



REGION IX

Activities Manual

2021-2022

REGION IX HANDBOOK 2021-2022

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REGION IX ACTIVITY RESPONSIBILITIES 2021-2022
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<u>School Activity</u>	<u>Responsible</u>	<u>Name</u>	<u>Phone</u>
Region Chair	Wasatch	Ryan Bishop	435-709-1851
Calendaring	Maple Mountain	Jeff Nelson	801-376-3794
Sportsmanship	Provo	Jose Ventura	801-373-6550
Baseball	Maple Mountain	Jeff Nelson	801-376-3794
Basketball	Springville	Jason Beardall	801-420-0143
Cheer	Salem Hills	Kendall Call	801-368-8800
Cross Country	Wasatch	Brad Foster	435-503-4259
Drama	Spanish Fork	Matt Christensen	801-362-7576
Drill Team	Wasatch	Justin Kelly	435-671-9506
Football	Nebo District	Everett Kelepolo	801-319-7354
Forensics	Salem Hills	Ryan McGuire	385-200-4530
Golf	Springville	Tona Graff	801-318-4009
Lacrosse	Provo	Mary James	801-372-0464
Music	Maple Mountain	Shea Bradshaw	801-391-5139
Soccer	Salem Hills	Curtis Burton	801-592-2136
Softball	Spanish Fork	Jesse Roberts	801-376-0740
Swimming	Springville	Mark Binks	801-310-5771
Tennis	Provo	Mike Hunter	801-602-8624
Track	Spanish Fork	Bart Thompson	801-369-0445
Volleyball	Spanish Fork	Jade Andersen	801-380-7086
Wrestling	Wasatch	Brad Foster	435-503-4259

**REGION IX
SPORTSMANSHIP AWARD**

In an effort to recognize and promote good sportsmanship, the Board of Managers has established the Region IX Sportsmanship Award to be presented after the Fall, Winter, and Spring sports seasons. For each season, the selected school will receive the sportsmanship trophy.

The criteria for selection are:

1. Enthusiasm at school events.
2. Good Sportsmanship at events. This includes crowd, competitors, and coaches.
3. Absence of negativism (booing, derisive or profane cheers, graffiti, or destruction of school property). No jumping on bleachers.
4. Positive efforts by spirit groups (cheerleaders, drill team, band, student council) to promote a positive environment for competition.

Selection:

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

**STATE BOARD OF EDUCATION
2021-2022
STANDARDS & GUIDELINES FOR STUDENT EXTRACURRICULAR ACTIVITIES**

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

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

STANDARDS

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

GUIDELINES

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

**POLICIES AND PROCEDURES FOR ATHLETIC CONTESTS
2021-2022**

General Guidelines and Policies

1. UHSAA STATE EVENT GUIDELINES

In the chart below, **ONLY** those items marked “Yes” will be allowed as support items at all UHSAA state tournaments and meets. It is recommended that schools follow these same regulations during regular season and region tournament play. Sportsmanlike vocal cheering and support from team bench area are encouraged.

LEGEND:

BB Baseball

DR Drill Team

SC Soccer

TE Tennis

BSK Basketball

FB Football

SB Softball

TR Track & Field

CC Cross Country

GO Golf

SW Swimming

VB Volleyball

WR Wrestling

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

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

Good evening ladies and gentlemen; welcome to today's contest between (Visiting team/mascot) and (host school/mascot). On behalf of the faculty, staff and student body of (host school) we remind you that the ideals of good sportsmanship are a major part of this contest. Each of us should make every effort to promote this goal. Please stand and remove your hats for the presentation of colors.
12. All dressing room facilities must be left in a clean and orderly manner. The visiting head coach is responsible to check the facilities prior to departure.
13. In case of scheduling conflicts, region and varsity events take precedence over non-region events and activities/practices. Students should not be penalized for missing non region events or practices due to participation in scheduled region events.
14. The region championship will be determined by the best record in region play, in the event of a tie, co-region champions will be named and trophies awarded to both teams.

State tournament seeding will be determined by the RPI rating.

15. Unless stated otherwise in this handbook, region scheduled outdoor afternoon events will begin no earlier than 3:30 p.m. (exceptions to be approved by both Principal's and the manager over the activity).
16. A change of time or date of an activity may be affected only through mutual agreement of both schools principals, or their designee. The host school must notify the arbiter of the change in time for him to notify the officials. The host school must also notify other Region IX schools unless postponement is weather related.
17. Host school and visiting team own the rights to video production of all events. The region retains the rights to Region Championship competitions. All radio and television stations need to get prior approval from the principal or designee before broadcasting an event.

See UHSAA handbook for filming guidelines

18. REGION APPROVED TICKET PRICES TO MAJOR SCHOOL ACTIVITIES:

- \$20.00 = 1 family*
- \$ 5.00 = 1 adult
- \$ 5.00 = 1 student

** Senior Citizens over 65 and children 5 and under = free

*Family pass means immediate family living at home - maximum of six who arrive at the event together.

Tickets will be sold at varsity football, region drill, region swim championship meet and basketball, volleyball, and wrestling at all levels, at the above region prices.

Host school may retain revenue from sales of concession, t-shirt, etc, at region events.

19. Money from state play-off games (not going to state) will be retained by the host school (after expenses) and divided with the visiting school. (Refer to the UHSAA handbook regarding disbursement of money).
20. There will be a limit of 75 Region Activity Passes issued to each school. The region chair will send (20) region passes to each school district office.
21. Each school will be issued a maximum of twenty five (25) Region Activity Passes for Student Body Officers. Student Body Officer passes allow 1 person with ID in free.
22. Academic All-Region selection will be senior varsity players only and 3.7 or higher cumulative GPA. Schools will present their own awards. Region IX certificates are available for use by the schools. Nominations for Academic All Region need to be submitted to the Region Chair over each activity in a timely manner.
23. Host schools will provide supervision and an athletic trainer at all home events, Supervision and athletic trainers by both schools will be provided for Football and Basketball. Water and cups will be provided for both teams at all home events.
24. Host schools will provide for someone to meet officials and show them to their dressing rooms both before and after any event
25. Region IX Eligibility Requirements: The minimum GPA a student must have in order to participate is 2.0 and not more than one, F, I, or NG, for the previous grading period.

26. The region will not financially support coaches meetings.

Cheer/Drill/Band

1. Drill team members in uniform and cheerleaders in uniform with an advisor will be admitted to the game without charge. Each group must have an advisor.
2. All cheering **SHOULD** be under the direction of the cheerleaders. There are to be **NO** derogatory or obscene cheers.
3. Cheerleaders are to refrain from conducting cheers during free throw shooting.
4. Placement of visiting student body, pep squad, cheerleaders, and drill team is at the discretion of the host school.
5. Only varsity cheerleaders and mascots are allowed on the court or field for cheers, activities, or demonstrations unless specifically sponsored by the host school administration. Children below high school age are prohibited from being used in connection with any Region IX interscholastic activity except during approved halftime performances.
6. Cheerleaders will observe all State or District guidelines for pyramids, stunting and tumbling. Tumbling is allowed by home team only.
7. Football half-time: Performing groups have ten (10) minutes which includes time to get on and off the field. Exceptions can be made by mutual agreement for special occasions.
8. Basketball half-time: A maximum of seven (7) minutes is allotted for half-time entertainment which includes time to get on and off the floor. Exceptions can be made by mutual agreement for special occasions.
9. Drill teams will perform only at home games unless by mutual agreement with the host school.
10. Pep band will be provided by the host school only with exceptions by mutual agreement. During basketball games, pep bands are to play during regulation time-outs, quarter breaks and half-time only. An advisor must always be present if a band is to perform. Drums are to play only as part of the pep band or as accompaniment to a cheer by the cheerleaders.

**TROPHIES & AWARDS
2021-2022**

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

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

Baseball	1 Region Trophy
Basketball (Boys)	1 Region Trophy
Basketball (Girls)	1 Region Trophy
Cross Country (Boys)*	1st-10th Place Medals / 1 Region Trophy
11th- 20th Place Ribbons 1st-10th J.V. Ribbons	
Cross Country (Girls)*	1st-10th Place Medals / 1 Region Trophy
11th- 20th Place Ribbons 1st-10th J.V. Ribbons	
Drama	\$100.00 for Certificates for Region Drama Awards...../ Award Certificates
Drill Team	1 Region Trophy
1 st -3 rd place Plaques for each category (military, character, and dance)	
1st- 5th place medals for drill down - Trophy for overall drill down winner	
Forensics.....	1 st – 4 th place medals in each category (see page 32 #7) / 1 Region Trophy
Football	1 Region Trophy
Golf (Boys)	1st- 12 th Place Medals / 1 Region Trophy
Golf (Girls).....	1st- 12 th Place Medals / 1 Region Trophy
Lacrosse (Boys)	1 Region Trophy
Lacrosse (Girls)	1 Region Trophy
Music.....	\$100.00 for certificates for Region Music Awards /Award Certificates
Soccer (Boys).....	1 Region Trophy
Soccer (Girls)	1 Region Trophy
Softball	1 Region Trophy
Swimming (Boys)*	1 st - 8 th Place Medals / 1 Region Trophy
Relay events 1 st -3 rd	
Swimming (Girls)*.....	1 st - 8 th Place Medals / 1 Region Trophy
Relay events 1 st -3 rd	
Tennis (Boys)*	1 st - 4 th Place Medals Varsity / 1 st – 4 th Place Ribbons JV / 1 Region Trophy
Tennis (Girls)*	1 st - 4 th Place Medals Varsity / 1 st – 4 th Place Ribbons JV / 1 Region Trophy
Track (Boys) 1st – 4 th for relay*	1 st - 4 th Place Medals / 1 Region Trophy
Track (Girls) 1st – 4 th for relay*	1 st – 4 th Place Medals / 1 Region Trophy
Volleyball	1 Region Trophy
Wrestling	1 Region Trophy

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

REGION IX OFFICIAL'S PAY SCALE 2021-2022

SPORT	VARSITY	J.V./SOPH	POST SEASON
Baseball	\$69.00	\$59.00	\$75.00
Basketball	\$74.00 (2 officials)	\$59.00	\$80.00
Basketball	\$69.00 (3 officials)	\$59.00	\$80.00
Football	\$74.00	\$59.00	\$80.00
Football - Foul Recorder	\$20.00 - no travel	NA	\$20.00
Soccer Referee	\$69.00 (3-person)	\$49.00	\$75.00
Soccer Linesman	\$64.00 (3-person)	\$49.00	\$75.00
Soccer - Both Officials	\$97.00 (2-person)	\$69.00	NA
Lacrosse	\$69.00 (3-person)	\$49.00	\$75.00
Lacrosse - Both Officials*	\$80.00 (2-person)	\$60.00	NA
Softball	\$59.00	\$54.00	\$65.00
Volleyball	\$59.00	\$47.00	\$65.00
Wrestling*	SEE BELOW	SEE BELOW	SEE BELOW
Swimming*	SEE BELOW	SEE BELOW	SEE BELOW
Drill Team*	SEE BELOW	SEE BELOW	SEE BELOW

- Volleyball Tournament per match: \$48.00 for varsity and \$43.00 for sub-varsity (per best of 3); \$53.00 for varsity and \$48.00 for sub-varsity (per best of 5)
- Softball Tournament per game (with a maximum time limit of 90 minutes): \$48.00 per game
- Tournament Shortened/Running Clock Lacrosse Games are \$55

Officials may not be paid more or less than the fee amount stated above. Schools may, however, offer a meal or meal stipend not more than \$10 per person if needed to support officials in difficult travel areas.

Mileage Reimbursement:

Driver: \$.46 per mile for all miles over 50 that the official has driven.

Rider: \$.11 per mile for all miles traveled over 50.

Assigners will make every effort to assign officials to games in an effort to reduce mileage fees to schools.

ADDITIONAL CHARGES:

- Mileage:** \$.40 per mile for all miles over 50 that the official has driven. The other officials on the game will receive \$.05 per mile for all miles traveled over 50. Assigners will make every effort to assign officials to games in an effort to reduce mileage fees to schools. Officials are responsible to list round-trip mileage on their voucher in order to be reimbursed. If an official works a J.V. game plus a Varsity game, the official will receive the mileage allowance only **once**, not for each of the two games officiated.
- Football:** 5 officials in Varsity games, 4 officials for J.V. & Soph., and 4 officials @ 3A/4A State games.
- Drill Team Judges:** State Meet – \$125.00 (plus travel allowance)
Region Meet -- \$65.00 (plus travel allowance)
- Music:** Region Festival -- \$140.00 full day, \$90.00 half day (4 hrs.)
State Festival - \$140 full day, \$90 half day (4 hours) + travel allowance
- Drama Judge:** State Meet – \$20 up to 4 hours \$30 over 4 hours
- Region Drama:** Compensate play judges \$100.00, Individual Events judges \$25.00.
- Region Drama One Acts Coordinator** \$50.00
- Forensics:** \$30.00

WRESTLING TOURNAMENT PAY SCALE (14 WEIGHTS)

Varsity: Dual meet value: \$69.00 initial, \$65.00 subsequent

Junior Varsity: Dual meet value: \$55.00 initial, \$50.00 subsequent

For IBT varsity tournaments, \$150 per day (first six hours), 6-8 hours \$200, 9 or more hours \$250. For subvarsity tournaments, pay will be \$120 per day (up to six hours), 6-8 hours paid at \$160, 9 or more hours at \$200.

Dual meet wrestling tournaments are paid for each dual officiating in accordance with the above rates. Region wrestling tournaments pay the same rate paid for regular season tournaments. State wrestling tournament pays a base rate of \$200.00 per day. Mileage is added for each official as well.

- A. Daily minimums or dual meet values will dictate the cost of ALL tournaments except the State Tournament.
- B. Add \$.46 (driver) per mile and \$.11 cents (rider) per mile over 50 miles to all dual meets and tournaments.
- C. Byes in tourneys may be deducted out of the pay but exhibition matches beyond 14 individual matches per dual will be paid \$4.50 per individual match

GENERAL PAYMENT INFORMATION

1. **Payment should be received within 10 days of the contest date.** Officials are required to sign-up and have an active ArbiterPay account. This will accommodate those schools currently using ArbiterPay as the vehicle for payment of officials. Officials should, if possible, be paid at the contest site prior to the start of the contest. However, if a school does not have the check ready, or it is made out incorrectly due to late changes, the school administrator should mail the payment as soon as possible.
2. Officials shall receive one fee per contest. In the case where an official works a game shorthanded, it is recommended that he/she should be paid half a game fee in addition to a full game fee (For soccer – see note below). Schools should contact the UHSAA office when this occurs. In rare cases where a game is assigned by the arbiter to be worked shorthanded, schools are encouraged to pay the extra half game fee.
3. Officials and schools shall not be permitted to negotiate fees or mileage less than those printed in this manual and in the UHSAA Constitution and By-laws.
4. ArbiterPay will be used by the UHSAA for all state tournament games. Payment for working a state tournament game will take place at the conclusion of each of the individual state tournaments.
5. Should a contest be stopped because of conditions beyond the control of the officials (weather, power outage, etc.) before the contest is started and after the officials arrive at the site or before the contest is one half completed, the officials will be paid 1/2 a game fee plus the mileage. Should the contest be more than one-half completed, the officials will receive the standard amount paid for a completed game plus mileage.
6. In the event **less than half the game** was played, every effort will be made by the arbiters to assign the same officials to the game, however, if that cannot occur, the new officials should be paid a full game fee plus mileage to complete the game. If the same officials come to finish the game they should be paid 1/2 game fee plus mileage. **If more than half the game** has been played and different officials come to the game, they should be paid 1/2 game fee plus mileage. If the same officials come to finish the game they should only be paid mileage as they received a full game fee when the game was suspended (refer to Article VIII for the Suspended game procedure).

BASEBALL GUIDELINES
2021-2022

REGION ACTIVITY CHAIRPERSON: Jeff (Whites) Nelson

1. Beginning practice and team selection date: Feb. 28, 2022
First contest date: March 7, 2022
2. All games will begin at 3:30. JV games will begin not more than 15 min. following the varsity games. Varsity players will be excused so that they will arrive at the field no earlier than 1.5 hours before the contest begins. Home team will have the infield 30 minutes before game time. Visiting team will have the infield 15 minutes before game time. If the visiting team is late, they may forfeit warm-up time so the game will not be delayed.
3. Schools may postpone league games without region clearance for the following reasons:
 - a. Poor weather conditions
 - b. Field in unplayable condition
 - c. Make-up games to accommodate playoff games
 - d. Home team coach will notify the visiting coach ASAP on rain delays or rain-outs and contact the officials. In case of a region game cancellation due to the above conditions, the game will be played on the **next available school day. Saturdays are an option if both coaches agree. Pre-empt to include sophomore and JV games only. Non-league varsity games and tournament travel day will not be pre-empted as contracts with other schools need to be honored.**
4. No team shall attempt to change their schedule for the purpose of gaining an advantage on pitching rotation or other pertinent factors.
5. Each team is expected to participate in a JV and sophomore schedule with each playing another member of the region at least twice. See JV schedule. Sophomore teams play on Monday and Friday at the opposite site of the varsity game. No sophomore team players will be excused from school to participate in region contests.
6. The home team will be responsible to have an official scorekeeper, and a pitch count official, refer to the UHSAA handbook for guidelines.
7. A maximum of 25 games will be played. (See state handbook regarding tournament games.)
8. The 10-run rule after five (5) innings will be used.
9. One trophy will be awarded to the winner of region play. Co-champions will each receive a trophy.
10. In the event of a tie in region standings, see the guidelines for all sports on page 11. If there is a tie for the final playoff spot, the game will be played at a site agreed upon by the coaches. The home team will be determined by the results of head to head competition between the two teams. If they have a split, a coin flip will determine the home team.
11. Game time may be changed only by agreement of the two principals involved.
12. In case district spring breaks do not coincide, schools with scheduled games during spring breaks may, by mutual consent, work out an alternate date that is agreeable with the administrators of both schools.
13. The coach of the first place team will be in charge of organizing the selection of the all region team. All region coaches will participate in the selection process.
14. Dead time period applies to all current 9th through 12th grade students. During the dead time there should be no coach to player contact related to the sport. This includes not observing players perform in that sport. Baseball dead time is 4 weeks after the championship, beginning the 2nd Monday in August and 8 weeks beginning the 1st Monday in November.
15. Academic All-State nominations will be accepted between March 22 – April 21

**BASEBALL SCHEDULE
2021-2022**

**Start time 3:30 Varsity
JV/Sophomore immediately after**

<p>Thursday March 31 JV After</p> <p>Maple Mountain @ Wasatch Springville @ Salem Provo @ Spanish Fork</p> <p>Tuesday April 12</p> <p>Maple Mountain @ Springville Wasatch @ Provo Spanish Fork @ Salem</p> <p>Tuesday April 19</p> <p>Provo @ Maple Mountain Springville @ Spanish Fork Salem @ Wasatch</p> <p>Tuesday April 26</p> <p>Spanish Fork @ Maple Mountain Salem @ Provo Springville @ Wasatch</p> <p>Tuesday May 3</p> <p>Maple Mountain @ Salem Wasatch @ Spanish Fork Provo @ Springville</p>	<p>Friday April 1 Soph After</p> <p>Wasatch @ Maple Mountain Salem @ Springville Spanish Fork @ Provo</p> <p>Thursday April 14 Soph After</p> <p>Springville @ Maple Mountain Provo @ Wasatch Salem @ Spanish Fork</p> <p>Thursday April 21 Soph After</p> <p>Maple Mountain @ Provo Spanish Fork @ Springville Wasatch @ Salem</p> <p>Thursday April 28 Soph After</p> <p>Maple Mountain @ Spanish Fork Provo @ Salem Wasatch @ Springville</p> <p>Thursday May 5 Soph After</p> <p>Salem @ Maple Mountain Spanish Fork @ Wasatch Springville @ Provo</p>	<p>Monday April 4</p> <p>Maple Mountain @ Wasatch Springville @ Salem Provo @ Spanish Fork</p> <p>Friday April 15 JV After</p> <p>Maple Mountain @ Springville Wasatch @ Provo Spanish Fork @ Salem</p> <p>Friday April 22 JV After</p> <p>Provo @ Maple Mountain Springville @ Spanish Fork Salem @ Wasatch</p> <p>Friday April 29 JV After</p> <p>Spanish Fork @ Maple Mountain Salem @ Provo Springville @ Wasatch</p> <p>Friday May 6 JV After</p> <p>Maple Mountain @ Salem Wasatch @ Spanish Fork Provo @ Springville</p>
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JV /Sophomore Doubleheader

3:30 Start time Game 2 immediately after

<p>Tuesday March 29 JV First</p> <p>Wasatch @ Maple Mountain Salem @ Springville Spanish Fork @ Provo</p> <p>Monday April 18 JV First</p> <p>Maple Mountain @ Provo Spanish Fork @ Springville Wasatch @ Salem</p> <p>Monday May 2 JV First</p> <p>Salem @ Maple Mountain Spanish Fork @ Wasatch Springville @ Provo</p>	<p>Monday April 11 Soph First</p> <p>Springville @ Maple Mountain Provo @ Wasatch Salem @ Spanish Fork</p> <p>Monday April 25 Soph First</p> <p>Maple Mountain @ Spanish Fork Provo @ Salem Wasatch @ Springville</p>
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If you want to play JV first all the time let me know

Tentative State Dates

May 13 First round @ Home Site

May 14 State Reveal

May 17 State First round @ Home Site

May 19 20 State Second Round @ Region Site

May 23 - 26 State tournament @ TBA

May 27 28 Finals @ TBA

BASKETBALL GUIDELINES 2021-2022
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REGION ACTIVITY CHAIRS: Jason Beardall – Springville

1. Game Times and Locations:

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

Girls JV will be in the main gym through January 26 and exchange locations with Boys JV starting Jan 29.

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

All varsity games will have a 20 minute warm up time.

2. Region VIII Varsity, Junior Varsity, and Sophomore teams may schedule twenty games during the season. Post-season play-offs or State Tournament games will not be counted as part of the (20) twenty games. Junior Varsity and Sophomore league games will be played on the same date as the Varsity.
3. Only by mutual consent of principals from both schools involved can the starting times be changed. The Region Basketball Chairman must be notified of any change in the starting time. Change of dates must be approved by the Region VIII Board of Managers. (The home team will notify the arbiter in case of any change.)
4. Girls will use the smaller ball.
5. The visiting school may film a varsity game from its own student section.
6. Practice will start for basketball November 9 – first contest November 24. No practice games are to be scheduled prior to. (No coaching, intramural, or other methods of selecting a team may be held prior to the starting dates).
7. The home team will furnish, whenever possible, a chalk board and taping table for visiting teams for all games. Teams will provide their own towels.
8. The home team will provide water and cups for visiting teams.
9. Moratorium dates are: Summer 2021: July 4 -10, and July 29 - August 12

Thanksgiving: November 26- November 28

Winter Break: December 22- December 26 and January 1

Spring: March 6- March 20, 2022

Summer 2021: July 29-August 12, 2022

10. The team in the Region which has the best region win/loss percentage will be declared the Region Champion and will be awarded a trophy. In case of a tie for first place, the Region Champion will be the team with the highest RPI.
11. The Region Champion Head Coach of the girls' and boys' teams will be responsible to get the other girls' and boys' coaches together to select an All-Region Girls' and Boys' teams and Academic team. The Academic All Region team will be senior players. This meeting must be held one week after the State Tournament (site selected by the region champion).
12. Spectators are not allowed on the playing floor at any time before games or at half-time. This applies to all levels of play. Balls need to be put up at half-time.
13. The floor should be swept at half-time prior to resuming play.
14. Pre-game music will be allowed at both boys' and girls' games.
15. Students will not be allowed to sit on the first row of the student section or stand on the floor.
16. Moratorium period applies to all current 9th through 12th grade students; during the moratorium time there should be no coach-to-player contact related to the sport. This includes not observing players perform in that sport.
17. Coaches should check the new guidelines in the UHSAA Handbook under By Laws Article 2: Activity Limitations, for game limitations and out of season participation.
18. Basketball Academic All-State nominations are accepted between Jan 11 – Feb 8, 2022.

**BASKETBALL SCHEDULE – BOYS & GIRLS
2021-2022**

Friday Jan 14th	Tuesday Jan 18th	Friday Jan 21st	Tuesday Jan 25th	Friday Jan 28th
Week 1	Week 2		Week 3	
Springville vs Spanish Fork	Salem Hills vs Springville	Springville vs Wasatch	Maple Mountain vs Springville	Springville vs Provo
Wasatch vs Salem Hills	Provo vs Wasatch Girls 5:15 Boys 7pm	Salem Hills vs Maple Mountain	Spanish Fork vs Wasatch	Wasatch vs Maple Mountain
Maple Mountain vs Provo	Spanish Fork vs Maple Mountain	Provo vs Spanish Fork Boys 5:15 Girls 7pm	Provo vs Salem Hills Girls 5:15 Boys 7pm	Salem Hills vs Spanish Fork

Tuesday, Feb 1st	Friday, Feb 4th	Tuesday, Feb 8th	Friday, Feb 11th	Tuesday, Feb 15th	Friday, Feb 18th
Week 4		Week 5		Week 6	
Bye	Spanish Fork vs Springville	Springville vs Salem Hills	Wasatch vs Springville	Springville vs Maple Mountain	Provo vs Springville Girls 5:15 Boys 7pm
	Salem Hills vs Wasatch	Wasatch vs Provo	Maple Mountain vs Salem Hills	Wasatch vs Spanish Fork	Maple Mountain vs Wasatch
	Provo vs Maple Mountain Boys 5:15 Girls 7pm	Maple Mountain vs Spanish Fork	Spanish Fork vs Provo	Salem Hills vs Provo	Spanish Fork vs Salem Hills

****Home Team is listed first and bolded****

Team	Home/Away 1st Round	Home/Away 2nd Round	Friday Games
Springville	HAAAAH	AHAAA	3
Wasatch	HAAAAH	AHHHA	3
Maple Mountain	HAAAAH	AHHAH	3
Provo	AHHHA	HAAAAH	3
Salem Hills	AHHAH	HAAAAH	3
Spanish Fork	AHAAA	HAAAAH	3

CROSS COUNTRY GUIDELINES
2021-2022

REGION ACTIVITY CHAIRPERSON: Brad Foster, Wasatch

First Contest Allowed: August 9, 2021

1. Time for cross country is 3:30pm.
2. The host school will arrange a safe, well-marked course for the Pre-Region and Region Meets. Distance for both meets will be approximately three miles. A finish chute will be required on all meets. Host school will provide an adequate number of volunteers to assist with the meets. Registration will be on runnercard.com, and at least one certified official will be provided by the Region.
3. Each school will furnish their own adhesive-backed finish tags for Pre Region and the Region will provide Running Bibs {Chip Timing} for the Region 8 Meet. Tags should represent school colors.
4. In the Region Meet, the first four qualifying teams and the top three individual finishers from non-qualifying teams will go to the State Meet.
5. The winner of the Region 8 trophy is determined by the scores in the Region Meet.
6. Medals will be awarded to the first ten finishers in the Region Varsity Meet in both boys and girls divisions, and ribbons for 11th - 20th place. Ribbons will be awarded to the first ten finishers in both girls and boys JV races.
7. The season will consist of a maximum of ten meets per team, not per individual, plus the Region and State Meets.
8. The Region coaches will choose an All-Academic Region Team composed of **senior varsity** runners with a 3.7 or higher GPA for their cumulative grades. The names must be turned in to the host school no later than one week before the Region Meet is to be held.
9. Dead time periods apply to all current 9th through 12th grade students. During the dead time there should be no coach to player contact related to the sport. This includes not observing players perform in that sport.
10. Cross Country dead time: March 7 – April 3, and July 4-July 10, 2021.
11. Cross Country Academic All-State nominations are accepted between September 7-October 5, 2021.

CROSS COUNTRY SCHEDULE 2021-2022

First Contest Allowed August 9, 2021.

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

Varsity Schedule

Pre-Region Meet

Host: Salem Hills

Date: August 18, 2021

Location: Spanish Fork Sports Park

6pm Girls JV/Newcomers

6:30pm Boys JV/Newcomers

7:00pm Girls Varsity (race up to 10-12 athletes per team)

7:30pm Boys Varsity (race up to 10-12 athletes per team)

Region Meet

Date: October 4, 2021

Location: Spanish Fork Sports Park

4pm JV Girls

4:40pm JV Boys

5:30pm Varsity Girls

6:00pm Varsity Boys

Divisional Meet

Host: South Lake Park, Orem

Date: October 13, 2021

Time: TBA

State Meet

October 27, 2021

Cross Country Region Meet Rotation

Host: Provo - 2022

DRAMA SCHEDULE AND GUIDELINES

2021-2022

REGION ACTIVITY CHAIRPERSON: Matt Christensen, Spanish Fork High School

One Act Plays

March 22, 2022

During School

@ Provo

Coach Host: Bob Bauer

Individual Events

March 24, 2022

3:00 start time

@ Springville

Coach Host:

STATE DRAMA FESTIVAL

Dates & Location TBD

1. **DATES AND HOSTING SCHOOLS:** Dates and location for the Regional Competition Plays and the Individual Events will be determined at the annual spring planning meeting held the preceding year. State drama competition is always held at a predetermined high school on the third weekend of April. (Please no music department trips that conflict with these dates.)
2. The Host School will be given \$40.00 for hosting the One Act Plays, and \$100.00 for hosting Region Individual Events.
3. **COST AND FEES FOR JUDGES:**
Compensate play judges \$150.00, Individual Events judges \$75.00
4. Alumni or student teachers from any of the seven Region IX schools will not be used as judges for any portion of the competition. Alumni may be used if they have been graduated for three years.
5. All Region Drama teachers will meet at least one month prior to the Region competitions to discuss judges, starting times, qualifying, and any other business deemed necessary before the Region Tournaments.

DRILL TEAM GUIDELINES
2021-2022

REGION ACTIVITY CHAIRPERSON: Justin Kelly, Wasatch High School

Refer to the UHSAA Handbook for current and detailed information.

1. Admission to Region Drill Team competition will be the same as any major Region activity.
2. Advisors are to use good judgment in choosing uniforms and dance routines. Such decisions should reflect community standards.
3. Six in-state judges will be used for state competition. The high and low score will be dropped for each routine.
4. Drill teams may only compete in a total of four competitions including the Region meet, prior to the State Competition. Drill Teams that compete in a region competition may only compete in three invitationals.
5. All drill team advisors need to attend a coaches workshop. First year advisors must take the written rules test to insure safety in their programs. The penalty for not taking the written test will be a \$50.00 fine and a letter to the principal of the school and district superintendent. Any advisor that does not attend the coaches workshop will need to take the test.
6. Donated supplies and all monies, including budgeted school funds, out of pocket expenses, fundraisers, or donated funds for costumes and supplies which are used for state competition routines performed during the drill season must not exceed \$600.00 times the number of girls on the team. Refer to State Handbook for specifics. Schools are encouraged to maintain a "uniform closet" for flexibility and originality without the expense of new uniforms. Judging sheets shall not reflect if the uniform is new or used. Routines, props and music may be used from year to year.
7. Drill teams will compete in the designated categories as directed by the State (dance, kick, military, or character) at Region Competition. The top four teams will compete in the State competition. They will be allowed to participate with all three of their category routines.
8. A director, tabulator, (5) five routine judges, (3) three technical judges and (1) difficulty judge will be used for invitational and regional competitions, judges must use the UHSAA score sheet and be UHSAA certified officials.
9. Scoring will be done according to current UHSAA guidelines.
10. A plaque will be awarded for 1st, 2nd, and 3rd place in each category military, dance, and kick. First through fifth place medals will be awarded for drill down. A trophy will be given to the overall winner.

11. Dead time period applies to all current 9th through 12th grade students. During the dead time there should be no coach to player contact related to the sport. This includes not observing players perform in that sport.
12. Drill team Academic All-State nominations are accepted between Dec 12 to Jan 9 seniors only.
13. An all region team consisting of 3 members from each school will be selected by the coaches. An all academic region team consisting of all senior varsity members with a 3.7 gpa or higher will be selected from each school.

DRILL TEAM SCHEDULE 2021-2022

Region Drill

- Competition Date: Jan. 20th
- Competition Site: Salem Hills

State Drill

- Competition Date: Tentatively Feb. 1st & 5th
- Competition Site: UVU

Region Competition Rotation

2022 - Salem
2023 - Wasatch

FOOTBALL GUIDELINES 2021-2022
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REGION ACTIVITY CHAIRPERSON: Everett Kelepolo, Springville High School

1. **Starting Date** for football is **July 26, 2021**. An Endowment game may be held on **August 13th or 14th**, regular Varsity games may be held beginning **August 19th** and the first JV/Sophomore games may be held **August 18th**. Each team is allowed to play 9 regular season games (non-endowment/post-season games).
2. **Out of Season Participation** state guidelines are as follows:
 - **Moratorium (Please see handbook for exact dates: 2 weeks following championship game, Christmas Break, Feb 22nd- Mar 7th, July 4th-July 10th):** no coaching, no organized practices, meetings or competitions, nor coach/player contact related to the sport. This includes early morning or afternoon weight training that a student/athlete does not receive class credit. No “open field” is permitted.
 - **Spring:** no organized practice or intra-school scrimmages, no competitions or scrimmages with other schools, no helmets or pads worn.
 - **Summer after Memorial Day:** 5 consecutive days in pads may be requested in writing to the Activities Association prior to the use of any pads.
 - **Football Heat Acclimatization and “3-Weeks Prior” Guidelines** See state handbook for exact details.
3. **Region Scheduling** will stay the same for two years with home sites changing each year.
4. **Region Finishes** will be determined by 1st criteria: region record, 2nd criteria: head to head competition. **Tie Breakers** will be decided according to guidelines in the Region Handbook:
*“The region championship will be determined by the best record in region play, in the event of a tie, co-region champions will be named and trophies awarded to both teams.
State tournament seeding will be determined by the RPI rating.”*
5. **Varsity Game Time** is 7:00 p.m. **Junior Varsity** is 3:30 p.m. and **Sophomore** is 6:00 p.m. (both played the day before Varsity at opposite site).
6. **Change of Date and Time** must be approved by Board of Managers after mutual agreement is reached between schools (coaches and administration) concerned. Change of date should be approved at least one week prior. Host school must notify the UHSAA arbiter and Region IX Head Football Coach of changes.
7. Sub-Varsity (JV/Sophomore) It will be the responsibility of the coaches at the games to consider player safety and to monitor playing time accordingly. Seniors are allowed to participate in Junior Varsity games.
8. **Uniforms** for home teams will be dark, while traveling teams will be white. (Rule 1, Artic. 1, Sec. 5)
9. **Dressing Facilities**, including a chalkboard/whiteboard, will be provided by the home school. Locker rooms will be cleared one before sub-varsity game and two hours before the varsity game. An Athletic Director/Facility Director will meet the bus to show to locker room, etc. Efforts to secure locker rooms during games are expected of the home administration.
10. **Announcers** are not to be commentators or to second-guess the officials.
11. **Region IX Prices** will be charged at all varsity games, including non-Region games (excluding endowment and playoff games).
12. If teams pick each other up when **Using Headsets**, both teams will turn off their headsets until the problem is resolved.
13. **Scouting** is to be done from the spectator bleachers/areas.
14. **Coaches will communicate** during the season:
 - Each Region School is expected to **Exchange the Two previous Game Films** in preparation for their Varsity games. This will be done through HUDL. Videos will include filming when huddle breaks, all plays with a pre-snap alignment at wide angle and still shots of the scoreboard by quarter and after each scoring play. The same extension of courtesy will be given visiting filmers as to home

filmmers. Provisions will be extended to “spotters” for both teams. All post-season film exchanges will be at the discretion of the individual coaches.

- Each coach will **send schedules and team rosters** to all Region schools one week before first region game. The roster shall be updated and completed on the Register My Athlete website.
- The region chair shall initiate communication with all the Region coaches regarding selection of the **All-Region IX Team** at the end of Region play. All region teams will be assigned for 1st and 2nd teams by the following breakdown:
 - 1st place 7 players and One Region MVP
 - 2nd place 6 players
 - 3rd place 5 players
 - 4th place 4 players
 - 5th place 3 players
 - 6th place 2 players
 - 7th place 2 players

Each coach will be allowed to nominate as many honorable mention players as needed. In addition, each team may nominate one Outstanding player for each of the following positions: Offensive Lineman, Defensive Lineman, Linebacker, Running Back, Quarterback, Receiver, Return Specialist, Kicker, Punter. If the MVP is one of the aforementioned positions, that position will be eliminated from the Outstanding Player list. Each coach will then vote to determine the region selections, via email, by the Tuesday following the State Championship. The Region MVP will be submitted to the All-State selection committee for consideration to be, at the least, All-State Honorable Mention.

Academic All Region IX Players will be determined by Region Handbook Guidelines.

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

17. Football Academic All-State nominations (See UHSAA calendar)

18. Football rules clinic (See UHSAA calendar)

updated 2-9-21

FOOTBALL SCHEDULE 2021-2022
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Region 9 Football Schedule 2021

August 13, 2021	Endowment Game
August 20, 2021	Pre-season
August 27, 2021	Pre-season
September 3, 2021	Pre-season
September 10, 2021	Provo @ Maple Mountain Spanish Fork @ Springville Wasatch @ Salem Hills
September 17, 2021	Springville @ Provo Salem Hills @ Spanish Fork Maple Mountain @ Wasatch
September 24, 2021	Salem Hills @ Maple Mountain Spanish Fork @ Provo Springville @ Wasatch
October 1, 2021	Maple Mountain @ Springville Wasatch @ Spanish Fork Provo @ Salem Hills
October 8, 2021	Spanish Fork @ Maple Mountain Salem Hills @ Springville Provo @ Wasatch
October 13, 2021	UEA Bye Week
October 22, 2021	Playoffs
October 29, 2021	Playoffs
November 5, 2021	Quarter-finals
November 12, 2021	Semi-finals
November 19, 2021	Finals

updated 1-4-21

FORENSICS GUIDELINES 2021-2022

REGION ACTIVITY CHAIRPERSON: Ryan McGuire, Salem Hills

1. Tentative Location and date of Region Forensics Meet for the next year, 2022.

<u>Date</u>	<u>Events</u>	<u>Location</u>	<u>Starting Time</u>
February 26, 2022	Region Forensics Meet	Salem Hills High	8:00 a.m.

2. Deadline for forensic entries: Drops may be made until February 20th with a \$25.00 drop fee thereafter. Changes (replacing one entry with another name in the same event) may be made up until tournament check-in. Registration needs to be emailed to Tournament Director, Rachel Billings at Sky Ridge High School.

3. State Forensic Meet: March 19-20, 2021 @ Wasatch High School

4. 2021-2022 Region Representative – Brett White, Salem Hills High School

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

JUDGING REQUIREMENTS:

One judge for every two policy teams or portion thereof
 One judge for every two PF teams or portion thereof
 One judge for every two LD entries or portion thereof
 One judge for five IE entries or portion thereof
 One judge for Congress if bringing any entries
 Failure of your required number of judges to check in and be available for rounds will result in a \$10 fee assessed per round missed.

DEBATE PAIRINGS:

When possible all rounds will be randomly selected and pre-set using TRPC and TRIEPC, with manual checking that schools are meeting as many different schools as possible. If a bye is required, the bye will be determined by random computer selection, and will count as a win (speaker points will be the average of all other rounds). Four rounds of debate will be held. In the event of a tie rounds cannot be paired by computer, coaches will hand pair at the coaches meeting on Thursday

INDIVIDUAL PAIRING:

Random selection shall be done in each event by TRIEPC
Contestants from the same school will not meet each other if it can be avoided. Three rounds of competition will take place.
Each round to have 4-7 constants.

CONGRESS PAIRINGS:

All contestants placed in one house. A panel of judges, 1 ½ or 2 per school, shall be used. There will be two sessions of 2 hours each. Only bills of a substantive and serious nature should be introduced. Congress must follow the Orders of the Day, or risk disqualification in the tab room.

6. Region will pay for judges at the Region Forensics Meets. (410 per round with a maximum of \$30 full day). Schools must apply to the UHSAA Region for reimbursement.
7. Medals/Trophies will be awarded to the top 4 contestants in each event, 2 medals and an overall sweepstakes will be awarded to the top school in points. Region will pay for 1 medal in team debate; both individuals will receive a medal.
8. Region will pay for lunch of participating coaches and judges and students.
9. Appropriate fines will be assessed to schools responsible for building damage.
10. LD and PF debates will use the same topic as that which will be used at State (March topic.)
11. Quartiling will be used to determine school points.
12. Each Congress competitor may submit two bills; second bills may not be presented until all competitors have debated their 1st bill.

REGION IX SCORING/PAIRING GUIDELINES

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

COACHES

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

JUDGES

- A. A team WILL NOT be judged by someone representing their own school except:
 1. *In cases of IE's when it cannot be avoided or*

2. *With permission of both teams and their coaches in case of a judging time conflict.*
- B. If a team violates this rule, they will be subject to disqualification as decided by the region rep/coaches.
 - C. Judges will not score based on personal biases or preference of styles. (They will strive to be objective)
 - D. Congress judges will not collaborate on their scores.

SCORING

- A. All coaches will be present when tabulating scores.
- B. All scores will be double-checked for accuracy and approved before making the final announcement.
- C. **Only competitors receiving a superior rating or finishing in the top 50% or 10 contestants (whichever is larger) will qualify for state. Debaters must have a winning or tie record to qualify under this rule.**

TIE BREAKERS:

- First: All boxes of Superior, Excellent, Good and Fair will be tabulated based on the following scale.
The individual with the highest total score will win.
* Superior: 5
* Excellent: 4
* Good: 3
* Fair: 2
- Second: If all the boxes remain tied, the break will be done by the judges' preferences (best ranking). The entry that had two of the three judges preference will win the tie. (Example: A score of 2S, 1S, 5S will win to a 2S, 3S, 3S)
- Third: If a tie continues to exist, a run-off will be provided as soon as possible. In cases where a run-off is not possible, the decision will be made by coin toss.

COMPUTER TABULATION:

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

RESOLUTIONS:

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

FORENSICS TOURNAMENT SCHEDULE 2021-2022
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8:00 – 8:15	Check-In
8:15	Assembly – Judges Meeting
8:30 – 10:30	Round 1 Policy, PF, LD, Extemp Draw Begins, Congress Session 1 (done at 10:30)
9:00	IE's Round 1
10:00	Round 2 Extemp Draw begins
10:30	Round 2 Policy, PF, LD IE's Round 2
11:00	Session 2 Congress (Done at 1:00)
12:00	Round 3 Policy, PF, LD, Extemp Draw begins
12:30	IE's Round 3
1:30	Round 4 Policy, PF and LP
Lunch available for purchase from Noon until 2:00 pm in cafeteria	
2:00	IE Run off (if needed)
4:00 p.m. (or ASAP)	Awards

Orders Of the Day

1. This Body shall use Roberts Rules of Order, Newly Revised, except that the Orders shall take precedence. This rule cannot be changed without the approval of the tournament director.
2. The Body shall be presided over by a Chair who shall be elected by a plurality of the Body and shall serve for 60 minutes, or until three bills or resolutions have been considered, whichever comes first. Upon expiration of the Chair's term, the motions on the floor are immediately tabled and the election is conducted. After the election, the items tabled for the election are immediately taken up as though no interruption occurred (except time for the election is not included in the time limit for considering legislation).
3. Legislation to be considered by this Body is limited to bills or resolutions that were submitted and approved before the tournament, typewritten on white paper, and a copy distributed to each member of the Body. Each line of text shall be sequentially numbered.
4. Legislation shall be selected at random by the Chair. No senator may have a second item introduced until all senators who desire to introduce legislation have done so.
5. The Body shall observe speaking priority. Speaking priority will begin afresh for each session, as though no one had spoken previously. This rule cannot be changed without the approval of the tournament director.
6. Senators introducing legislation shall have two minutes to read and move the bill. Upon second, the introducing senator shall be recognized for three minutes to speak without interruption in favor of the bill, and then to answer questions from the Body for one additional minute. During this time, no other motions are in order.
7. Debate on the bill will be three minute speeches, alternating against and for. Speakers may not yield any unused time to another speaker, but may use their time to take questions from the Body.
8. All amendments must be submitted in writing to the Chair before consideration. While an amendment is on the floor, no other amendments are in order.
9. Twenty minutes after the introduction of a main motion, no further debate will be in order. Any amendments to the motion will be immediately put to a vote, and then the main motion shall immediately be put to a vote.
10. Any member of the Body can be removed for obstruction, disorderly conduct, or other good cause by a 2/3 vote of the body and the concurrence of the Chair. The Chair can be impeached by a unanimous vote of the Body excluding the Chair.
11. This body shall act as a federal policy maker for the United States of America.

<p style="text-align: center;">BOY'S AND GIRL'S GOLF GUIDELINES 2021-2022</p>

REGION ACTIVITY CHAIRPERSON: Tona Graff, Springville

1. A rules/etiquette clinic will be held prior to the first region match. Check the power point on the UHSAA website or contact the PGA for any new information.
2. Boys: The first practice may begin July 19, 2021. The first golf match may be held July 26, 2021.
Girls: The first practice may begin Feb 28, 2022. The first golf match may be held March 7, 2022.
3. Region play will consist of six different 18-hole matches for boys and six for girls. Two coaches are allowed per team.
4. Region Champion, All-Region Team, and Individual Medalists will be determined by stroke play. When there is a tie between teams or players for region standing, we will follow the process they use at the state tournament; if it impacts 1st and 2nd place or if two teams are vying for a spot to go to state. Individual medals will be given to the twelve players with the lowest total score for 6 of the 7(5 of the 6 for girls). 18-hole matches. Each player will be able to drop one 18-hole score to determine whether or not they finish in the top 12 individual qualifying spots for state. A player must play in at least 6 (5 for girls) tournaments to be considered for All-Region. State entry qualifications will be determined after dropping the highest aggregated tournament of region play.
5. Spectators must maintain their distance from players (at least 30 to 40 feet). They cannot give advice nor can they shuttle players without approval of the coaches, which will be determined before the tournament begins. Parents are allowed to help look for golf balls and give words of encouragement. Any advice given by spectators or parents will be in violation of a rules infraction and will be given a warning, followed by a 2 stroke penalty assessed to the player for an additional infraction.
6. All golfers are required to show etiquette and follow the rules outlined by the USGA. The rules enforced by UHSAA and the PGA of Utah at the state tournament will be enforced for the region.
7. Rangefinders are allowed and caddies are not. Players must carry their own bag or use a pull cart.
8. Dress Code: Refer to UHSAA handbook
9. All golfers will be expected to respect the rules and facilities and not use profanity. Violation pertaining to course damage, throwing clubs, or use of profanity will be punished in the following manner: 1st offense - warning 2nd offense - 2 stroke penalty 3rd offense – disqualification
10. Scoring:
 - A maximum of 9 will be given on any hole if a player doesn't complete the hole within 9 shots.
 - All golfers must exchange cards and score another golfer's card. May not score each other's card.
 - Each score should be written down before the group tees off on the next hole. Any changes must be initialed by the scorer.
 - Once golfers leave the final hole, they are required to check in at the signing table with their group. Failure to do so in a timely manner may result in a disqualification. Once the scorecard is signed, it cannot be changed.

● USGA rules are in effect unless modified by local rules.

11. Teams will pay for each tournament, fees will be posted on team schedules.

Coaching Responsibilities:

- A. Schedule your home course far enough in advance with your local course to avoid any conflicts, preferably after the date is set after from the fall coach's meeting. (You are responsible for letting all coaches know if there is a change with your home match)
- B. Submit/update your lineup by 6 pm the night before the tournament. (Google doc) the four lowest scores will be counted towards the overall team score.
- C. Either the coach or local pro will welcome the region to their home tournament and explain any local course rules. This includes determining which tees/yardage will be played.
- D. Provide a scoreboard and pairings/hole assignments for your home tournament. If the tournament is not a shotgun start, the head coach will be responsible to be on the first tee and start each group, making sure players know procedures (scoring, pace of play, rotating the cards and keeping another player's scorecard)
- E. Each coach will assist in making sure that each team's individual and team scores are accurate. Scores will be added to a google doc and shared within a day or two of the completion of the tournament.
- F. Be available and assist with any rules issues during the tournament. Coaches will determine whether a player is to be disqualified or not due to any rules infractions.
- G. The coaches, along with the local head pro will determine whether the course is playable or not due to inclement weather. NFHS lightning protocol must be followed.

BOY'S GOLF SCHEDULE 2021-2022
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- | | |
|------------------------------------|---|
| 1. Wasatch - Aug 2 week | Wasatch |
| 2. Gladstan - Aug 9 week | Salem Hills (\$20 player/ \$24 for 3 lg. buckets) |
| 3. Bye Week - Aug 16 week | |
| 4. Hobble - Aug 23rd week | Springville |
| 5. East Bay - Aug 30th | Provo |
| Random Tourn - Sept 6-11 | Chris Stover |
| 6. Different Location - Sept 13-17 | Spanish Fork |
| 7. Region Sept 20-24 (SF Oaks) | Maple Mountain |
| 8. Makeup Sept 27 | |

- State tourney at SF Oaks - Oct 4 and 5 (Monday and Tuesday)

-Rules sheet will be sent to coaches by the night prior to the tournament
-Only two coaches may coach players during the tournament

<p style="text-align: center;">GIRL'S GOLF SCHEDULE 2021-2022</p>

1. Salem Hills (Week of March 7-11 @ Nephi-10 am shotgun) - 6 players (\$12 player)
2. Provo (Thursday, March 24 @ Eastbay - 9 am shotgun) - 8 players (\$15 player)
3. Maple Mountain (Wednesday, March 30 @ Sleepy Ridge - 8:30 am shotgun) - 8 players (\$18 player)
4. April 4th-Nebo/Provo SPRING BREAK (no tournament) Wasatch (March 17-18)
5. Spanish Fork (Thursday, April 14 @ Spanish Oaks - 9 am shotgun) - 8 players (\$20 player/\$8 per bucket for range balls)
6. Wasatch (Friday, April 15 @ Wasatch - 9 am Tee times) - 8 players (\$18 player)
7. Springville (Monday, April 25 @ Hobble Creek - 11 am tee times) - 6 players (\$20 per player, \$25 per team for Range Balls)
8. Makeup Tournament May 2nd (Snow Delays)

**State team entry forms are due Tuesday, May 3rd

5A Girls Golf State Tournament

- Monday, May 9 - Tuesday, May 10 - TBA

LACROSSE GUIDELINES 2021-2022
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REGION ACTIVITY CHAIRPERSON: Mary James, Provo

Important Dates:

Feb. 13 - Feb. 27	Boys/Girls Two-Weeks Prior Restrictions
Feb. 28	Boys/Girls Lacrosse Begin Practice/Team Selection
Mar. 7	Boys/Girls Lacrosse First Contest Allowed
Mar. 18	Boys/Girls Rosters with Numbers on RegisterMyAthlete.com
Mar. 18	Boys/Girls Upload Team Photo to MaxPreps.com
- Apr. 21	Boys/Girls Academic All-State Applications Accepted
May 14	Boys/Girls State Tournament Bracket Reveal 9:00am
May 18	Boys/Girls State Tournament First Rd. @ Home Sites
May 20	Boys/Girls State Tournament Quarterfinals @ Home Sites
May 25	Boys/Girls State Tournament Semifinals @ TBA
May 27	Boys/Girls State Tournament Finals @ Zions Bank Stadium

1. Games
 - a. Boys and Girls Varsity will play at alternate locations (home and away) during region play. Game time will be at 4:00 unless specified differently by the home team (lights). Any necessary changes to these arrangements will be determined between the two principals.
 - b. JV games will begin no more than twenty minutes after the conclusion of the varsity game.
 - c. Sixteen (16) game schedule
 - i. Each school has the option to play a maximum of 16 games for both Varsity and JV as per instruction in the UHSAA handbook. This total does not include playoff games.
2. The UHSAA allows school discretion to use any NFHS-approved lines, per the NFHS rule book. However, the association supports the usage of the NFHS-approved modified lines as schools add facilities that don't have preexisting lines.
3. The UHSAA does not have an official game ball in lacrosse in the regular season. However, the ball must meet the NCAA/NOCSAE standard, designated by a stamp of approval on the ball.
4. All uniforms and equipment will have to meet the NFHS standards for high school play. Officials will verify equipment compliance as per NFHS rules. NOCSAE standards should be used where prescribed in the NFHS rules.

5. State tournament placements will be based upon final RPI rankings. There is no points system that will be used for seeding. The top 16 teams based upon RPI will be seeded into "Division A" while the remaining teams will be seeded into "Division B" for state tournament competition.
6. The ejection policy for lacrosse will follow the existing UHSAA ejection policies. Officials will be encouraged to fill out ejection reports for lacrosse, but it will be the responsibility of a program's coach and administrators to ensure that the UHSAA ejection protocol is followed according to the rule. Fouling out will not qualify as an ejection.
7. The UHSAA will follow all NFHS clock protocol rules, including the mercy rule. The UHSAA will follow NFHS procedures for overtimes. The Association will use a golden goal in overtimes to determine a winner.

BOYS LACROSSE SCHEDULE
2021-2022

Game 1 **4/12**

Wasatch @ SHS
MMHS @ Provo
SFHS @ SHHS

Game 2 **4/14**

Provo @ SHHS
SHS @ MMHS
SFHS @ Wasatch

Game 3 **4/19**

SHHS @ Wasatch
MMHS @ SFHS
Provo @ SHS

Game 4 **4/21**

SHHS @ MMHS
Wasatch @ Provo
SHS @ SFHS

Game 5 **4/26**

Wasatch @ MMHS
SHS @ SHHS
SFHS @ Provo

Game 6 **4/28**

SHS @ Wasatch
Provo @ MMHS
SHHS @ SFHS

Game 7 **5/3**

SHHS @ Provo
MMHS @ SHS
Wasatch @ SFHS

Game 8 **5/5**

Wasatch @ SHHS
SFHS @ MMHS
SHS @ Provo

Game 9 **5/10**

MMHS @ SHHS
Provo @ Wasatch
SFHS @ SHS

Game 10 **5/12**

MMHS @ Wasatch
SHHS @ SHS
Provo @ SFHS

**GIRLS LACROSSE SCHEDULE
2021-2022**

Game 1 **4/12**

SHS @ Wasatch
Provo @ MMHS
SHHS @ SFHS

Game 2 **4/14**

SHHS @ Provo
MMHS @ SHS
Wasatch @ SFHS

Game 3 **4/19**

Wasatch @ SHHS**moved to 4/18 @6pm*
SFHS @ MMHS
SHS @ Provo

Game 4 **4/21**

MMHS @ SHHS
Provo @ Wasatch
SFHS @ SHS

Game 5 **4/26**

MMHS @ Wasatch
SHHS @ SHS
Provo @ SFHS

Game 6 **4/28**

Wasatch @ SHS
MMHS @ Provo
SFHS @ SHHS

Game 7 **5/3**

Provo @ SHHS
SHS @ MMHS
SFHS @ Wasatch

Game 8 **5/5**

SHHS @ Wasatch
MMHS @ SFHS
Provo @ SHS

Game 9 **5/10**

SHHS @ MMHS
Wasatch @ Provo
SHS @ SFHS

Game 10 **5/12**

Wasatch @ MMHS
SHS @ SHHS
SFHS @ Provo

<p style="text-align: center;">MUSIC GUIDELINES 2021-2022</p>

REGION ACTIVITY CHAIRPERSON: Shea Bradshaw, Maple Mountain

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

1. The **publicity** is the responsibility of the host school for each festival and specifically requires an announcement of the festival before it takes place. A summary of the results should follow the festival. The summary will be completed by the festival chairperson and sent to the Region Music Chairperson.
2. The **host school** should pay the adjudicators and then bill the Region for reimbursement. The region will pay \$100 for a hospitality room at region solo ensemble events.
3. **Participant schools may award a certificate to each solo and each ensemble entry that earns a one rating.** Each school may issue the Region Certificate after completion of the festival.
4. The **maximum number of people permitted to perform** in an ensemble must be consistent with the maximum number permitted to perform in an ensemble in the State Music Festival.
5. The host school will provide **information on starting time**, procedures, list of suggested judges (for approval), adjudication, etc. (at least ten (10) school days in advance).
6. The host school must see that **adjudicators understand** that they accept the **responsibility to name superior groups** for state participation.
7. Every school receiving a "Superior" rating should also be recognized.
8. One of the most worthwhile experiences to come from participation in the Region Music Festivals is the opportunity to hear and see other students perform and remain to the end of the festival. Instrumental and choral groups are expected to see and hear at least two other schools perform, due to the length of instrumental performances. If you are sponsoring a music festival (whether instrumental or vocal), please **provide sufficient supervision** to help encourage students to stay in the performing areas. Also, please provide proper seating facilities for all participants. Music directors should be careful to instruct their students to remain in the performing areas while students from other schools perform their numbers. Students remain in performance clothing in performance areas.
9. Eligibility list due date for the State for Music is March 4, 2022.

**MUSIC PROCEDURES
2021-2022**

1. Eligibility:
 - a. Large Group Festivals: All high schools in the Region will be eligible to enter groups in any of the festivals.

2. Hosting the Festivals:
 - a. Schools will alternate in hosting the festivals.

 - b. Responsibilities of the host school:
 - 1) Arranging for facilities for the festival
 - 2) Publicity for the festival
 - 3) Programming the festival
 - 4) Notifying each school in the Region of the festival
 - 5) Arranging for adjudicating for the festival
 - 6) Sending a copy of the UHSAA regulations concerning music and music festivals to the adjudicators at least one (1) week prior to the festival and informing the adjudicator of the procedures and rules concerning music festivals in Region IX.

3. Adjudicating Festivals:
 - a. The host school will have the responsibility of presenting a list of potential adjudicators to the directors.

 - b. Fee for adjudication: Adjudicators will be paid at the rate of \$140.00 per day (+5 hrs.) or \$90.00 per half day (3-5 hrs.), \$25 for 1-2 hours, plus mileage. If their combined travel and adjudication time is less than 7 hours, they should be paid for that portion of their time that is used. Mileage will be .46¢ cents per mile, and 11¢ cents per mile for rider, for all miles traveled over 50 miles round trip.

 - c. Number of adjudicators:
 - 1) Instrumental Solo/Ensembles - one adjudicator per thirty (30) entries, number of entries to be determined by each school director. (Each school should inform the Festival Chairman two (2) weeks in advance of the number of entries they intend to enter.) The host school and the Region Chairman may regulate the number of entries if necessary.
 - 2) Vocal Solo/Ensemble (16 entries), Piano Solos (1 x number of schools in region) - one adjudicator per thirty (30) entries, number of entries to be determined by school directors. (Each school should inform the festival chairman two (2) weeks in advance of the number of entries they intend to enter.) The host school and the Region Chairman may regulate the number of entries if necessary.
Quality required, not numerical limits for Vocal Solo/Ensemble entries
Guideline – no more than 5 piano solos per school.
 - 3) Jazz Instrumental - three (3) adjudicators
 - 4) Concert Bands - three (3) adjudicators

- 5) Orchestras - three (3) adjudicators
- 6) Marching Bands - three adjudicators
- 7) Concert Choirs - three adjudicators

4. Ratings and Special Recognitions:

- a. All entries in the festival will be adjudicated as follows:
 - 1) Each judge will give a rating (I through V) on each ensemble (no points). He may use "+'s" and "-'s" with the exception of "I+".
 - 2) Adjudicators will not be required to use all steps in the adjudication scale and may rate as many groups in the same division as the standard of performance dictates.
 - 3) Groups wishing to play for criticism only, must so state prior to the festival to the host school chairman.
- b. Participant schools may award Division Certificates to each ensemble or individual who earns the rating of "Superior."
- c. Piano and vocal solos must be performed from memory. Memorization of instrumental solos is optional.

5. Additional Information:

- a. Each school must inform the Festival Chairman of the host school one week (7 days) in advance of the number of entries they intend to enter. Schools not notifying the festival chairman of the number of entries may not be permitted to participate. It is the responsibility of the music teacher and principal of each school to see this deadline is met. The Region IX Music Chairman will notify schools not meeting this deadline at least one day prior to the festival that these names were not submitted and therefore, the school may not be permitted to participate.
- b. A time for the choir festivals is established as follows:
 - 1) Each school will be allowed fifteen (15) minutes for Chamber Choirs, and twenty (20) for Large ensemble choirs. This includes getting on and off the stage. It is the responsibility of each music director to stay within these time limits. The school hosting the festival should pull the curtain on any school not staying within these limits. (Except for Training Choir Festivals)

6. Certificates: One certificate will be awarded to the following for all "Superior" ratings:

- a. Concert Bands - One certificate per each superior band
- b. Large Vocal Groups - One certificate per superior group
- c. Instrumental Jazz Ensemble - Individual certificate
- d. Vocal Jazz Ensemble - Individual certificate
- e. Chamber Choir (Madrigals) - One certificate per choir
- f. Orchestra - One certificate per orchestra

**MUSIC SCHEDULE
2021-2022**

TENTATIVE

*Events in Red are UHSAA

EVENT	DATE	LOCATION	HOST/HOSTESS
Region Marching Band			
Region Directors Planning Meeting		Provo	UHSAA
Region Jazz	March 2	Spanish Fork	Cris Stiles
Region Vocal/Piano S&E	March 9	Salem Hills	Justin Bills
Region Chamber Choir	March 9	Salem Hills	Justin Bills
Region String S&E	March 23	Provo	Deven Halcomb
Region Winds/Perc S&E	March 23	Provo	Deven Halcomb
State Jazz Festival	March 24-26	Park City	UMEA – Beckstrand
Region Concert Band	March 30	Maple Mountain	Josh Hurst
Region Large Choir	April 13	Maple Mountain	Braden Rymer
Region Orchestra	April 20	Wasatch	Janice Vincent
Region Training Choir	April 27	Springville	Leslie Walker
State Solo & Ensemble	April 30	Provo	UHSAA – Kenny Wiser
State Band	May 5-7	Corner Canyon	UMEA – Randal Clark
State Choir	Fri.-Sat. May 12-14	U of U, Libby Gardner Hall	UMEA
State Orchestra	Thu.-Sat. May 19-21	Orem	UMEA - Matt Tippetts

**SOCCER GUIDELINES
2021-2022**

REGION ACTIVITY CHAIRPERSONS:

Curtis Burton, Salem Hills, curtis.burton@nebo.edu

Lee Gillie, Salem Hills, lee.gillie@nebo.edu,

UHSAA Summer Moratorium	July 4 - 10, 2021
UHSAA Winter Moratorium	November 21, 2021 - January 2, 2022
UHSAA Summer Moratorium	July 3-9, 2022

GIRLS

Two Week Prior:	July 12-25, 2021
Beginning Practice Date:	July 26, 2021
First Game may be held:	August 2, 2021

BOYS

Two Week Prior:	February 13-27, 2022
Beginning Practice Date:	February 28, 2022
First Game may be held:	March 7, 2022

1. When weather conditions make playing of games impossible, the home schools will notify the visiting school by 1:30 p.m. If weather conditions are questionable, final determination will be made by consent of both schools. If the two teams cannot reach a consensus prior to game, the referee shall make the final decision.
2. In the event of a game cancellation due to weather or field conditions, the game will be made up on the earliest available date by mutual consent of both schools involved.
3. Varsity game times for girls and boys will be at 4:00 p.m. All JV games will commence no later than 15 minutes after the end of the varsity game. Provo will host teams at 5 p.m. for JV and 7 p.m. for Varsity.
4. The number of games to be played, including both non-region and region games, will match the limit set by UHSAA, which is currently sixteen (16), not to include state tournament games.
5. Varsity matches will consist of two forty-minute (40) halves. Junior varsity matches will be of the same length unless shortened by weather or daylight visibility, as per mutual decision by the coaches.
6. As per UHSAA rules all games will end with a winner, no ties. When a game ends in regulation time with a draw, then the teams proceed to golden goal overtime, first goal scored wins, up to two ten-minute overtime periods may be played. If the match plus the overtime periods still results in a draw, then the teams will proceed to a shootout to determine a winner, from a shootout then to sudden death until a winner is determined.

7. The home team must wear dark jerseys and the visiting team must wear white jerseys as per NFHS soccer rules. Socks must match the color of the jersey being worn.
8. Academic All-Region selections will be senior varsity players who have a 3.75 or higher cumulative GPA. Schools will present their own certificate. Region VIII certificates are available for use by the schools from the Region VIII website. Nominations for Academic All-Region need to be submitted to the region chair in a timely manner.
9. Each school in Region VIII is expected to participate in a JV schedule. JV games that end in a draw will not go to overtime periods. If no notice is given of no JV team a fine may be imposed.
10. The fighting rule, as found in the UHSAA Handbook and in the NFHS Officials Rulebook, will be strictly enforced. Any coach, player, or bench personnel ejected by an official for unsportsmanlike behavior or violent conduct shall be suspended from the next regularly scheduled game at that level of play and any intervening level of play:
Examples:
 - A. If ejected from a JV game, the individual cannot participate in either the following varsity game or the next JV game.
 - B. If ejected from a varsity game, the individual cannot participate in either the following JV or the next varsity game. If the coach or participant is involved in a second incident/ejection, he/she will be suspended for the next two regularly scheduled games. A third ejection will result in suspension for the remainder of that season. Ejections occurring on the final game of the season will carry over for all underclassmen to the first game of the succeeding season in that sport.
11. From the Region VIII Handbook, page 5, each student body is to exhibit good sportsmanship. The administrators and advisors are, in the interest of proper education, to stress positive sportsmanship. Schools are encouraged to read a sportsmanship statement at all varsity athletic activities. An example is given below:
Good afternoon ladies and gentlemen; welcome to today's contest between {Visiting team/mascot} and {Home school/mascot}. On behalf of the faculty, staff and student body of (host school) we remind you that the ideals of good sportsmanship are a major part of this contest. Each of us should make every effort to promote this goal. Please stand and remove your hats for the presentation of colors.
12. Fall & Spring breaks for the districts in the region are:
 - a. Fall Break:
 - i. Nebo & Provo: Oct 14-15
 - ii. Wasatch: Oct 11-15
 - b. Spring Break:
 - i. Nebo & Provo: Apr 4-8
 - ii. Wasatch: Mar 14-18
13. Team Rosters should include: player's name, position, grade, and jersey number. Each team will supply the opposing team with a copy of their roster.

14. All region soccer teams are to recognize outstanding varsity players of any grade who finish the season in good standing. After the last region match Region VIII head coaches will select the players for this recognition. After the All-Region teams (1st Team, 2nd Team, Honorable Mention) have been selected the list will be given to the Region Chair to be put in the local papers. The first-place team is allowed five players, the second-place team is allowed four players, the third and fourth place teams each select three players, and the fifth, sixth, seventh, and eighth place teams each select two players for the teams.
 - a. Coaches will also select an Offensive MVP, a Defensive MVP, a Midfielder MVP, and an Outstanding Goalkeeper for the region. Nominations will be submitted to the region chair and then head coaches will make a final vote via email. Nominations for MVP should include player name, jersey number, year, and brief reason for the nomination. Additional conversation regarding voting can be conducted via email as needed.

15. Moratorium period applies to all current 9th through 12th grade students. During the moratorium time there should be no coach to player contact related to the sport. This includes not observing players perform in that sport. For Two Weeks Prior restrictions and dates as well as moratorium dates, go to the UHSAA website: <http://www.uhsaa.org/>.

16. Soccer Academic All-State nominations are accepted between:
Girls: Sept 7 - Oct 4, 2021 Boys: March 22 - April 21, 2022

17. UHSAA Dates:
 - a. Girls
 - i. Rules Clinic-live: July 27, 2021 - 6 pm (@UHSAA office)
 - ii. Rules Clinic-online: July 29 - September 12, 2021
 - iii. Rosters to RMA & team photo to MaxPreps: August 27, 2021
 - b. Boys
 - i. Rules Clinic-live: July 27, 2021 - 6 pm (@UHSAA office)
 - ii. Rules Clinic-online: January 17 - February 28, 2022
 - iii. Rosters to RMA & team photo to MaxPreps: March 18, 2022

SOCCER SCHEDULE – GIRLS
2021-2022

Game 1 - Tue, Aug 31

Salem Hills @ Springville
Provo @ Wasatch
Spanish Fork @ Maple Mtn.

Game 2 - Thu, Sep 2

Spanish Fork @ Wasatch
Maple Mtn. @ Salem Hills
Provo @ Springville

Game 3 - Tue, Sep 7

Maple Mtn. @ Wasatch
Springville @ Spanish Fork
Salem Hills @ Provo

Game 4 - Thu, Sep 9

Wasatch @ Salem Hills
Provo @ Spanish Fork
Springville @ Maple Mtn.

Game 5 -Tue, Sep 14

Wasatch @ Springville
Maple Mtn. @ Provo
Salem Hills @ Spanish

Game 6 - Thu, Sep 16

Springville @ Salem
Wasatch @ Provo
Maple Mtn. @ Spanish

Game 7 - Tue, Sep 21

Wasatch @ Spanish Fork
Salem Hills @ Maple Mtn.
Springville @ Provo

Game 8 - Thu, Sep 23

Wasatch @ Maple Mtn.
Spanish Fork @ Springville
Provo @ Salem Hills

Game 9 - Tue, Sep 28

Salem Hills @ Wasatch
Spanish Fork @ Provo
Maple Mtn. @ Springville

Game 10 - Thu, Sep 30

Springville @ Wasatch
Provo @ Maple Mtn.
Spanish Fork @ Salem Hills

Fri, Oct 1: Season End Date
Sat, Oct 2: State Tournament bracket
revealed @ 9 a.m.

State Playoffs

Thu, Oct 7: 1st Round - Home Sites
Tue, Oct 12: 2nd Round - Home Sites
Thu, Oct 14: Quarterfinals - Home Sites
Tue, Oct 19: Semifinals - TBD
Fri, Oct 22: Finals - Rio Tinto Stadium

SOCCER SCHEDULE – BOYS
2021-2022

Game 1 - Tue, Mar 29

Salem Hills @ Springville
Provo @ Wasatch
Spanish Fork @ Maple Mtn.

@ Spanish Fork

Game 2 - Thu, Mar 31

Spanish Fork @ Wasatch
Maple Mtn. @ Salem Hills
Provo @ Springville

Game 3 - Tue, Apr 12

Maple Mtn. @ Wasatch
Springville @ Spanish Fork
Salem Hills @ Provo

Game 4 - Thu, Apr 14

Wasatch @ Salem Hills
Provo @ Spanish Fork
Springville @ Maple Mtn.

Game 5 - Tue, Apr 19

Wasatch @ Springville
Maple Mtn. @ Provo
Salem Hills @ Spanish Fork

@ Salem Hills

Game 6 - Thu, Apr 21

Springville @ Salem Hills
Wasatch @ Provo
Maple Mtn. @ Spanish Fork

Game 7 - Tue, Apr 26

Wasatch @ Spanish Fork
Salem Hills @ Maple Mtn.
Springville @ Provo

Game 8 - Thu, Apr 28

Wasatch @ Maple Mtn.
Spanish Fork @ Springville
Provo @ Salem Hills

Game 9 - Tue, May 3

Salem Hills @ Wasatch
Spanish Fork @ Provo
Maple Mtn. @ Springville

Game 10 - Thu, May 5

Springville @ Wasatch
Provo @ Maple Mtn.
Spanish Fork @ Salem Hills

Tue, May 10: season end date

Wed, May 11: state tournament bracket
revealed @ 9 a.m.

State Playoffs

Fri, May 13: 1st Round - Home Sites Tue,
May 17: 2nd Round - Home Sites Fri, May
20: Quarterfinals - Home Sites Mon, May
23: Semifinals - TBD

Thu, May 26: Finals - Rio Tinto Stadium

SOFTBALL GUIDELINES
2021-2022

REGION ACTIVITY CHAIRPERSON: Jesse Roberts, Spanish Fork 801-376-0740

1. Beginning practice and team selection date will be Feb. 28
2. The first contest may be held on or after March 7th
3. A maximum of 22 games will be played (all games count). See State Handbook, for tournament exceptions.
4. The National Federation of State High School Association Official Softball Rules are to be followed.
5. One trophy will be awarded to the Region Champion. Co-champions will both be awarded trophies in the event of a tie.
6. Two umpires will be provided by arbitration as approved by the Region. Only certified umpires may be used.
7. All Region Varsity games will start at 3:30 p.m. Junior Varsity games will begin no later than 20 minutes after the end of the Varsity game on the same field as the Varsity game. Sophomore games will begin at 3:30 p.m. and will be played on a separate field. Varsity and Junior Varsity teams will play 7 innings and the 10 run rule will take effect after 5 innings and the fifteen run rule will take effect after three innings. Sophomores will play for 3 outs per inning, with a maximum of 7 innings. (1 ½ hr.) Sophomore games can be played the same date as varsity on a different field or at coach's discretion can be changed to a different day.
8. Any varsity game postponed by weather must be made up at the first available date. Saturdays may be used if other days are unavailable. Schools may postpone (change) league games without Region clearance for the following reasons
 - A. Poor weather condition
 - B. Field in unplayable condition
 - C. Make-up games to accommodate playoff games
9. An All-Region Team will be selected by the head coaches under the direction of the coach of the Region 8 Champion on May 11th at 7 p.m. at Springville High School or by phone. Selection will be as follows:

First Team: Region champ team will choose MVP and 4 other players. 2nd place team choose 3, 3rd place team choose 2, the remaining teams will choose one each.

Second Team: Region champs, 3 players, second place 2 players, the rest of the teams will choose one each.

Honorable Mention: As decided by coaches.
10. An All-Region Academic Team, comprised of senior varsity athletes, will be selected by each school. The students must have a 3.7 or higher GPA for this honor. Each school will print their own certificates.

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

12. Softball Moratorium: Moratorium dates 4 weeks with the Christmas and New Year moratorium dates. It is the coaches' responsibility to check dead time restrictions as they are listed in the UHSAA handbook. Nov 22nd to Jan 1st; two weeks prior, Feb. 13 – Feb. 27. July 3rd – July 9th. dead time

13. Softball academic All-State nominations are accepted between March 22nd and April 21st Senior only with a 3.75 or higher can be nominated.

**First and second rounds of State tournament to be held at home schools. May 13th round 1; May 14th round 2; May 19-20, round 3.

**State Tournament May 23 – 27. Place TBD

SOFTBALL SCHEDULE 2021-2022
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Tuesday, March 29

Salem Hills @ Spanish Fork
 Provo @ Springville
 Maple Mountain @ Wasatch

Thursday, March 31

Salem Hills @ Maple Mountain
 Wasatch @ Springville
 Spanish Fork @ Provo

Tuesday, April 12

Maple Mountain @ Spanish Fork
 Provo @ Wasatch
 Springville @ Salem Hills

Thursday, April 14

Maple Mountain @ Provo
 Spanish Fork @ Springville
 Salem Hills @ Wasatch

Tuesday, April 19

Wasatch @ Spanish Fork
 Provo @ Salem Hills
 Springville @ Maple Mountain

Thursday, April 21

Spanish Fork @ Salem Hills
 Wasatch @ Maple Mountain
 Springville @ Provo

Tuesday, April 26

Maple Mountain @ Salem Hills
 Provo @ Spanish Fork
 Springville @ Wasatch

Thursday, April 28

Salem Hills @ Springville
 Wasatch @ Provo
 Spanish Fork @ Maple Mountain

Tuesday, May 3

Wasatch @ Salem Hills
 Springville @ Spanish Fork
 Provo @ Maple Mountain

Thursday, May 5

Maple Mountain @ Springville
 Spanish Fork @ Wasatch
 Salem Hills @ Provo

May 10 Season end date
 May 13 State First Round Region Sites
 May 14 State Second Round Region
 Sites May 19-20 State Third Round Region
 Sites May 23-27 State Tournament @ TBA

SWIMMING GUIDELINES
2020-21

REGION ACTIVITY CHAIRPERSON: Mark Binks, Springville

1. All Sports Moratorium - July 4-10, 2021. Swimming Moratorium - August 7-20, 2021.
Thanksgiving Moratorium - Nov 25-28, 2021. Christmas Moratorium - Dec 22-26, 2021.
No Practices, competitions, meetings or travel
2. Team selection and first practice cannot be held before Monday, September 27th, 2021.
3. The first swimming meet cannot be held before Friday, October 29, 2021.
4. A maximum of fourteen (14) meets can be participated in by region teams, including state qualifying meets.
5. Region IX will pay for swimming officials at the following meets:
Region Championships

Referee (1)	\$40
Starter (1)	\$40
Stroke Judges (8-10)	\$35
Scorer Tables (3)	\$25
6. Region IX Swim Championship - February 4 & 5, 2022 @ Wasatch (tentatively)
 - a. Prelims Friday February 4, 2022. Finals February 5, 2022
 - b. Warmups begin at 8:15 am daily
 - c. Meet starts at 10:00 am daily
 - d. 24 swimmers will return for finals in each individual event and 1 relay per team.
 - e. Swimmers are locked into placing within the heat they qualify for finals.
 - f. Region IX Championships entries will be submitted electronically to the Meet Director: Steve Marsin by Tuesday, February 1st, by 3:00 pm.
7. Region IX Swim Championship entry guidelines
 - a. Unlimited entries per individual event
 - b. 3 relays for 200 Medley & 200 Free Relays, 2 relays for 400 Free Relays per team
 - c. Only one (1) relay from each school per relay event will score towards the Region Championship and earn awards
 - d. All swimmers must meet eligibility requirements as per National Federation Rules. (Swimmers may compete in 4 events, one (1) must be an individual event)
 - e. Only top four (4) swimmers from each school will score towards the Region Championship and earn awards
 - f. Scoring format will be sixteen (16) places as per National Federation Rules
8. Region IX Swim Championships Awards
(boys/girls) Region Championship
Trophy (boys & girls) Medals for places
1-8 individual events Medals for places
1-3 in relay events
9. The 5A State Swim Meet will be held on February 18 & 19, 2022

REGION IX SWIMMING SCHEDULE 2021-2022
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8 - 1 day events dual/tri
3 - 2/3 day events region or invitational

<i>Date</i>	<i>Event</i>	<i>Host Team</i>	<i>Time</i>
Friday, October 29th, 2021	Pre-Region Invitational	Springville	Warm-ups 8:00am Start time 9:30am
Saturday, November 6, 2021	Nebo Invitational	Salem Hills	Warm-ups 7:30am Start time 9:00am
Thursday November 11, 2021	Maple Mt. vs. Salem Hills, Spanish Fork	Maple Mountain	Warm-ups 3:00pm Start time 3:45pm
Thursday, November 11, 2021	Provo vs. Springville & Wasatch	Provo	Warm-ups 3:00pm Start time 3:45pm
Thursday, December 2, 2021	Salem Hills vs. Wasatch & Springville	Salem Hills	Warm-ups 3:00pm Start time 3:45pm
Thursday, December 9, 2021	Spanish Fork vs Maple Mt & Provo	Spanish Fork	Warm-ups 3:00 pm Start time 3:45 pm
Thursday, December 16, 2021	Provo vs. Springville & Maple Mt.	Provo	Warm-ups 3:00pm Start time 3:45pm
Thursday, January 13, 2022	Springville vs. Spanish Fork & Provo	Springville	Warm-ups 3:00pm Start time 3:45pm
Thursday, January 20, 2022	Salem Hills vs. Provo & Payson?	Salem Hills	Warm-ups 3:00pm Start time 3:45pm
Thursday, January 20, 2022	Maple Mt. vs. Spanish Fork & Wasatch	Wasatch	Warm-ups 3:00pm Start time 3:45pm
Friday/Saturday February 4&5, 2022	Region 9 Championship	Wasatch	Warm-ups 8:15am Start time 10:00am

Guidelines for Dual/Tri Meets:

- a. Unlimited entries on allevents
- b. Double dual scoring will be used as per 2021-2022 National Federation rules
- c. Coaches may agree to alter entry limits and scoring prior to the meet
- d. Coaches may agree to add teams outside the Region to these meets

Coaches Contact Information:

Springville	Kim Green	kim.green@nebo.edu
Spanish Fork	Shannon Dowling	sad.dowling122@gmail.com
Maple Mountain	Katee Groneman	kateejgroneman@gmail.com
Salem Hills	Brad Graham	brad.graham@nebo.edu
Provo	Jessica McKell	jessmckell@gmail.com
Wasatch	Shawn Marsing	shawn.marsing@wasatch.edu

TENNIS GUIDELINES 2021-2022

REGION ACTIVITY CHAIRPERSON: Mike Hunter, Provo

Girls beginning practice date August 2, 2021. First competition can be held August 9, 2021. Boys beginning practice date February 28, 2022. First competition can be held March 7, 2022.

July 19 – August 1, 2021 – Girls Tennis Two Weeks Prior Restrictions
February 13 – February 27, 2021 – Boys Tennis Two Weeks Prior Restrictions

1. Region IX will adopt the rules and code of conduct outlined by USTA and ITCA; coaches are expected to keep players and spectators of their school in compliance with the rules and expectations outlined here. Violations of this code could result in a point penalty. Coaching will be permitted during net changeovers and during set changeovers, including a new policy of “continuous coaching” for Varsity and JV players during the 20 seconds in between points. Players may only leave the court between the second and third set or in an emergency situation. Players will be permitted a 10-minute warm-up at the beginning of each match.
2. The best singles player must be in the number one slot, the next best singles player in the number two slot, and so on. The same policy must be used for doubles. The best player may play either first singles or first doubles.
3. In case of a substitution, players do need to be moved up in skill order in accordance to stacking regulations. (See UHSAA Handbook page 116)
4. The Region Team Championship will be determined by the results from the Region Dual meets. In the dual meets, one (1) team point will be given the winners of the five matches. A team could receive 0, 1, 2, 3, 4, or 5 points per dual match.
5. Players will be seeded in the region tournament according to the record at that position during region play, but consideration regarding any conflict may be addressed at the Coaches Meeting prior to Region Tournament. (see UHSAA Handbook page 116)
The region will use the following seeding rules-
 1. Matches won by individual/doubles team at the position during region match play.
 2. Winner of individual/doubles team in Head to Head region match play.
 3. Games won minus games lost in the position by that individual/doubles team in region play (i.e. in a match ending 7:5, 6:4, the winning player would end up with a score for that match of 4, while the losing player would have a score of -4). Add all the game win/loss records up, whoever has the highest score wins.
 4. Games won by that individual/doubles team in the position during region play.
 5. Coin toss
6. High school tennis players must compete in a minimum of (5) matches during the season for their high school team in order to compete at the Region tournament. This includes matches at the varsity or junior varsity level and in the singles or doubles category. Injury or special situations will be considered but must be approved by the Region IX tennis chair prior to the student athlete participating in the Region tournament. The philosophy that the best player should compete in any given category, i.e., first singles, second singles, etc. is still appropriate. Stacking is not permissible and could result in Region VIII action. If a coach suspects that another coach is stacking their players to gain an advantage, the coach will immediately contact the Region tennis chair who will contact the coach in question and ask for documentation or other evidence or proper player placement.

7. All Region matches will begin at 3:30 pm.
8. All Region matches will be played on the date scheduled unless weather or other conditions require a change. The coaches involved will determine the new playing dates required with administrative approval. Host coach will be responsible for contacting the coach of the visiting team about playing conditions no later than 1:30; conversations between coaches are encouraged to guarantee good communication regarding the match play.
9. Medals will be awarded to Region IX Tournament 1st- 4th place finishers (Singles & Doubles). Players will go on to be seeded for the State Tournament, according to positions granted by UH- SAA. A trophy will be awarded to Region IX Season Champions.
10. The home team will provide the tennis balls for the match. Wilson is the UHSAA sponsored tennis ball.
11. Coaches will provide a written line-up of players by position as they arrive for all dual matches.
12. Each team should wear proper tennis attire. This includes school identification which can be by letter or name. Teammates should wear the same style and color of shirt. Team uniforms with school identification are required for region and state tournaments. Coaches and Assistant Coaches should also wear identifying shirts.
13. Sixteen matches are allowed per individual. 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-day tournament shall count as one match, a two-day tournament shall count as two matches, etc.
14. A maximum of 3 designated coaches are allowed for Region IX varsity play. Additional coaches are subject to approval if the Region Tournament is held at two separate sites. The number of coaches designated for Junior Varsity matches will be decided before the matches begin.
15. Dead time period applies to all current 9th through 12th grade students. During the dead time there should be no coach to player contact related to the sport. This includes not observing players perform in that sport.

All Sport Summer Moratorium: July 4 – 10th

All Sport Winter Moratorium: November 22 – Jan 1

16. Tennis Academic All-State nominations can now be submitted by parents or coaches on RegisterMyAthlete. Guidelines are online at uhsaa.org.

Girls Tennis: Sept 7 – Oct 5, 2021

Boys Tennis: Mar 22 – April 21, 2022

17. The 5A High School State Tennis Championship will be held at Liberty Park. The gates open at 7:45 for players to warm-up and Coaches Meeting usually begins between 8-8:15 am.

2021 State Finals for Girls will be: Oct 7 & Oct 9, 2021

2022 State Finals for Boys will be: May 19 & May 21, 2022

18. AP Tests are the first two weeks of May. Make sure athletes have scheduled an alternate test time if it interferes with any Region Tournaments.

19. Other important dates for coaches to know:

Girls Tennis Rules Clinic Quiz: Aug 5 – Sept 12, 2021

Girls Tennis Roster due on RMA – Aug 27, 2021

Boys Tennis Rules Clinic Quiz: Feb 14 – Mar 7, 2022

Boys Tennis Roster Due on RMA – March 18, 2022

<p style="text-align: center;">GIRL'S TENNIS SCHEDULE 2021-2022</p>

8/24 Maple Mountain @ Provo
Salem Hills @ Spanish Fork
Springville @ Wasatch

8/26 Salem Hills @ Maple Mountain
Provo @ Springville (Moved to 8/25)
Spanish Fork @ Wasatch

8/31 Maple Mountain @ Springville
Wasatch @ Salem Hills
Provo @ Spanish Fork

9/2 Maple Mountain @ Wasatch
Spanish Fork @ Springville
Salem Hills @ Provo

9/7 Spanish Fork @ Maple Mountain
Provo @ Wasatch
Springville @ Salem Hills

9/24 JV Tournament @ Provo & Springville

9/29 & 9/30 Varsity Tournament @ Provo

9/9 Provo @ Maple Mountain
Spanish Fork @ Salem Hills
Wasatch @ Springville

9/14 Maple Mountain @ Salem Hills
Springville @ Provo
Wasatch @ Spanish Fork

9/16 Springville @ Maple Mountain
Salem Hills @ Wasatch
Spanish Fork @ Provo

9/21 Wasatch @ Maple Mountain
Springville @ Spanish Fork
Provo @ Salem Hills

9/23 Maple Mountain @ Spanish Fork
Wasatch @ Provo
Salem Hills @ Springville

BOY'S TENNIS SCHEDULE 2021-2022
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Start 3/22?

3/24 Provo @ Maple Mountain
Spanish Fork @ Salem Hills
Wasatch @ Springville

4/19 Maple Mountain @ Provo
Salem Hills @ Spanish Fork
Springville @ Wasatch

3/29 Maple Mountain @ Salem Hills
Springville @ Provo
Wasatch @ Spanish Fork

4/21 Salem Hills @ Maple Mountain
Provo @ Springville
Spanish Fork @ Wasatch

3/31 Springville @ Maple Mountain
Salem Hills @ Wasatch
Spanish Fork @ Provo

4/26 Maple Mountain @ Springville
Wasatch @ Salem Hills
Provo @ Spanish Fork

4/12 Wasatch @ Maple Mountain
Springville @ Spanish Fork
Provo @ Salem Hills

4/28 Maple Mountain @ Wasatch
Spanish Fork @ Springville
Salem Hills @ Provo

4/14 Maple Mountain @ Spanish Fork
Wasatch @ Provo
Salem Hills @ Springville

5/3 Spanish Fork @ Maple Mountain
Provo @ Wasatch
Springville @ Salem Hills

JV Tournament Date??? @ Provo & Springville.

Region/Divisional Tournament TBD

<p style="text-align: center;">TRACK & FIELD GUIDELINES 2021-2022</p>

REGION ACTIVITY CHAIRPERSON: Bart Thompson, Spanish Fork

1. Track Meets begin at 3:30.
2. Visiting schools will run an assigned event at Tri-meets.
3. At Region Tri-meets, the host school will be responsible to conduct and take care of all preparation and equipment needs.
4. Each school will furnish their own adhesive tags for the Region meets.
5. Athletes can participate in no more than 12 meets, only 8 of the 12 can be qualifying meets, plus the Region and State Championship meets.
6. The top four (as determined by UHSAA guidelines) in each individual event in the Region Championship Meet and the top four finishers in each relay will qualify for the State Championship Meet.
7. The winner of the Region Championship trophy will be determined by team scores at the Region Championship Meet. The top 6 individual places (top 5 in relays) will be scored at the Region Championships (scores will be 10-8-6-4-2-1 for individual events and 10-8-6-4-2 for relays)
8. Medals will be awarded at the Region Championships for the top 6 finishers in individual events and top 3 relays for both boys and girls events.
9. Each school will be responsible to provide sufficient volunteers to officiate an event at the Region Meet.
10. Each school will be allowed seven (7) individuals at the Region Championship Meet in each event. If a school has more than seven individuals qualified for State, all qualified individuals can participate at the Region Championships. Each school will be allowed one (1) relay team in each relay.
11. The top eight (8) times for lane events (regardless of heat placing) and top nine (9) marks for field events will advance to the finals at the Region Championships.
12. The Region will pay for a head starter and up to four additional officials for the Region Championship Meet.
13. At the Region Championship Meet, all athletes must be in full uniform, which consists of a school issued track & field top and bottom, which declares school affiliation (See NFHS handbook Rule 4-3).
14. Pole vault is a non-scoring event, although medals will be awarded. The top four do not automatically qualify for the State Championships-- they must achieve the state qualifying standard. Additionally, competing in pole vault counts toward an athlete's four event maximum.
15. The Region coaches will select an All-Region Academic Team composed of senior athletes with a cumulative GPA of 3.7 or higher.
16. In the event there is a tie between two or more athletes that will impact State Championship qualifications (4th place), the NFHS tie-breaking rules will apply for field events, a run-off will occur for any laned events, and a coin toss will be used for distance events (800m or greater).
17. Changes to the Region schedule must be approved by the Region Representative over Track & Field. The host school's principal, in consultation with the coaches, will determine whether a meet should be cancelled.

<p style="text-align: center;">TRACK & FIELD SCHEDULE 2021-2022</p>
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2022

REGION IX CHAMPIONSHIP MEET--2022

- Hosted by Salem Hills High School
- Wednesday-Thursday, May 11th & 12th, 2022

JV REGION TRACK MEET

- Hosted by Wasatch High School
- Wednesday, May 4th, 2022

UHSAA STATE CHAMPIONSHIP MEET

- Hosted by BYU
- Thursday & Saturday, May 19th & 21st, 2022

REGION IX TRI-MEETS 2022

Tuesday, March 22nd*

- Host School: Spanish Fork--Wasatch, Maple Mountain
- Host School: Provo--Salem Hills, Springville

Tuesday, April 12th*

- Host School: Salem Hills--Spanish Fork, Wasatch
- Host School: Springville--Provo, Maple Mountain

Tuesday, April 19th*

- Host School: Wasatch--Provo, Maple Mountain
- Host School: Salem Hills--Spanish Fork, Springville

*Pole vault will be contested at Spanish Fork High School each Monday before tri-meets.

REGION CHAMPIONSHIP ORDER OF EVENTS--TBD (Feb 2022)

2023

REGION IX CHAMPIONSHIP MEET--2023

- Hosted by Wasatch High School
- Wednesday-Thursday, May 10th & 11th, 2023

VOLLEYBALL GUIDELINES
2021-2022

REGION ACTIVITY CHAIRPERSON: Jade Andersen, Spanish Fork

1. Important Dates:

MORATORIUM - NO PRACTICE ALLOWED – July 4 - July 10, 2021
Two Weeks Prior Restrictions - July 19 - August 1, 2021
The beginning practice date is - August 2, 2021
Live Rules Clinic - August 10, 2021
Rules Clinic Online – August 11 – September 12, 2021
The first game may be held on August 12, 2021
Upload team photo to MAXPREPS by August 21, 2021
Roster with Players & #'s on Register My Athlete Deadline is August 27, 2021
Academic All-State Applications accepted between September 7 - October 5, 2021
Nominees are Varsity High School Seniors with a GPA of 3.7 or higher
Season End Date – October 27, 2021
The dead periods are detailed on #9
Fall Break is Thursday, October 14 & Friday October 15, 2021

2. Allowed Scheduled competition: In Accordance with the UHSAA Guidelines, one of the following three options may be chosen: 18 matches and 0 tournaments; 17 matches and 1 tournament; or 16 matches and 2 tournaments. The following guidelines pertain to the tournaments: no more than 7 total matches in a tournament, no more than 4 matches in a given day; and tournaments may not exceed three days in length. If a region tournament is held it would have to be counted as one of the two tournaments allowed.

3. Game times: In accordance with the UHSAA State Official Guidelines, game times are as follows. Sophomore 3:30 p.m. Freshman & J.V. 4:45 p.m. Varsity 6:00 p.m. without the possibility of starting earlier. Admission to be charged at all Freshman, Sophomore, Junior Varsity, and Varsity Matches.

*When Scheduling officials, home team must specify on the arbiter if a freshman level match will be a part of the night's competition or not, in that some of our teams will not have a freshman team.

4. Matches:

Sophomore B Team Matches: Best 2 out of 3. Rally scoring format is as follows: Set 1 and 2 to 25 with a cap of 27. Set 3 score to 15 with a cap of 17.

Sub-Varsity Matches: Rally scoring format is as follows: Set 1, and 2 score to 25 with a cap of 27. Set 3 score to 15 with a cap of 17, and, (if necessary) sets 4 and 5 score to 15 with a cap of 17. The let serve is still utilized. Sets 1 and 2 have a possibility of two (2) time-outs per team and sets 3, 4 and 5 have a possibility of one (1) time-out per team.

Varsity Matches: Rally scoring format is as follows: Sets 1, 2, 3, and (if necessary) set 4 score to 25 with no cap and set 5, (if necessary), score to 15 also with no cap. The let serve is still utilized. All varsity sets have a possibility of two (2) time-outs per team in all 5 sets.

Disclaimer: The priority to reschedule region matches should remain within Region IX teams when the cancellation is due to circumstances beyond the school's control. If region matches are not rescheduled, this must be self-reported to the Region IX Board.

5. Warm-Up prior to games will be four (4) minutes for visiting team, and four (4) minutes for home team followed by two (2) minutes shared serving.

6. The Host School will control warm-up music, and provide practice balls and ball cart for the visiting team as well as access to a locker room/team meeting facility. Host school will also provide a water jug at the end of each bench making sure that it is re-filled for the varsity match. Host team is NOT responsible for providing cups. It is suggested that players have their own water bottles to fill. The National Anthem or The Pledge of Allegiance is also encouraged at home matches.

7. Last Match Home Match of the Season: If your school honors the seniors and parents at the final home varsity match, please try to keep it to a maximum of 15 minutes. It is suggested that all honors happen prior to any and all varsity warm up times.

8. Region Honors:

All region volleyball teams are to recognize outstanding varsity players of any grade who finish the season in good standing. After the last region match Region IX head coaches will select the players for this recognition. After the All-Region teams (1st Team, 2nd Team, Honorable Mention) have been selected, the list will be given to the Region Chair to be put in the local papers. The first-place team is allowed five players, the second-place team is allowed four players, the third and fourth place teams each select three players, and the fifth and sixth place teams each select two players for the teams.

- a. Coaches will also select an Offensive MVP, a Defensive MVP, a Blocker MVP, and a Setter MVP. Nominations will be submitted to the region chair and then head coaches will make a final vote via email. Nominations for MVP should include player name, jersey number, position, and brief reason for the nomination. Additional conversation regarding voting can be conducted via email as needed.

9. Volleyball Dead Time:

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

July 4, 2021 – July 10, 2021: Summer Moratorium. No coaching, practices, competitions, observing, meetings or travel. No conditioning, gym time or open gym allowed.

July 19, 2021 – Aug 1, 2021: 2 Weeks Prior. No coaching, practice sessions, drills, scrimmages, tape review or team camps. Activities that ARE ALLOWED include weight lifting, conditioning, sport specific exercise, and open gym (as long as there are no fees, team selection or coaching).

Nov 25, 2021 – Nov 28, 2021 and Dec 22, 2021 – Dec 26, 2021 and Jan 1, 2022: Regular and Holiday Moratorium. No coaching, practices, competitions, observing, meetings or travel. No conditioning, gym time or open gym allowed.

***Please be sure to complete your moratorium declaration on UHSAA website**

10. State Tournament - November 2 (Tuesday) First Round (Home Site)
November 4-6 (Friday/Saturday) 2nd Rounds to Final - UVU

**VOLLEYBALL SCHEDULE
2021-2022**

September 9, 2021 (Thursday)

Salem Hills @ Provo
Wasatch @ Springville
Maple Mountain @ Spanish Fork

September 14, 2021 (Tuesday)

Salem Hills @ Wasatch
Springville @ Maple Mountain
Spanish Fork @ Provo

September 16, 2021 (Thursday)

Spanish Fork @ Springville
Maple Mountain @ Salem Hills
Provo @ Wasatch

September 21, 2021 (Tuesday)

Wasatch @ Maple Mountain
Salem Hills @ Spanish Fork
Springville @ Provo

September 23, 2021 (Thursday)

Maple Mountain @ Provo
Salem Hills @ Springville
Wasatch @ Spanish Fork

September 28, 2021 (Tuesday)

Provo @ Salem Hills
Springville @ Wasatch
Spanish Fork @ Maple Mountain

September 30, 2021 (Thursday)

Wasatch @ Salem Hills
Maple Mountain @ Springville
Provo @ Spanish Fork

October 5, 2021 (Tuesday)

Springville @ Spanish Fork
Salem Hills @ Maple Mountain
Wasatch @ Provo

October 12, 2021 (Tuesday)

Spanish Fork @ Salem Hills
Provo @ Springville

October 19, 2021 (Tuesday)

Maple Mountain @ Wasatch

October 21, 2021 (Thursday)

Provo @ Maple Mountain
Springville @ Salem Hills
Spanish Fork @ Wasatch

Wrestling Guidelines 2021-2022

REGION ACTIVITY CHAIRPERSON: Brad Foster - Wasatch High School

General Guidelines:

- The starting date for wrestling practice is November 8, 2021
- The first match of the year cannot be held prior to November 23, 2021
- Moratorium Dates for 2021-2022 school year:
 - November 25 - 28, 2021
 - December 22 - 26, 2021
 - January 1, 2022
- The NFHS rulebook will be followed for all rules, including weight classes, weight control, weigh-ins, tournament scoring, and every other situation unless otherwise directed by the UHSAA
- All wrestlers are allowed 16 credits. All tournaments count as one credit. Individuals may compete in no more than six tournaments per season. No more than three of six tournaments can be dual tournaments.
- The officials for all region and practice matches will be assigned by the state arbiter for varsity, junior varsity, and sophomore meets. All officials must be certified.
- All coaches must be registered/certified in the Register My Coach system as required by UHSAA

Region Dual Meet Guidelines:

- Gym cleared: 3:30 pm
 - Weigh in: 4:00 pm
 - Junior Varsity matches: 5:00 pm
 - Varsity matches: 7:00 PM
- The gym must be cleared of all other activities by 3:30 pm so the floor can be set-up. A change in starting time requires mutual agreement between the principals of the two schools involved. As a courtesy, schools who believe that their JV matches will be short (due to a small number of JV wrestlers) may contact the other school and arrange a later start time for JV matches according to the outlined procedure. Changes in the date of an activity requires the approval of the Region 9 Board of Managers. Host schools are responsible to notify the arbiter of any time or date change.
- When girls are wrestling, they will alternate every other with the boys

Divisional Tournament Guidelines:

- Each school is allowed to enter two (2) wrestlers per weight class at the Varsity level.
- Divisional seeding is determined by UHSAA. The seeding criteria is on their website.
- Divisional Tournament site will be determined by invitation by the UHSAA.

Region Wrestling Awards:

- Region 9 will present one trophy to the school with the best record in Region 9 dual competition
- Academic All-Region awards will be presented by the individual schools. The criteria are: any varsity, senior wrestler with a cumulative GPA of 3.70 or higher

Wrestling Off-Season:

- The sport specific moratorium period applies to all current 9th through 12th grade students. During the moratorium there must be no coach-to-player contact related to the sport. This includes coaches not observing players perform in that sport.
- All-Sport Moratorium: July 4 - 10, 2021
- Wrestling Moratorium: July 29 - August 25, 2021

**Wrestling Schedule
2021-2022**

REGION ACTIVITY CHAIRPERSON: Brad Foster – Wasatch High School

Start Date: November 8, 2021

First Match: no earlier than November 23, 2021

Divisional Tournaments: February 4th & 5th, 2022

State Wrestling Tournament: February 16th & 17th, 2022

Dual Meet Info: Weigh in: 4:00 pm JV Matches: 5:00 pm

Varsity Matches: 7:00 PM

***Wasatch @ Provo – Dec. 2nd (was 12/15)**

1st Dual: Thursday, Dec 9th

Maple Mountain @ Provo
Spanish Fork @ Salem Hills
Springville @ Wasatch

2nd Dual: Wed, Dec. 15th

Salem Hills @ Springville
Maple Mountain @ Spanish Fork

3rd Dual: Thursday, January 6th

Provo @ Spanish Fork
Salem Hills @ Wasatch
Springville @ Maple Mountain

4th Dual: Thursday, January 13th

Wasatch @ Maple Mountain
Provo @ Salem Hills
Spanish Fork @ Springville

5th Dual: Thursday, January 20th

Provo @ Springville
Wasatch @ Spanish Fork
Maple Mountain @ Salem Hills

2021-2022 UHSAA MEETING SCHEDULE (Proposed Dates)

Executive Committee Meeting Dates @ UHSAA Offices

Region 9 Representative (Ryan Bishop) will attend all UHSAA EC meetings

Thursday, August 5	10:00 am
Wednesday, October 13	9:00 am
Wednesday, November 10	9:00 am
Wednesday, January 12 (Sleepy Ridge)	8:00 am
Wednesday, March 16	9:00 am
Wednesday, April 27	9:00 am
Wednesday, June 1	9:00 am

Region 9 Meeting Dates TBA

Tuesday, August 24	9:00 am
Wednesday, October 20	9:00 am
Tuesday, November 16	9:00 am
Wednesday, January 19	9:00 am
TBA 1/31 – 2/7 Region Coaches Meeting (Scheduling/Handbook)	
Tuesday, March 22	9:00 am
Tuesday, May 3?	Lunch?