

2011-2012 Region VII ACTIVITIES MANUAL



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

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

NOTIFICATION OF THE PRESS:

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

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



BOARD OF MANAGERS

Jim Birch.....james.birch@jordan.k12.ut.us
Secretary (Shirlene Lancaster).....shirlene.lancaster@jordan.k12.ut.us
Herriman High School-11917 South 6000 West, Herriman, Utah 84096.....801-567-8530
Mustangs-Navy, Scarlet & Vegas Gold

Susan Malone.....susan.malone@canyonsdistrict.org
Secretary (Kathleen Hilton).....kathleen.hilton@canyonsdistrict.org
Hillcrest High School-7350 South 900 East, Midvale, Utah 84047.....801-826-6000
Huskies-Green, White and Black

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

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

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

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

ACTIVITIES-CHAIRPERSONS AND INDIVIDUAL SCHOOL RESPONSIBILITIES

School Activity	School Responsible	Administrator Coach-Advisor Rep	Phone	E-mail
Baseball	Herriman	Lynn Allred Jason DeHerrera	801-567-8530	lynn.allred@jordan.k12.ut.us
Basketball	Olympus	Wes Cutler Matt Barnes(boys) Kael Ashton (girls)	385-646-5400	wcutler@graniteschools.org
Cross Country	Westlake	Stacy Salmans Aaron Robison	801-610-8815	sdsalmans@alpinedistrict.org
Drama	Murray	Dolph Church Will Saxton	801-267-7460	dchurch@murrayschools.org
Drill Team	Hillcrest	Susan Malone Mechele Bosco	801-826-6000	susan.malone@canyonsdistrict.org
Football	Skyline	Danny Stirland Roger Dupaix	385-646-5420	dstirland@graniteschools.org
Forensics	Herriman	Stacy Evans Saturday Peterson	801-567-8530	Stacey.evans@jordan.k12.ut.us
Golf	Westlake	Travis Reynolds	801-610-8815	treynolds@alpinedistrict.org
Music-Instrumental	Hillcrest	Paul Kirby Kristi Pehrson	801-826-6000	paul.kirby@canyonsdistrict.org
Music-Vocal	Murray	Debbie Sorenson Alan Scott	801-264-7460	dsorensen@murrayschools.org
Soccer	Herriman	Mike Glenn Ryan Mitchell (boys) Bill DeBruyn (girls)	801-567-8530	mike.glenn@jordan.k12.ut.us
Softball	Murray	David Dunn Lisa Parker	801-264-7460	ddunn@murrayschools.org
Swimming	Skyline	Doug Bingham Joe Pereira	385-646-5420	dmbingham@graniteschools.org
Tennis	Skyline	Lynda Tierney Matt Clark (boys) Shonnie Hays (girls)	385-646-5420	lmtierney@graniteschools.org
Track	Olympus	Josh Leroy Mike Kushlan	385-646-5400	jleroy@graniteschools.org
Volleyball	Hillcrest	Steve Bailey Heather Spencer	801-826-6000	steven.bailey@canyonsdistrict.org
Wrestling	Westlake	John Broadhead Cody Burdett	801-610-8815	johnbroadhead@alpinedistrict.org
Sportsmanship	Skyline	Deb Bennett	385-646-5420	dbennett@graniteschools.org

Herriman High School- Mustangs
 11917 South 6000 West
 Herriman, Utah 84096
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Activity	Name	E-Mail	Phone Ext.
Principal	Jim Birch	james.birch@herrimanhigh.org	8570
Asst. Principal	Mike Glenn	mike.glenn@herrimanhigh.org	8531
Asst. Principal	Stacy Evans	stacy.evans@herrimanhigh.org	8532
Asst. Principal	Lynn Allred	lynn.allred@herrimanhigh.org	8533
Secretary	<i>Shirlene</i> Lancaster	shirlene.lancaster@herrimanhigh.org	8571
Athletic Director	James Barnes	j.barnes@herrimanhigh.org	7206
Baseball	Jason DeHerrera	j.deherrera@herrimanhigh.org	7271
Boys' Basketball	Brad Tingey	brad.tingey@jordan.k12.ut.us	8556
Girls' Basketball	Jill Ames	j.ames@herrimanhigh.org	7213
Cheerleading	Kira Baird	k.baird@herrimanhigh.org	7237
Cross Country	James Barnes	j.barnes@herrimanhigh.org	7206
Drill Team	Allison Bleazard	a.bleazard@herrimanhigh.org	7209
Drama	KayCee Brugger	k.brugger@herrimanhigh.org	7257
Football	Larry Wilson	herrimanfb@gmail.com	7218
Forensics	Saturday Peterson	s.peterson@herrimanhigh.org	7267
Golf	Jeremy Tomsick	jeremytomsick@gmail.com	8581
Instrumental Music	Shawn Mangum	s.mangum@herrimanhigh.org	7201
Vocal Music	LeAnna Willmore	l.willmore@herrimanhigh.org	7200
Boys' Soccer	Ryan Mitchell	r.mitchell@herrimanhigh.org	7215
Girls' Soccer	Bill DeBruyn	bdebruyn@herrimansoccer.com	8581
Softball	Staci Hemingway	s.hemingway@herrimanhigh.org	8581
Swimming	Dave Johnson	dave.johnson@herrimanhigh.org	8581
Tennis	Linda Richmond	linda.richmond@comcast.net	8581
Track	Jake Garlick	j.garlick@herrimanhigh.org	7205
Volleyball	Brian Nicholson	b.nicholson@herrimanhigh.org	7212
Wrestling	Danny DuPaix	d.dupaix@herrimanhigh.org	7246
Dance	Chelsea Holland	c.holland@herrimanhigh.org	7208

HILLCREST HIGH SCHOOL

7350 South 900 East

Midvale, Utah 84047

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



Activity	Name	E-Mail	Ext.
Susan Malone	Principal	susan.malone@canyonsdistrict.org	6001
Steven Bailey	Asst. Principal	steven.bailey@canyonsdistrict.org	6012
Christian Cowart	Asst. Principal	christian.cowart@canyonsdistrict.org	6013
Paul Kirby	Asst. Principal	paul.kirby@canyonsdistrict.org	6014
Justin Matagi	Intern Asst.	Justin.matagi@canyonsdistrict.org	6015
Paul Gaskins	Athletic Director	paul.gaskins@canyonsdistrict.org	6000
Paul Gaskins	Baseball	paul.gaskins@canyonsdistrict.org	6076
Sam Richins	Basketball Men	Samuel.richins@canyonsdistrict.org	6000
Dave Richardson	Basketball Women	dave.richardson@canyonsdistrict.org	6000
Shelly Symes	Cheerleaders	shelly.symes@canyonsdistrict.org	6000
John Olsen	Cross Country	john.olsen@canyonsdistrict.org	6000
Josh Long	Drama	Joshua.long@canyonsdistrict.org	6000
Mechele Bosco	Drill Team	mechele.bosco@canyonsdistrict.org	6000
Casey Miller	Football	casey.miller@canyonsdistrict.org	6000
Mark Doherty	Debate/Forensics	mark.doherty@canyonsdistrict.org	6000
TBA	Golf Men		
John Mettenet	Golf Women	jmettene@us.ibm.com	6000
Kristi Pehrson	Music Instrumental	kristi.pehrson@canyonsdistrict.org	6000
RaNae Dalglish	Music Vocal	ranae.dalglish@canyonsdistrict.org	6000
Brett Davis	Soccer Men	badsoccer@comcast.net	6000
Megan Beckstead	Soccer Women	megsoccer3@yaho.com	6000
John Flores	Softball	jdfloros@usbr.gov	6000
Kami Tressler	Student Govt	kami.tressler@canyonsdistrict.org	6000
Tom Huddleston	Swimming	robert.huddleston@canyonsdistrict.org	6044
Jill Payne	Tennis Women	jill.payne@canyonsdistrict.org	6000
Tad Richardson	Tennis Men	tadrichards@yahoo.com	6000
Scott Stucki	Track Men	scott.stucki@canyonsdistrict.org	6000
Kirk Merhish	Track Women	kirk.merhish@canyonsdistrict.org	6000
Sally William	Volleyball	sally.williams@canyonsdistrict.org	6000
Tyler Fowler	Wrestling	tyler.fowler@canyonsdistrict.org	6000

Murray High School - Spartans
 5440 So. State Street
 Murray, Utah 84107
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ACTIVITY	ADVISOR	E-MAIL	EXT
Principal	David Dunn	ddunn@murrayschools.org	5163
Admin. Secretary	Margaret Lewis	mlewis@murrayschools.org	5163
Asst. Principal	Scott Wihongi	swihongi@murrayschools.org	5165
Asst. Principal	Debbie Sorensen	dsorensen@murrayschools.org	5166
Boys Athletic Director	Wade Meier	wmeier@murrayschools.org	5152
Girls Athletic Director	Lisa Parker	lparker@murrayschools.org	5152
Baseball	Marce Wilson	mwilson@murrayschools.org	5309
Basketball, Boys	Jason Workman	jason@pantaloncorp.com	5163
Basketball, Girls	Issachar Beh	ibeh@murrayschools.org	5313
Cheerleading	Courtney Thomas	courtneypaigethomas@gmail.com	5163
Cross Country	Ashley McSwain	amcswain@murrayschools.org	5219
Drama	Will Saxton	wsaxton@murrayschools.org	5105
Drill Team	Mary Ann Chapman	mchap345@yahoo.com	5163
Football	Dan Aragon	daragon@murrayschools.org	5207
Forensics/Debate	Starlyn Nackos	snackos@murrayschools.org	5215
Golf	Andy Hokanson	ahokanson@murrayschools.org	5221
Music, Instrumental	Rob Wilson	rwilson@murrayschools.org	5107
Music, Vocal	Alan Scott	ascott@murrayschools.org	5109
Soccer, Boys	Bryan DeMann		5163
Soccer, Girls	Lisa Willardson	willardson.lisa@gmail.com	5100
Softball	Lisa Parker	lparker@murrayschools.org	5152
Swimming	Amber Rogers	arogers@murrayschools.org	5310
Tennis, Boys	Crystal Spackman	cspackman@murrayschools.org	5317
Tennis, Girls	Crystal Spackman	cspackman@murrayschools.org	5317
Track	Ashley McSwain	amcswain@murrayschools.org	5219
Volleyball	Wendy Pehrson	wpehrson@murrayschools.org	5117
Wrestling	Todd Thompson	tthompson@murrayschools.org	5151

Olympus High School-Titans
 4055 South 2300 East
 Salt Lake City, UT 84124
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ACTIVITY	ADVISOR	E-MAIL	EXT.
Principal	Mark Manning	mhmanning@graniteschools.org	6700
Admin. Secretary	Julie Sandoval	jfsandoval@graniteschools.org	6701
Asst. Principal	Wes Cutler	wcutler@graniteschools.org	6703
Asst. Principal	Joshua Leroy	jleroy@graniteschools.org	6704
Athletic Director	Kael Ashton	kashton@graniteschools.org	6723
Athletic Trainer	Mike Everett	michael.everett@ihc.com	0
Baseball	Craig Weston		0
Basketball, Boys	Matt Barnes	mbarnes@graniteschools.org	6722
Basketball, Girls	Kael Ashton	kashton@graniteschools.org	6723
Cheerleading	Jennifer Goodman	jgoodman@graniteschools.org	6728
Cross Country, Boys	Jed VandenAkker	jvandenakker@graniteschools.org	385-646-8165
Cross Country, Girls	Jed VandenAkker	jvandenakker@graniteschools.org	385-646-8165
Drama	Robin Edwards	redwards@graniteschools.org	385-646-8136
Drill Team	Shandra Thompson		0
Football	Aaron Whitehead		0
Forensics/Debate	Tiffany Bliss	tbliss@graniteschools.org	385-646-8176
Golf, Boys	Matt Barnes	mbarnes@graniteschools.org	6722
Golf, Girls	Sandy Catten	scatten@graniteschools.org	385-646-8131
Music, Instrumental	Evan Bateman	ebateman@graniteschools.org	385-646-8124
Music, Vocal	Vicki Belnap	vbelnap@graniteschools.org	6736
Soccer, Boys	Chris Sonntag	chris@sonntagrec.com	0
Soccer, Girls	Chris Madsen		0
Softball	Cyndee Bennett	ribi18@netzero.net	385-646-8133
Swimming, Boys	Brad Goffe	bgoffe@graniteschools.org	385-646-6142
Swimming, Girls	Brad Goffe	bgoffe@graniteschools.org	385-646-6142
Tennis, Boys	Patrick Healey	phealey@graniteschools.org	385-646-8144
Tennis, Girls	Sandy Catten	scatten@graniteschools.org	385-646-8131
Track, Boys	Mike Kushlan	mkushlan@graniteschools.org	385-646-8151
Track, Girls	Mike Kushlan	mike.kushlan@granite.k12.ut.us	385-646-8151
Volleyball	Sam Vaitai	sam.vaitai@jetblue.com	0
Wrestling	Theros Johnson	tjohnson1@graniteschools.org	6725

Skyline High School - Eagles
 3251 East 3760 South
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Activity	Coach/Advisor	E-Mail	EXT.
Principal	Doug Bingham	dmbingham@graniteschools.org	6804
Admin. Secretary	Diane Bunker	ddbunker@graniteschools.org	6802
Asst. Principal	Danny Stirland	dstirland@graniteschools.org	6806
Asst. Principal	Lynda Tierney	lmtierney@graniteschools.org	6805
Boys Athletic Director	Steve Marlowe	smarlowe@graniteschools.org	9667
Girls Athletic Director	Deb Bennett	dbennett@graniteschools.org	1117
Athletic Trainer	Matt Clark	mhclark@graniteschools.org	9647
Baseball	Erik Hansen	ehansen@graniteschools.org	9688
Basketball, Boys	Derek Bunting	dbunting11@yahoo.com	0
Basketball, Girls	Deb Bennett	dbennett@graniteschools.org	1117
Cheerleading	Shaunda Trimmer	strimmer@graniteschools.org	9684
Cross Country	Tom Porter	tporter@graniteschools.org	9675
Drama	Courtney Jensen	cjensen3@graniteschools.org	0229
Drill Team	Tiffany Turley	tturley@utah.gov	0
Football	Roger Dupaix	rdupaix@graniteschools.org	9650
Forensics/Debate	Judie Roberts	jjroberts@graniteschools.org	9676
Golf, Boys	Craig Barlow	cbarlow@graniteschools.org	9643
Golf, Girls	Brodie Reid	breid@graniteschools.org	1027
Music, Instrumental	Adam Larson	al Larson2@graniteschools.org	9663
Music, Vocal	Jay Gunderson	jdunerson@graniteschools.org	9654
Soccer, Boys	Shawn Kennedy	skennedy@graniteschools.org	9660
Soccer, Girls	Yamil Castillo	yamcast@att.net	0
Softball	Jamie Hayes	jjhayes@graniteschools.org	8018
Swimming, Boys	Joe Pereira	jpereira@graniteschools.org	9673
Swimming, Girls	Joe Pereira	jpereira@graniteschools.org	9673
Tennis, Boys	Matt Clark	mhclark@graniteschools.org	9647
Tennis, Girls	Shonnie Hays	hayshonnie3573@gmail.com	0
Track, Boys	Allen Hymas	ahymas@graniteschools.org	9657
Track, Girls	Tom Porter	tporter@graniteschools.org	9675
Volleyball	Jami Hutchins	Jlhutchins@graniteschools.org	6813
Wrestling	Syd Lott	slott@graniteschools.org	9691

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



Sport/Activity	Coach/Advisor	Ext.	E-Mail
Principal	Fred Openshaw	750	fopenshaw@alpinedistrict.org
Asst. Principal	Stacy Salmans	751	sdsalmans@alpinedistrict.org
Asst. Principal	Kristin Packer	752	kpacker@alpinedistrict.org
Asst. Principal	John Broadhead	753	johnbroadhead@alpinedistrict.org
Athletic Director	Michael O'Connor	414	mocconor@alpinedistrict.org
Asst.	Sharon Mardesich	414	smardesich@alpinedistrict.org
Baseball			
Boy's Basketball	Dave Robinson	357	darobinson@alpinedistrict.org
	Khalil Sikander	357	ksikander@alpinedistrict.org
Girl's Basketball	Weldon Wardle	429	wwardle@alpinedistrict.org
	Luke Jorgenson	404	ljorgenson@alpinedistrict.org
Cheerleaders	Christian Adkinson	328	cadkinson@alpinedistrict.org
Cross Country	Boys:Aaron Robison	357	arobison@alpinedistrict.org
	Girls:Chad Durham	422	cdurham@alpinedistrict.org
Drill Team	McKenzie Stowell	354	mstowell@alpinedistrict.org
Football	Jason Walker	OC	westlakefootball@gmail.com
Boys/Girls Golf	Travis Reynolds	405	treynolds@alpinedistrict.org
Boy's Soccer	Dan Watkins	OC	vvpizza@yahoo.com
Girl's Soccer	Adam Brown	431	abrown@alpinedistrict.org
Softball	Kim Jex	430	kjex@alpinedistrict.org
Swimming	Dennis Meyring	428	dmeyring@alpinedistrict.org
Boy's/Girls Tennis	Jen Robertson	332	jenrobertson@alpinedistrict.org
Boy's/Girl's Track	Andrew Fresques	367	afresques@alpinedistrict.org
Girl's Track	Aaron Robison	356	arobison@alpinedistrict.org
Volleyball	Kayla Walker	432	kwalker@alpinedistrict.org
Wrestling	Cody Burdett	306	cburdett@alpinedistrict.org
Band	Brek Mangelson	300	bmangelson@alpinedistrict.org
Choir	Maureen Hatch	303	mhatch@alpinedistrict.org
Orchestra	John Taylor	301	jtaylor@alpinedistrict.org
Ballroom	Christian Bastian	416	cbastian@alpinedistrict.org
Drama	Amy Morrey	304	amorrey@alpinedistrict.org

GENERAL POLICIES

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

1. Admission Fees and Tickets

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

2. Supervision of Region Activities, Tournaments and Meets

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

3. Accommodations for Visiting Teams

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

4. *Rules for Region VII Tournaments*

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

5. *Officials*

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

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

A. Bands & Drums:

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

B. Students Body Officers:

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

C. Cheerleaders:

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

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

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

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

- (1) The starting line-up may be introduced prior to the activity. A well-planned flag ceremony may be presented.
- (2) All activity should come to a halt immediately when the flag ceremony begins. Head gear should be removed. Activity should remain suspended until flag ceremony is over. Starting line-ups may be introduced following the flag ceremony. All pre-game activities must be concluded before the official time of the event.
- (3) Visiting teams are expected to exit the field/stadium/court to load their busses in an expedient manner.
- (4) The announcer should call everyone to attention as the flag enters. The announcer should be objective and impartial announcing a game.
- (5) Football half-time: Half-time entertainment has ten minutes which includes time to get on and off the field. Exceptions can be made by mutual agreement for special occasions.
- (6) Any special pre or post game activities by the home school must be communicated to the visiting school's coaches and administration prior to the game. Any senior recognition at end of season cannot delay start of game.
- (7) Basketball half-time: Maximum of seven minutes for half-time entertainment which includes time to get on and off the floor. Exceptions can be made for special occasions.
- (8) The host school drill team or cheerleaders may use pom-poms if the floor is swept after each use, or at the earliest convenient time.
- (9) A supervisor must be present when student groups perform.
- (10) Coaches are responsible for the conduct of their athletes. No activity will be conducted to belittle or humiliate opponents, including organized post-game demonstrations on the floor, field or in the stands. Teams will leave the field or floor immediately after the game ends. Infractions will be referred to the **Region VII** Board of Managers.
- (11) There should be no post game demonstrations by either team on the floor/field at the end of the game until the visiting team has left the floor/field. Any and all activities must have the approval of the school administration.

E. Spectator Conduct/Sportsmanship:

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

F. Banners and Signs:

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

7. UHSAA Sportsmanship Policy

A. Sportsmanship Conduct:

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

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

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

B. General Sportsmanship Guidelines

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

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

C. Unsportsmanlike Ejections and Fighting Policy – Appeals Process

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

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

A. Sportsmanship

- (1) Administrators, teachers, coaches, and all participants should emphasize sportsmanship in any pre-season, region, or state competition.
- (2) Unsportsmanlike behavior policy:
Any coach, player or bench personnel ejected for unsportsmanlike behavior shall be suspended from the next regularly scheduled game at that level of play (varsity, JV, etc.) and any intervening levels of play.
Examples:
- (3) If ejected from a JV game, player or coach cannot participate in the following varsity game and the next JV game.
- (4) 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.
- (5) If a player or coach is ejected from a contest for fighting or other violent behavior, that player or coach shall be suspended for not fewer than two (2) regularly scheduled games or contests at that level of play. In addition, the incident shall be reported to the school, district, and UHSAA which may impose additional penalties consistent with the school's disciplinary policies. Any coach that has been ejected must complete the online NFHS (nfhslearn.org) sportsmanship course, "Teaching and Modeling Behavior" There is a charge of \$20.00 charge the coach in violation will be responsible for.
- (6) Sportsmanlike vocal cheering and support from each bench are always encouraged.

8. Events Schedules

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

9. Change of Times and Date

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

10. Breach of Contract/Failure to Participate

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

11. Game Starting Times and Participant Regulations

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

12. Ties of Standing

The tie-breaking procedure will be used for the following team sports: Baseball, Boys Basketball, Girls Basketball, Football, Boys Soccer, Girls Soccer, Softball, and Volleyball.

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

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

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

If there is a tie between two teams with one available tournament slot, they will play each other with the winner earning the tournament entry. A coin toss will occur to determine home team. The play-off will be played on a neutral site agreeable to all schools involved, on a day and time agreeable to all schools involved.

If there are three teams tied for one available tournament entry slot, a three way coin flip will be held. The "odd" team will have a bye and the other two teams will play. The winner of that game will play the bye team. The winner of that game will then get the tournament entry slot. The play-off will be played on a neutral site agreeable to all schools involved, on a day and time agreeable to all schools involved.

If there are three teams tied for two available spots (**The inter-region play-in game is considered a seed for the state tournament**). There will be a three-way coin flip; "odd" team gets the lower seed, the other two teams play for the remaining state tournament seed. A coin toss will occur to determine home team. The play-off will be played on a neutral site agreeable to all schools involved, on a day and time agreeable to all schools involved.

13. Moratorium

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

14. Fine for Violations

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

15. Seeding Meetings or Other Meetings

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

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

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

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

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

- G. For purposes of academic eligibility a maximum of three (3) make up courses may be taken. Community school classes, electronic classes or summer school classes, etc. will not constitute the previous term, but may be used for makeup. Summer is not a term. The "previous term" refers to the terms of the regular school year. For academic eligibility purposes, a required course must be made up with a similar required course. Elective courses may be made up with other elective or required courses. TA letter grades with the exception of failing grades will not be calculated as a part of a student's GPA in determining eligibility.

17. *Coaches*

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

18. *Duties of Region VII Activity Chairpersons (Administrator)*

- A. Conduct all meetings pertinent to respective activity
 - (1) Attends, coordinates and presides over all seeding meetings.
- B. Activity Chair is in charge of all finances:
 - (1) Pay bills through host school or assigned school
 - (2) Prepares financial statement
 - (3) Sends bill to Region Chair

- C. Coordinates and manages all **Region VII** competitions and tournaments of respective activity
- D. Be direct liaison to **Region VII** Board of Managers
- E. In charge of Region Tournament and attends Region Tournament

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

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

20. Undue Influence Rule

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

21. Penalties

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

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

22. Miscellaneous

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

23. Number of Games

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

Contest Limitations

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

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

Trophies and Awards

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

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

BASEBALL GUIDELINES & SCHEDULE

Region Chairman: **Lynn Allred**
Starting Date: **February 27, 2012**
Inter-Region Playoffs: **May 15-16, 2012**
State Tournament: **May 21-25, 2012**
Academic All-State Accepted Between: **March 27-April 17, 2012**
Eligibility List Due: **March 9, 2012**

- 1) The first practice game may be held on or after March 5, 2012
- 2) All varsity and J.V. league games will begin at 4:00 p.m. The days that there are J.V./Sophomore Doubleheaders will begin at 3:30. All other games at 4:00 pm. Each team pays for one sophomore umpire to balance the cost.
- 3) Each Team will be allowed 15 minutes for warm-up and infield practice.
- 4) All league games (Varsity and Junior Varsity) will be played on the date and time scheduled, depending upon weather and field conditions. Each postponed game must be made up in the order of the postponement. A postponed game will be made up on the first available date. J.V. games will be “bumped” from the calendar to allow the Varsity game, at either field or a neutral site as agreed mutually by the coaches. During the first round of region play, a postponed game will be made up by “flip-flopping” the schedule and playing at the visiting team’s field, if that is playable. The visiting team will reverse the schedule for the second round. During the second round, a postponed game will be made up on the first available date at the home field or another site if agreed upon mutually by the coaches. In the event of a postponed game because of bad weather, it will be the responsibility of the home team coach to notify the visiting school and the officials. This should take place by 1:00 p.m. It is the responsibility of both coaches to communicate with each other in the process of rescheduling games for the next available date.
- 5) Any game(s) not made up on the next available date will result in a forfeit for one or both teams, depending on the offending team(s). Both coaches will be consulted to determine the offending team. No team will be made to play five (5) games in a week, unless they choose to do so. Four (4) games in a week will be required if necessary, as defined by UHSAA (Sunday to Sunday).
- 6) When a game is “called” because of darkness or weather, etc., in the first round, the game will be resumed as the preliminary scheduled game of the two teams in the second round. In the second round, the game that is “called” will be resumed on the next available date, excluding J.V. league games. The home field coach will be responsible for notifying all those involved: umpires, principals, and coaches.
- 7) The recommendation of UHSAA on number of innings pitched per week will be followed. (Currently 14 innings)
- 8) Teams will redraw every year for scheduling purposes.
- 9) Region Trophy to first place in regular region play. No medals.
- 10) Please refer to “General Policies” in the **Region VII** Handbook for all other **Region VII** rules, and the UHSAA Handbook for all UHSAA rules.
- 11) In the event of a tie (3 for 2 spots), the winner of the flip gets the last seed, the other two play off for the higher seed – a seven inning game.
- 12) In the event of a tie (for 1 spot), the winner of the flip sits out, the other two play a five inning game, the second game immediately after. The winner plays the team that sat out – a five inning game.
- 13) Games may be changed for tournament travel upon agreement between both coaches. The team requesting the change will play on the date and the time chosen by the other team. In the event that coaches cannot agree, then we will refer to the Region handbook, rule #11.
- 14) All JV and sophomores will play double headers starting at 3:30.

2012 Region 7 Baseball Schedule

Week 1

April 10	April 11	April 13
Herriman vs Hillcrest	Herriman @ Hillcrest	Herriman vs Hillcrest
Murray vs Olympus	Murray @ Olympus	Murray vs Olympus
Skyline vs Westlake	Skyline @ Westlake	Skyline vs Westlake

Week 2

April 17	April 18	April 20
Herriman vs Murray	Herriman @ Murray	Herriman vs Murray
Hillcrest vs Skyline	Hillcrest @ Skyline	Hillcrest vs Skyline
Westlake vs Olympus	Westlake @ Olympus	Westlake vs Olympus

Week 3

April 24	April 26	April 27
Hillcrest vs Westlake	Hillcrest @ Westlake	Hillcrest vs Westlake
Olympus vs Herriman	Olympus @ Herriman	Olympus vs Herriman
Skyline vs Murray	Skyline @ Murray	Skyline vs Murray

Week 4

May 1	May 2	May 4
Westlake vs Herriman	Westlake @ Herriman	Westlake vs Herriman
Murray vs Hillcrest	Murray @ Hillcrest	Murray vs Hillcrest
Skyline vs Olympus	Skyline @ Olympus	Skyline vs Olympus

Week 5

May 7	May 8	May 9
Herriman vs Skyline	Herriman @ Skyline	Herriman vs Skyline
Olympus vs Hillcrest	Olympus @ Hillcrest	Olympus vs Hillcrest
Westlake vs Murray	Westlake @ Murray	Westlake vs Murray

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

No Games on April 25th

BOYS BASKETBALL GUIDELINES & SCHEDULE

Region Chairman: **Matt Barnes, Olympus**

Starting Date: **Monday, November 7, 2011**

Moratorium: **Nov. 24-27 & Dec. 23-27, 2011 & Jan. 1, 2012**

State Tournament: **Feb. 27-Mar. 3 @ TBA**

Academic All-State Accepted Between: **Dec. 13, 2011 – Jan. 17, 2012**

Eligibility List Due: **December 2, 2011**

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

GIRLS BASKETBALL GUIDELINES & SCHEDULE

Region Chairman: **Kael Ashton**

Starting Date: **Monday, Nov. 7**

Moratorium: **Nov. 24-27, Dec. 23-27, Jan. 1**

State Tournament: **Feb. 20-25**

Academic All-State Accepted Between: **Dec. 13- Jan. 17**

Eligibility List Due: **Dec. 2**

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

2011-2012 Region VII Basketball Schedule

Jan. 10, 2012 (Girls only)

Herriman @ Skyline
Hillcrest @ Westlake
Murray @ Olympus

Feb. 2, 2012 (Girls only)

Herriman @ Westlake

Jan. 13, 2012 (Boys & Girls)

Boys

Herriman @ Westlake
Murray @ Skyline
Hillcrest @ Olympus

Girls

Westlake @ Herriman
Skyline @ Murray
Olympus @ Hillcrest

Feb. 3 2012 (Boys & Girls)

Boys

Westlake @ Herriman
Skyline @ Murray
Olympus @ Hillcrest

Girls

Murray @ Skyline
Hillcrest @ Olympus

Jan. 20, 2012 (Boys & Girls)

Boys

Herriman @ Murray
Olympus @ Westlake
Skyline @ Hillcrest

Girls

Murray @ Herriman
Westlake @ Olympus
Hillcrest @ Skyline

Feb. 7, 2012 (Boys & Girls)

Boys

Murray @ Herriman
Westlake @ Olympus
Hillcrest @ Skyline

Girls

Herriman @ Murray
Olympus @ Westlake
Skyline @ Hillcrest

Jan. 24, 2012 (Boys & Girls)

Boys

Olympus @ Herriman
Murray @ Hillcrest
Westlake @ Skyline

Girls

Herriman @ Olympus
Hillcrest @ Murray
Skyline @ Westlake

Feb. 10, 2012 (Boys & Girls)

Boys

Herriman @ Olympus
Hillcrest @ Murray
Skyline @ Westlake

Girls

Olympus @ Herriman
Murray @ Hillcrest
Westlake @ Skyline

Jan. 27, 2012 (Boys & Girls)

Boys

Hillcrest @ Herriman
Skyline @ Olympus
Westlake @ Murray

Girls

Herriman @ Hillcrest
Olympus @ Skyline
Murray @ Westlake

Feb. 14, 2012 (Girls only)

Hillcrest @ Herriman
Skyline @ Olympus
Westlake @ Murray

Feb. 17, 2012 (Boys only)

Herriman @ Hillcrest
Olympus @ Skyline
Murray @ Westlake

Jan. 31, 2012 (Boys & Girls)

Boys

Herriman @ Skyline
Hillcrest @ Westlake
Olympus @ Murray

Girls

Skyline @ Herriman
Westlake @ Hillcrest
Murray @ Olympus

Feb. 21, 2012 (Boys only)

Skyline @ Herriman
Westlake @ Hillcrest
Murray @ Olympus

9.16.11

The following is a revised Region VII Basketball schedule. This is due to the Region VII Wrestling Championships being held at Westlake High School on Feb. 3-4, 2012. The schedule reflects those changes and changes that maintained a balance in the schedule. The balance being that each school would play 2 or 3 home/road games in each round of Region Play.

Reminders: On nights when both the boys and girls play these games are same nights opposite location.

CROSS COUNTRY GUIDELINES & SCHEDULE

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

Region Meet: **Westlake High School Oct. 11, 2011**

State Tournament: **Sugar House Park Oct. 19th**

Academic All-State Accepted Between: **Sept. 6th – 20th, 2011**

Eligibility List Due: **Friday Aug. 26, 2011**

- 1) Cross country meets will begin at 3:30pm
- 2) The host school will designate a well marked course. Distances for quad meet courses will range from 3,000 to 6,000 meters.
- 3) Qualification for State finishers will qualify with UHSAA yearbook.
- 4) The winner of the region trophy will be determined by the team scores at the Region Meet.
- 5) Runners 1-7 will be awarded 1st team All-Region in Varsity and runners 8-14 will be awarded 2nd team All-Region in Varsity. These individuals will be awarded with medals. The Top 10 JV runners will be awarded with a certificate.
- 6) Two paid Officials will be arranged to start, score, and referee the Region Meet.
- 7) Each school will provide 3 adult volunteers for the Region Meet.
- 8) At tri and quad-meets, girls will run first, then boys, unless agreed upon ahead of time by all coaches involved.
- 9) Please refer to “General Policies” in the **Region VII** Handbook for all other **Region VII** rules, and the UHSAA Handbook for all UHSAA rules.
- 10) Region course:
Westlake High School and Vista Heights Middle School fields.
- 11) Each school will furnish their own stickers or tags for the tri/quad meets. Include athlete name and school.
- 12) The uniform rule will be in effect for all meets, with the exceptions of the pre-season time trials meet.
- 13) The **Region VII** Cross Country Championship meet will be held at Westlake High School on October 7, 2011 Time :3:00pm.
- 14) Each individual may compete in a maximum of 10 meets plus Region and State.
- 15) Academic All-Region is for any senior that has a cumulative GPA of 3.75 or higher.
- 16) Pre-Region meet will be held at Westlake High School on August 31, 2011. The girls will race at 6:30pm and the boys will follow at 7:00pm.

DRAMA GUIDELINES & SCHEDULE

Region Chairman: **William Saxton**
Region One Act Play Tournament: **March 14, 2012 Murray High**
Region I.E. Tournament: **March 21, 2012 Olympus**
State Drama Festival: **April 12, 13, 14**
Eligibility List Due: **February 24, 2012**

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

DRILL GUIDELINES & SCHEDULE

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

Region Coaches Meeting: **Thursday, December 1, 2011 at 3:30 pm, Hillcrest High ACR**

Region Competition: **Wednesday, January 18, 2012**

State Competition: **Friday, February 3, 2011**

Academic All-State Accepted Between: **Tuesday, December 13 and Tuesday, January 10, 2012**

Eligibility List Due: **Friday, November 11, 2011**

- Region drill teams will follow the guidelines listed in the General Guidelines of the Region 7 **Manual**.
- Region drill team competition will be conducted under the rules and guidelines of the UHSAA competition regulations. The site for region drill team will be Hillcrest High School. The region tournament will begin at 5:00 pm.
- Drill teams must follow the National Safety Guidelines in order to qualify for catastrophic insurance coverage.
- The categories will be DANCE, MILITARY, and CHARACTER. A team may enter three categories at the region level.
- The team coach must attend a UHSAA clinic for coaches and judges prior to the region meet or complete the UHSAA drill team test.
- Drill team coaches must attend a mandatory meeting prior to the Region Drill Team Competition on Thursday, December 1, 2011 at 3:30 pm at Hillcrest High School. If a school does not have a representative at this meeting, the school's team will be performing first in the military category. A pre-determined rotation that addresses all of the issues (first, middle and end) will be used. Each team will draw a number and will be placed in the performance schedule according to this pre-determined rotation. The order of events for the Region Tournament will be Military, Dance then Character.
- An UHSAA certified judge would be utilized for the Region Tournament as competition director.
- All coaches must submit the following information for the Region Program by Thursday, December 1, 2011.
 - Name of team
 - A team picture (high quality with sharp contrast)
 - Names of drill team members and officers
 - Names of the school administration and athletic director
 - All-region team names (three deserving drill team members, either seniors or second year members)
 - Academic all-region (names of all team members with a cumulative 3.75 GPA or higher)
 - Performing groups (i.e., cheerleading, dance, etc.) for the evening of region competition**IT IS CRITICAL ALL NAMES ARE SPELLED CORRECTLY!**
- Drill teams will have twenty (20) minutes of floor time on the day of competition at the host school and one hour session on Monday, January 16, 2012 (Martin Luther King, Jr. Day).
- Each drill team coach will model sportsmanship to the members of all teams and parents. At region, the state sportsmanship rule will apply.
- No males or parents will be allowed in the dressing rooms or team rooms during Region Competition. Only coaches will be allowed in the dressing area. Only parents may deliver flowers, notes and treats to their girls at the conclusion of the Region Meet.
- Moratorium/Dead time: A mandatory dead time period must be scheduled for the summer and two (2) additional weeks must be scheduled after the season. The Thanksgiving and winter moratoriums must be followed. Teams not abiding by the moratorium will face region and state sanctions.
- Drill team qualification standards for State will be according to the UHSAA guidelines. In an event of a tie, tie-breaking procedures will be followed as outlined in the State Handbook.

Region Competition Awards:

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

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

FOOTBALL GUIDELINES & SCHEDULE

Region Chairman: **Roger Dupaix**
Academic All-State Accepted Between: **September 20-October 11, 2011**
Eligibility List Due: **August 26, 2011**
Start Date: **August 8, 2011**

- 1) All varsity region games will start at 7:00 p.m.
- 2) Each region school will play a full schedule of sophomore and junior varsity games. These games will be played the day before the varsity game. All games will start at 3:30 p.m. sophomore games will be played at the same location as the varsity game, junior varsity games will be at the opposite location of the varsity game.
- 3) Home teams wear dark jerseys, visiting team wear light jerseys (all levels). Olympus Sophomores will always wear grey, teams playing Olympus Sophomore team will wear dark jerseys home and away.
- 4) All schools are required to use adults on chain and down markers (varsity only).
- 5) Scouting for future opponents is to be done from the spectator stands.
- 6) The host school should extend courtesy to the visiting photographer as to its own photographer.
- 7) Only one person is permitted to film from the press box. An addition end zone filmed will be allowed. No video filming of future opponents will be allowed at varsity, junior varsity, or sophomore games.
- 8) It is the responsibility of each school to keep their sidelines clear. Administrators and athletic directors will be in charge of issuing 10 sideline passes of a different color for the visiting team and controlling the sidelines during the game.
- 9) Home team is responsible for emergency medical care.
- 10) Head coaches will meet the day following each of the regularly scheduled Varsity games at 7:00 a.m. to deliver the most recent two game DVD's. Exchange will be original copy DVD only. Film exchange will take place at Murray High in the north parking lot. Films to be exchanged in **Region VII** will be filmed by a responsible person to ensure quality. Huddle may be used for film exchange but must exchange by 7:00am. The tape must include:
 - Pre-snap set wide angle
 - Zoom no tighter than defensive front (including all linebackers) and offensive front (including QB and tight ends, tight wings or slots).
 - Show a view of down box and chain before each down
 - Show a view of scoreboard by quarter and after each scoring play
 - Film of all plays
- 11) Varsity home school is to provide dressing facilities for the visiting school. Chalkboard/whiteboard will be available. Home school will clear visiting locker room one and one-half hour before games and provide a guide for the visiting team, i.e., meet bus, show locker room, etc. (Junior Varsity and Sophomore will dress at their own school, but when conditions get bad, may need locker room at half time).
- 12) Visiting team spotters/coaches must remain on the visiting team's side/section of the stadium in a secure location unless another location is provided by home team elsewhere.
- 13) Coaches will communicate with each other on at least the following two occasions:
 - A. Schedule and team rosters are to be mailed and postmarked to each coach or by the last day in August.

Rosters shall contain players name, grade level, height, weight, and position of each player.
 - B. Each school will provide map and directions for facilities for facility.
 - C. The coaches will meet after the last **Region VII** game for the purpose of selecting the **All-Region VII** Team.
 - Coaches will vote on MVP, Offensive MVP, Defensive MVP, and Special Teams MVP.
 - All Region Players will be determined by coaches using the following format
 - 1st place – 6 players
 - 2nd place - 5 players
 - 3rd place - 4 players
 - 4th place - 3 players
 - 5th place - 2 players
 - 6th place - 1 playerHonorable Mentions will be limited to 2 players per team, at each coaches discretion.
- 14) Region Trophy to first place in regular region play.
- 15) Post game activities: At the conclusion of the Varsity, J.V., or Sophomore games and after the traditional "handshake," visiting teams will not participate in any post game activities. Teams are not to return to locker room, but gather their gear and directly load the bus. Emergency rest room use by a visiting player requires coach escort.
- 16) Please refer to "General Policies" in the **Region VII** Handbook for all other **Region VII** rules, and the UHSAA Handbook for all UHSAA rules.

2011 REGION VII FOOTBALL SCHEDULE

Friday, August 19, Week 0

Orem @ **Herriman**
Olympus @ **Snow Canyon**
Cottonwood @ **Westlake**
Murray @ **Cyprus**
Hurricane @ **Skyline**
Hillcrest BYE

Friday, August 26, Week 1

Herriman vs. Riverton @ U of U
Northridge @ **Olympus**
Westlake @ **Timpview**
Granger @ **Murray**
Taylorsville @ **Hillcrest**
Skyline @ **Syracuse**

Friday, September 2, Week 2

Herriman @ **Timpanogos**
Olympus @ **Sky View**
Mountain View @ **Westlake**
Taylorsville @ **Murray**
Hillcrest @ **Copper Hills**
Skyline @ **Cedar City**

Friday, September 9, Week 3

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

Friday, September 16, Week 4

Herriman @ **Hillcrest**
Westlake @ **Olympus**
Murray @ **Skyline**

Friday, September 23, Week 5

Skyline @ **Herriman**
Hillcrest @ **Westlake**
Olympus @ **Murray**

Friday, September 30, Week 6

Herriman @ **Olympus**
Westlake @ **Murray**
Skyline @ **Hillcrest**

Friday, October 7, Week 7

Murray @ **Herriman**
Westlake @ **Skyline**
Hillcrest @ **Olympus**

Friday, October 14, Week 8

Herriman @ **Westlake**
Olympus @ **Skyline**
Hillcrest @ **Murray**

Wednesday, October 19, Week 9 UEA

Clearfield @ **Herriman**
Murray @ **Bonneville**
Sky View @ **Hillcrest**
Woods Cross vs. Olympus (sub varsity only)
Skyline BYE
Westlake vs. Syracuse (sub varsity only)

FORENSICS/DEBATE GUIDELINES & SCHEDULE

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

Region Registration Deadline: **February 16, 2012**

Region Meet: **February 24 – 25, 2012**

State Meet: **March 9 – 10, 2012**

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 trophies. There will be three separate region trophies awarded at the Region Debate Tournament, one Debate Events Trophy for Debate Events, one Individual Events Trophy for Individual Events and one Region Champion Trophy for the overall region champions. The breakdown for events is as follows:

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

All Debate Events will be held on Saturday.

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

All Individual Events will be held on Friday.

Contestants may enter at most 1 Debate Event and 1 Individual Event.

2) Judges Requirements

A. Judging requirements will be determined at the Region Pairing Meeting, based on the total entries of each school. Judging requirements are as follows:

- One judge per two policy, public forum or LD debate or fraction thereof.
- One judge for every five IE competitors or fraction thereof.
- One Congress judge for each school with Student Congress.

(Schools who bring a full slate will need 3 judges on Friday and 7 judges on Saturday.)

B. Current head debate coaches cannot judge.

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

D. Judges will be paid by the Region. Judges for Friday's events will receive \$30 for judging all rounds. Judges for Saturday's events will receive \$50 for judging all rounds.

3) Registration Deadline

All schools wishing to compete must submit their Region registration via e-mail or fax to the Region Representative no later than February 16, 2012. Along with registration, each coach must submit 30 Impromptu topics (10 Famous Quotations, 10 Social Value Questions, 10 Abstract/One Word).

4) Region Pairing Meeting

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

5) Debate Pairings

- A. All rounds will be randomly determined using random computer selection.
- B. Individual teams may not meet any other region school more than once.
- C. 3-4 rounds in policy, 4 in LD and 4 in Public Forum.

6) Individual Event Pairings

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

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- B. 3-4 rounds of competition will take place.
- C. Where possible schools should not compete against members of their own school's team.
- D. First place finishers in each round must have a superior rating.

7) Congress Pairings

Congress sessions will last up to 3-4 hours total. Every school can submit up to three pieces of legislation, listed in the numerical order in which they wish to present their bills. All legislation must be sent to the Region representative two weeks before the Region Meet, in order to be presented by region and distributed via email to all schools 10 days before the Region Meet. Those schools that have not submitted legislation by this date will not receive legislation until they have submitted their own legislation.

The legislative docket will be set randomly at the Region Pairing Meeting by placing the name of each school in a hat and drawing out one at a time to determine each series of bill resolutions (B/R) to be considered. Random draws will continue until all legislation has been placed on the docket. All legislation must be final at the Region Planning Meeting. Student Congress for Region will conform to State Tournament Guidelines, which include: all speeches three minutes with one minute question after the proponent, amendments, serving as Presiding Officer. Removal of an obstructionist will not be permitted without approval of the tabulation room. Region coaches will assign a parliamentarian (optional).

A panel of judges, one per school with students in the House, will be added to determine final rank and rating. The judge for the competitor's school will not score their own school.

8) Medals

Each medal will say "Superior" and will be given to students in the top five places in each event.

The following number of medals will be needed:

- Ten (10) Policy Debate Medals, places 1 – 5 (two medals for each place)
- Five (5) Lincoln-Douglas Debate Medals, places 1 – 5
- Ten (10) Public Forum Debate Medals, places 1 – 5 (two medals for each place)
- Five (5) Original Oratory Medals, places 1 – 5
- Five (5) Impromptu Speaking Medals, places 1 – 5
- Five (5) Foreign Extemporaneous Speaking Medals, places 1 – 5
- Five (5) National Extemporaneous Speaking Medals, places 1 – 5
- Five (5) Student Congress Medals, places 1 – 5

Twenty (20) additional medals will be provided for possible ties.

9) General Guidelines

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

REGION DEBATE @ Herriman High School

DATE: February 24 – 25, 2012

STATE DEBATE @ Skyline or Cypress High School

DATE: March 9 – 10, 2012

BOYS/GIRLS GOLF GUIDELINES & SCHEDULE

Region Chairperson: Michael O'Connor-Westlake

Region Coaches Rep: Travis Reynolds-Westlake

Start Date: Boys- **August 1, 2011** Girls- **March 1, 2012**

First Contest: Boys- **August 9, 2011** Girls- **March 9, 2012**

State Championship: Boys- **October 3-4, 2011 @ Hobble Creek**

Girls- **TBA**

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 a total of **Seven** 18-Hole Region Matches and **Five** 9-Hole Dual Matches. Matches will consist of 8 players count four scores.

Junior Varsity competition will consist of **Five** 9-Hole Dual Matches and **One** 18-Hole Tournament. Matches will consist of 4 players counting all scores using Dual Match Scoring.

3) Host school is responsible for green fees for Varsity Region Match they are hosting. All schools will be responsible for their own green fees for neutral site matches and dual matches.

4) Scoring: Points will be awarded to each school based on placing in each region tournament. The school with the most accumulated points at end of the season will be the Region Champion.

Region VII Tournament scoring for Varsity Matches and final standings of Dual Matches:

1st 2nd 3rd 4th 5th 6th

6 5 4 3 2 1

The final 18-Hole Region Championship scoring is as follows:

1st 2nd 3rd 4th 5th 6th

12 10 8 6 4 2

Dual Match Scoring is as follows:

a) Each foursome is competing for 5 total points.

b) Individual head to head stroke play for 1 point

c) Individual match play for 1 point.

d) Team match play for 1 point. (Partner in your group)

***In the case of a tie, points will be split among the teams.

***The standings after the completion of the five dual matches will be scored as one region tournament.

6) State 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 six players counting four scores. In the event of a tie the next player's score will be used. In case of still a tie sudden death play-off will occur until tie is broken.

7) Individual medals will be given to the ten players with the lowest scores in the 7 Varsity Region Matches. This will make up the All-Region First Team.

Individual certificates will be given to the next ten players (11-20) with the lowest scores in the 7 Varsity Region Matches. This will make up the All-Region Second Team.

Individual medals will be awarded at the Junior Varsity 18 hole Championship to the ten players with the lowest score.

8) Region VII tournament guidelines:

- a) Region Tournaments will start as late as possible (shot-gun starts preferred).
- b) No caddies may be used at anytime.
- c) Cell phones and range finders **will not** be permitted on the golf course.
- d) Electric/Gas golf carts are not to be used by any players. Exceptions (due to disability, etc...) will be determined by region coaches.
- e) All players are to be dressed in appropriate golf attire.
- f) Spectators/Parents may attend and are not allowed to give advice to participants. Spectator carts are up to the discretion of the golf course. Spectators must stay a minimum of 50 feet from the participants.
- g) Players must attend a school the day of the scheduled match/tournament to be eligible to play that day.

9) Region Tournament format:

- a) The school hosting the match is in charge of having scorecards, hole assignments and all other administrative duties necessary for the match.
- b) Varsity play will be from the blue tees or the equivalent. Junior Varsity play will be from the white tees or the equivalent.
- c) Rained out matches will be re-scheduled at the convenience of the golf course.

Awards:

- 1 Region Trophy
- 10 Medals for 1st Team All-Region (Low Medalist 1st-10th)
- 10 Certificates for 2nd Team All-Region (11th-20th)
- 10 Medals for top ten at Junior Varsity Individual Championship.

Home Courses:

- Herriman- TBA
- Hillcrest- TBA
- Olympus- Glendale Golf Course
- Murray- Murray Parkway G.C.
- Skyline- Mountain Dell G.C.
- Westlake- Talon's Cove G.C.

2011 Boy's Golf Schedule-Varsity

August 17th

Region Meet @ Murray Parkway G.C. (Host: Murray)
Time: 7:30am

August 25th

Region Meet @ Mountain Dell G.C. (Host: Skyline)
Time: 2:30 Shotgun

August 29th

Region Meet @ Hobble Creek (Host: Neutral Site)
Time: TBD

Week of September 5th

Region Meet @ TBD (Host: Hillcrest)
Time: TBD

Week of September 12th

Region Meet @ Glendale G.C. (Host: Olympus)
Time: TBD

Week of September 19th

Region Meet @ TBD (Host: Herriman)
Time: TBD

September 27th

Region Meet @ Talon's Cove (Host: Westlake/Region Championship)
Time: 12:00

Monday & Tuesday, October 3-4, 2011

State Golf Championships @ Hobble Creek

2011 Boys Golf Varsity & JV Dual Match Schedule

Varsity and JV dual matches will consist of 12 total players. Eight varsity and four junior varsity players will participate in Dual Match's consisting of a combination of stroke and match play.

Week of August 22

Herriman @ Hillcrest
Murray @ Olympus
Skyline @ Westlake

Week of August 29

Olympus @ Herriman
Westlake @ Hillcrest
Skyline @ Murray

Week of September 5

Herriman @ Skyline
Murray @ Westlake
Hillcrest @ Olympus

Week of September 12

Westlake @ Olympus
Hillcrest @ Skyline
Herriman @ Murray

Week of September 19

Westlake @ Herriman
Skyline @ Olympus
Murray @ Hillcrest

JUNIOR VARSITY 18 HOLE TOURNAMENT

Week of September 26

Location: @ Talon's Cove
18 Hole round – 12:00 Shotgun
\$15 per player – 6-8 players

JV Tournament: Top Ten Medalist
For non-Varsity/State Qualifiers Only.

2012 Girls Golf Schedule

Region Matches

Week of March 26th

Region Match @Murray Parkway (Host: Murray)
9 Hole Match, Time: TBD

Week of April 16th

Region Match @ State Site (TBA) (Host: Neutral)
18 Hole Match, Time: TBD

Week of May 7th

Region match @ Talons' cove (Host: Westlake)
18 Hole Match, Time:TBD

Region Duals

Week of April 16th

Region Match:

Hillcrest@ Herriman Olympus @ Murray, Westlake @ Skyline

Week of April 23rd

Herriman @ Olympus, Hillcrest @ Westlake, Murray @ Skyline
Skyline @ Herriman, Westlake @ Murray, Olympus @ Hillcrest

Week of April 30th

Olympus @ Westlake, Hillcrest@ Skyline, Murray @ Herriman

Week of May 7th

Herriman @ Westlake, Olympus @ Skyline, Hillcrest @ Murray

Tuesday, May 15th, 2011

4A State Golf Championships @ TBA

For non-Varsity/State Qualifiers only.

Spring Breaks:

Alpine School District: Week of April 9
Murray School District: Week of March 26
Canyon School District: Week of April 9
Granite School District: Week of April 2
Jordan School District: Week of April 5,6,& 9

MUSIC, INSTRUMENTAL & VOCAL GUIDELINES & SCHEDULE

Region Chairman: **Alan Scott (Vocal)**

Paul Kirby – (Instrumental)

Eligibility List Due: **March 2, 2012**

INSTRUMENTAL

- 1) Adjudicators will be contracted for festivals as follows:
 - A. Solo and Ensemble – a maximum of 10 Adjudicators
 - B. Concert Band – 3 adjudicators, plus 1 clinician (optional)
 - C. Jazz Band – 4 adjudicators
 - D. Orchestra – 3 adjudicators, plus 1 clinician (optional)

Sight reading is required. The clinic sessions shall not be adjudicated and ratings will not be given. Adjudicators will be paid as per the UHSAA standard adjudicatory pay scale.

- 2) All large ensemble members are required to be audience participants for a minimum of two performances before or after their own performance. Music educators will enforce this guideline through their own grading policies. Schools who fail to adhere to this policy are subject to appropriate penalties/fines.
- 3) Each school may submit unlimited entries to the Solo and Ensemble Festival. However, entries beyond twenty (20) should be prioritized to allow each school adequate representation.
- 4) All students participating in instrumental music festivals must be members of the school's instrumental music program per UHSAA policy.

VOCAL

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

Event	Music		
	Instrumental Music Events		
	Host/Contact	Date	Time
<i>Jazz Band</i>	Hillcrest/ Adam Larson	March 8, 2012	3:30
<i>Solo & Ensemble</i>	Murray/ Rob Wilson	March 15, 2012	3:30
<i>Band</i>	Skyline/ Kristi Pehrson	April 19, 2012	3:30
<i>Orchestra</i>	Olympus/ Micah Flemming	April 26, 201	3:30

Region Solo and Ensemble-Murray High School
March 6 th
Madrigals-Olympus High School
March 13 th
Region Training Choir-Hillcrest H.S.
March 20 th
Regions large choir-Westlake
April 25 th

BOYS SOCCER GUIDELINES & SCHEDULE

Region Chairman: **Michael Glenn**
 Starting Date: **Monday, February 27**
 First Game: **Monday March 5 (Region Meeting-No Games)**
 Inter-Region Play-off: **Tuesday, May 16**
 Quarter Finals: **Thursday, May 18**
 Semi Finals: **Tuesday, May 22**
 State Tournament: **Thursday, May 24**
 Academic All-State Accepted Between: **March 27-April 17**
 Eligibility List Due: **Friday, March 9**

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

NO GAMES APRIL 25TH

Week 1					
Tuesday, April 3			Friday, April 6		
			Westlake	@	Murray
Spring Break -No Games Jordan, Granite, Canyons					
Week2					
Tuesday, April 10			Friday, April 13		
Westlake	@	Hillcrest	Hillcrest	@	Olympus
Olympus	@	Herriman	Herriman	@	Skyline
Skyline	@	Murray	Spring Break Alpine		
Week 3					
Tuesday, April 17			Friday, April 20		
Herriman	@	Hillcrest	Hillcrest	@	Skyline
Skyline	@	Westlake	Herriman	@	Murray
Murray	@	Olympus	Olympus	@	Westlake
Week 4					
Tuesday, April 24			Friday, April 27		
Murray	@	Hillcrest	Murray	@	Westlake
Olympus	@	Skyline	Olympus	@	Hillcrest
Westlake	@	Herriman	Skyline	@	Herriman
Week 5					
Tuesday, May 1			Friday, May 4		
Hillcrest	@	Westlake	Hillcrest	@	Herriman
Herriman	@	Olympus	Westlake	@	Skyline
Murray	@	Skyline	Olympus	@	Murray
Week 6					
Tuesday, May 8			Thursday, May 10		
Skyline	@	Hillcrest	Hillcrest	@	Murray
Murray	@	Herriman	Skyline	@	Olympus
Westlake	@	Olympus	Herriman	@	Westlake
Saturday, May 12					
Play-In game if necessary					

GIRLS SOCCER GUIDELINES & SCHEDULE

Region Chairman: **Michael Glenn**
 Starting Date: **Monday, August 1**
 First Game: **Tuesday, August 9**
 Inter-Region Play-off: **Tuesday, October 11**
 Quarter Finals: **Thursday, October 13**
 Semi Finals: **Tuesday, October 18**
 State Finals: **Friday, October 21**
 Academic All-State Accepted Between: **March 27-April 17**
 Eligibility List Due: **Friday, March 9**

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

- All Around
- Forward
- Mid-Field
- Defender
- Goal Keeper

Week 1					
Tuesday August 30			Thursday September 1		
West Lake	@	Skyline	Hillcrest	@	West Lake
Herriman	@	Hillcrest	Murray	@	Skyline
Olympus	@	Murray	Olympus	@	Herriman
Week 2					
Tuesday, September 6			Thursday September 8		
Friendly-Non Conference Games			Murray	@	West Lake
			Skyline	@	Herriman
			Olympus	@	Hillcrest
Week 3					
Tuesday September 13			Thursday September 15		
Skyline	@	Hillcrest	Olympus	@	Skyline
West Lake	@	Olympus	Hillcrest	@	Murray
Herriman	@	Murray	West Lake	@	Herriman
Week 4					
Tuesday September 20			Thursday September 22		
Skyline	@	West Lake	West Lake	@	Hillcrest
Hillcrest	@	Herriman	Skyline	@	Murray
Murray	@	Olympus	Herriman	@	Olympus
Week 5					
Tuesday September 27			Thursday September 29		
West Lake	@	Murray	Hillcrest	@	Skyline
Herriman	@	Skyline	Olympus	@	West Lake
Hillcrest	@	Olympus	Murray	@	Herriman
Week 6					
Tuesday October 4			Thursday October 6		
Murray	@	Hillcrest	Region Play-in Game		
Skyline	@	Olympus	if necessary		
Herriman	@	West Lake			

SOFTBALL GUIDELINES & SCHEDULE

Region Chairman: **Lisa Parker**
Starting Date: **Mon. February 27, 2012**
First Game: **Mon. March 5, 2012**
1st & 2nd Round State Tournament: **May 15 & 17**
State Tournament: **May 22 -24 Valley Complex**
Academic All-State Accepted Between: **Tues. Mar. 27-Tues. Apr. 17**
Eligibility List Due: **Fri. Mar. 9, 2012**
Entries, Rosters, & Pictures Deadlines: **Fri. Apr. 6**

VARSITY SOFTBALL GUIDELINES

- 1) No time limit will be used.
- 2) Visiting team infield time is 30 minutes prior to game time. Home team infield time is 15 minutes prior to game time.
- 3) Rain-out games will be played as soon as possible. Home team will call opponent and officials by 11:45 a.m. if the game is a "rain-out".
- 4) Home team is responsible for proper chalk markings and proper field maintenance. Home team will provide two new game balls to the officials.
- 5) Home team scorekeeper will be official scorekeeper. Scorekeeper should be an adult. The **winning** team is responsible for calling the media with game results.
- 6) Region 7 will use the double first base.
- 7) Region Trophy to first place in regular region play.
- 8) Ties of standing will follow the **Region VII** tie breaking procedure for seeding. Ties occurring among two teams involving a berth in the State Tournament play-offs, the tie will be broken by a playoff game between the two tied teams. If the tie is among more than two teams, the tie will be broken by a 5 inning play-off game with all schools involved. The teams go into the State Tournament according to (1) the best record, (2) head to head record, (3) head to head score ratio. All play-offs will be played on a neutral site agreeable to all schools involved, on a day and time agreeable to all schools involved.
- 11) 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 SOFTBALL GUIDELINES

- 1) The use of the six run rule except for the last inning will be used. 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.
- 4) 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.
- 5) 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:

Herriman: South East of School

Hillcrest: North West of School

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

Olympus: Cottonwood Complex 4000 S. 1300 W.

Skyline: North West of School

Westlake: North West of School behind football stadium

2011 Region 7 Softball Schedule

Thursday, March 22

Herriman @ Murray
Skyline @ Westlake

Tuesday, March 27

Hillcrest @ Skyline

Thursday, March 29

Olympus @ Skyline

Tuesday, April 3

Hillcrest @ Herriman
Westlake @ Murray

Thursday, April 5

Hillcrest @ Westlake

Tuesday, April 10

Herriman @ Olympus

Thursday, April 12

Murray @ Olympus

Tuesday, April 17

Westlake @ Olympus
Murray @ Hillcrest
Skyline @ Herriman

Thursday, April 19

Westlake @ Herriman
Skyline @ Murray
Olympus @ Hillcrest

Tuesday, April 24

Westlake @ Hillcrest
Murray @ Herriman
Skyline @ Olympus

Thursday, April 26

Murray @ Westlake
Skyline @ Hillcrest
Olympus @ Herriman

Tuesday, May 1

Westlake @ Skyline
Herriman @ Hillcrest
Olympus @ Murray

Thursday, May 3

Herriman @ Skyline
Hillcrest @ Murray
Olympus @ Westlake

Tuesday, May 8

Herriman @ Westlake
Hillcrest @ Olympus
Murray @ Skyline

3-7-11

NO GAMES APRIL 25TH

SWIMMING GUIDELINES & SCHEDULE

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

Tryouts: Monday, **September 19th, 2011**

First Meet: **Wednesday, October 12th, 2011**

Eligibility Lists Deadline: **Friday, November 11th, 2011**

Academic All-State Accepted: **Tuesday, December 13th, 2011 through Tuesday, January 10th, 2012**

Region Championship Entries Due: **Friday, January 13th, 2012**

Region Swimming Championships: **Saturday, January 21st, 2012 8:00am – warm-up & 9:00am meet**

State Seeding: **Friday, January 27th, 2012**

4A State Championships: **Friday & Saturday, February 3rd & 4th, 2012 at BYU**

1. Swimming “Dead-Time” August 15th through August 28th. Refer to UHSAA ready reference guide.
2. Swimming “Three weeks Prior to Tryouts” August 29th through September 18th. Refer to UHSAA ready reference guide.
3. Monday, September 19th, 2011 will be the first day of practice/team selection.
4. Wednesday, October 12th, 2011 will be the first day a swimming meet may be held.
5. A maximum of fourteen (14) meets can be participated in by region teams, including non-region meets.
6. All Region meets will begin at 3:30pm. (meets at Westlake 7:00pm)
7. Home teams have odd lanes, visiting teams have even lanes.
8. Official starter - \$40 for dual meets.
9. Scorer, head timer and stroke judges - \$30 each for dual meets.
10. Dual meets will alternate home and away.
11. Official starter, scorer, head timer, stroke judges and referee - \$50 each for Region championships
12. Region Championships will require four (4) stroke judges.
13. Region Championship scoring to 16 places.
14. Region Championship Meet will precede the state meet by thirteen (13) days.
15. Region Championship entries will be due two (2) weeks prior to the region championship meet. No Times (“NT”) are allowed.
16. Academic All Region names (seniors only, 3.75 Overall G.P.A. or higher) must be submitted along with the region entries.
17. The 4A State Championship Meet will be held at Brigham Young University on February 3rd & 4th, 2012

SWIMMING AWARDS:

- 1 Region Trophy each (Girls & Boys – two (2) trophies)
- 48 Medals each (Girls & Boys) for places 1-6 in Individual Events (Total 96 medals):
200yd. Freestyle; 200yd. Individual Medley; 50yd. Freestyle; 100yd. Butterfly; 100yd. Freestyle; 500yd. Freestyle; 100yd. Backstroke; & 100yd. Breaststroke
- 36 Medals each (Girls & Boys) for places 1-3 Relay Events (Total 72 medals):
200yd. Medley Relay; 200yd. Freestyle Relay; & 400yd. Freestyle Relay

Region 7 Swimming Schedule 2011 - 2012

MEET SCHEDULE:

Thursday, October 18th, 2011

Region 7 Relay Meet (Herriman host)

Wednesday, October 26th, 2011

Westlake at Murray

Wednesday, November 30th, 2011

Murray at Hillcrest

Skyline vs. Westlake at Herriman (double dual)

Thursday, December 8th, 2011

Westlake vs. Hillcrest at Olympus (double dual)

Murray at Skyline

Wednesday, December 14th, 2011

Skyline at Hillcrest

Olympus at Murray

Thursday, January 5th, 2012

Murray at Herriman

Wednesday, January 11th, 2012

Olympus at Herriman

Friday, January 13th, 2012

Hillcrest at Herriman

Tuesday, January 17th, 2012

Olympus at Skyline

Saturday, January 21st, 2012

Region Championships (Skyline host) at South Davis Recreation Center

9.16.11

Warm Ups: 8:00am – 9:00am Meet start

Awards prior to the last heat of the next event.

Friday & Saturday, February 3rd & 4th, 2012

4A State Championships at Brigham Young University

Pool locations:

Herriman: 5350 West Herriman Main Street, Herriman

Hillcrest: Midvale Middle School, 7852 S. Pioneer, Midvale

Murray: Murray Park Recreation Center, 202 East Murray Park Ave.

Olympus: Granite High School, 3305 South 500 East

Skyline: Skyline High School, 3251 East 3760 South, Salt Lake City

BOYS TENNIS GUIDELINES & SCHEDULE

Region Chairman: **Matt Clark**

Start Date: **February 27, 2012**

First Contest: **March 13, 2012**

Region Championship: **May 9-10, 2012**

State Tournament: **May 18-19, 2012**

Academic All-State Accepted Between: **March 20-April 10, 2012**

Eligibility List Due: **March 9, 2012**

REGION DUAL MATCH PLAY:

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

REGION TOURNAMENT PLAY:

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

JUNIOR VARSITY REGION TOURNAMENT PLAY:

- 1) It will be held in conjunction with the Varsity Region Tournament (weather permitting), 3 singles & 2 doubles.
- 2) Pro set until final – 2 out of 3 sets regular scoring in final. Add scoring 8-8 with 12 pt. cap.
- 3) Tournament shall be seeded according to JV dual match play record.

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

**Region VII
Tentative Boys' Tennis Schedule
2011-2012**

Tuesday, March 13

Hillcrest @ Herriman
Murray @ Olympus*
Skyline @ Westlake

Tuesday, March 20

Herriman @ Skyline
Hillcrest @ Olympus*
Murray @ Westlake

Tuesday, April 17

Herriman @ Westlake
Murray @ Hillcrest
Skyline @ Olympus*

Tuesday, April 24

Hillcrest @ Skyline
Murray @ Herriman
Olympus @ Westlake

Tuesday, May 1

Herriman @ Olympus*
Hillcrest @ Westlake
Murray @ Skyline

Thursday, March 15

Murray @ Herriman
Skyline @ Hillcrest
Westlake @ Olympus*

Thursday, March 22

Murray @ Skyline
Olympus @ Herriman
Westlake @ Hillcrest

Thursday, April 19

Herriman @ Hillcrest
Murray @ Olympus*
Westlake @ Skyline

Thursday, April 26

Olympus @ Hillcrest
Skyline @ Herriman
Murray @ Westlake

Thursday, May 3

Murray @ Hillcrest
Olympus @ Skyline
Westlake @ Herriman

*Olympus High games will be played at Olympus Hills

NO MATCHES APRIL 25TH

Wednesday, May 9 and Thursday, May 10, 2012 Region Tournament
Friday, May 18 – Saturday, May 19 State Tournaments at Liberty Park

GIRLS TENNIS GUIDELINES & SCHEDULE

Region Chairman: **Shonnie Hays**

Start Date: **August 1, 2011**

First Contest: **August 23, 2011**

Region Championship: **September 29-September 30, 2011**

State Tournament: **October 7-8, 2011**

Academic All-State Accepted Between: **August 23 – September 6, 2011**

Eligibility List Due: **August 26, 2011**

REGION DUAL MATCH PLAY:

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

REGION TOURNAMENT PLAY:

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

JUNIOR VARSITY REGION TOURNAMENT PLAY:

- 1) It will be held in conjunction with the Varsity Region Tournament (weather permitting), 3 singles & 2 doubles.
- 2) Pro set until final – 2 out of 3 sets regular scoring in final. Add scoring 8-8 with 12 pt. cap.
- 3) Tournament shall be seeded according to JV dual match play record.

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

**Region VII
Tentative Girls' Tennis Schedule
2011-2012**

Tuesday, August 23

Hillcrest @ Olympus*
Herriman @ Westlake
Murray @ Skyline

Thursday, August 25

Hillcrest @ Herriman
Murray @ Olympus*
Westlake @ Skyline

Tuesday, August 30

Hillcrest @ Westlake
Olympus @ Skyline
Murray @ Herriman

Thursday, September 1

Murray @ Hillcrest
Olympus @ Westlake
Herriman @ Skyline

Tuesday, September 6

Hillcrest @ Skyline
Olympus @ Herriman
Murray @ Westlake

Thursday, September 8

Olympus @ Hillcrest
Westlake @ Herriman
Murray @ Skyline

Tuesday, September 13

Herriman @ Hillcrest
Murray @ Olympus*
Skyline @ Westlake

Thursday, September 15

Westlake @ Hillcrest
Skyline @ Olympus*
Murray @ Herriman

Tuesday, September 20

Murray @ Hillcrest
Westlake @ Olympus*
Skyline @ Herriman

Thursday, September 22

Skyline @ Hillcrest
Herriman @ Olympus*
Murray @ Westlake

*Olympus High games will be played at Olympus Hills

Tuesday, September 27 Match make-up

Wednesday, September 28 Region Seeding

Thursday, September 29-Friday, September 30 Region Tournament

Friday October 7-Saturday October 8 State Tournament at Liberty Park

TRACK & FIELD GUIDELINES & SCHEDULE

Region Chairman: **Mike Kushlan Olympus High School (385)646-5400**

First Contest: **March 5th 2012**

Region J.V. Meet: **May 15th @ Westlake**

Region Championship: **May 9th & 10th @ Herriman**

State Tournament: **May 18th & 19th @ BYU**

Academic All-State Accepted Between: **April 3rd & April 24th**

Eligibility List Due: **March 9th**

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

**2012 REGION VII
TRACK & FIELD
SCHEDULE**

MAR 21ST HERRIMAN, HILLCREST @ MURRAY
OLYMPUS, SKYLINE @ WESTLAKE

MAR 28TH HERRIMAN @ WESTLAKE

NO MEETS APRIL 25TH

APR 11TH OLYMPUS @ SKYLINE
MURRAY @ HILLCREST

APR 18TH HILLCREST, MURRAY @ OLYMPUS
SKYLINE, WESTLAKE @ HERRIMAN

APR 24TH WESTLAKE, SKYLINE @ MURRAY
OLYMPUS, HERRIMAN @ HILLCREST

MAY 2ND MURRAY, SKYLINE @ OLYMPUS
WESTLAKE, HERRIMAN @ HILLCREST

MAY 9TH & 10TH REGION CHAMPIONSHIPS @ HERRIMAN

MAY 15TH REGION JV INVITE @ WESTLAKE

VOLLEYBALL GUIDELINES & SCHEDULE

Region Chairman: **Steven Bailey**

Starting Date: **August 8, 2011**

First Game: **August 16, 2011**

State Tournament: **November 4-5, 2011**

Academic All-State Accepted Between: **September 20-October 4, 2011**

Eligibility List Due: **August 26, 2011**

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

Rally scoring format for sub-varsity matches is as follows: games 1 and 2 score to 25 with a cap of 27; games 3 -5(if necessary) score to 15 with a cap of 17. The let serve is still utilized. Games 1 and 2 have a possibility of two timeouts per team and games 3-5, if necessary, have a possibility of one timeout per team.

Rally scoring for varsity matches is as follows: games 1-4 (if necessary) score to 25 with no cap on game 5 (if necessary) scores to 15 with no cap. The let serve is still utilized. Games 1-5 (if necessary) have a possibility of two (2) timeouts per team.
- 3) Standardized warm-up for all varsity and sub-varsity levels is ten (10) minutes. Teams may either use a 5-5 or a 4-4-2 format to be determined by coaches before game begins.
- 4) The All-Region Team will be selected by the coaches at the end of the season, October 26th during a coaches meeting at TGI Fridays at 6:00pm. Coaches will determine MVP, 1st Team, 2nd Team and Honorable Mention. Academic All-Region team chosen-any senior with a 3.75 GPA or higher.
- 5) Official Line Judges, one from each team, must be provided for all matches.
- 6) A three ball rotation is used in each match. **No spectators** seated on the first row. Home team provides 2 people for the three ball rotation.
- 7) Court needs to be set up one hour prior to the start time of first game.
- 8) The winning team coach is responsible to call the scores to the Deseret News and the Tribune.
- 9) If there are ties of standing, a tie breaker will be determined by:
 - A. Head to head for all Region matches.
 - B. Total sets won.
 - C. Point percentage between tied teams (points scored/points scored against).
 - D. If the first three rules do not break a tie, a coin flip will be used to determine final region placement.
 - E. In the event that a team may be eliminated from state playoffs, a tie will result in a full match being played on the first available date at a neutral site.
- 10) Please refer to “General Policies” in the **Region VII** Handbook for all other **Region VII** rules, and the UHSAA Handbook for all UHSAA rules.

VOLLEYBALL 2011 SCHEDULE

Beginning Practice/Team selection—Monday, August 8th, 2011

First Matches to be held—Tuesday, August 16th, 2011

Thursday, September 8th West Lake @ Olympus Murray @ Skyline Herriman @ Hillcrest	Thursday, October 6th Olympus @ West Lake Skyline @ Murray Hillcrest @ Herriman
Tuesday, September 13th Hillcrest @ Westlake Olympus @ Murray Skyline @ Herriman	Tuesday, October 11th Westlake @ Hillcrest Murray @ Olympus Herriman @ Skyline
Thursday, September 15th West Lake @ Murray Herriman @ Olympus Skyline @ Hillcrest	Thursday, October 13th Murray @ West Lake Olympus @ Herriman Hillcrest @ Skyline
Thursday, September 22th Hillcrest @ Olympus West Lake @ Skyline Murray @ Herriman	Tuesday October 18th Olympus @ Hillcrest Skyline @ West Lake Herriman @ Murray
Thursday, September 29th Herriman @ Westlake Hillcrest @ Murray Olympus @ Skyline	Tuesday, October 25th Westlake @ Herriman Murray @ Hillcrest Skyline @ Olympus
STATE TOURAMENT @ UVU November 4-5	

WRESTLING GUIDELINES & SCHEDULE

Region Chairman: **John Broadhead**
Start Date: **November 7, 2011**
First Contest: **November 22, 2011**
Region Open Tournament: **January 27, 2012**
Region Tournament: **February 3&4, 2012**
State Tournament: **February 8-9, 2012**
Academic All-State Accepted Between: **January 10, 2012**
Eligibility List Due: **December 2, 2011**
Wrestling Body Fat Testing: **November 11-12, 2011**

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.

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

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

REGION VARSITY TOURNAMENT

- 1) Each school may enter two wrestlers per weight division.
- 2) Wrestlers will be seeded into the tournament by criteria; attempts will be made to seed six.
- 3) All rounds will be scored in the tournament
- 4) Weigh-ins will be conducted as per state guidelines.
- 5) The seeding meeting will be under the direction of the host school with the Region Chair doing the pre-seeding. Byes will be randomly assigned to an open position for each weight.
- 6) After each Region dual, the home coach will be required to fax or e-mail the results of the Region VII dual to the region chair for seeding purposes before their next home dual.
- 7) Each coach will be required to bring to the **Region VII** seeding meeting their team's alpha-master list, eligibility list, wrestlers' names, weight, grade, and overall varsity record. This list should include all Region duals highlighted with the weight in which the wrestler competed.
- 8) Wrestlers may not change weight class after the seeding meeting without a coach's vote.
- 9) Double bonus points will be awarded to wrestlers who received byes and then win their subsequent match in the championship round only. Advancement points will be awarded to winners in the championship bracket with previous round byes.
- 10) Awards presented by Region Host School
 - A. An outstanding Coach
 - B. Dual Meet Championship Award
- 11) Awards presented and provided by **Region VII**
 - A. Region Tournament Trophy and medals first–sixth place
 - B. Outstanding Wrestler, Upper and Lower
- 12) Tournament times will be set by host school
- 13) The following criteria will be used for seeding wrestlers in **Region VII** Wrestling Tournament:
 - A. Agreement among coaches who is the best wrestler (4-2 vote)
 - B. Head-to-Head record in **Region VII** Dual Meet competition a wrestler has a winning record over opponent, this will supersede the **Region VII** dual meet win (2 out 3 rule).
 - C. Head-to-Head record in any competition.
 - D. Region wins at the same weight.
 - E. Common opponents
 - F. Region wins
 - G. Previous State finish in order of finish (same weight)
 - H. Previous Region finish in order of finish (same weight)
 - I. Previous State finish in order of finish (different weight)
 - J. Previous Region finish in order of finish (different weight)
 - K. Coin toss
 - L. In case of a three or four way tie, once the first place wrestler has been determined; seeding of subsequent places (2nd, 3rd, 4th) will be determined by starting at criteria number one.

Region Open Tournament

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

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

Schedule for 2011**December 8**

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

December 15

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

January 12

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

January 19

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

January 26

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

January 28

Region Open (JV and extras)@Westlake High School 12:00-10:00 p.m.

February 3&4

Region Seeding Meeting (Time TBA. @ Westlake High School)

February 3&4

Region Championship @Westlake High School 12:00-10:00 p.m.

February 15&16

State Championship

2011-12 UHSAA Calendar of State Activities

Updated April 28, 2011

M A 1 B i Mon Aug Beginning practice & team selection for G-Soccer, G-Tennis, 2A-5A B-Golf, 1A Baseball

Mon Aug 8 Beginning practice & team selection for Volleyball & Football

Tue Aug 9 First Cross Country, G-Tennis, 2A-5A B-Golf, G-Soccer & 1A Baseball competitions may be held

Tue Aug 16 First Volleyball matches may be held

Fri-Sat Aug 19-20 Football endowment games may be held

Wed Aug 24 First sub-varsity Football games may be held

Thu Aug 25 First varsity Football games may be held

Mon Sep 19 Beginning practice & team selection for Swimming & Diving

Sat Oct 1 First Forensics meets may be held

Sat Oct 1 2A GIRLS' TENNIS TOURNAMENT (Liberty Park)

Mon-Tue Oct 3-4 2A & 4A BOYS' GOLF TOURNAMENTS (2A Palisade; 4A Hobble Creek)

Tue Oct 4 1A Baseball Quarter-finals (Spanish Fork)

Wed-Thu Oct 5-6 3A & 5A BOYS' GOLF TOURNAMENTS (3A Fox Hollow; 5A Talons Cove)

Thu-Sat Oct 6-8 4A & 5A GIRLS' TENNIS TOURNAMENTS (5A Th&S; 4A F-S Liberty Park)

Fri-Sat Oct 7-8 3A GIRLS' TENNIS TOURNAMENT (B.Y.U.)

Fri-Sat Oct 7-8 1A BASEBALL TOURNAMENT (U.V.U.)

Tue Oct 11 4A & 5A Girls' Soccer first round (home schools)

Wed Oct 12 2A & 3A Girls' Soccer first round (home schools)

Wed Oct 12 First Swimming & Diving meets may be held

Thu Oct 13 4A & 5A Girls' Soccer quarter-finals (home schools)

Sat Oct 15 2A & 3A Girls' Soccer quarter-finals (home schools)

Tue Oct 18 4A & 5A G-SOCCER SEMI-FINALS (Juan Diego Catholic H.S.)

Wed Oct 19 CROSS COUNTRY MEETS (Sugar House Park / Highland HS)

Fri Oct 21 2A & 3A G-SOCCER SEMI-FINALS (Jordan HS)

Fri Oct 21 4A & 5A G-SOCCER FINALS (Rio-Tinto Stadium)

Sat Oct 22 2A & 3A G-SOCCER FINALS (Rio-Tinto Stadium)

Mon Oct 24 First Drill Team competitions may be held

Thu-Sat Oct 27-29 1A, 2A, 3A VOLLEYBALL TOURNAMENTS (3A Th-F; 1A & 2A F-S; U.V.U.)

Fri-Sat Oct 28-29 3A, 4A, 5A Football first round (home schools)

Fri-Sat Oct 28-29 1A & 2A Football Quarter-Finals (home schools)

Fri-Sat Nov 4-5 3A, 4A, 5A, Football Quarter-finals (home schools)

Fri-Sat Nov 4-5 4A & 5A VOLLEYBALL TOURNAMENTS (U.V.U.)

Sat Nov 5A & 2A FOOTBALL SEMI-FINALS (1A Wasatch H.S.; 2A Pleasant Grove H.S.)

Mon Nov 7 Beginning practice & team selection for Basketball & Wrestling

Thu-Fri Nov 10-11 3A, 4A, 5A FOOTBALL SEMI-FINALS (4A Th; 5A F; 3A Th-F U of U)

Fri-Sat Nov 11-12 Wrestling Body Fat Testing

Sat Nov 12 1A & 2A FOOTBALL FINALS (TBA)

Wed Nov 16 First 1A Girls' Basketball games may be held

Fri Nov 18 3A, 5A, 4A FOOTBALL FINALS (U of U)

Tue Nov 22 First Wrestling matches & Basketball games may be held

Thu-Sun Nov 24-27 MORATORIUM - no practices or competitions

Fri-Tue Dec 23-27 MORATORIUM - no practices or competitions

Sun Jan 1 MORATORIUM - no practices or competitions

Fri-Sat Feb 3-4 3A & 4A SWIMMING MEETS (BYU)

Fri-Sat Feb 3-4 DRILL TEAM COMPETITIONS (4A/5A F; 1A,2A,3A Sat U.V.U.)

Sat Feb 4 1A Wrestling Divisional Tournaments (T.B.A.)

Thu Feb 9 DIVING MEET (BYU)

Fri-Sat Feb 10-11 1A WRESTLING TOURNAMENT (Sevier Valley Center)

Fri-Sat Feb 10-11 2A, 3A Wrestling Division Tourn. (2A SVC; 3A TBA)

Fri-Sat Feb 10-11 5A SWIMMING MEET (BYU)

Wed-Thu Feb 15-16 4A & 5A WRESTLING TOURNAMENTS (U.V.U.)

Wed-Sat Feb 15-18 1A GIRLS' BASKETBALL TOURNAMENT (SVC)

Fri Feb 17 3A Girls' Basketball First Round (home schools)

Fri Feb 17 2A Girls' Basketball First Round (TBA)

Fri-Sat Feb 17-18 2A, 3A WRESTLING TOURNAMENTS (U.V.U.)

Sat Feb 18 3A Boys' Basketball First Round (home schools)

Sat Feb 18 2A Boys' Basketball First Round (TBA)

Mon-Sat Feb 20-25 4A & 5A GIRLS' BASKETBALL TOURNAMENTS (4A M,W,F,S; 5A Tu,Th,F,S; SLCC)

Tue Feb 21 Beginning practice & team selection for 2A&3A Boys' Soccer

Thu-Sat Feb 23-25 3A BOYS' & GIRLS' BASKETBALL TOURNAMENTS (SUU)

Thu-Sat Feb 23-25 2A BOYS' & GIRLS' BASKETBALL TOURNAMENTS (SVC)

Mon Feb 27 First 2A & 3A Boys' Soccer matches may be held

Mon Feb 27 Beginning practice & team selection Softball, Baseball, 1A B-Golf, G-Golf, 4A-5A B-Soccer, B-Tennis

2011-12 UHSAA Calendar of State Activities

Updated April 28, 2011

Mon-Sat Feb-Mar 27-3 4A & 5A BOYS BASKETBALL TOURNAMENTS (4A M 2A W, 5A,S B; 5A T,Th ,F,S Maverik Center)

Wed-Sat Feb-Mar 29-3 1A BOYS' BASKETBALL TOURNAMENT (SVC)

Mon Mar 5 First competition in Track, Softball, Baseball, 1A B-Golf, G-Golf, 4A-5A B-Soccer, B-Tennis may be held

Fri-Sat Mar 9-10 3A, 4A, 5A FORENSICS TOURNAMENTS (3A Tooele H.S.; 4A Skyline or Cyprus; 5A Weber State or Hunter)

Fri-Sat Mar 16-17 1A & 2A FORENSICS TOURNAMENTS (Dixie State College)

Fri-Sat Mar 23-24 JAZZ FESTIVAL (Jordan H.S.)

Thu-Sat Apr 12-14 DRAMA FESTIVALS (1A & 2A TBA, 3A Juab HS, 4A TBA, 5A Taylorsville HS)

Sat Apr 28 SOLO & ENSEMBLE FESTIVALS (North: Northridge HS; South: Lone Peak HS)

Wed May 2 2A Boys' Soccer first round (home schools)

Thu May 3 3A Boys' Soccer first round (home schools)

Sat May 5 2A Baseball first round & quarter-finals (region sites)

Sat May 5 2A & 3A Boys' Soccer quarter-finals (home schools)

Thu-Sat May 10-12 2A BASEBALL TOURNAMENT (UVU)

Thu-Sat May 10-12 2A SOFTBALL TOURNAMENT (Spanish Fork)

Fri-Sat May 11-12 5A BOYS' TENNIS TOURNAMENT (Liberty Park)

Fri-Sat May 11-12 2A & 3A BOYS' SOCCER TOURNAMENTS (Fri. Jordan H.S.; Sat. Rio-Tinto Stadium)

Sat May 12 2A BOYS' TENNIS TOURNAMENT (B.Y.U.)

Sat May 12 3A Baseball & Softball first round (region sites)

Mon-Tue May 14-15 1A BOYS' GOLF TOURNAMENT (TBA)

Tue May 15 1A/2A & 4A GIRLS' GOLF TOURNAMENT (TBA)

Tue May 15 4A & 5A Softball Tournaments 1st round (home schools)

Tue May 15 5A Boys' Soccer first round (home schools)

Tue-Wed May 15-16 4A & 5A Baseball Tournaments 1st & 2nd rounds (must be completed by May 20 at home schools)

Wed May 16 4A Boys' Soccer first round (home schools)

Wed May 16 3A & 5A GIRLS' GOLF TOURNAMENT (TBA)

Thu May 17 4A & 5A Softball Tournaments 2nd round (home schools)

Thu-Sat May 17-19 3A SOFTBALL TOURNAMENT (Valley Complex)

Thu-Sat May 17-19 3A BASEBALL TOURNAMENT (Kearns H.S.)

Fri May 18 4A & 5A Boys' Soccer quarter-finals (home schools)

Fri-Sat May 18-19 3A & 4A BOYS' TENNIS TOURNAMENTS (3A B.Y.U.; 4A Liberty Park)

Fri-Sat May 18-19 TRACK & FIELD MEETS (B.Y.U.)

Mon-Fri May 21-25 4A & 5A BASEBALL TOURNAMENTS (4A Kearns & U.V.U.; 5A U.V.U.)

Tue May 22 4A & 5A BOYS' SOCCER SEMI-FINALS (Woods Cross HS)

Tue-Thu May 22-24 4A & 5A SOFTBALL TOURNAMENTS (Valley Complex)

Thu May 24 4A & 5A B-SOCCER FINAL (Rio-Tinto Stadium)

Other Dates Eligibility List Deadlines Entries, Rosters & Pictures Deadlines

Fri Sep 10 ACT Test Fri, Aug 26 Fall Sports Fri, Sep 23 G-Soccer Rosters & Pictures; 1A Baseball Rosters

Mon Sep 5 Labor Day Fri, Oct 21 Forensics Sat, Sep 24 2A G-Tennis Entries

Mon Sep 26 New Athletic Admin. Training Fri, Nov 11 Drill Team, Swimming & Diving Tue, Sep 27 B-Golf Entries

Thu-Fri Oct 20-21 UEA Convention Fri, Dec 2 Wrestling & Basketball Sat, Oct 1 3A, 4A & 5A G-Tennis Entries

Sat Oct 22 Deer Hunt Opening Fri, Mar 2 Music & Drama Tue, Oct 4 Football & Volleyball Rosters & Pictures

Sat Oct 22 ACT Test Fri, Mar 9 Spring Sports Fri, Oct 14 Cross Country Entries

Thu Nov 24 Thanksgiving Wed, Jan 11 B & G Basketball Rosters & Pictures

Sat Dec 10 ACT Test **Academic All-State Applications** Fri, Jan 27 3A & 4A Swimming Entries

Sun Dec 25 Christmas App. Accepted Between Sat, Jan 28 Drill Team Entries

Sun Jan 1 New Years Day Tue Aug 23 - Tue Sep 6 G-Tennis & 2A,3A,4A,5A B-Golf Fri, Feb 3 Diving & 5A Swimming Entries

Mon Jan 16 Martin Luther King Day Tue Aug 30 - Tue Sep 13 1A Baseball & G-Soccer Sat, Feb 11 Wrestling Entries. (due midnight last day of region/divisional tourn.; no

Fri-Sat Feb 3-4 UMEA Music Conference Tue Sep 6 - Tue Sep 20 Cross Country Mon, Mar 5 Forensics Entries: All Classifications

Sat Feb 11 ACT Test Tue Sep 20 - Tue Oct 4 Volleyball Fri, Mar 9 Jazz Festival Entries

Mon Feb 20 Presidents' Day Tue Sep 20 - Tue Oct 11 Football Mon, Apr 2 Drama Entries

Sun Apr 8 Easter Tue Dec 13 - Tue Jan 10 Swimming/Diving, Drill & Wrestling Fri, Apr 6 Baseball, Softball, B-Soccer Rosters & Pictures

Sat Apr 14 ACT Test Tue Dec 13 - Tue Jan 17 Boys' & Girls' Basketball Sat, Apr 7 Solo & Ensemble Festival Entries

Wed-Sat Apr 25-28 UIAAA Conference Tue Mar 20 - Tue Apr 10 B-Tennis, 1A B-Golf & G-Golf Sat, May 5 2A & 5A B-Tennis Entries

Mon-Fri May 7-11 A.P. Testing Tue Mar 27 - Tue Apr 17 Baseball, Softball & B-Soccer Wed, May 9 G-Golf & 1A B-Golf Entries

Mon-Fri May 14-18 A.P. Testing Tue Apr 3 - Tue Apr 24 Track & Field Sat, May 12 3A & 4A B-Tennis Entries

Mon May 28 Memorial Day Mon, May 14 Track & Field Entries (due by noon)

Sat Jun 9 ACT Test