otherwise the locker room will be secured and locked after halftime.
15. Coaches will communicate with each other on at least the following two occasions:
  - 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.
  - Each school will provide a map and directions to the facilities.

The coaches will meet after the last Region 7 game for the purpose of selecting the All-Region team. Coaches will vote on MVP, Offensive MVP, Defensive MVP, and Special Team's MVP. All-Region Players will be determined by coaches using the following format:



**First Team:**

1. 1<sup>st</sup> place - 6 players
2. 2<sup>nd</sup> place - 5 players
3. 3<sup>rd</sup> place - 4 players
4. 4<sup>th</sup> place - 3 players
5. 5<sup>th</sup> place - 2 players
6. 6<sup>th</sup> place - 2 players
7. 7<sup>th</sup> place - 2 players

**Second Team:** Each coach may nominate 2 players.

**Honorable Mention:** Limited to 2 players per team at the coach's discretion.

16. Region Trophy to first place in regular season play.
17. Electronic communications equipment, other than coaches' headsets is not allowed during the game.
18. Officials : Any current employee of a school may not officiate in any games.
19. Post game activities: At the conclusion of the Varsity, J.V., and Sophomore games, the teams are to gather their gear and leave the field immediately after the congratulatory handshakes, unless other arrangements have been made with the home team administration and coach. There will be no post game celebrations by the visiting team on the home team's field.

**TIE BREAKER**

**2 Way Ties:**

Any 2 way tie will be determined by the head to head matchup unless the tie is for the last play-off spot. If the tie is for the last play-off spot there will be a play-in game at a neutral site.

**3 Way Ties:**

Tie breaker = 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 the head to head tie breaker (see above)

If the 3 way tie cannot be resolved with the above format and the 3 way tie remains, then we will default to the following:

**3 play-off spots available.** A coin toss between the Principals will take place with the odd flip receiving the highest seeding. The 2 remaining schools will break their tie with the 2 way tie format (see above).

**2 play-off spots available for 3 teams** where the tie cannot be resolved with the above format. There will be a 3 team play-in game. A 3 way coin flip will determine who sits out the first half. The odd flip will sit out the first half, while the other 2 teams play 2 twelve minute quarters. The winner of the first game receives the higher seed. The loser of the first half and the odd flip winner play the second half, with the winner of the 2 twelve minute quarters getting the final seed. The loser is eliminated.

**One play-off spot available for 3 teams** where the tie cannot be resolved with the above format. There will be a 3 team play-in game. The odd flip will sit out the first half, while the other 2 teams play 2 twelve minute quarters. The loser of the first half is eliminated. The odd flip winner and the winner of the first half will play the second half (2 twelve minute quarters) with the loser being eliminated.

## 2014 Region VII Football Schedule

### August 22

Mt. View @ Manti  
Wasatch @ Timpanogos  
Cottonwood @ Olympus  
Desert Hills @ Orem  
Skyline @ Hurricane  
Lehi @ Murray  
Juan Diego @ Corner Cyn

### August 29

Wasatch @ Mt. View  
Timpanogos @ Spanish Fork  
Olympus @ Northridge  
Highland, ID @ Orem  
Skyline @ Juan Diego  
Corner Cyn @ Springville  
Taylorsville @ Murray

### September 5

Provo @ Mt. View  
Pleasant Grove @ Timpanogos  
Olympus @ West Jordan  
Orem @ American Fork  
Cedar City @ Skyline  
Hillcrest @ Murray  
Westlake @ Corner Cyn

### September 12

Timpanogos @ Skyline  
Orem @ Murray  
Mt. View @ Corner Cyn  
Taylorsville @ Olympus

### September 19

Murray @ Skyline  
Mt. View @ Orem  
Olympus @ Corner Cyn  
Hillcrest @ Timpanogos

### September 26

Skyline @ Mt. View  
Orem @ Olympus  
Corner Cyn @ Timpanogos  
Murray Bye

### October 3

Corner Cyn @ Skyline  
Mt. View @ Murray  
Olympus @ Timpanogos  
Salem Hills @ Orem (Oct. 2)

### October 10

Highland @ Skyline  
Olympus @ Murray  
Corner Cyn @ Orem  
Timpanogos @ Mt. View

### October 15 (UEA)

Skyline @ Orem  
Timpanogos @ Murray  
Mt. View @ Olympus  
Woods Cross v. C.C.

### October 24

Skyline @ Olympus  
Orem @ Timpanogos  
Murray @ Corner Cyn  
Mt. View @ Stansbury

# FORENSICS/DEBATE GUIDELINES & SCHEDULE

Region Chair: **Judie Roberts, Skyline High**  
Region Registration Deadline: **February 20, 2015**  
Region Meet: **February 27-28, 2015 at Corner Canyon High School**  
Friday Contingent Start by 11 am (Comp Days in Murray and Canyons Districts)  
State Meet: **March 13-14, 2015**  
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.

Individual events will be held on Friday. Debate events will be held on Saturday.

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:

#### FRIDAY – Individual Events

- One judge for every five IE competitors or fraction thereof.

#### SATURDAY—Debate

- 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 Congress judge for each school with Student Congress.

### 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. Per Region VII Board of Managers' approval, judges will be paid \$30 for judging (or availability) at all rounds on Friday, and \$40 for judging (or availability) at all rounds on Saturday.

## 3) Registration Deadline

All schools wishing to compete must submit their Region registration via e-mail to the Region Representative no later than February 20, 2015. Along with registration, each coach must submit 30 Impromptu topics (10 Famous Quotations, 10 Social Issues, 10 Abstract/One Word). It is each coach's responsibility to verify that the Region Representative has received his/her team's registration. In case of challenge, copies of oratories must be printed and present at the region meet.

## 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.

## 5) Debate Pairings

A. All rounds will be paired using cards. Other events will be determined by the coaches at the Region Pairing Meeting.

B. In any event with full entries, individual teams may not meet any other region school more than once.

C. The first two rounds will be randomly paired. The third round will be power-matched off of the first round. The fourth round will be power-matched off of the first two rounds.

## 6) Individual Event Pairings

- A. Random selecting shall be done in each event as needed, for the first three rounds.
- B. 4 total rounds of competition will take place, with the 4<sup>th</sup> round acting as a hidden final.
- 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. Legislation will be drawn from the state docket and approved by all region coaches. The docket will be released at least two weeks prior to the tournament.

In Student Congress, all NFL rules will apply. Removal of an obstructionist will not be permitted.

Where possible, 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. If there are fewer than five schools competing, all judges will score all competitors.

1<sup>st</sup> place ranks must be awarded a superior rating. Rankings must also correspond with ratings.

## 8) Awards

If there are six competing schools, there will be three separate region trophies awarded at the Region Debate Tournament: a 1<sup>st</sup> place, 2<sup>nd</sup> place, and 3<sup>rd</sup> place trophy. For fewer than six schools, there will be two separate region trophies awarded at the Region Debate Tournament: a 1<sup>st</sup> place and a 2<sup>nd</sup> place.

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

Ten (10) 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 available for all rounds on Friday will be paid \$30. Judges available for all rounds on Saturday will be paid \$40. No judge will be school will be reimbursed for more than 36 total rounds.
- B. The region representative will have \$125 (preferred \$175-200 for both days combined) 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 (**typically March topics**). 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. The top 50% or 10 students, whichever is greater, will be outright qualifiers for State. In debate, only winning or even records qualify outright.

- F. Laptops are permissible in policy, public forum, Lincoln-Douglas, Student Congress, and extemporaneous, subject to any changes in State or NFL 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

# BOYS/GIRLS GOLF GUIDELINES & SCHEDULE

Boys Region Chairperson/ Administrator: **Derek Elison - MVHS**  
Girls Region Chairperson/ Administrator: **Sari Sorenson – Orem High**  
Start Date: **Boys-July 29, 2013, Girls-Feb. 24, 2014**  
First Contest: **Boys-August 6, 2013, Girls-March 3, 2014**

## 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 (8)** 18-Hole Region Tournaments and **Six** 9-Hole Region Dual Matches. Tournaments will consist of 8 players count 4 scores.
3. Junior Varsity competition will consist of **Six (6)** 9-Hole Region Dual Matches and **One (1)** 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
5. **Region VII** Tournament Scoring:

<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>	<b>5<sup>th</sup></b>	<b>6<sup>th</sup></b>	<b>7<sup>th</sup></b>
7	6	5	4	3	2	1
6. The Final 18-Hole Championship:

<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>	<b>5<sup>th</sup></b>	<b>6<sup>th</sup></b>	<b>7<sup>th</sup></b>
14	12	10	8	6	4	2
7. Dual Match Scoring is as follows: Each foursome is competing for 5 total points.
  - A. Individual Head to Head stroke Play = 1 Point
  - B. Individual Match Play = 1 Point
  - C. Team Match Play = 1 Point
  - D. In case of a tie, points will be split among the teams.
8. The standings after the completion of the **Six** dual matches will then be scored as one region tournament.
9. Individual medalist will be decided by taking the average of the seven (7) best scores in region play.
10. 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.
11. 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.
12. Region VII Tournament Guidelines
13. Region Tournaments will start as late as possible (shot-gun starts preferred).
14. No caddies may be used at any time.
15. Cell phones **will not** be permitted on the golf course.
16. As part of the conditional use of range finders, a player must allow any competitor in his group to also use the device upon request.
17. Electric/Gas golf carts are not to be used by any players. Exceptions (due to disability, etc...) can be approved by the region chair.
18. All players are to be dressed in appropriate golf attire.
19. Spectators/Parents may attend and are not allowed to give advice to participants. Spectators must stay a minimum of 50 feet from the participants.

20. Players must attend school on the day of any scheduled tournament/match to be eligible to play that day.
21. Host School Tournament Responsibilities and Format:
22. The school hosting match is responsible for having scorecards, hole assignments and all other administrative duties necessary for the match.
23. Tournament Green fees are responsibility of Host School. Green fees are responsibility of each team for neutral site tournament.
24. Varsity play will be from the blue tees or the equivalent. Junior Varsity will play from the white tees or the equivalent.
25. 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 **Two (2)** 9-Hole Tournaments, **Two (2)** 18-Hole Tournaments and **Six (6)** 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
5. **Region VII** 9-Hole Scoring:

<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>	<b>5<sup>th</sup></b>	<b>6<sup>th</sup></b>	<b>7<sup>th</sup></b>
7	6	5	4	3	2	1
6. **Region VII** 18-Hole Scoring:

<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>	<b>5<sup>th</sup></b>	<b>6<sup>th</sup></b>	<b>7<sup>th</sup></b>
14	12	10	8	6	4	2
7. Dual Match Scoring is as follows: Each foursome is competing for 5 total points.
  - A. Individual Head to Head stroke Play = 1 Point
  - B. Individual Match Play = 1 Point
  - C. Team Match Play = 1 Point
  - D. In case of a tie, points will be split among the teams.
8. The standings after the completion of the five dual matches will then be scored as one 18-hole region tournament.
9. 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.
10. Individual medals will be awarded to the ten players with the lowest scores in the **Four (4)** 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.
11. Region VII Tournament Guidelines
12. Region Tournaments will start as late as possible (shot-gun starts preferred).
13. No caddies may be used at any time.
14. Cell phones **will not** be permitted on the golf course.
15. As part of the conditional use of range finders, a player must allow any competitor in his group to also use the device upon request.
16. Electric/Gas golf carts are not to be used by any players. Exceptions (due to disability, etc...) can be approved by the region chair.

17. All players are to be dressed in appropriate golf attire.
18. Spectators/Parents may attend and are not allowed to give advice to participants. Spectators must stay a minimum of 50 feet from the participants.
19. Players must attend school on the day of any scheduled tournament/match to be eligible to play that day.
20. Host School Tournament Responsibilities and Format:
  21. The school hosting match is responsible for having scorecards, hole assignments and all other administrative duties necessary for the match.
  22. Varsity play will be from the forward tees or the equivalent. Junior Varsity will play from the white tees or the equivalent.
  23. Rained out matches will be re-scheduled ASAP and at the convenience of the golf course.
  24. All teams are responsible for their own Green Fees at all tournaments and matches.



# Boy's Golf 18 Hole Region Tournaments 2014

WEEK 1	Spanish Oaks	August 12 <sup>th</sup>	Orem - 9:30 Shotgun
WEEK 2	Sleepy Ridge	August 20 <sup>th</sup>	Timpanogos
WEEK 3	Mt. Dell	August 27 <sup>th</sup>	Skyline
WEEK 4	Glendale	September 3 <sup>rd</sup>	Olympus
WEEK 5	East Bay	September 10 <sup>th</sup>	Mt. View
WEEK 6	Riverbend	September 17 <sup>th</sup>	Corner Canyon
WEEK 7	Murray Parkway	September 24 <sup>th</sup>	Murray Parkway

## Region Tournament

WEEK 8      Wasatch State Park      September 29<sup>th</sup> – October 3<sup>rd</sup>

## State Tournament

Riverbend                                      October 6 & 7

## Duel Matches – 9 Holes 2014:

**\* Please play on Tuesday/Thursday from 2:00 p.m. - 3:00 p.m.**

WEEK 1 – August 11-15

Olympus	Vs.	Orem	Glendale
Skyline	Vs.	Mt. View	Mt. Dell
Corner Canyon	Vs.	Timpanogos	Riverbend

Bye: Murray

WEEK 2 – August 18-22

Mt. View	Vs.	Corner Canyon	East Bay
Orem	Vs.	Skyline	Sleepy Ridge
Murray	Vs.	Olympus	Murray Parkway

Bye: Timpanogos

WEEK 3 – August 25-29

Murray	Vs.	Mt. View	Murray Parkway
Olympus	Vs.	Timpanogos	Glendale
Skyline	Vs.	Corner Canyon	Mt. Dell

Bye: Orem

WEEK 4 – September 1-5

Timpanogos	Vs.	Skyline	Sleepy Ridge
Mt. View	Vs.	Olympus	East Bay
Orem	Vs.	Murray	Sleepy Ridge

Bye: Corner Canyon

WEEK 5 – September 8-12

Orem	Vs.	Timpanogos	Sleepy Ridge
Murray	Vs.	Corner Canyon	Murray Parkway
Olympus	Vs.	Skyline	Glendale

Bye: Mt. View

WEEK 6 – September 15-19

Corner Canyon	Vs.	Olympus	Riverbend
Timpanogos	Vs.	Murray	Sleepy Ridge
Mt. View	Vs.	Orem	East Bay

Bye: Skyline

WEEK 7 – September 22-26

Skyline	Vs.	Murray	Mt. Dell
Corner Canyon	Vs.	Orem	Riverbend
Timpanogos	Vs.	Mt. View	Sleepy Ridge

Bye: Olympus

- Region Tournaments: Take 8 players count 4 scores
- Duel Matches: 8 varsity players and 4 JV players
- Home team is responsible for scorecards and scoreboard for region and duel meets.
- Home team is responsible for payment of all green fees for region golf tournament.
  - Range Balls will be the responsibility of each individual team.

# Girls Region 7 Golf Schedule 2015

## Region

1. Nibley Park	9 Holes	April 15	1:00	Shotgun
2. Riverbend	9 Holes	April 22	1:00	Shotgun
3. Talons Cove	18 Holes	April 29	1:00	Shotgun
4. Region Tournament	18 Holes	May 4	9:00	Shotgun

\* Region Tournament @ Site of girls' state - TBD

\* Up to four JV players will be invited to play at the region tournament. JV will play 9 holes with tee times after the varsity shotgun.

- Region Tournaments: Take 6 players count 4 scores

## **State Tournament: TBD**

## 9 Hole Duel Meet Schedule

### WEEK 1 – March 16-20

Orem	Vs.	Olympus	Glendale
Mt. View	Vs.	Skyline	Nibley Park
Timpanogos	Vs.	Corner Canyon	Riverbend
Bye: Murray			

### WEEK 2 – March 24-28

Corner Canyon	Vs.	Mt. View	East Bay
Skyline	Vs.	Orem	Sleepy Ridge
Olympus	Vs.	Murray	Murray Parkway
Bye: Timpanogos			

### WEEK 3 – April 7-11

Mt. View	Vs.	Murray	Murray Parkway
Timpanogos	Vs.	Olympus	Glendale
Corner Canyon	Vs.	Skyline	Nibley Park
Bye: Orem			

### WEEK 4 – April 14-18

Skyline	Vs.	Timpanogos	Sleepy Ridge
Olympus	Vs.	Mt. View	East Bay
Murray	Vs.	Orem	Sleepy Ridge
Bye: Corner Canyon			

**WEEK 5 – April 21-25**

Timpanogos	Vs.	Orem	Sleepy Ridge
Corner Canyon	Vs.	Murray	Murray Parkway
Skyline	Vs.	Olympus	Glendale

Bye: Mt. View

**WEEK 6 – April 28-May 2**

Olympus	Vs.	Corner Canyon	Riverbend
Murray	Vs.	Timpanogos	Sleepy Ridge
Orem	Vs.	Mt. View	East Bay

Bye: Skyline

**WEEK 7 – April 28-May 2**

Murray	Vs.	Skyline	Nibley Park
Orem	Vs.	Corner Canyon	Riverbend
Mt. View	Vs.	Timpanogos	Sleepy Ridge

Bye: Olympus

- All duel matches should be held on Tuesday's 2:00 – 3:00 pm
- Duel matches will have 6 varsity players and 4 JV players
- Last week you will have 2 duel meets, all duel meets need to be done by May 4 (Region Championship)

# MUSIC, INSTRUMENTAL & VOCAL GUIDELINES & SCHEDULE

Region Administrator: Ron Litteral- (Instrumental) SPA

Region Administrator: Ron Litteral- (Vocal) SPA

## **INSTRUMENTAL**

1. Adjudicators will be contracted for festivals as follows:
  - A. Solo & Ensemble – adjudicators contracted as needed.
  - B. Concert Band – 3 adjudicators
  - C. Jazz Band – 4 adjudicators (3 ensemble judges plus 1 sight-reading judge).
  - D. Orchestra – 3 adjudicators
2. Each school may submit unlimited entries to the Solo & Ensemble Festival; however, entries beyond 40 should be prioritized to allow each school adequate representation.
3. All Students participating in instrumental music festivals *must* be members of the school's instrumental music program (i.e. no piano players at solo/ensemble who aren't registered in an instrumental or vocal performing class).
4. Regarding Region Jazz Festival- please refer to the UMEA Jazz Policy- <http://umea.us/pdfs/jazzpolicy.pdf>  
Region VII will follow the same format/guidelines as the State Jazz Festival.
5. Regarding Region Concert Band Festival- please refer to UMEA State Band Festival Requirements- <http://umea.us/stband.php>  
Region VII will follow the same format/guidelines as the State Concert Band Festival
6. Participation as an audience member is an important part of each large group festival. Each school needs to plan on attending the entire festival and listening to the other groups' performances.

### **Instrument Festival Schedule:**

- February 25- Solo/Ensemble @ Timpanogos HS
- March 4 -Jazz Band North @ Olympus/South @ Orem HS
- March 24- Concert Band North @ Corner Canyon/ South @ Mountain View
- April 16 - Orchestra North @ Olympus/South @ Timpanogos

## **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)
1. 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.
2. 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.
3. All students participating in vocal music festivals must be members of the school's vocal music program.
4. 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.
5. Schools will abide by time limits set forth by the UHSAA Handbook.
6. Please refer to "General Policies" in the **Region VII** Handbook for all other **Region VII** rules, and the UHSAA Handbook for all UHSAA rules.

### **Vocal/Music Schedule**

**North- Olympus, Skyline, SLSPA, Murray**

**South- Corner Canyons, Timpanogos, Orem, Mountain View**

- Northern Region Vocal Solo and Ensemble- March 3<sup>rd</sup> @ Murray 3:00pm
- Southern Region Vocal Solo and Ensemble- March 10<sup>th</sup> @ Orem 3:00pm
- Training Choir Festival- March 25<sup>th</sup> @ Timpanogos 3:00pm  
(all invited North and South)
- Northern Large Choir Festival April 21<sup>st</sup> @ Skyline, 6:30pm
- Southern Large Choir Festival April 22<sup>nd</sup> @ Corner Canyon 6:30pm

# **BOYS SOCCER GUIDELINES & SCHEDULE**

Region Chairman/ Administrator: **Brian McGill- Corner Canyon**  
Starting Date: **Team Selection & Practice, Wednesday, February 25th**  
First Game: **Wednesday, March 4th**  
First Round: Home Sites **Wednesday, May 13th**  
Quarter Finals: **Friday, May 15th**  
Semi Finals: **Tuesday, May 19<sup>th</sup> (TBD)**  
State Tournament: **Thursday, May 21st (Rio Tinto Stadium)**  
Academic All-State Accepted Between: **Tuesday, March 17th –Tuesday, April 14th**  
Eligibility List & Team Photos Due: **Friday, March 13th**

1. Region Games will begin for Varsity at 3:30 p.m. with the exception of Murray whose start time is 4:00 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.
5. All-Region is decided by the coaches according to teams finish in region. For the region first team 1<sup>st</sup> – 5; 2<sup>nd</sup> – 4; 3<sup>rd</sup> – 3; 4<sup>th</sup> – 2; 5<sup>th</sup>, 6<sup>th</sup>, & 7<sup>th</sup> get 1.
6. 2<sup>nd</sup> team All-Region is decided by the coaches with 2 players per team.
7. Region Honors: MVP for the following areas:
  - A. All Around
  - B. Forward
  - C. Mid-Field
  - D. Defender
  - E. Goal Keeper
8. Academic All- Region certificates will be granted to senior players with a 3.75 cumulative (and higher) GPA average.

# **REGION VII BOYS SOCCER SCHEDULE 2014-2015**

## **Friday, March 13**

Corner Canyon @ Timpanogos  
Olympus @ Skyline

## **Tuesday, March 17**

Mountain View @ Corner Canyon  
Orem @ Olympus  
Murray @ Skyline

## **Friday, March 20**

Corner Canyon @ Murray  
Mountain View @ Orem

## **Tuesday, March 24**

Timpanogos @ Olympus  
Murray @ Orem  
Skyline @ Mountain View

## **Friday, March 27**

Olympus @ Mountain View  
Timpanogos @ Murray  
Orem @ Skyline

## **Murray Spring Break 3/30- 4/3, Granite Spring Break 4/3**

## **Tuesday, March 31**

Corner Canyon @ Olympus  
Skyline @ Timpanogos  
Mountain View @ Murray

## **Friday, April 3**

Orem @ Corner Canyon  
Mountain View @ Timpanogos

## **Alpine & Canyons Spring Break 4/6-4/10**

## **Tuesday, April 7**

Timpanogos @ Mountain View  
Skyline @ Corner Canyons

## **Friday, April 10**

Olympus @ Murray

## **Tuesday, April 14**

Timpanogos @ Corner Canyon  
Skyline @ Murray

## **Friday, April 17**

Corner Canyon @ Mountain View  
Orem @ Murray  
Skyline @ Olympus

## **Tuesday, April 21**

Murray @ Corner Canyon  
Mountain View @ Olympus  
Skyline @ Orem

## **Friday, April 24**

Corner Canyon @ Skyline  
Murray @ Olympus  
Timpanogos @ Orem

## **Tuesday, April 28**

Murray @ Mountain View  
Timpanogos @ Skyline  
Olympus @ Orem

## **Friday, May 1**

Corner Canyon @ Orem  
Murray @ Timpanogos

## **Tuesday, May 5**

Mountain View @ Skyline  
Orem @ Timpanogos  
Olympus @ Corner Canyon

## **Friday, May 7**

Orem @ Mountain View  
Olympus @ Timpanogos

# **GIRLS SOCCER GUIDELINES & SCHEDULE**

Region Chairman/ Administrator: **Dolph Church-Murray High**

Starting Date: **August 12**

First Game: **August 21**

First Round/Home Sites: **October 14**

Quarter Finals: **October 16**

Semi Finals: **October 21**

State Finals: **October 24**

Academic All-State Accepted Between: **September 3-17**

Eligibility List Due: **August 29**

1. Region Games will begin for Varsity at 3:30 p.m. with the exception of Murray whose start time is 4:00 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 1<sup>st</sup> – 5; 2<sup>nd</sup> – 4; 3<sup>rd</sup> – 3; 4<sup>th</sup> – 2; 5<sup>th</sup>, 6<sup>th</sup>, & 7<sup>th</sup> get 1.
6. 2<sup>nd</sup> team All-Region is decided by the coaches with 2 players per team.
7. Region Honors: MVP for the following areas:
  - A. All Around
  - B. Forward
  - C. Mid-Field
  - D. Defender
  - E. Goal Keeper



# REGION VII GIRLS SOCCER SCHEDULE 2014-2015

## August 21

Corner Canyon @ Mountain View  
Murray @ Skyline  
Orem @ Timpanogos  
Olympus BYE

## August 26

Olympus @ Orem  
Mountain View @ Murray  
Skyline @ Timpanogos  
Corner Canyon BYE

## August 28

Corner Canyon @ Olympus  
Murray @ Orem  
Timpanogos @ Mountain View  
Skyline BYE

## September 4

Orem @ Corner Canyon  
Olympus @ Murray  
Mountain View @ Skyline  
Timpanogos BYE

## September 9

Timpanogos @ Olympus  
Corner Canyon @ Murray  
Orem @ Skyline  
Mountain View BYE

## September 11

Skyline @ Olympus  
Timpanogos @ Corner Canyon  
Mountain View @ Orem  
Murray BYE

## September 16

Olympus @ Mountain View  
Corner Canyon @ Skyline  
Murray @ Timpanogos  
Orem BYE

## September 18

Mountain View @ Corner Canyon  
Timpanogos @ Orem  
Skyline @ Murray  
Olympus BYE

## September 23

Olympus @ Corner Canyon  
Mountain View @ Timpanogos  
Orem @ Murray  
Skyline BYE

## September 25

Orem @ Olympus  
Murray @ Mountain View  
Timpanogos @ Skyline  
Corner Canyon BYE

## September 30

Skyline @ Mountain View  
Corner Canyon @ Orem  
Murray @ Olympus  
Timpanogos BYE

## October 2

Olympus @ Timpanogos  
Skyline @ Orem  
Murray @ Corner Canyon  
Mountain View BYE

## October 7

Corner Canyon @ Timpanogos  
Orem @ Mountain View  
Olympus @ Skyline  
Murray BYE

## October 9

Timpanogos @ Murray  
Skyline @ Corner Canyon  
Mountain View @ Olympus  
Orem BYE

# SOFTBALL GUIDELINES & SCHEDULE

Region Chairman: **Lisa Parker- Murray**

Region Administrator: **John Goldhardt-Murray**

Try-out Date: **Wednesday, Feb. 25<sup>th</sup>**

First Game: **Wednesday, March 4<sup>th</sup>**

1<sup>st</sup> & 2<sup>nd</sup> Round State Tournament: **May 12<sup>th</sup> & 14<sup>th</sup>**

State Tournament: **May 19<sup>th</sup> -21<sup>st</sup> @ Valley Complex**

Academic All-State Accepted Between: **Tuesday, March 24<sup>th</sup> - Tuesday, April 14<sup>th</sup>**

Eligibility List Due: **Friday, March 13<sup>th</sup>**

Responsible School: **Murray High School**

## ***Varsity Guidelines***

1. There is a 22 game limit. Each game played counts as one game, except for the games played under the two tournament exemption rule which allows schools two tournaments, at least one must be a non-school single day tournament, where all games played count as a single game (a maximum of four games may be played) and one multi-day tournament, where all games played count as two games (a maximum of eight games may be played in a multiple day tournament) If the maximum number of games is exceeded, in either tournament, each additional game would count "one for one" against contest limitations.
2. The visiting team will take their pre-game on the field at 3:00. The home team will take their pre-game on the field at 3:15
3. The home team will call their opponent and officials before 1:00 pm (11:15 am for Olympus & Skyline) if the game is to be cancelled because of weather. Rain-out games will be played on the first available weekday as agreed upon by both coaches and approved by their principals.
4. The home team will be responsible for:
  - Proper chalk markings and field maintenance
  - Providing two new game balls
  - Providing a responsible adult as an official scorekeeper
5. The **winning** team is responsible for calling the media with game results.
6. A Region Trophy will be awarded to the first place team in region.
7. Senior recognition day will be kept to a ten minute maximum according to general policy F-8.
8. Ties of standing will follow the **Region VII** tie breaking procedure for seeding.
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.

## ***Junior Varsity Guidelines***

1. The six run rule will be in effect unless both coaches are opposed. Each team will decide whether or not teams will be allowed to bat their entire roster.
2. Junior Varsity games have an hour and a half time limit.
3. The Junior varsity game will follow the Varsity game.
1. No Starting Varsity player that is a senior will be eligible to play Junior Varsity, unless agreed upon before the Varsity game

between the two coaches involved.

2. If a Junior Varsity game cannot be played after the Varsity game, on the day scheduled, there is no obligation to make it up however, Junior Varsity games are under contract along with Varsity games.

**Game Field Locations:**

**Corner Canyon:** 12943 S. 700 E (S.E. side of school)

**Mountain View:** 400 S. 800 W.

**Murray:** Riverview Jr. High 751 S. Tripp Ln. (5755 S.) West of school

**Olympus:** 4055 S. 2300 E. (East side of school)

**Orem:** 175 S. 400 E. (East side)

**Skyline:** 3251 E. 3760 S. (North West of school)

**Timpanogos:** 1450 S. 200 E (South West of school)

Drop off in circle

# 2015 REGION VII SOFTBALL SCHEDULE

Tryout Date: **Wednesday, March 4<sup>th</sup>**  
First Competition: **Wednesday, March 11<sup>th</sup>**  
1<sup>st</sup> Round State: **Tuesday, May 12<sup>th</sup>**  
2<sup>nd</sup> Round State: **Thursday, May 14<sup>th</sup>**  
State Tournament: **Tuesday – Thursday May 19<sup>th</sup> -21<sup>st</sup>**

## Tuesday, March 17

*Orem @ Corner Canyon  
Olympus @ Timpanogos  
Murray @ Skyline*

## Thursday March 19

*Skyline @ Orem  
Murray @ Mountain View  
Timpanogos @ Corner Canyon*

## Tuesday March 24

*Murray @ Olympus*

## Wednesday, March 18

*Murray @ Corner Canyon  
Skyline @ Mountain View  
Olympus @ Orem*

## Thursday March 26

*Olympus @ Mountain View  
Skyline @ Corner Canyon  
Murray @ Timpanogos*

## Tuesday March 31

*Timpanogos @ Skyline  
Corner Canyon @ Olympus  
Mountain View @ Orem*

## Wednesday April 1

*Skyline @ Olympus*

## Thursday April 2

*Timpanogos @ Orem  
Corner Canyon @ Mountain View*

## Tuesday April 7

*Skyline @ Murray*

## Thursday, April 9

*Olympus @ Murray*

## Tuesday, April 14

*Corner Canyon @ Murray  
Mountain View @ Skyline  
Orem @ Olympus*

## Thursday, April 16

*Skyline @ Timpanogos  
Olympus @ Corner Canyon  
Orem @ Mountain View*

## Tuesday, April 21

*Mountain View @ Timpanogos  
Murray @ Orem  
Olympus @ Skyline*

## Wednesday April 22

*Mountain View @ Olympus  
Corner Canyon @ Skyline  
Timpanogos @ Murray*

## Thursday, April 23

*Orem @ Timpanogos  
Mountain View @ Corner Canyon*

## Tuesday, April 28

*Corner Canyon @ Orem  
Timpanogos @ Olympus*

## Thursday, April 30

*Timpanogos @ Mountain View  
Orem @ Murray*

## Tuesday, May 5

*Orem @ Skyline  
Mountain View @ Murray  
Corner Canyon @ Timpanogos*

## Tuesday & Thursday May 12 & 14

*1<sup>st</sup> & 2<sup>nd</sup> Round State Tournament*

## Tuesday – Thursday May 19-21

*State Tournament @ Valley Complex*

# SWIMMING GUIDELINES & SCHEDULES

Region Chairman: **Joe Pereira- Skyline**  
Region Administrator: **Doug Bingham- Skyline**  
Tryouts: **Monday, October 6<sup>th</sup>**  
First Meet: **Monday, November 7<sup>th</sup>**  
Eligibility Lists Deadline: **Friday, November 21<sup>st</sup>**  
Academic All-State Accepted: **Tuesday, December 16<sup>th</sup> - Tuesday, January 13<sup>th</sup>**  
J.V. Region Entries Due: **Monday, January 26<sup>th</sup> by 1:00 pm**  
Region Swimming Championships: **Tuesday, January 27<sup>th</sup> 3:30 pm @ TBA**  
Region Championship Entries Due: **Wednesday, January 28<sup>th</sup> by 3:00 pm**  
Region Swimming Championships: **Saturday, January 31<sup>st</sup> 9:00 am @ Murray**  
State Seeding: **3:00 pm, Wednesday, February 5<sup>th</sup>**  
4A State Championships: **Friday & Saturday, February 13<sup>th</sup> & 14<sup>th</sup> @ BYU**

1. Monday, October 6<sup>th</sup>, 2014 will be the first day of practice/team selection.\*
2. Friday, November 7<sup>th</sup>, 2014 will be the first day a swimming meet may be held.\*
3. A maximum of fourteen (14) meets can be participated in by region teams, including non-region meets.\*
4. All Region meets will begin at 3:30pm.
5. Dual meets will alternate home and away by season.
6. Home teams have odd lanes, visiting teams have even lanes.
7. Dual Meets:
  - A. Referees/Starters - \$30
  - B. Stroke Judges- \$30
  - C. Scorer's Table- \$25
8. Region Championships (Officials one from each school):
  - A. Referee- \$40 (1)
  - B. Starter- \$40 (1)
  - C. Stroke Judges- \$35 (5)
  - D. Scorer's Table- \$25 (3)
9. Region Championship scoring to sixteen (16) places.
10. Region Championship Meet will precede the state meet by at least ten (10) days.
11. Region Championship entries will be due three (3) days prior to the region championship meet.  
No Times ("NT") are allowed.
12. Academic All Region nominees (seniors only, 3.75 Overall G.P.A. or higher) must be submitted along with the region entries.
13. The 4A State Championships will be held at Brigham Young University on February 13<sup>th</sup> & 14<sup>th</sup>, 2015.  
\* Refer to UHSAA ready reference guide.

## **SWIMMING AWARDS:**

### **JV Region (no Team Scoring)**

168 Ribbons: Relays event places 1-3; Individual event places 1-6

### **Region Championships**

1 Region Trophy each (Girls & Boys) 1<sup>st</sup> place (Total 2 trophies).

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

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

## Meet Schedule 2014-2015:

### Tuesday, November 25<sup>th</sup>

Mountain View & Timpanogos @ Murray

### Tuesday, December 2<sup>nd</sup>

Corner Canyon @ Orem

Murray @ Olympus

### Tuesday, December 9<sup>th</sup>

Corner Canyon @ Skyline

Timpanogos & Mountain View @ Olympus

Murray @ Orem

### Tuesday, December 16<sup>th</sup>

Mountain View, Orem & Timpanogos @ Skyline

Olympus @ Corner Canyon

### Tuesday, January 6<sup>th</sup>

Orem @ Olympus

Corner Canyon @ Murray

### Tuesday, January 13<sup>th</sup>

Mountain View & Timpanogos @ Corner Canyon

Skyline @ Murray

### Tuesday, January 20<sup>th</sup>

Skyline @ Olympus

### Thursday, January 22<sup>nd</sup>

Mountain View & Orem @ Timpanogos

### Tuesday, January 27<sup>th</sup> at 3:30pm

J.V. Region @ TBA (Murray Park)

### Saturday, January 31<sup>st</sup> at 9:00am

Region VII Championships @ Olympus

### Friday & Saturday, February 13<sup>th</sup> & 14<sup>th</sup>

4A State Championships at Brigham Young University

### Pool locations:

Corner Canyon Dimple Dell Recreation Center, 10670 South 1000 East, Sandy, 84094  
(801) 495-1480

Mountain View Orem Fitness Center, 580 West 165 South Street, Orem, 84058  
(801) 229-7154

Murray The Park Center, 202 East Murray Park Avenue, Murray 84107  
(801) 284-4200

Orem Orem Fitness Center, 580 West 165 South Street, Orem, 84058  
(801) 229-7154

Olympus Olympus High School, 4055 South 2300 East, Salt Lake City, 84124  
(385) 646-5400

Skyline Skyline High School, 3251 East 3760 South, Salt Lake City, 84109  
(385) 646-5428

Timpanogos Orem Fitness Center, 580 West 165 South Street, Orem, 84058  
(801) 229-7154

# **BOYS TENNIS GUIDELINES & SCHEDULE**

Region Chairman: **Mike Larson**

Start Date: **February 25, 2015**

First Contest: **March 4, 2015**

Region Championship: **April 30 & May 1**

State Tournament: **May 14 & 15, 2015**

Academic All-State Accepted Between: **March 17-April 7**

Eligibility List Due: **March 13**

## **REGION DUAL MATCH PLAY:**

- 1) Time of Region Games: All Region dual matches will begin no later than 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 same 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; 1 can of new balls per match; a three set match will receive a new can of 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 be 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.

4) We will try to have 1-2 referees at the Region Tournament/U.T.A. 944.8782

5) 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: 2 point per match (12 pts. Total)

B. Region Tournament, in each of the 5 categories, where 4 qualify for State:

1st Place: 4 points

2nd Place: 3 points

3rd Place: 2 points

4th Place: 1 point

6) 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. We will follow the UHSAA rules and regulation for what constitutes a match.

7) All Players in Region Tournament shall wear a matching uniform.

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) Coaches will coordinate and host the JV Region tournament on their own.

2) It will be held on days separate from the Region Tournament.

3) Coaches will provide their own medals and/or awards for the winners.

4) Coaches from each team will also provide the balls for the JV tournament.

5) They will play 3 singles & 2 doubles.

6) Tournament shall be seeded according to varsity dual match play record.

7) They will play No add Pro set until final – 2 out of 3 sets regular scoring in final. Add scoring 8-8 you play a 12 point tie breaker.

8) They may also play \_\_\_\_\_ games so that all their players have a chance to play in games outside the tournament.



# REGION VII BOYS' TENNIS 2014-2015

## Thursday, March 19

Timpanogos @ Orem  
Olympus @ Corner Canyon  
Mountain View @ Murray

## Thursday, March 26

Olympus @ Orem  
Corner Canyon @ Mountain View  
Skyline @ Timpanogos

## Thursday, April 16

Skyline @ Mountain View  
Murray @ Olympus  
Corner Canyon @ Timpanogos

## Thursday, April 23

Orem @ Skyline  
Timpanogos @ Murray  
Mountain View @ Olympus

## Tuesday, March 24

Orem @ Mountain View  
Olympus @ Skyline  
Murray @ Corner Canyon

## Tuesday, April 14

Murray @ Orem  
Timpanogos @ Olympus  
Corner Canyon @ Skyline

## Tuesday, April 21

Orem @ Corner Canyon  
Skyline @ Murray  
Mountain View @ Timpanogos

## **Important Dates:**

Tuesday April 28  
Thursday April 30 & Friday May 1  
Thursday May 14 & Friday May 15

Region Seeding  
Region Tournament  
State Tournament at Liberty Park

## **Game/School Addresses:**

Olympus / 4055 S 2300 E, Salt Lake City  
Skyline / 3251 E. 3760 S., Salt Lake City  
Corner Canyon / 12943 S. 700 E., Draper  
Mountain View/ 665 W. Center Street, Orem  
Murray High School / 5440 South State Street, Murray  
Orem/ 175 S. 400 E., Orem  
Timpanogos / 1450 N. 200 E., Orem

# GIRLS TENNIS GUIDELINES & SCHEDULE

Region Chairman: **Heidi Schmauch- Skyline**

Region Administrator: **Lynda Tierney- Skyline**

Start Date: **August 4, 2014**

First Contest: **August 12, 2014**

Region Championship: **October 2 All Day / October 3 (3PM- done)**

State Tournament: **October 9 & 11, 2014**

Academic All-State Accepted Between: **August 26 – September 9, 2014**

Eligibility List Due: **August 29, 2014**

## REGION DUAL MATCH PLAY:

1. Time of Region Games: All Region dual matches will begin at 3:30 p.m.
2. We will play each region team one time for region standings. (Dates are below for official Region matches) If a school chooses to play a second match between a region team, it will not count towards the region standings.
3. 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.
4. Varsity matches will consist of 2 out of 3 sets, 12 point tie-breaker, regular scoring.
5. Both coaches at a dual match will provide a written line-up of players by positions to the opposing coach.
6. Players are limited to ten minute warm-up.
7. 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. If a player arrives after the match has begun for which she was slated, the tardy player will not play. An exception may apply at the Region Tournament where there is flexibility for court assignments.
8. 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.
9. 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.
10. 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.
11. Please refer to "General Policies" in the **Region VII** Handbook for all other **RegionVII** 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 be 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.
4. Coaching on change-overs is permitted only during the allotted 90 seconds. 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. Coaching is only allowed by members of the coaching staff during allowed rest periods, between sets and during change overs.
5. We will try to have 1-2 referees at the Region Tournament/U.T.A. 944.8782
6. 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 (12 pts. Total)
  - B. Region Tournament, in each of the 5 categories, where 4 qualify for State:
    - 1st Place: 4 points
    - 2nd Place: 3 points
    - 3rd Place: 2 points
    - 4th Place: 1 points
7. 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.
8. All Players in Region Tournament shall wear a matching uniform.
9. Each school may award their own Academic All-Region Player(s). Any senior with a 3.75 GPA or higher will qualify.

**(NEW!!!! PLEASE READ CAREFULLY)**

**JUNIOR VARSITY REGION TOURNAMENT PLAY:** Coaches will coordinate and host the JV Region tournament on their own.

1. It should be hosted at an opposite location of the Region Tournament (If region tournament is in Utah Valley, JV should be hosted in Salt Lake Valley and vice versa to equalize transportation cost for the schools.)
2. The region does not provide the medals, awards or balls for the JV Tournament. This is the responsibility of the participating coaches and schools.
3. Coaches should decide before the official first game date how they are running (format) the JV Region Tournament, which coaches are organizing the tournament, and how they are handle supplies, awards, cost, etc.

# REGION VII TENTATIVE GIRLS' 2014-2015

## Tuesday, September 2

Orem @ Olympus  
Mountain View @ Corner Canyon  
Timpanogos @ Skyline

## Thursday, September 4

Orem @ Murray  
Olympus @ Timpanogos  
Skyline @ Corner Canyon

## Tuesday, September 9

Mountain View @ Skyline  
Olympus @ Murray  
Timpanogos @ Corner Canyon

## Thursday, September 11

Corner Canyon @ Orem  
Murray @ Skyline

Timpanogos @ Mountain View

## Tuesday, September 16

Skyline @ Orem  
Murray @ Timpanogos  
Olympus @ Mountain View

## Thursday, September 18

Mountain View @ Orem  
Skyline @ Olympus  
Corner Canyon @ Murray

## Tuesday, September 23

Orem @ Timpanogos  
Corner Canyon @ Olympus  
Murray @ Mountain View

### Important Dates

September 30, 2014 6:30 PM  
October 2 All Day/ October 3 (3PM-done)  
October 4<sup>th</sup> back up day  
Thursday, October 9 & Saturday, October 11

Region Seeding- location TBD  
Region Tournament  
Region Tournament  
State Tournament at Liberty Park

### Game/School addresses:

Olympus - 4055 S 2300 E., Salt Lake City  
Skyline - 3251 E. 3760 S., Salt Lake City  
Corner Canyon - 12943 S. 700 E, Draper  
Mountain View - 665 W. Center Street, Orem  
Murray- 5440 S State Street, Murray  
Orem - 175 S. 400 E., Orem  
Timpanogos - 1450 N. 200 E., Orem

# TRACK & FIELD GUIDELINES & SCHEDULE

Region Chairman/ Administrator: **Josh LeRoy- Olympus (385) 646-5400**

First Contest: **March 3rd, 2014**

Region Championship: **May 7th & 8th @ Timpanogos**

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 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 meets.
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. Home school is appointed Meet Director in charge.
  - B. 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 seven (7) 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.
  - 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.
8. Budgets:
  - B. Region Championship Meet costs to 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 24<sup>th</sup>) 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.

## **2015 REGION VII TRACK & FIELD SCHEDULE**

**March 18<sup>th</sup>** Orem, Skyline, Corner Canyon, Murray @  
Mountain View

**March 25<sup>th</sup>** Skyline, Murray, Olympus @ Corner  
Canyon

**April 8<sup>th</sup>** Murray, Skyline @ Olympus

**April 15<sup>th</sup>** Corner Canyon, Mountain View, Orem @  
Timpanogos

**April 22<sup>nd</sup>** Timpanogos, Olympus @ Orem  
Skyline @ Murray

# VOLLEYBALL GUIDELINES & SCHEDULE

Region Chairman/ Administrator: **Diane Wanamaker- Timpanogos**

Starting Date: **August 11**

First Game: **September 2**

State Tournament: **November 6-8**

Academic All-State Accepted Between: **August 26-October 7**

Eligibility List and Team Photo deadline: **August 29**

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.
4. 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.
5. The All-Region Team will be selected by the coaches at the end of the season, November 6<sup>th</sup> during a coaches meeting at a central location (near Corner Canyons) at 6:00pm. Coaches will determine MVP, 1st Team, 2<sup>nd</sup> Team and Honorable Mention. Academic All-Region team chosen-any senior with a 3.75 GPA or higher.
6. Official Line Judges, one from each team, must be provided for all matches.
7. 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.
8. Home team selects game balls (colored or white) for region games.
9. Home team provides all officials including score table, linesman and libero tracker.
10. Court needs to be set up one hour prior to the start time of first game.
11. The home team coach is responsible to call the scores to the Deseret News 9801-237-2121), the Tribune (801-225-4842), and Daily Herald (801-344-2555).
12. If there are ties of standing, a tie breaker will be determined by:
  - A. Head to head for all Region matches.
  - B. If head to head does not break tie, a coin flip will determine final region placement.
  - C. 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. (refer to general guidelines).
13. 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 VII Volleyball Schedule- 2014-2015

## Tuesday, September 2

Mountain View @ Timpanogos  
Olympus @ Murray  
Orem @ Skyline  
Corner Canyon BYE

## Thursday September 4

Timpanogos @ Orem  
Murray @ Mountain View  
Corner Canyon @ Olympus  
Skyline BYE

## Tuesday, September 9

Skyline @ Timpanogos  
Mountain View @ Corner Canyon  
Orem @ Murray  
Olympus BYE

## Thursday, September 11

Corner Canyon @ Orem  
Olympus @ Mountain View  
Murray @ Skyline  
Timpanogos BYE

## Tuesday, September 16

Skyline @ Corner Canyon  
Orem @ Olympus  
Timpanogos @ Murray  
Mountain View BYE

## Thursday, September 18

Corner Canyon @ Timpanogos  
Mountain View @ Orem  
Olympus @ Skyline  
Murray BYE

## Tuesday, September 23

Timpanogos @ Olympus  
Murray @ Corner Canyon  
Skyline @ Mountain View  
Orem BYE

## Thursday, September 30

Timpanogos @ Mountain View  
Murray @ Olympus  
Skyline @ Orem  
Corner Canyon BYE

## Tuesday, October 7

Orem @ Timpanogos  
Mountain View @ Murray  
Olympus @ Corner Canyon  
Skyline BYE

## Thursday, October 9

Timpanogos @ Skyline  
Corner Canyon @ Mountain View  
Murray @ Orem

Olympus BYE

## Tuesday, October 14

Orem @ Corner Canyon  
Mountain View @ Olympus  
Skyline @ Murray  
Timpanogos BYE

## Tuesday, October 21

Corner Canyon @ Skyline  
Olympus @ Orem  
Murray @ Timpanogos  
Mountain View BYE

## Thursday, October 23

Timpanogos @ Corner Canyon  
Orem @ Mountain View  
Skyline @ Olympus  
Murray BYE

## Tuesday, October 28

Olympus @ Timpanogos  
Corner Canyon @ Murray  
Mountain View @ Skyline  
Orem BYE

July 7- 13

August 5

August 11

August 26-October 7

August 29

October 29 (Wednesday)  
on 106<sup>th</sup> South)

November 6 & 8

November 27-30, December 22-26, January 1

Moratorium

Rules Clinic

Beginning Practice and team selection

Academic All-State Applications Allowed

Eligibility List and Team Photo Deadline

Coaches meeting for region honors (6:00 at TGIF)

4A State Tournament

Moratorium

Game Times: **3:30, 4:45, 6:00**

8/26/14



# WRESTLING GUIDELINES & SCHEDULE

Region Chairman: Belinda Talonia-Mountain View

Start Date: Monday, November 10, 2014

First Contest: Tuesday, November 25 2014

Divisional Tournament: February 4-5, 2015

State Tournament: February 12-13

Academic All-State Accepted Between: February 11-12, UVU Wrestling

Eligibility List Due: Friday, December 5, 2014

Wrestling Body Fat Testing: November 14-15, 2014

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 – 6:00 pm or following J.V.
2. 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.
3. 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.
4. To meet National Federation and State guidelines, a wrestler must certify at a specific weight class prior to his first wrestling match. Please refer to the UHSAA website for complete information on wrestler weight certification.
5. Platform scales must be certified (by a government agency) by November 2<sup>nd</sup> of each year.
6. Coaches will exchange line-ups by *email or fax*, by 10:00 p.m. to the opposing schools the night before the match; the line-up should include Varsity, JV and Extras.
7. The state arbiter for varsity and JV will assign the officials for all region matches, non-region matches, and sophomore meets.
8. 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.
9. 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 (*Region Coach of the Year*)
  - 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. Region wins at the same weight.
  - c. Head-to-Head record in any competition.
  - d. Previous State finish in order of finish (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 (2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>) will be determined by starting criteria number one.

#### Region Open Tournament

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

**\*If we go to a 32 man bracket at state then 5<sup>th</sup> place will become an 8<sup>th</sup> place.**

# Region VII Wrestling Schedule 2014-2015

4:00 pm	Weigh in
5:00 pm	Junior Varsity
6:00 pm	Varsity

Line-up's due by email the night before by 10:00 pm

## December 4, 2014

Dual Meet: Olympus @ MVHS  
Dual Meet: Timpanogos @ Skyline  
Dual Meet: Murray @ CCHS  
(BYE WEEK): OREM

## December 11, 2014

Dual Meet: Skyline @ Orem  
Dual Meet: Murray @ Olympus  
Dual Meet: CCHS @ Timpanogos  
(BYE WEEK): MVHS

## December 18, 2014

Dual Meet: MVHS @ Skyline  
Dual Meet: Olympus @ Timpanogos  
Dual Meet: Orem @ CCHS  
(BYE WEEK): MURRAY

## January 8, 2015

Dual Meet: Orem @ Timpanogos  
Dual Meet: MVHS @ Murray  
Dual Meet: CCHS @ Olympus  
(BYE WEEK): SKYLINE

## January 15, 2015

Dual Meet: Timpanogos @ MVHS  
Dual Meet: Orem @ Murray  
Dual Meet: CCHS @ Skyline  
(BYE WEEK): OLYMPUS

## January 21, 2015

Dual Meet: Olympus @ Orem  
Dual Meet: Skyline @ Murray  
Dual Meet: MVHS @ CCHS  
(BYE WEEK): TIMPANOGAS

## January 22, 2015

Dual Meet: Skyline @ Olympus  
Dual Meet: Orem @ MVHS  
Dual Meet: Timpanogos @ Murray  
(BYE WEEK): CCHS

- **Start Date:** Monday, November 10, 2014
- **First Contest:** Tuesday, November 25 2014
- **Region Tournament:** TBD-Region Sectional?
- **State Tournament:** February 12-13 @ UVU Wrestling
- **Academic All-State Accepted Between:** February 11-12, 2015
- **Eligibility List Due:** Friday, December 5, 2014
- **Wrestling Body Fat Testing:** November 14-15, 2014

## UHSAA 2014-15 UPDATED CALENDAR AS OF 7/2/2014

[http://www.uhsaa.org/Calendar/2014-15\\_Calendar.pdf](http://www.uhsaa.org/Calendar/2014-15_Calendar.pdf)