

REVISED 2A REGIONS' HANDBOOK

2024-25

OPERATING PROCEDURES FOR REGIONS 18

Revised: May 2024

STATEMENT OF PHILOSOPHY

The 2A regions operate under the philosophy that the academic life of a high school student is the primary responsibility of all educators; however, we also recognize that activities are the “other half of education” and as such, are extremely important to the building of well- rounded youth. Under this philosophy, we promote the idea that participation in the sponsored activities of 2A Regions 15, 16, 17, & 18 is a privilege earned by meeting or exceeding academic eligibility guidelines set by schools, the region, and the Utah High School Activities Association.

The purpose of each of the Region Board of Directors is to cooperate with fellow educators (administrators, coaches, advisors, school boards) to promote the highest quality activities possible, to use the wisdom and input from those colleagues in setting schedules, guidelines and policies to govern those activities.

This handbook by no means covers every controversial situation that may arise. We would expect that by using rulebooks, the UHSAA handbook, input from concerned Region members, and common sense, any problems encountered can be addressed and resolved. By striving for excellence, we will continue to represent our areas and schools in the highest fashion at the state level.

MEMBERSHIP

Membership on the Region Board of Directors shall be limited to the secondary principals of the schools within the region, superintendent, athletic directors, or their representatives.

Representation will be limited to one voter per school. People that are eligible to serve as the officers of the Board of Directors shall be limited to its member schools.

OFFICERS

The officers of the Board of Directors will include the **region chairman**, and the **secretary/treasurer**. These officers will be elected by voting members of the Board of Directors annually during the May meeting. The terms of these elected positions are two years beginning July 1 to June 30.

DUTIES OF OFFICERS AND MEMBERS

CHAIRMAN OF THE BOARD

1. General administration of board policies and decisions.
2. Prepare agenda and conduct board meetings.
3. Act as official representatives, activity chairman, and committee members. of the Region when appropriate.
4. Members will individually support collective decisions made by the Region Board.

SECRETARY/TREASURER

- (1) Prepare and distribute minutes and financial statements to all members
- (2) Audit of Region Activities and Finances
- (3) Pay claims when submitted and approved at a regularly scheduled meeting

MEMBERS

1. Each region's member schools and districts are financially responsible for activities sponsored by their Region and/or division.
2. Members will individually support collective decisions made by their Region Board.
3. Members will serve as activity chairman and committee members when voted into those positions.
4. Member region schools will have annual membership dues in the amount ranging from \$2000. The exact amount will be determined annually by the board.
5. A participation fee of \$150.00 is required per sport, for non-region schools.

MEETINGS

Meeting sites and dates will be selected by the Board.

AGENDA

The agenda will follow the format below:

- A. Call to order
- B. Presentation of previous minutes for approval or discussion
- C. Presentation of the financial statement for approval or discussion
- D. Report from UHSAA Representatives: Board of Trustees; Executive Committee
- E. Action Items-Items that require either a general consensus or vote by the Board
- F. Discussion Items-Informational items that do not require action, to include Athletic Director's reports.
- G. Member Concerns-Business that may be pertinent to an individual member as well as the board. By a vote of the board and a 2/3 majority, the item can be considered an Action Item.
- H. Handbook Review-A frequent review of items needing updating.

ORGANIZATION OF THE ACTIVITIES

ACTIVITY CHAIRMAN

Each program's Activity Chairmen for the next year is responsible for presenting a proposed schedule for that activity early enough that changes may be made by the Board. Committee members may be appointed by the Board Chairman to assist when necessary. Activity Chairmen are responsible for all aspects of the activity they are selected to supervise. The chairman will report to the Board at the conclusion of the activity.

Activity Chairmen will evaluate the procedures and practices of the activity for which they are responsible. They may meet with coaches and advisors of those activities for the purpose of reviewing, revising, and setting new schedules. It is recommended that this meeting take place soon after the culminating state activity so that the Chairman can report to the Board at the next regularly scheduled meeting. Adjustments and improvements will be made as needed.

A Board Member will make up schedules for region sports and activities. Regions

will vote for approval. Sites will be scheduled on a rotating basis.

DIVISIONAL/REGION SCHEDULE

In order to be consistent on who is responsible to make the divisional and region schedules, the following outline will be utilized. Board Presidents will annually update who makes the schedule for each region.

Pending: Please review and make changes as needed

Fall Sports: Division and School in charge of schedule

Boys Golf

Girls Soccer

Girls Tennis

Winter Sports: Division and School in charge of schedule

Drill Team

Swimming

Boys Wrestling

Girls Wrestling

Cheer

Spring Sports: Region/Division and School in charge of schedule

Baseball	Division A	Division B
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Girls Golf

Boys Tennis

Boys Soccer

Softball

Track and Field

GAME MANAGEMENT POLICIES AND PROCEDURES

GAME MANAGEMENT

All schools are expected to provide competent, adult scorers, timers, line callers, chain crews, etc. for all varsity events; they are officials not spectators in behavior. Schedule changes must be acceptable to both schools (ADs and principals).

VIDEO AND VENDING POLICY

Regions prohibit the use of filming and/or video taping of any Region sponsored activities for commercial purposes.

PROTEST PROCEDURE

In the event that a school wishes to lodge a protest in connection with any activity, the procedures published in the current Utah High School Activities Association Handbook will be followed. A protest will be official when completed in writing and signed.

HOSPITALITY ROOM PROCEDURES

Regions do not require member schools hosting region tournaments to sponsor a hospitality room. That decision is left to the individual school administration.

20 HOUR PRACTICE RULE

In order to protect study and recreational time for students and parents, 2A requires that no High School Athletic Association team may practice more than 20 hours per week. This includes chalk-time, film review, meetings, etc. If a school is in violation of this rule it can be fined and reprimanded according to region/state policies.

PARTICIPATION LEVEL OF PLAY

Regions support that seniors not play in sub-varsity games; especially when the senior starts, or has game time with the varsity. On rare occasions a member school might have a senior with very little talent that will never see any varsity time. In this case, the member school and coach must obtain permission from the opposing school and coach prior to the start of the sub-varsity contest in order for a senior to play sub-varsity.

The Region also strongly suggests that freshmen, sophomores and juniors, who are regular varsity players, not play in sub-varsity games.

STUDENT CONDUCT

It is hoped that visiting students at another campus would have the same high expectations of themselves as they would of students visiting their own school. It is, however, the responsibility of the visiting advisor, coach, administrator, or chaperone to see that student conduct is in the best interest of both schools. It is strongly recommended, therefore, that a coach, advisor, or chaperone continue supervision in the dressing room or competitive area with students until all students have vacated that area.

PEP BAND CONDUCT

1. Bands are encouraged to participate at home activities. They will not play as “visitors” unless invited by the host principal.
2. Bands are not to perform while the ball is in play during games.
3. Bands should promote good musical manners-treating visiting pep bands with respect and to refrain from playing simultaneously.
4. When two bands are present, the “home” band should play during the first quarter break and the “visiting” band during the second quarter break.
5. Band directors are responsible for the band personally even when using student directors.
6. Drums, horns (which are not part of the band and its music), and noise makers of any type (including balloons) are not permitted in league or region events. UHSAA directives govern what may be used at state competitions. Megaphones are not permitted at indoor activities. Pom-poms shall be of non-shredding type. Posters and signs, other than for directions or welcome, may not be used at Region tournaments. Signs used at home events should be courteous and positive in nature, void of names or derogatory, slang words.
7. Cheers should imply good sportsmanship and courtesy.

8. Schools and individuals are subject to sanction by any of the Board of Directors for any misconduct. Each Region Board reserves the right to discipline member schools and/or individuals according to the provisions of the current UHSAA Handbook.

PROCEDURES FOR SPORTS AND ACTIVITIES

1. Utah High School Activities Association Policies and Guidelines will be strictly adhered to, including beginning dates for games and practices. Each athlete must comply with UHSAA guidelines regarding physical examinations. It is assumed by the UHSAA and 2A schools, that coaches have taken the necessary precautions to ensure that physical examinations have been completed and records kept on all members of athletic teams and uploaded onto registermyathlete or verified by an administrator that the record is on file.
2. UHSAA requires that all coaches, paid or volunteer, will follow the coaches training requirements as outlined in the UHSAA Handbook. Coaches will register on the Activate platform and complete the annual requirements for coaching.
3. UHSAA requires that athletes register through the website, www.registermyathlete.com and complete the eligibility process.
5. UHSAA requires that Fine Arts and Drama students will register through the website www.registermyathlete.com
6. The region schedule is considered a binding contract and not adhering to the schedule is a breach of contract.
7. In case of breach of contract, the regional board of managers shall have authority to assess a penalty following the UHSAA handbook.
8. Each school will be responsible to have an accurate roster on registermyathlete.
9. All dead time periods, two week prior restrictions, and moratoriums by the UHSAA will be adhered to. It is expected that principals and Athletic Directors give information to coaches and monitor these moratorium dates.

RPI SYSTEM

1. UHSAA RPI policies or guidelines will determine state placement.

GENERAL TIE-BREAKER PROTOCOL

1. Head-to-Head competition results will be considered to determine Region Championships.
2. RPI or UHSAA scoring can be used, after head-to-head results are evaluated, to determine Region Championships.
3. If the tie cannot be broken, a coin toss will determine seeding. *However, no state berth will be determined by a coin toss, only Region titles.*

Region tie-breakers will be determined by the Region Board. Region administrators will represent each team and direct and govern the procedures. In all cases, these steps will be followed after the completion of season play.

SPORTS AND ACTIVITIES

BASEBALL

1. League games scheduled may be changed for the following reasons:
 1. Inclement weather
 2. Unplayable field conditions
 3. Makeup games to accommodate play-off games.
2. Any changes must be agreed upon by the principals of the schools and approved by the Region Board; this includes game times as well.
3. Any game postponed must be made up at the first available date agreed upon by both principals.
4. All varsity games will begin at 3:30 p.m. with double header starting at 2:00 p.m. NOTE: Teams may enter the playing field ONLY one hour and 15 minutes prior to the scheduled start time.
5. The game shall consist of seven innings under normal conditions.
6. Double Header games will start at 2:00 p.m. Both games will be 7 inning games. **The visiting school will be assigned as the home team for the first game. The second game will have assigned the host school as the home team.** The official umpire may call the game due to darkness after

the 5th inning **in the second game**. If the game is called in the middle of an inning, the official score will go back to the previous completed inning. Games not reaching the 5th inning will be suspended and completed at another time.

7. The “Ten Run Rule” will be in effect per UHSAA Guidelines for all pre-season, season, and tournament games. Extra innings will be necessary in the event of a tie at the end of regulation play. Speed up rules with regard to pitchers and catchers will also be in effect. (Also, 15 runs after 4 innings applies)
8. Players will follow the pitch count rule as stated in the UHSAA handbook.
9. Only certified officials will be used.
10. One trophy will be awarded to the region/division champion. In case of a tie, trophies will be awarded to co-champions.
11. Game times and/or dates may be changed by mutual consent of the principals of the schools involved. Host principal to notify arbiter of any changes.
12. Schedules will be set annually by each Region Board of Directors after input from the coaches.

BASKETBALL

1. Game times: To accommodate long distance travel, all week day games with one gym or small squad will be Fr: 4 pm, JV 5:30 pm, V 7 pm
Teams will have a minimum of **ten** minutes warm-up must be provided prior to the beginning of the varsity game.)
2. Saturday games times may be changed by mutual consent of the principals of the schools involved. Host AD is to notify arbiter of changes.
3. Only certified officials will be used at Region games. NOTE: To avoid possible problems, it is strongly recommended that only arbiter officials from the recognized officials associations be hired.

4. Half-time activities are under the direction of the host schools. Length of half-time may be extended to twelve minutes upon agreement of both schools (in advance when possible). Half-time shows should be coordinated to allow ample warm-up time.
5. Placement of the cheerleaders is at the discretion of the host school. Cheerleaders are restricted, however, from being located in the “foul lanes extended” area behind each basket. It is strongly recommended that they be on the sidelines or other safe area of the court.
6. Performing groups i.e., pep bands, drill teams, etc. will be allowed to perform as visitors only at the invitation of the host school.
7. Artificial noisemakers (including megaphones) are not allowed. The judgment for any of these items is to be made in the best interest of safety and sportsmanship.
8. It is strongly recommended that freshmen, sophomores and juniors, who are regular varsity players, not be regular junior varsity players.

CHEERLEADERS (AND OTHER PERFORMING GROUPS)

1. Utah High School Activities Association policies and guidelines will be strictly adhered to including beginning dates for games and practices-INCLUDING CHEERLEADER SAFETY GUIDELINES (per UHSAA Handbook). Each athlete must comply with UHSAA guidelines regarding physical examinations. It is assumed by the UHSAA and coaches have taken the necessary precautions to ensure that physical examinations have been completed and records kept on all members of athletic teams. Record keeping of physical exams, eligibility, and any other UHSAA requirements for all participants are the responsibility of coaches at each school.
2. No individuals or groups other than the regular school cheerleaders will be permitted to demonstrate on the playing floor or apron at any time. (The official mascot is considered a cheerleader).
3. Children under high school age may not participate with cheerleaders.
4. Megaphones may be used for outdoor sports, but may NOT be used for indoor sports.

5. Noise makers of any kind are prohibited, i.e., whistles, cow bells, horns, etc.
6. Placement of the cheerleaders and other performing groups will be at the discretion of the host school. Cheerleaders are restricted, however, from being located in the “foul lanes extended” area behind each basket. It is strongly recommended that they be on the sidelines or other safe area of the court.
7. Signage may be displayed but not paraded by school-related groups or spectators. Constructive, positive signs and posters are encouraged, while derogatory, or suggestive signs are prohibited. Posters and signs, other than for directions or welcome, may not be used at Region tournaments. Signs used at home events should be courteous and positive in nature, void of names or derogatory, slang words. Principals are expected to police their own schools and students.
8. Performing groups such as bands, drill teams, etc. may only participate as a “visitor” at the invitation of the host principal.
9. The highest standards of sportsmanship are expected of all cheerleaders and performing groups.

CROSS-COUNTRY GUIDELINES (BOYS AND GIRLS)

1. Each varsity team will consist of seven runners; **minimum of five. Motion 5 runners will be scored. Effectively Now for Region 19**
2. The region schedule is designed to give all teams equal opportunities to compete at participating schools with meets beginning at 4:00 or 5:00 pm or an agreed upon time.
3. Each time one or more participants from a school participate in a meet, that meet will count as one of the total allowable meets.
4. Annually each Region Board of Directors will determine the site of the Region Meet. The host school will lay out the course and be responsible to report the Region results to the state prior to the deadline.
5. **One half of the participating teams in each region will qualify for the state meet, plus any individuals finishing in the top ten at the region meet who are not members of qualifying teams. Substitutions will follow UHSAA guidelines in the most recent UHSAA**

6. **Coaches will not declare, prior to or during the race, their top seven runners. They may enter as many runners in each race for the boys and girls. There will be only one race for each gender at the qualifying region meet.**
7. 50% of full teams (5-7 members) competing in the region meet will qualify. A region with an odd number of teams competing shall round up the number of qualifying teams, 2 out of 3, 3 out of 5, 4 out of 7, etc.

The following individuals will also qualify:

1. The top 3 individual finishers at the region meet who are not on a qualifying team.
2. Any individual who is not on a qualifying team and who did not qualify through item 1 who finishes in the top 10 overall at the region meet.

Substitutions: Individuals not on qualified teams may NOT be substituted for.

Once a team qualifies at Region, team substitutions may be made at State. Names of competitors in the State Meet should be entered on a school's entry to the State Meet.

1. A team consists of a minimum of five runners and a maximum of seven runners.

DRILL TEAM GUIDELINES

Region drill teams come under the general policies of the UHSAA. For any information regarding Drill Team, see the current UHSAA Handbook. The most current qualifying guidelines require any team entering the Region Qualifying Competition to enter all three categories (Dance, Military, and Show categories will rotate). A team that chooses to compete in the Region Competition, but does not want to enter three categories, may enter up to two categories, but they must be in Dance and Military. Region meets are mandated to have a meet director (see UHSAA guidelines)

FOOTBALL GUIDELINES

1. The host school is responsible to ensure that the playing field is marked in accordance with National Federation Rules.

2. Football clinics will follow all current UHSAA policies and recommendations.
3. The host school is responsible for keeping spectators clear of the playing field on both sides.
4. The “Home” team will wear dark jerseys. The “Visitors” will wear light colored jerseys.
5. In accordance with UHSAA, only certified officials shall be used in all levels of football competition. It is recommended that there be five officials used at each game.
6. Game times are set by each Region Board of Directors. Changes to the established schedule are allowed only through the agreement of both principals and approved by the Region Board. No games shall begin before 4:00 pm.
7. Any time extension to the half time shall be made known to the visiting head coach and officials prior to the game. Homecoming activities are understood to take a longer halftime period.
8. The most current “35 point rule” will be observed as described in the UHSAA Handbook.
9. Sub-varsity contests will have 10 minute quarters. Or, agreed upon by coaches.

GOLF GUIDELINES

1. 18-hole tournaments will be held. Score will be kept according to medalist play.
2. All Region matches and tournaments will begin at course discretion.
3. The host team will determine play from tees.
4. For the boys teams, as a courtesy to the course, they will play using the Standard UPGA rules.
5. The official rule of the UPGA will and must be enforced. Any question of rules of interpretation will be settled by course professionals and/or the UHSAA Handbook.
6. Teams may play eight players in each region tournament. Only the low four scores from the team will be counted. After completing his round, a player

must turn in a score card previously signed by his coach. Once a card is turned in, it becomes official and may not be changed.

7. Each Region will qualify teams in accordance with UHSAA guidelines for the State Golf Championship.

8. The top **12** finishers at the Region Tournament will qualify for the State Tournament.

Voted on by Region 18 on September 12, 2019. Option #2- Take the average of each golfer's top 4 scores plus region. A minimum of three scores plus Region is required. (this is for qualifying for individuals)

9. Dress: Appropriate attire will be required of all golfers. Participants must wear collared shirts. Penalty for breach of rule: 2 strokes.

10. There shall be two coaches that must supervise the players on the course. They may not play golf themselves during the match. Coaches for the meet will be the host school's coach and the following meet's coach.

11. Girls will play according to current established rules set by UHSAA and UPGA.

SMALL GROUPS MUSIC FESTIVAL- SOLO & ENSEMBLE

1. Rules and guidelines of the Utah High Schools Activities Association as printed in the current UHSAA Handbook will be followed.
2. Entries must be submitted on the appropriate UHSAA forms. Seven official categories will be recognized and judged: woodwinds, brass, strings, piano, vocal/choral, and jazz. Students wishing to perform in other categories may do so, but they will be judged by those chosen for the above-mentioned categories.
3. The Region Music Festival Chairperson will arrange for the adjudicators each year. The chairperson will ensure that the adjudicators have access to copies of the state published bulletin, "Better Adjudication in Utah."
4. Additional rules for the festival include:
 1. All school entries must conform to UHSAA rules and guidelines.
 2. Schools will have unlimited entries in each event.

5. AWARDS - Students earning an I-Rating or higher will receive a certificate reflecting that rating.
6. Schools will have unlimited entries in each event. The following will be used to determine sweepstakes points.
 1. 10 Instrumental Solos, 8 Vocal Solos, 6 Piano Solos, 6 Instrumental Ensembles, 6 Vocal Ensembles (Piano Solos will not be adjudicated)
 2. For Madrigal Choirs to be eligible for state competition, they must qualify with an "I" rating at Region 13 Small Groups Festival. They will be given 12 minutes to perform in lieu of the 7 minutes normally given for a vocal ensemble.

LARGE GROUP MUSIC FESTIVAL

In addition to the Rules and Regulations published by the UHSAA Handbook, the following guidelines will further give directions with regard to the Large Group Music Festival:

1. The large Group Music Festival will allow students to demonstrate experiences and skills learned throughout the course of the year. Students need to be motivated in such a way as to promote the Festival as the culminating activity of the year.
2. All participating orchestras, choirs, and bands must be regular classes in the school's curriculum. Split groups of choruses will not be accepted as participants.
3. A total band, choir, or orchestra may not participate as a group in both Small and Large Group Festivals.
4. The order of performance of bands, orchestras, and choirs will be determined by the Music Chairperson two weeks prior to the Festival.
5. All groups are encouraged to remain at the festival throughout. Adjudication sheets will be distributed after all groups have performed.
6. Schools are responsible for the behavior of their own students. Please ensure that they do not disturb host school classes, etc. Much can be gained from the performance of other schools; therefore students are encouraged to be in

attendance. While as a member of the audience, students may jeopardize their own school's ratings through inappropriate behavior.

7. Host school will provide certificates. Certificates awarded for Superior and Excellent ratings.

MUSIC ADJUDICATION

1. Adjudicators for the Festival will be selected from the approved state list. The Region Music Chairperson will solicit the input of Region's music teachers in the selection of the adjudicators.
2. Two adjudicators will be used for band and orchestra, and two for choirs. One other adjudicator will be selected to judge orchestras and will be paid the current hourly rate approved by the UHSAA.
3. All adjudicators will be compensated for their time and mileage according to the current UHSAA rate.
4. The location of the Festival will be selected annually by the Region Board of Directors.
5. Individuals in each group (band, orchestra, and choir) will receive a certificate reflecting ratings of I- or better.
6. All other rules and guidelines will follow the current UHSAA Handbook.

SOFTBALL-GIRLS FAST-PITCH

1. League games scheduled may be changed for the following reasons:
 - A. Inclement weather
 - B. Unplayable field conditions
 - C. Makeup games to accommodate play-off games
2. Any changes must be agreed upon by the principals of the schools involved.
3. Any game postponed must be made up at the first available date agreed upon by both principals.
4. Schedules will be set annually by the Region Board of Directors after input from the coaches.

5. Games will begin at 3:30PM. Teams may enter the playing field only one hour and 15 minutes prior to game time. The game shall consist of seven innings under normal conditions.
6. Double Header games will start at 2:00 p.m. Double Header games will start at 2:00 p.m. Both games will be 7 inning games. The visiting school will be assigned as the home team for the first game. The second game will have assigned the host school as the home team. The official umpire may call the game due to darkness after the 5th inning in the second game. If the game is called in the middle of an inning, the official score will go back to the previous completed inning. Games not reaching the 5th inning will be suspended and completed at another time. School administrations will work together to decide the appropriate place and time.
7. The “Ten Run Rule” will be in effect per UHSAA Guidelines. Extra innings will be necessary in the event of a tie at the end of regulation play.
8. Only certified officials will be used.
9. One trophy will be awarded to the league champion. In case of a tie, trophies will be awarded to the co-champions.
10. The Tie-Breaker system will remain in place as per UHSAA guidelines.

SPEECH DRAMA AND FORENSICS GUIDELINES

1. Starting dates for Forensics and Drama will be set by the UHSAA.
2. In all events, the UHSAA Guidelines will be closely followed.
3. Individual coaches shall select and bring qualified judges who have at least a high school diploma and prior judging experience.
4. The location of the Forensics meet and the Drama meet will be selected annually by the Region Board of Directors. In the best interest of the programs, it is recommended that the Forensics Meet be held on one day. Further, the Drama Meet should also be one day.
5. All coaches are welcome in the tabulation room. They are not to communicate results or decisions to contestants between rounds or prior to the awards assembly.
6. Points earned by a contestant will be determined by averaging the rating given on the judges' ballots for rounds 1, 2, and 3. In individual events,

points will be awarded as follows: Superior = 5 points, Excellent = 3 points, Good = 1 point

7. Points for the one-act play will be determined by averaging the ratings given by the three judges. Point values for the one-act play will be as follows:
Superior = 10 points, Excellent = 6 points, Good = 3 point
8. Prior to the first round in region Forensics and Drama competition, coaches are responsible to check their contestants' names and code numbers and notify the registrars of any changes in entries.
9. Each contestant shall receive a schedule, panel rooms, and location.
10. Certificates will be awarded to contestants who earn Excellent, or Superior ratings in Drama and Forensics.
11. Adjudicators should be selected after input from all Region coaches. Care should be taken to select the best possible neutral judges for all these meets. Competition Play judges should be qualified adults with a connection to a University, College, and/or Community Theater. Each school has the opportunity to bring a minimum of two adult judges for IE Events.
12. The location of the Forensics meet and the Drama meet will be selected annually by the Region Board of Directors. It is suggested that the Play Competition and the IE Events be held back-to-back, with the plays performed and judged in an afternoon and evening, and the IE Events follow on the next day. The alternate suggestion is that the plays and the IE Events be held at least 5 days apart.
13. Coaches will be required to meet the deadline for registering students. No additions will be accepted after the deadline.
14. During registration of the Region Meet, coaches are responsible to check their contestant's names and code numbers and notify the host school of any changes and/or misspelled names.
15. All drops the day of the meet present logistical challenges and should be avoided.
16. UHSAA Certificates will be awarded to all participating contestants who receive Good, Excellent, or Superior ratings.

1. A Region Sweepstakes (Champion) Trophy will be awarded to the team scoring the most points based on both days of competition **in speech and debate.**
2. “Best in Region” **Medal/Certificates Round:** The top 5 to 7 students in the Individual Events will compete for 1st, 2nd, and 3rd Place **medals/certificates** in the following categories of (1) Dramatic Interpretation, (2) Humorous Interpretation, (3) Pantomime, (4) Mono-Acting, and (5) Play Scenes.
3. “Best in Acting” will be chosen by the Competition Play Judges. Five individual plaques will be awarded in the following categories: (1) Best Actress, (2) Best Actor, (3) Best Supporting Actress, (4) Best Supporting Actor, (5) Best Character Acting
4. **Debate Medals/Certificates** will be awarded for 1st thru 3rd place in each of the seven (7) categories.
5. **Drama Certificates will be awarded for 1st thru 3rd in each individual event.**

TENNIS (BOYS AND GIRLS)

1. All rules and guidelines of the Utah High School Activities Association will be followed. This includes the beginning dates for practices and games and the rules governing pre-season conditioning programs. Each athlete must comply with UHSAA guidelines regarding physical examinations. It is assumed by the UHSAA and Region that coaches have taken the necessary precautions to ensure that physical examinations have been completed and records kept on all members of athletic teams. Record keeping of physical exams, eligibility, and any other UHSAA requirements for all participants are the responsibility of coaches at each school.
2. U.S.T.A. rules will be used.
 1. Each match will consist of the best two of three sets, unless both coaches agree to a “pro” set, i.e., eight games with a two game lead, and a tiebreak played if score reaches 8-8 as per USTA rule
3. A 12-point tie-breaker will be in force.

4. **Called a 12 point tie-break:** the first player to reach 7 points, by a margin of 2 points, wins. It's called a 12 point break because it could take exactly 12 points to win ($7-5 = 12$ points). What is called a 10 point tie break is **correctly called a match tie break** or sometimes a **super tiebreak:** the first player to reach 10 points, by a margin of two points wins. It is often used in lieu of a full third set, when each player has won one set. Shortens the match time and is easier on the players, especially when playing multiple matches on the same day, or when weather (extreme heat, threatening conditions, darkness, etc.) warrants.

1. There shall be five divisions of play. #1 Singles, #2 Singles, #3 Singles, #1 Doubles, and #2 Doubles.
2. Coaches are expected to honestly place players in the division of play that best reflects their playing level. For example, the best player for school A should be entered in the #1 singles division or as a member of the #1 doubles team.
3. Players will be given 10 minutes warm-up time prior to the first match. 5 minutes warm-up will be allowed for subsequent matches.
4. Once competition is underway, USTA rules allow coaching on all changeovers – when total of games played is odd, except after the first game of a set.
5. New tennis balls may be requested after the 2nd set in tournament play.
6. Points are awarded toward the team total for the region championship trophy in this order: 4pts for 1st, 3pts for 2nd, 2pts for 3rd, and 1pt for 4th. Only 4 places will be scored.
7. All other rules will be followed as set in the current UHSAA Handbook.

TRACK AND FIELD

1. All rules and guidelines of the UHSAA and the National High School Track Federation will be observed. This includes the beginning dates for practice

and games and the rules governing preseason conditioning programs. Each school is to schedule its own dual-and tri-meets. Efforts will be made by the Region Board of Directors to coordinate dates and locations of meets held by Region schools. It is recommended that meets involving more than three schools be held on Saturdays to limit the time out of school.

2. Each school may schedule its own duel- and tri-meets. Efforts will be made by the Region Board of Directors to coordinate dates and locations of meets held by Region 13 schools. It is recommended that meets involving more than three schools be held on Saturdays to limit the time out of school.
3. At the Region Meets, schools are limited to 4 participants per event. All individuals are limited to 4 events.
4. Contestants will be seeded into flights and heats based upon their best performance during the current season.
5. The Region Board of Directors will select a Games Committee for the Region Meet. The Games Committee will be assigned the duties as outlined in the National Federation Rule Book. Those members of the Games Committee will be expected to know and carry out the duties as assigned. This committee will also be responsible to ensure that all equipment meets National Federation Standards.
6. The Games Committee will determine the starting heights of the high jump for boys and girls and the pole vault event at the Region Meet.
7. All disputes and protests must be in writing to be considered. They will be referred to and resolved by the Games Committee per Federation Guidelines. Protest forms will be included in the Region Track Meet Coaches' Packets.
8. The honest effort rule will be enforced on all running events that have trials and finals. Once an athlete has been officially entered, he or she must compete in those events or face disqualification for the duration of the meet. This means that an athlete entered in any running event that has trials and finals must make an honest effort to compete in those events. Meet officials and the games committee shall judge whether or not the honest effort was made.
9. Disputes and protests once lodged and heard will be made final by the Referee's decision.

10. Each Region qualifies four in individual events and relays. All other rules will be followed as set in the current UHSAA Handbook.

SOCCER (BOYS & GIRLS)

1. Utah High School Activities Association policies and guidelines will be strictly adhered to.
2. The host school is responsible to ensure that the playing field is marked in accordance with the National Federation Rules.
3. Soccer clinics will follow all current UHSAA policies and recommendations.
4. Participation rules will follow all current UHSAA policies and recommendations.
5. Spectators will be required to sit opposite of the team bench areas, marked similar to the press line established in football. The host school is responsible for keeping spectators clear of the playing field.
6. The home team will wear light colored jerseys and the visitors will wear dark colored jerseys.
7. In accordance with UHSAA, only certified officials shall be used in all levels of soccer competition. Three (3) officials are recommended for each game and two (2) can be used. If there is only one official, the game will have to be rescheduled.
8. Game times are set by the Region Board of Directors. Changes to the established schedule are allowed only through the agreement of both principals and Region Board. Varsity games will start at 4pm and JV will start at 5:30pm or 6:00 pm
9. JV games will consist of an abbreviated time agreed on by both coaches.
10. Overtime procedures will be followed according to current UHSAA and NFHS policies. Refer to the UHSAA yearbook soccer section and NFHS rule book.
11. As per UHSAA rule: There will be an eight (8) goal differential mercy rule in effect.

12. Head and Assistant coaches are not required to facilitate the games by officiating.
13. UHSAA policies will supersede Region rulings.

SWIMMING

1. All rules and guidelines of the Utah High School Activities Association will be closely followed.
2. National Federation point scoring will be used in all meets.
3. Only certified officials will be used for Region /divisional swimming meets.
4. Tournament procedures and seeding methods will be taken directly from the UHSAA Swimming Rules in the Handbook.
5. Warm up and meet start times will be the discretion of swimming facilities used, but should keep in mind to have warm up and meet start times as late as possible to ensure that students attend as much school as possible. Changes in dates and times or meets may only be changed upon mutual consent of both schools' principals, and the Region Board.
6. All schools involved in swimming should forward their schedules and rosters to the region schools in advance of their prospective match.

VOLLEYBALL

1. All rules and guidelines of the Utah High School Activities and National Federation will be closely followed. This includes the beginning dates for practice and games and the rules governing pre-season conditioning programs. All officials will be certified under UHSAA guidelines.
2. The Region Board of Directors will annually set the schedule of league matches based upon input from the region volleyball coaches.
3. One trophy will be awarded for the league champion. In case of a tie, trophies will be awarded to co-champions.
4. Warm-up times will be given to each team based on the following format:

Visitors-net practice and serves - 5 minutes

Home-net practice and serves - 5 minutes

Note: Schools may also decide on a 4-4-2 warm-up by agreement.

5. Each game will be played to 25 points. The winner must, by Federation Rules, win by 2 points and incorporate Rally scoring in the best three out of five games for all varsity and sub-varsity matches. In addition, games 1-4 shall be played to 25 points (no cap). A fifth and deciding game shall be played to 15 points (no cap); each team shall be allowed 2 timeouts per game. ***Note: Sub-Varsity games will have a cap of 27 (games 1-2) and 17 (games 3, 4, 5) with one timeout.*** The “let” serve shall be allowed. The UHSAA has issued a uniform starting time between all sub-varsity and varsity matches at 1 hour and 15 minutes.
6. Starting times for the Region matches Monday thru Friday are:
 1. Freshman 4:30pm; Junior Varsity 5:45pm; Varsity 7pm.

All Saturday matches will be determined by both schools:

WRESTLING

1. All rules and guidelines of the Utah High School Activities Association will be closely followed. National Federation point scoring will be used in all meets to include points awarded for major and superior decisions.
2. Only certified officials will be used for Region wrestling matches.
3. Tournament procedures and seeding methods will be taken directly from the UHSAA Wrestling Rules in the Handbook.
4. Weigh-in times for varsity matches will be done according to the UHSAA rules and guidelines in the current UHSAA Handbook. No exceptions for qualifying weights will be allowed. All junior varsity or exhibition matches involving both schools will take place prior to the varsity matches. Junior varsity or exhibition matches involving only the host school’s wrestlers will take place after the varsity matches. Changes in dates and times or matches may only be changed upon mutual consent of both schools’ principals, and the Region Board.
5. All schools involved in wrestling should forward their schedules and rosters to the region schools in advance of their prospective match.
6. Students must certify for weight according to the current UHSAA handbook.

REGION TROPHY & MEDAL ORDER

FOOTBALL

2 Trophies: one for each division

For the division/region:

1. 1 MVP certificate
2. 18 certificates all-region: 1st = 5, 2nd = 4, 3rd = 3, 4th – 6th = 2.
3. Academic All-region Certificates

DRILL TEAM

1 Trophies: one for each division

6 Plaques: 1st & 2nd place in each category per division: Military, Dance,
Kick

6 Medals for drill down: 1st – 3rd place in each division

For the division/region:

1. 3 certificates for each team to be awarded for all-division teams
2. Academic All-region Certificates

SOCCER BOYS & GIRLS

4 Trophies: one for each division in boys

3 Trophies: one for each division in girls

For the division/region:

1. 1 MVP certificate
2. 12 certificates all-region/division: 1st = 2, 2nd = 3, 3rd – 4th = 2,
5th – 7th = 1
3. Academic All-region Certificates

WRESTLING

1 Trophies: one for each division

1. 168 Medals: 84 for each division placing 1st thru 6th place
2. 2 Plaques for outstanding wrestler lower weights: one for each division
3. 2 Plaques for outstanding wrestler upper weights: one for each division
4. Academic All-region Certificates

TENNIS BOYS & GIRLS

4 Trophies: one for each division and each gender

1. 80 Medals: 40 for each division placing 1st thru 4th for each gender
2. 15 medals- 1st-3rd place for the five categories 5 certificates-4th place for the 5 categories
3. Academic All-region Certificates

9 Medals for Singles per division.					
#1 Singles - Gold	#2 Singles - Gold	#3 Singles - Gold			
#1 Singles - Silver	#2 Singles - Silver	#3 Singles - Silver			
#1 Singles - Bronze	#2 Singles - Bronze	#3 Singles - Bronze			
#1 Doubles - Gold (2 Medals)	#2 Doubles - Gold (2 Medals)				
#1 Doubles - Silver (2 Medals)	#2 Doubles - Silver (2 Medals)				
#1 Doubles - Bronze (2 Medals)	#2 Doubles - Bronze (2 Medals)				

SWIMMING BOYS & GIRLS

4 Trophies: 2 for each division and each gender

1. 144 Relay medals: 72 for each division with 4 medals for each placing 1st thru 3rd in each gender
2. 200yd Medley * 200yd Freestyle * 400yd Freestyle
3. 192 Individual medals: 96 for each division medaling 1st thru 6th place in each gender
4. 200yd Freestyle * 200yd IM * 50yd Freestyle
* 100yd Backstroke
5. 100yd Butterfly * 100yd Freestyle * 500yd Freestyle * 100yd Breaststroke
6. Academic All-region Certificates

BASEBALL

1 Trophy: 1 for each of the three divisions

1. For the region/division:
2. 1 MVP certificate
3. 21 all-region: 1st=5, 2nd=4, 3rd & 4th=3, 5th – 7th=2.
4. Academic All-region Certificates

Academic All-region Certificates

REGION ORDER FOR ACTIVITIES

FORENSICS – DEBATE

21 Medals for 1st thru 3rd in each IE category

- ## DRAMA

1 Best Play plaque

- Best Actress* Best Supporting Actress
- Best Actor* Best Supporting Actor
- Best Character Acting

○ Classical Scenes	*	Contemporary Scenes	*
Pantomime			
○ Dramatic Monologue	*	Musical Theater	*
Humorous Monologue			

27

Medal	Best Character Actor			1st	
Medal	Best Character Actress			1st	
Medal	Best Supporting Actor			1st	
Medal	Best Supporting Actress			1st	
Medal	HUMOROUS MONOLOGUE-			1st, 2nd, 3rd	
Medal	DRAMATIC MONOLOGUE			1st, 2nd, 3rd	
Medal	PANTOMIME			1st, 2nd, 3rd	
Medal	CONTEMPORARY SCENES			1st, 2nd, 3rd	
Medal	CLASSIC SCENES			1st, 2nd, 3rd	
Medal	MUSICAL SCENE			1st, 2nd, 3rd	
Certificate	Best Ensemble			1st	
Certificate	Best Set			1st	
Certificate	Best Costume			1st	
(1) Host school will provide certificates.					

ALL-REGION CERTIFICATE TIER SYSTEM					
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The following tier system will be used to determine the number of certificates for the following sports.							
			BB/ SFB	BASK.	FB	SOCC ER	VB
			MVP +	MVP +	MVP +	MVP +	MVP +
		First	4	3	5	4	4
		Second	3	3	4	3	3
		Third	2	2	3	2	2
		Fourth	2	2	2	<i>1</i>	<i>1</i>
		Fifth	2	<i>1</i>	<i>1</i>	<i>1</i>	<i>1</i>
		Sixth	<i>1</i>	<i>1</i>	<i>1</i>	<i>1</i>	<i>1</i>
		Seventh	<i>1</i>	<i>1</i>	<i>1</i>	<i>1</i>	<i>1</i>
		Italics = No School Currently Participating					
		(1) Member schools are responsible to identify athletes and print the certificates for the athletes at their school.					
ACADEMIC ALL-REGION CERTIFICATES							
		(1) Member schools are responsible to identify students eligible for academic certificates and print their own certificates.					
		(2) The Region will recognize all Seniors nominated for Academic All-state with a minimum GPA of 3.75 with an Academic All-region					

	certificate.
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REGION ADMISSION PRICES

All student athletic activities:

Adults.....	\$10.00
Students with activity cards (away games).....	\$5.00
Children 6 and older, but not high school.....	\$5.00
Senior Citizens 65 and older.....	\$5.00

NOTE:

Region Fresh/JV football games (school discretion).....

Divisional Tournaments:

Adults.....	\$10.00
Students.....	\$5.00
Seniors.....	\$5.00

Only UHSAA Passes accepted

UHSAA Passes:

Good for name holder plus one (verified with a picture/driver's license ID)