



REGION VIII

Activities Manual
2018-2019

REGION VIII HANDBOOK 2018-2019

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**REGION VIII
SPORTSMANSHIP AWARD**

In an effort to recognize and promote good sportsmanship, the Board of Managers has established the Region VIII Sportsmanship Award to be presented after the Fall, Winter, and Spring sports seasons. For each season, the selected school will receive \$200. In the event of a tie, both schools will be recognized and they will split the \$200.00.

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
2018-2019
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 VIII recognizes the importance of Utah Code 53-11-908 with the intent to promote good sportsmanship.

**POLICIES AND PROCEDURES FOR ATHLETIC CONTESTS
2018-2019**

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

BSK Basketball

CC Cross Country

WR Wrestling

DR Drill Team

FB Football

GO Golf

SC Soccer

SB Softball

SW Swimming

TE Tennis

TR Track & Field

VB Volleyball

	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 anytime, 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. Children under high school age are discouraged from being on the sideline, court or playing field.
9. 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.
10. Schools that violate region rules may be fined. The amount of the fine to be determined by the Region Board of Managers.
11. A well-planned flag ceremony should be encouraged prior to start of the event.
12. 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.

13. 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.
14. Unless there are more than 50% of Region schools participating, no new state sponsored activity will be added.
15. 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.

16. Tournament entries will be determined by the win/loss record in Region play. In the event of a tie between teams qualified for state tournament positions, the seeding will be determined by the win/loss record between the teams involved. If the seeding is not resolved, the seeding will be determined by head to head records against the team with the highest finish (Region Champion). If that does not break the tie, success against the next highest finisher will be compared. This process will continue on down through the entire region standings in an attempt to break the tie. If the tie is still not broken by this procedure, teams will conduct a coin toss to determine seeding.

Coin Toss Procedure: A representative from each of the involved schools and the Region representative over the activity or his/her designee must be present. In the case of two teams, the Region representative flips one coin after one school has called a side. The winner of the flip gets the higher seed. In the case of three schools, each school's representative flips a coin simultaneously until an "odd" outcome is determined (one coin not matching the other two). The "odd" school gets highest seed and the remaining two teams conduct a two team coin flip to determine the remaining seeding.

Note: See guidelines B and C below for specific coin toss procedures for possible entry or non-entry scenarios.

In the event of any tie that would determine entry or non-entry to the tournament, play-offs will be held with the following guidelines:

If there is a tie between two teams with one available tournament slot, they will play each other with the winner earning the tournament entry. Head to Head outcomes if possible, will be used to determine home field for outdoor events, Head to Head will be first consideration then a coin toss will be utilized for hosting indoor events.

If there are three teams tied for one available tournament entry slot, a three way coin flip will be held. The "odd" team will have a bye and the other two teams will play. The winner of that game will play the bye team in a partial contest. The winner of that game will then get the tournament entry slot. Head to Head outcomes will be first consideration if possible, will be used to determine home field for outdoor events while head to head outcomes will be utilized if possible for indoor events, then a coin toss if needed.

If there are three teams tied for two available spots, there will be a three- way coin flip; "odd" team gets the lower seed, the other two teams play for the remaining state tournament seed. Head to Head will be first consideration for home field, if Head to Head does not determine home site, then a coin toss will be used if needed.

Check Guidelines for each activity, ie, soccer and football,

When four teams tie for two spots they will draw for pairings then two winners flip for seeding. In the event of a tie involving more than three teams, the Region Board of Managers will determine an acceptable tie breaking procedure. The administrator with responsibility for the event as listed on Page 2 of the Region handbook will make a proposal for consideration by the entire board.

4-way coin flip (each school flips a coin, heads to heads match up, tails to tails match up. If it's a 3-1 coin flip, odd man sits out until another odd flip occurs), head to head criteria used for home site.

If head to head does not determine home field a coin toss will occur.

17. Unless stated otherwise in this handbook, region scheduled outdoor afternoon events will begin at 3:30 p.m. (exceptions to be approved by both Principal's and the manager over the activity).

18. A change of time or date of an activity may be affected only through mutual agreement of both school's 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 VIII schools unless postponement is weather related.
19. 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.

All region teams may film at other region schools for scouting purposes for all sports. See UHSAA handbook for filming guidelines.

20. REGION APPROVED TICKET PRICES TO MAJOR SCHOOL ACTIVITIES:

- \$20.00 = 1 family*
- \$ 5.00 = 1 adult
- \$ 5.00 = 1 student with activity card
junior high age also pay \$5.00

** 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 varsity, J.V. and Sophomore, basketball and J.V. and Sophomore, varisty wrestling at the above region prices.

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

21. 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).
22. 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.
23. 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.
24. Academic All-Region selection will be senior varsity players only and 3.7 or higher cumulative GPA. Schools will present their own awards. Region VIII 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.
25. 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.
26. Host schools will provide for someone to meet officials and show them to their dressing rooms both before and after any event
27. Region VIII 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.
28. The region will not financially support coaches meetings.

29. The region will support 3 AD meetings per year (Fall, Winter, Spring) to include Region 8 ADs only.

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 VIII 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
2018-2019**

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 VIII 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
 1st-3rd place Plaques for each category (military, character, and dance)
 1st- 5th place medals for drill down - Trophy for overall drill down winner
- Forensics..... 1st – 4th place medals in each category (see page 32 #7) / 1 Region Trophy
- Football..... 1 Region Trophy
- Golf (Boys)..... 1st- 10th Place Medals / 1 Region Trophy
- Golf (Girls)..... 1st- 10th Place Medals / 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)* 1st- 6th Place Medals / 1 Region Trophy
 Relay events 1st-3rd
- Swimming (Girls)* 1st - 6th Place Medals / 1 Region Trophy
 Relay events 1st-3rd
- Tennis (Boys)* 1st - 4th Place Medals Varsity / 1st – 4th Place Ribbons JV / 1 Region Trophy
- Tennis (Girls)* 1st - 4th Place Medals Varsity / 1st – 4th Place Ribbons JV / 1 Region Trophy
- Track (Boys) 1st – 4th for relay* 1st - 4th Place Medals / 1 Region Trophy
- Track (Girls) 1st – 4th for relay* 1st – 4th 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 VIII OFFICIAL'S PAY SCALE 2018-2019

SPORT	VARSITY	J.V./SOPH	POST SEASON
Baseball	\$54.00	\$44.00	\$59.00
Basketball	\$59.00 (2 officials)	\$44.00	\$64.00
Basketball	\$54.00 (3 officials)	\$44.00	\$64.00
Football	\$59.00 (4 officials)	\$44.00	\$64.00
Football	\$57.00 (5 officials)	\$44.00	\$64.00
Football - Foul Recorder	\$20.00 - no travel	NA	\$20.00
Soccer Referee	\$53.00 (3-person)	\$34.00	\$56.00
Soccer Linesman	\$37.00 (3-person)	\$34.00	\$56.00
Soccer - Both Officials	\$63.50 (2-person)	\$51.00	\$56.00
Softball	\$44.00	\$39.00	\$49.00
Volleyball	\$42.50 (R1)	\$32.00	\$49.00
Volleyball	\$42.50 (R2)	\$32.00	\$49.00
Wrestling*	\$54.50	\$40.50	*see wrestling pay below

- Volleyball Tournament per match: \$32.00 for varsity and \$27.00 for sub-varsity (per best of 3); \$37.00 for varsity and \$32.00 for sub-varsity (per best of 5)
- Softball Tournament per game (with a maximum time limit of 90 minutes): \$37.00 per game

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.

***WRESTLING TOURNAMENT PAY SCALE (14 WEIGHTS)**

VARSITY: Dual meet value: \$54.50 initial, \$48.50 subsequent

JUNIOR VARSITY: Dual meet value: \$40.50 initial, \$34.50 subsequent

For varsity tournaments, pay will be the greater of \$150.00 per day (6 hours or more) OR \$54.50 for the first dual equivalent (14 individual matches) and \$48.50 for each dual equivalent thereafter. For subvarsity tournaments, pay will be the greater of \$100.00 per day (6 hours or more) OR \$40.50 for the first dual equivalent (14 individual matches) and \$34.50 for each dual equivalent thereafter

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 \$180.00 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 \$2.50 per individual match.

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)

VARSIITY

Dual meet value -- \$54.00
2 Duals-Double dual-\$98.00
3 Duals-Tri-dual-\$147.00
4 Duals-4 team tourney-\$196.00
12 Duals-8 team tourney-\$588.00
21 Duals-12 team tourney-\$1,029.00
29 Duals-16 team tourney-\$1,421.00

JR.VARSIITY

Dual meet value -- \$50.00
2 Duals-Double Dual-\$70.00
3 Duals-Tri-dual-\$105.00
4 Duals-4 team tourney-\$140.00
12 Duals-8 team tourney-\$420.00
21 Duals-12 team tourney-\$735.00
29 Duals-16 team tourney-\$1,015.00

Each dual match for varsity averages to \$3.50 per match, a J.V. match equals \$2.50 per match. The total pay is calculated by multiplying these figures by the number of duals occurring in the tournament; for example, a normal dual match is 14 bouts x \$3.50=\$49.00. The total may also be calculated by taking the number of duals in one bracket in a tournament, (a 16-team tournament has 29 duals in a bracket), multiply that number by \$49.00 and it totals \$1,421.00. That figure is divided by the number of officials in the tournament. Mileage is added to each official as well.

- A. Dual meet values will dictate the cost of ALL tournaments except the state Meets.
- B. ADD .34 cents (driver) .05 cents (rider) for each mile over 50 miles to all dual meets and tournaments.
- C. Byes in tournaments may be deducted out of the pay but exhibition matches will be paid \$2.50/bout.

GENERAL PAYMENT INFORMATION

Officials shall be paid at the contest site prior to the start of the contest or may be paid by mail after the contest. The principal at each school has responsibility to ensure that all officials are paid as required.

Officials shall receive one fee per contest.

Officials and schools assigned by the UHSAA shall not be permitted to negotiate fees or mileage other than as printed in this manual and in the UHSAA constitution and By-laws.

Should a contest be stopped because of conditions beyond the control of the officials (weather, power outage, etc.) before the contest is one half completed, or the contest is not started after the officials arrive at the site, the officials will be paid one game fee which they will divide. Each official will receive \$10.00 for mileage. Should the contest be more than one-half completed, the officials will receive the standard amount paid for a completed game.

<p style="text-align: center;">BASEBALL GUIDELINES 2018-2019</p>
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REGION ACTIVITY CHAIRPERSON: Adam Hagan, Wasatch

1. Beginning practice and team selection date: February 25, 2019
First contest date: March 4, 2019
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

**BASEBALL SCHEDULE
2018-2019**

Monday, April 1

Timpanogos @ Wasatch
Provo @ Springville
Skyridge @ Maple Mountain

Tuesday, April 2 (Double Header)

Wasatch @ Timpanogos
Springville @ Provo
Maple Mountain @ Skyridge

Tuesday, April 9

Skyridge @ Wasatch
Springville @ Maple Mountain
Provo @ Timpanogos

Thursday, April 11

Wasatch @ Skyridge
Maple Mountain @ Springville
Timpanogos @ Provo

Friday, April 12

Skyridge @ Wasatch
Springville @ Maple Mountain
Provo @ Timpanogos

Tuesday, April 16

Wasatch @ Springville
Provo @ Maple Mountain
Skyridge @ Timpanogos

Thursday, April 18

Springville @ Wasatch
Maple Mountain @ Provo
Timpanogos @ Skyridge

Friday, April 19

Wasatch @ Springville
Provo @ Maple Mountain
Skyridge @ Timpanogos

Tuesday, April 30

Springville @ Skyridge
Timpanogos @ Maple Mountain
Wasatch @ Provo

Thursday, May 2

Skyridge @ Springville
Maple Mountain @ Timpanogos
Provo @ Wasatch

Friday, May 3

Springville @ Skyridge
Timpanogos @ Maple Mountain
Wasatch @ Provo

Monday, May 6

Skyridge @ Provo
Timpanogos @ Springville
Maple Mountain @ Wasatch

Tuesday, May 7

Provo @ Skyridge
Springville @ Timpanogos
Wasatch @ Maple Mountain

Wednesday, May 8

Skyridge @ Provo
Timpanogos @ Springville
Maple Mountain @ Wasatch

**SOPHOMORE BASEBALL SCHEDULE
2018-2019**

Tuesday, April 2

Timpanogos @ Wasatch
Provo @ Springville
Skyridge @ Maple Mountain

Monday, April 8

Skyridge@Wasatch
Springville @ Maple Mountain
Provo @ Timpanogos

Thursday, April 11

Wasatch @ Skyridge
Maple Mountain @ Springville
Timpanogos @ Provo

Monday, April 15

Wasatch @ Springville
Provo @ Maple Mountain
Skyridge @ Timpanogos

Thursday, April 18

Springville @ Wasatch
Maple Mountain @ Provo
Timpanogos @ Skyridge

Monday, April 29

Springville@Skyridge
Timpanogos @ Maple Mountain
Wasatch @ Provo

Thursday, May 2

Skyridge @ Springville
Maple Mountain @ Timpanogos
Provo @ Wasatch

Monday, May 6

Provo @Skyridge
Springville @Timpanogos
Wasatch @ Maple Mountain

Thursday, May 9

Skyridge @ Provo
Timpanogos @ Springville
Maple Mountain @ Wasatch

Sophomore Tournament: Saturday, May 13

1 vs 2 Same Site

3 vs 4 Same Site

5 vs 6 Off Site

**JV BASEBALL SCHEDULE
2018-2019**

Monday, April 1

Timpanogos @ Wasatch
Provo @ Springville
Skyridge @ Maple Mountain

Tuesday, April 9

Skyridge @ Wasatch
Springville @ Maple Mountain
Provo @ Timpanogos

Friday, April 12

Skyridge @ Wasatch
Springville @ Maple Mountain
Provo @ Timpanogos

Tuesday, April 16

Wasatch @ Springville
Provo @ Maple Mountain
Skyridge @ Timpanogos

Friday, April 19

Wasatch @ Springville
Provo @ Maple Mountain
Skyridge @ Timpanogos

Tuesday, April 30

Springville @ Skyridge
Timpanogos @ Maple Mountain
Wasatch @ Provo

Friday, May 3

Springville @ Skyridge
Timpanogos @ Maple Mountain
Wasatch @ Provo

Monday, May 6

Skyridge @ Provo
Timpanogos @ Springville
Maple Mountain @ Wasatch

Thursday, May 9

Skyridge @ Provo
Timpanogos @ Springville
Maple Mountain @ Wasatch

**BASKETBALL GUIDELINES
2018-2019**

REGION ACTIVITY CHAIRPERSON: Kevin Henshaw, Skyridge

1. Game Times and Locations:

Gym 1

3:30 Girls JV

5:15 Girls Varsity

7:00 Boys Varsity

Gym 2

Boys JV

Boys Soph

Girls Soph

Girls JV will be in the main gym through January 30 and exchange locations with Boys JV starting in February

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 5 – first contest November 20. 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: July 5- July 11 and August 1- August 14
Thanksgiving: November 22- November 25
Winter Break: December 22- December 26 and January 1
Spring: March 5- March 18
Summer: July 1-7, 2018
10. The team in the Region which has the best win/loss percentage will be declared the Region Champion and will be awarded a trophy. In case of a tie for first place, co-champions will be named and duplicate trophies will be awarded.
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. Tie breaker information see page 7 in Region Handbook. If there is a tie for last playoff spot: Girls Region tie breaker game would be Thursday or Friday after the regular season ends. Boys Region tie breaker game would be Thursday or Friday after the regular season ends . (If 3 or more teams are tied for 4th place, abbreviated games will be played)
17. 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.
18. 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.
19. Basketball Academic All-State nominations are accepted between December 11, 2018 – January 15, 2019.

**BASKETBALL SCHEDULE - BOYS
2018-2019**

Friday, January 11

Timpanogos @ Springville
Provo @ Skyridge
Wasatch @ Maple Mountain

Tuesday, January 15

Skyridge @ Timpanogos
Maple Mountain @ Springville
Provo @ Wasatch

Friday, January 18

Maple Mountain @ Timpanogos
Skyridge @ Wasatch
Springville @ Provo

Tuesday, January 22

BYE

Friday, January 25

Provo @ Timpanogos
Wasatch @ Springville
Skyridge @ Maple Mountain

Tuesday, January 29

Springville @ Skyridge
Maple Mountain @ Provo
Timpanogos @ Wasatch

Friday, February 1

Springville @ Timpanogos
Skyridge @ Provo
Maple Mountain @ Wasatch

Tuesday, February 5

BYE

Friday, February 8

Timpanogos @ Maple Mountain
Wasatch @ Skyridge
Provo @ Springville

Tuesday, February 12

Timpanogos @ Skyridge
Springville @ Maple Mountain
Wasatch @ Provo

Friday, February 15

Timpanogos @ Provo
Springville @ Wasatch
Maple Mountain @ Skyridge

Tuesday, February 19

Wasatch @ Timpanogos
Provo @ Maple Mountain
Skyridge @ Springville

Friday, February

Boys Region 8 Playoffs

Tuesday, February

Boys' State Playoffs --1st Round

BASKETBALL SCHEDULE - GIRLS
2018-2019

Friday, January 4

Timpanogos @ Provo
Springville @ Wasatch
Maple Mountain @ Skyridge

Tuesday, January 8

Wasatch @Timpanogos
Provo @Maple Mountain
Skyridge @ Springville

Friday, January 11

Timpanogos @ Springville
Provo @Skyridge
Wasatch @Maple Mountain

Tuesday, January 15

Skyridge @ Timpanogos
Maple Mountain @ Springville
Provo @ Wasatch

Friday, January 18

Maple Mountain @Timpanogos
Skyridge @Wasatch
Springville @ Provo

Tuesday, January 22

BYE

Friday, January 25

Provo @Timpanogos
Wasatch@ Springville
Skyridge @Maple Mountain

Tuesday, January 29

Springville @ Skyridge
Maple Mountain @ Provo
Timpanogos@ Wasatch

Friday, February 1

Springville@Timpanogos
Skyridge @Provo
Maple Mountain@ Wasatch

Tuesday, February 5

BYE

Friday, February 8

Timpanogos @Maple Mountain
Wasatch @Skyridge
Provo @Springville

Tuesday, February 12

Timpanogos @Skyridge
Springville @Maple Mountain
Wasatch @ Provo

Friday, February

Girl's Region 8 Playoffs

Tuesday, February

Girl's State Playoffs --1st Round

**CROSS COUNTRY GUIDELINES
2018-2019**

REGION ACTIVITY CHAIRPERSON: Tiffanie Miley, Springville

Beginning date meets may be held is August 7, 2018

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. 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: 4 weeks beginning March 1st, and July 1-7, 2018.
11. Cross Country Academic All-State nominations are accepted between August 21 and September 18, 2018.

**CROSS COUNTRY SCHEDULE
2018-2019**

Beginning date meets may be held is August 7, 2018

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: Springville High School

Date: August 28, 2018

Time: 5:00 Rookie Girls, 5:45 Rookie Boys, 6:30 Girls Open, 7:00 Boys Open

Region Meet:

Host: Springville High School

Date: October 5, 2018

Time: 3:30pm Girls JV, 4:15pm Boys JV, 5:00pm Girls Varsity, 5:30pm Boys Varsity

Cross Country State Meet:

Wednesday, October 17, 2018

Sugarhouse Park/Highland High School

Cross Country Region Meet Rotation:

2018: Springville

<p style="text-align: center;">DRAMA SCHEDULE AND GUIDELINES 2018-2019</p>
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REGION ACTIVITY CHAIRPERSON: Seth Hansen, Provo High

One Act Plays
March 18, 2019
Springville

Individual Events
March 21, 2019
Skyridge

STATE DRAMA FESTIVAL
April 11-13, 2019 @ TBA

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 \$50.00 for hosting the One Act Plays, and \$100.00 for hosting Region Individual Events.
3. COST AND FEES FOR JUDGES:
Compensate play judges \$120.00, Individual Events judges \$50.00
(Rationale: State pays judges for 1A, 2A plays--\$150 for 8 plays, and \$150 for 3A, 4A judges for 12 plays)
4. Alumni or student teachers from any of the seven Region VIII 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. The Region will pay cost of medals up to \$350.00 and straight superior medals.
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
2018-2019

REGION ACTIVITY CHAIRPERSON: DeAnn Nielsen, Maple Mountain

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 region 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.

<p style="text-align: center;">DRILL TEAM SCHEDULE</p>

<p style="text-align: center;">2018-2019</p>

Region Drill Team Competition

January 24, 2019

State Drill Team Competition

Site: UVU

January 30th & February 2nd {5A & 6A}

\$100.00 will be available for a hostess room

REGION REPRESENTATIVE: Molly Brenchley, Maple Mountain

Region Competition Rotation

2019 – Maple Mountain

2020 – Skyridge

2021 – Wasatch

2022 - Springville

STATE RULES WILL BE FOLLOWED AT BOTH THE REGION MEET AND STATE MEET. THE REGION MUST USE STATE JUDGING AND SCORING SHEETS.

FOOTBALL GUIDELINES 2018-2019
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FOOTBALL GUIDELINES
2018-2019

REGION ACTIVITY CHAIRPERSON: Everett Kelepolo, Springville High School

1. **Starting Date** for football is July 30, 2018. An Endowment game may be held on August **17th or 18th**, regular Varsity games may be held beginning August **24th** and the first JV/Sophomore games may be held August **23rd**. 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 26- Mar 10, July 1 – July 11):** no coaching, no organized practices, meetings or competitions, nor coach/player contact related to the sport. 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 then we will rotate from the bottom up.
4. **Tie Breakers** will be decided according to guidelines in the Region Handbook. Playoffs with multiple teams will be half games.
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 VIII Head Football Coaches 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, will be provided by the home school. Each school will provide their own towels. Locker rooms will be cleared one and one-half hours before game. A guide 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 VIII 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 Two 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 filmers. 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 contain the name, grade level, height, weight and number of each athlete.
- The region chair shall initiate communication with all the Region coaches regarding selection of the **All-Region VIII Team** at the end of Region play. All region teams will be assigned for 1st and 2nd teams by the following breakdown:
 - 1st place 6 players and One Region MVP
 - 2nd place 5 players
 - 3rd place 4 players
 - 4th place 3 players
 - 5th place 2 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. 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, at a meeting, on 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 VIII 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)

<p style="text-align: center;">FOOTBALL SCHEDULE 2018-2019</p>
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Region 8 Football Schedule 2018

Week 1, August 17

Week 2, August 24

Week 3, August 31

Week 4, September 7

Week 5, September 14

Week 6, September 21

Timpanogos @ Wasatch

Provo @ Skyridge

Springville @ Maple Mountain

Week 7, September 28

Maple Mountain @ Provo

Skyridge @ Timpanogos

Wasatch @ Springville

Week 8, October 5

Wasatch @ Maple Mountain

Provo @ Timpanogos

Skyridge @ Springville

Week 9, THURSDAY, October 11

Maple Mountain @ Skyridge

Provo @ Wasatch

Springville @ Timpanogos

Week 10, WEDNESDAY, October 17 (Fall Break)

Timpanogos @ Maple Mountain

Springville @ Provo

Wasatch @ Skyridge

FORENSICS GUIDELINES 2018-2019

REGION ACTIVITY CHAIRPERSON: John LaBare, Skyridge

1. Tentative Location and date of Region Forensics Meet for the next year 2019.

<u>Date</u>	<u>Events</u>	<u>Location</u>	<u>Starting Time</u>
February 23, 2019	Region Forensics Meet	Skyridge High School	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 Skyridge High School.

3. State Forensic Meet: (subject to Spring Coaches meeting)

4. 2018-2019 Region Representative – John LeBare, Skyridge 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 VIII 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 VIII 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..

<p style="text-align: center;">FORENSICS TOURNAMENT SCHEDULE 2018-2019</p>
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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 GOLF GUIDELINES 2018-2019</p>
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REGION ACTIVITY CHAIRPERSON: Tod Johnson, Wasatch

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. The first practice date may begin on **July 23, 2018** . The first golf match may be held **July 30, 2018**, A maximum of 14 matches may be held.
3. Region play will consist of eight 18-hole matches.
4. The Region Champion and State Tournament Qualifiers will be determined by accumulative Region Tournament scores. Seeding for the State Tournament will be announced.
5. The host school will be responsible for the following details:
 - a. Starting times
 - b. Scoring the meet
 - c. Local Pro to explain the rules and the hand-outs of local rules
 - d. Marshaling of tournament
 - e. Providing a signing table for golfers to check in after their round
6. Play will be from the blue tees for the boys or as directed by the local Pro.
7. Scoring will be done as follows:
 - a. Scoring by stroke play
 - b. Each school may play 6 varsity golfers, and 4 JV golfers; the low 4 scores from each team will be counted. If for any reason a team cannot post 4 scores, that team must take the highest recorded score from the rest of all the golfers on all teams.
 - c. All golfers must exchange cards and score another golfers card.
 - d. Scores should be written down before the group tees off on the next hole. Any changes on a score card must be initialed by the scorer.
 - e. 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 signed, the hole by hole scores cannot be changed.
 - f. USGA rules are in effect unless modified by local rules.
8. Caddies are not allowed at any time. Players must carry their own bag or use a pull cart and may not accept advice from any player or spectator. Penalty: (2 strokes per hole)
9. **Spectators are allowed only with permission from the local pro. Spectators are not allowed carts unless they have an ADA sticker. Galleries are welcome but coaching is only allowed by the designated school coaches {2} (school coaches as per UHSAA guidelines must have completed required coaches' trainings and be an official member of school coaching staff). Any advice given by spectators, parents, assistant coaches, or teammates (fellow competitors) will result in penalties being assessed.** Spectators must stay 30 feet behind the players. The Marshall will first warn those in violation and then assess a 2 stroke penalty for a second violation.

10. **DRESS CODE**

Refer to UHSAA handbook.

12. The host pro or course representative will consult with all the golf coaches to determine if a course is to be deemed unplayable. Leaving the course or interrupting continuous play without notification from an official is grounds for disqualification. **If 9 common holes are completed, that is sufficient to make official and the round will not be rescheduled. In such an instance, the 9-hole scores will be counted toward team totals, but not toward the medalist competition.**
13. The Region Champion will be determined by the accumulative 18-hole scores taken from each individual Region Golf Tournament. In the event of a tie, the teams shall be declared co-champions. At the last Region Tournament a tie for the final state berth will be played off between the low 4 scores from that day's play, from each team, playing until "sudden death." Total of all 4 players against the other team's 4 players, playing the hole as an eight-some.
14. The Region medalists will be determined by the following average scores from the best six of seven region tournaments. The player with the lowest average will be deemed region medalist. In case of a tie for first, co-region medalists will be awarded. In the case of a tie for placement in the rest of the top 10, the final region match score will serve as the tie breaker.
15. A 10 person All-Region golf team will be selected using the medalist system described above. The All-Region team will be awarded medals for their All-Region status and the team will be published by the Region Golf Director.
16. An Academic-All Region team will be selected. Students must have a 3.7 cumulative GPA, and must be seniors and varsity players.
17. Contest Limitation: Fourteen (14), including all nine (9), or eighteen (18) hole tournaments up to one week prior to the State Tournament.
18. **All golfers will be expected to respect the golf courses 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
19. 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 observing players perform in that sport.
20. Boys Golf Academic All-state nominations are accepted from Aug

BOY'S GOLF SCHEDULE 2018-2019
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August 7
 9:00 AM
 Springville
 Hobble Creek

September 11
 9:00 AM
 Skyridge
 Cedar Hills

August 28
 9:00 AM
 Wasatch
 Soldier Hollow

September 18
 9:00 AM
 Maple Mountain
 Spanish Oaks

September 4
 9:00 AM
 Timpanogos
 Sleepy Ridge

September 25
 9:00 AM
 Provo
 East Bay

State Golf October 3rd & 4th, 2018 at Glen Eagle Golf Course

- Host school will pay all green fees and range balls
- Rules sheet will be sent to coaches by the night prior to the tournament
- Only two coaches may coach players during the tournament

Pairings will be as follows.

Group 1: #1, #1, #1, #1
 Group 2: #1, #1, #2, #2
 Group 3: #2, #2, #2, #2
 Group 4: #3, #3, #3, #3
 Group 5: #3, #3, #4, #4

Group 6: #4, #4, #4, #4
 Group 7: #5, #5, #5, #5
 Group 8: #5, #5, #6, #6
 Group 9: #6, #6, #6, #6

<p style="text-align: center;">GIRL'S GOLF GUIDELINES 2018-2019</p>

REGION ACTIVITY CHAIRPERSON: Tod Johnson, Wasatch

1. A rules/etiquette clinic will be held prior to the first region match.
2. Tryouts and practice may begin on **February 25, 2019**. The first golf match may be held March 4, 2019. A maximum of 14 matches may be held. **The State Meet will be held May 13-14, 2-19 @ TBA**
3. **Region play will consist of six 18-hole matches. One 18-hole round may be dropped.**
4. The Region Champion and State Tournament Qualifiers will be determined by accumulative Region Tournament scores. Seeding for the State Tournament will be announced.
5. The host school will be responsible for the following details:
 - a. Starting times
 - b. Scoring the meet
 - c. Local Pro to explain the rules and the hand-outs of local rules
 - d. Marshaling of tournament
 - e. Providing a signing table for golfers to check in after their round
6. Girls will play from the designated Women's tees.
7. Scoring will be done as follows:
 - f. Stroke play scoring system will be used, if Stableford is required at State conversions can be made.
 - g. Each school may play 6 golfers; the high 4 scores from each team will be counted. If for any reason a team cannot post 4 scores, zero points will be given.
 - h. If a school does not have at least 4 competitors for a region meet, they may represent their schools as an individual and may qualify for state if in the top ten cumulative averages of 5 of 6 region meets.
 - i. A Maximum 5 over par is allowed on any hole. If a player reaches 5 over par before holing out, they are to pick up and take a zero on that hole.
 - j. All golfers must exchange cards and score another golfers card.
 - k. Scores should be written down before the group tees off on the next hole. Any changes on a score card must be initialed by the scorer.
 - l. 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 signed, the hole by hole scores cannot be changed.
 - m. USGA rules are in effect unless modified by local rules.
8. Caddies are not allowed at any time. Players must carry their own bag or use a pull cart and may not accept advice from any player or spectator. Penalty: (2 strokes per hole)

9. **Coaches are not allowed to play while student athletes are on the course.**
10. Spectators are allowed only with permission from the local pro. **Galleries are welcome but coaching is only allowed by the designated school coaches {2} (school coaches as per UHSAA guidelines must have completed required coaches' trainings and be an official member of school coaching staff). Any advice given by spectators, parents, or teammates (fellow competitors) will result in penalties being assessed.** Spectators must stay 30 feet behind the players and may not give any advice or counsel to any of the competitors. The Marshall will first warn those in violation and then assess a 2 stroke penalty for a second violation.
11. **DRESS CODE**
See UHSAA handbook.
12. The Region Champion will be determined by the accumulative **18-hole** scores taken from each individual Region Golf Tournament. In the event of a tie, the teams shall be declared co-champions. At the last Region Tournament a tie for the final state berth will be played off between the low 4 scores from that day's play, from each team, playing until "sudden death." Total of all 4 players against the other team's 4 players, playing the hole as an eight-some.
13. The Region medalists will be determined by the **18-hole** average scores, calculated after dropping one of the 18-hole rounds. The player with the highest average will be deemed region medalist. In case of a tie, co-region medalists will be awarded.
14. A 10 person All-Region golf team will be selected using the medalist system described above. The All-Region team will be awarded medals for their All-Region status and the team will be published by the Region Golf Director.
15. An Academic-All Region team will be selected. Students must have a 3.7 cumulative GPA and must be varsity players.
16. Contest Limitation: Fourteen (14), including all nine (9), or eighteen (18) hole tournaments up to one week prior to the State Tournament.
17. **All golfers will be expected to respect the golf courses 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

Our Region has decided that range finders are okay to have as long as they are shared.
Golfers can have a cell phone to call coaches for rules questions.

<p style="text-align: center;">GIRL'S GOLF SCHEDULE 2018-2019</p>

March 27
9:00 AM
Skyridge
Cedar Hills

April 24
9:00 AM
Wasatch
Soldier Hollow

April 10
9:00 AM
Provo
Eastbay

May 1
9:00 AM
Maple Mountain
Spanish Oaks

April 17
9:00 AM
Timpanogos
Sleepy Ridge

May 8
9:00 AM
Springville
Hobble Creek

- Host school will pay all green fees and range balls
- Rules sheet will be sent to coaches by the night prior to the tournament
- Only two coaches may coach players during the tournament

JV

Teams are encouraged to participate in JV dual matches, but nothing will be officially scheduled as a region. Those matches are to be worked out between coaches, and should take place outside of school time

<p style="text-align: center;">MUSIC GUIDELINES 2018-2019</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 February, 2019

MUSIC PROCEDURES
2018-2019

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 VIII.

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 or \$90.00 per half day 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 (5 entries) - 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 (1 through 5) on each ensemble (no points). He may use "+" and "-" 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. Memorization of solos: Vocal students will be expected to memorize solo in order to receive top ratings in the festival. However, exceptions to this rule may be granted if (in the mind of the adjudicator) the solo does not lend itself to memorization - either because of the length of the piece or because it is really an ensemble type piece with the piano accompaniment. Memorization of the instrumental solos is optional.
(Vocal Students)

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. Schools not meeting this deadline will be notified by the Region VIII Music Chairman 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 thirty (30) minutes per group. 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
2018-2019**

EVENT	DATE	LOCATION	HOST/HOSTESS
Region Marching Band	Cancelled	N/A	N/A
Region Directors Planning Meeting for 2018-2019	TBA	TBA	UHSAA
Region Strings S&E	February 20	Provo	Eric Nix
Winds & Percussion S&E	February 20	Provo	Eric Nix
Region Vocal/Piano S&E	February 27	Timpanogos	Steve Durtschi
Region Jazz	March 6	Timpanogos	Chris Nelson
Region Chamber Choir	March 13	Provo	Kenny Wiser
Region Concert Band	March 20	Skyridge	Howard Summers
Region Orchestra	March 27	Provo	Eric Nix
Region Large Choir	April 17	Maple Mountain	Braden Rymer
Region Training Choir	April 24	Springville	Leslie Walker
State Jazz Festival	Fri.-Sat. March 22-23	Murray	UMEA – Giddings
State Solo & Ensemble	Sat. April 27	Provo	UHSAA – Kenny Wiser
State Band	Thur.-Sat. May 2-4	Corner Canyon	UMEA – Randal Clark
State Choir	Fri.-Sat. May 10-11	U of U, Libby Gardner Hall	UMEA
State Orchestra	Fri.-Sat. May 17-18	Salem Hills	UMEA – Paul Wells

Region 8 Schools 2018-2019:
 Maple Mountain: Hurst, Keliiliki, Rymer
 Provo: Judd, Nix, Wiser
 Skyridge: Allen, Bird, Pollard, Summers
 Springville: Major, Taylor, Walker
 Timpanogos: Durtschi, Johnson, Nelson

Other Dates of Interest

UMEA All-State Choir: Oct. 4-6, 2018
UMEA All-State Band & Orchestra: January 11-12, 2019
UMEA Honor Choir: January 25-26, 2019
Alpine, Nebo, Provo, & Wasatch Fall Break: Oct 18-19, 2018
Alpine, Nebo, Provo, & Wasatch Spring Break: April 1-5, 2019
UMEA/NAfME Mid-Winter Conference: February 1-2, 2019

Wasatch: Pratt, Reynolds, Ryszka

SOCCER GUIDELINES
2018-2019

REGION ACTIVITY CHAIRPERSON: Thomas Paul, Skyridge

Beginning Practice Date: **Monday, July 30 Girls**
First Game may be held: **Tuesday, August 7**

Beginning Practice Date: **Monday, Feb 25 Boys**
First Game may be held: **Monday, March 4**

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 will be at 4:00 p.m. Varsity game times for 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.
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. Region standings will be determined by points earned for region match results. Region win = 3 points, region draw = 1 point, region loss = 0 points.
6. 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 referee decision.
7. As per UHSAA rules, in non-region and region play, when a game ends in regulation time with a draw, two ten-minute (10) "sudden victory" overtime periods will be played (Golden Goal). If the match plus the overtime periods still results in a draw, the game shall end. There will be no shootout.

8. The region match points results will determine qualification and seeding for state tournament representatives from Region VIII. Refer to the Region VIII Handbook for tiebreaker procedures.
9. The home team must wear white jerseys and the visiting team must wear dark jerseys as per NFHS rules. Socks must match the color of the jersey being worn.
10. Academic All-Region selections will be senior varsity players who have a 3.7 or higher cumulative GPA. Schools will present their own awards. Region VIII certificates are available for use by the schools. Nominations for Academic All-Region need to be submitted to the region chair in a timely manner.
11. 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 unless mutually agreed upon by the coaches of both teams prior to the match beginning. If no notice is given of no JV team a fine may be imposed.
12. 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.
13. 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. Spectators should remain in the designated spectator area. 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.
 14. Spring breaks for the districts in the region are:

Nebo	April
Wasatch	April

Provo April
Alpine April

15. The top teams qualify to go to the playoffs. Refer to the Region VIII Handbook for tie breaker procedures.
16. 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, and seventh place teams each select two players for the teams. 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. If a meeting is necessary a time and location will be determined.
17. 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 Week prior restrictions and dates as well as moratorium dates go to the UHSAA website: <http://www.uhsaa.org/>.
18. Soccer Academic All-State nominations are accepted between:
August 21 – September 11, 2018 (girls) and March 12-April 16, 2019 (boys)

**SOCCER SCHEDULE - GIRLS
2018-2019**

Beginning Practice Date: July 30, 2018
First Game may be held: August 7, 2018

All non-region games are arranged by the respective head coaches.

Varsity Games start at 4:00 p.m.

JV Games start no later than 15 minutes after the varsity game ends.

August 30

Skyridge @ Springville
Wasatch @ Provo
Maple Mountain @ Timpanogos

September 4

Wasatch @ Skyridge
Springville @ Maple Mountain
Timpanogos @ Provo

September 6

Maple Mountain @ Skyridge
Timpanogos @ Wasatch
Provo @ Springville

September 11

Skyridge @ Timpanogos
Provo @ Maple Mountain
Springville @ Wasatch

September 13

Skyridge @ Provo
Timpanogos @ Springville
Wasatch @ Maple Mountain

Saturday, October

September 18

Springville @ Skyridge
Provo @ Wasatch
Timpanogos @ Maple Mountain

September 20

Skyridge @ Wasatch
Maple Mountain @ Springville
Provo @ Timpanogos

September 25

Skyridge @ Maple Mountain
Wasatch @ Timpanogos
Springville @ Provo

September 27

Timpanogos @ Skyridge
Maple Mountain @ Provo
Wasatch @ Springville

October 2

Provo @ Skyridge
Springville @ Timpanogos
Maple Mountain @ Wasatch

Region Play Off

State Tournament:

1st Round:

Quarter finals:

Semi-Finals:

Finals:

SOCCER SCHEDULE – BOYS 2018-2019

Beginning Practice Date: February 25, 2019

First Game may be held: March 4, 2019

All non-region games are arranged by the respective coaches

Varsity Games start at 4:00 p.m.

JV Games start no later than 15 minutes after the varsity game ends.

Friday, March 29

Provo @Skyridge

Springville @ Timpanogos

Maple Mountain @ Wasatch

Tuesday, April 9

Skyridge@Springville

Wasatch@Provo

Maple Mtn@Timpanogos

Friday, April 12

Wasatch @ Skyridge

Springville @ Maple Mtn

Timpanogos@Provo

Tuesday, April 16

Maple Mtn. @Skyridge

Timpanogos@ Wasatch

Provo@Springville

Friday, April 19

Skyridge @ Timpanogos

Provo @ Maple Mountain

Springville@ Wasatch

Tuesday, April 23

Skyridge @ Provo

Timpanogos @ Springville

Wasatch @ Maple Mtn.

Friday, April 26

Springville @Skyridge

Provo @ Wasatch

Timpanogos @ Maple Mtn.

Tuesday, April 30

Skyridge @Wasatch

Maple Mtn @ Springville
Provo @ Timpanogos

Friday, May 3

Skyridge @ Maple Mtn.

Wasatch @ Timpanogos

Springville @ Provo

Tuesday, May 7

Timpanogos @ Skyridge

Maple Mtn. @ Provo

Wasatch @ Springville

Saturday May

Region Play Off

Semi-Finals:

State Tournament:
1st Round:

Finals:

Quarter finals:

SOFTBALL GUIDELINES 2018-2019
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REGION ACTIVITY CHAIRPERSON: Jason Beardall, Springville

1. Beginning practice and team selection date will be **February 25th**
2. The first contest may be held on or after **March 4th**
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 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.)*
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 conditions
 - 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 14th at 7 p.m. at Timpanogos High School or by phone.

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.
11. Moritorium 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 moritorium : Moritorium 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 21st to Jan 1st July 1st to 7th dead time
13. Softball academic All-State nominations are accepted between March 14th and April 17th

**Varsity, Junior Varsity
and Sophomore
games will be held on the same day same site.**

**First and second round
of State tournament to be
held at home schools on May 15th and 17th
State Tournament at Valley Complex May 22nd to May 24th**

SOFTBALL SCHEDULE 2018-2019
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Round One

April 9

Skyridge @ Provo

Wasatch @ Springville

Maple Mountain @ Timpanogos

April 11

Springville @ Maple Mountain

Provo @ Wasatch

Timpanogos @ Skyridge

April 16

Maple Mountain @ Wasatch

Skyridge @ Springville

Timpanogos @ Provo

April 18

Provo @ Maple Mountain

Springville @ Timpanogos

Wasatch @ Skyridge

April 23

Wasatch @ Timpanogos

Provo @ Springville

Skyridge @ Maple Mountain

Round Two

April 25

Provo @ Skyridge

Springville @ Wasatch

Timpanogos @ Maple Mountain

April 30

Maple Mountain @ Springville

Wasatch @ Provo

Skyridge @ Timpanogos

May 2

Wasatch @ Maple Mountain

Springville @ Skyridge

Provo @ Timpanogos

May 7th

Maple Mountain @ Provo

Timpanogos @ Springville

Skyridge @ Wasatch

May 9th

Timpanogos @ Wasatch

Springville @ Provo

Maple Mountain @ Skyridge

SWIMMING GUIDELINES
2018-2019

REGION ACTIVITY CHAIRPERSON: Steve Marsing, Wasatch

1. Team selection and first practice cannot be held before Monday October 1, 2018
The first swimming meet cannot be held before Friday November 2, 2018
2. A maximum of fourteen (14) meets can be participated in by region teams, including state qualifying meets.
3. Region VIII will pay for swimming officials at the following meets:
Region Championships

Referee (1)	\$40
Starter (1)	\$40
Stroke Judges (4)	\$35
Scorers Tables (3)	\$25
4. Region VIII Swim Championships entries will be submitted electronically to the Meet Director:
5. The Region VIII Swim Championships January 26, 2019 @ Springville
6. The 5A State Swim Meet will be held on February 8 & 9, 2019.
7. Region VIII Swim Championship entry guidelines
 - a. Unlimited entries per individual event.
 - b. Two (2) relays in each relay event.
 - c. All swimmers must meet eligibility requirements as per National Federation Rules. (Swimmers may compete in 4 events, one (1) must be an individual event)
 - d. The top four (4) swimmers from each school will score towards the Region Championships.
 - e. Only one (1) relay from each school per relay event will score towards the Region Championships. Only one (1) relay team per school per relay event may earn awards.
 - f. Scoring format will be sixteen (16) places (as per National Federation rules)
8. Region VIII Swim Championships Awards (boys/girls)

Region Championship Trophy (boys & girls)
 Medals for places 1-6 in individual events
 Medals for places 1-3 in relay events

**REGION VIII SWIMMING SCHEDULE
 2018-19**

Region Dual Meets

<i>Thurs. Nov. 8, 2018</i>	Time	<i>Thurs. Jan. 10, 2019</i>	Time
Maple Mountain @ Wasatch	3:45 pm	Skyridge @ Maple Mountain	3:30 pm
Provo @ Timpanogos	3:45 pm	Provo @ Wasatch	3:45 pm
Skyridge @ Springville	3:30 pm	Springville @ Timpanogos	3:30 pm
<i>Thurs. Nov. 29, 2018</i>	Time	<i>Thurs. Jan. 17, 2019</i>	Time
Timpanogos @ Maple Mountain	3:30 pm	Maple Mountain @ Provo	3:30 pm
Springville @ Provo	3:30 pm	Timpanogos @ Skyridge	3:45 pm
Wasatch @ Skyridge	3:45 pm	Wasatch @ Springville	3:30 pm
<i>Thurs. Dec. 6, 2018</i>	Time		
Springville @ Maple Mountain	3:30 pm		
Skyridge @ Provo	3:45 pm		
Wasatch @ Timpanogos	3:45 pm		

Guidelines for Dual Meets:

- a. Each team may enter 3 entries in the following events:
 Relays, 200 Free, 200 IM, 500 Free
- b. Unlimited entries on all 50 & 100 yard events
- c. 5 place scoring will be as per 2018-19 as per National Federation rules.
- d. Coaches may agree to alter entry limits and scoring prior to the meet.
- e. Coaches may agree to add teams outside the Region to these meets.

**Region VIII Swim Championships
 Saturday, January 26, 2019 @ Springville**

<p style="text-align: center;">TENNIS GUIDELINES 2018-2019</p>
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REGION ACTIVITY CHAIRPERSON:, Timpanogos

Girls beginning practice date July 30, 2018. First competition may be held August 7, 2018.
Boys beginning practice date Feb 25, 2019. First competition can be held March 4, 2019.

July 16-July 29 – Girls Tennis Two Weeks Prior Restrictions
Feb 11 – Feb 25 – Boys Tennis Two Weeks Prior Restrictions

1. Region VIII 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.
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 according to their record at that position but consideration regarding any conflict may be addressed at the Coaches Meeting prior to Region Tournament.
6. High school tennis players must compete in a minimum of (5) matches during the high school season with at least (2) of those matches in the preseason 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 VIII 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. 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 VIII Tournament 1st -4th place players. These players will go on to be seeded for the State Tournament. Academic All-Region honors will be presented before the tournament begins. All senior varsity players with a 3.70 Cumulative GPA are eligible for this honor. Ribbons will be provided for 1st -4th for JV tournament.
10. The home team will provide the tennis balls for the match.
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. Fourteen 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 2 designated coaches are allowed for Region VIII 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.
Tennis dead time: November 20 - Jan 1, 2018 with an All-Sport Summer Moratorium held July 1 - July 7, 2018.
16. Tennis Academic All-State nominations can now be submitted by parents or coaches on RegisterMyAthlete. Guidelines are online at uhsaa.org.

Girls: Aug 21 – Sept 4, 2018

Boys: Mar 12 – April 9, 2019

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. Academic All-State (Senior Varsity players only) honorees will be introduced at 8:30.

2018 State Finals for Girls will be: October 3 & 5, 2018

2018 State Finals for Boys will be: May 16 & 18, 2019

18. AP Tests are the first two weeks of May. Please make sure athletes have scheduled an alternate test time if it interferes with the Region Tournament.
19. Other important dates for coaches to know:
(The dates below are from the 2018-19 season. These still need to be updated)
Girls Tennis Rules Clinic Deadline – Sept. ????
Girls Tennis Eligibility List Due on RegisterMyAthlete – Aug ????
Boys Tennis Rules Clinic Deadline – March ???
Boys Tennis Eligibility List Due on RegisterMyAthlete – March ????

GIRL'S TENNIS SCHEDULE
2018-2019

Bold and italicized =Home team hosts

August 30

Springville vs. ***Wasatch***
Maple Mountain vs. ***Skyridge***
Timpanogos vs. ***Provo***

September 4

Springville vs. ***Maple Mountain***
Timpanogos vs. ***Wasatch***
Skyridge vs. ***Provo***

September 6

Skyridge vs. ***Timpanogos***
Provo vs. ***Springville***
Maple Mountain vs. ***Wasatch***

September 11

Skyridge vs. ***Springville***
Wasatch vs. ***Provo***
Timpanogos vs. ***Maple Mountain***

September 13

Provo vs. ***Maple Mountain***
Wasatch vs. ***Skyridge***
Springville vs. ***Timpanogos***

September 18

Make up day if necessary

September 20

JV Tournament
@ ***Skyridge*** - 8
8:30 am

September 27 & 28

Region Varsity Tournament
@ Provo - 8 courts
8:30 a.m.

Oct 4 & 6, 2018

State Tournament @
Liberty Park 8:00 a.m.

BOY'S TENNIS SCHEDULE 2018-2019
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Bold and italicized =Home team hosts

April 9

Springville vs. Wasatch
Maple Mountain vs. Skyridge
Timpanogos vs. Provo

April 11

Springville vs. Maple Mountain
Timpanogos vs. Wasatch
Skyridge vs. Provo

April 16

Skyridge vs. Timpanogos
Provo vs. Springville
Maple Mountain vs. Wasatch

April 18

Skyridge vs. Springville
Wasatch vs. Provo
Timpanogos vs. Maple Mountain

April 23

Provo vs. Maple Mountain
Wasatch vs. Skyridge
Springville vs. Timpanogos

April 25

Make up day if necessary

May 2

JV Tournament
@ Skyridge - 8 courts
8:30 am

May 9 & 10

Region Varsity Tournament
@ Provo - 8 courts
8:30 a.m.

May 16 & 18, 2019

State Tournament @
Liberty Park 8:00 a.m.

<p style="text-align: center;">TRACK & FIELD GUIDELINES 2018-2019</p>

REGION ACTIVITY CHAIRPERSON: Chas DeWitt, Timpanogos

1. Track Meets will begin at 3:30.
2. Visiting schools will run assigned event at Quad Meets.
3. Each School will furnish their own adhesive finish tags for the region meets.
4. Athletes can participate in no more than 12 meets, only 6 of the 12 can be qualifying meets, plus the region and state meet.
5. The top four (Determined by State Guidelines) in each individual event in the region Championship Meet and the top four finishers in each relay will qualify for the state meet.
6. The winner of the Region trophy will be determined by team scores at the Region Meet.
7. Medals will be awarded to the State Qualifiers at the Region Meet in each boy and girl event. One medal will be awarded to each member of the winning relay team for both girls and boys events.
8. Each school will provide two volunteers to help run events at the Region Meet.
9. The Region will pay for a head starter and four other officials at the Region Meet.
10. The top eight places will be scored at the Region Meet using 10,8,6,5,4,3,2,1 points.
11. Each school will be allowed seven individuals at the region meet in each event, unless a school has more than seven individuals qualify for State, those individuals who qualify for State can participate at the Region Meet.
12. Change in the Region schedule must be approved by the Region Rep. over Track and Field. A fine may imposed for failure to notify the Region Rep. The host school's principal will determine whether a meet should be cancelled.
13. At the Region Championship Meet all athletes must be in uniform, which consists of a school issued track and field top and bottom, which declares school affiliation (See federal handbook Rule 4, Section 3, Article 1-4)
14. The region coaches will select an All-region Academic Team composed of senior varsity athletes who have a cumulative GPA of 3.7 or higher.
15. At Quad Region meets, the host school will be responsible to conduct and take care of all preparation and equipment needs.

<p style="text-align: center;">TRACK & FIELD SCHEDULE 2018-2019</p>

Region 8 Track Meet – Hosted by TBA on May 9th and 10th
JV Region Track Meet – Hosted by Provo on May 14th

Region 8 Track Schedule

Tuesday, March 12th

Host School – Springville: Attending Schools - Timpanogos, Maple Mountain
Host School – Skyridge: Attending Schools – Provo, Wasatch

Tuesday, March 26th

Host School – Maple Mountain: Attending Schools – Provo, Springville
Host School – Timpanogos: Attending Schools – Wasatch, Skyridge

Tuesday, April 9th

Host School – Provo: Attending Schools – Timpanogos, Skyridge
Host School – Wasatch: Attending Schools – Maple Mountain, Springville

Tuesday, April 30th

JV Track Meet – For all athletes who don't qualify for BYU invitational
Host School – Timpanogos: All Region 8 schools participate

<p style="text-align: center;">VOLLEYBALL GUIDELINES 2018-2019</p>
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REGION ACTIVITY CHAIRPERSON: Jane Lindhout, Timpanogos

1. The beginning practice date is August 6, 2018
2. The first game may be held on August 14, 2018
The dead periods are detailed on # 4

By UHSAA guidelines: One of the following three options may be chosen: 16 matches and 0 tournaments; 15 matches and 1 tournament; or 14 matches and 2 tournaments (for region 8 this option allows all region matches, 2 pre-season matches and 2 tournaments at each level). The following guidelines pertain to the tournaments: no more than 9 total matches in a tournament, no more than 7 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.

Game times: Sophomore 3:30 p.m. J. V. 5:00 p.m. Varsity 6:30 p.m.

*Sub varsity will end to allow varsity to begin at 6:30

a. Sub-Varsity Matches: Rally scoring format is as follows: Games 1 and 2 score to 25 with a cap of 27 and game 3, and (if necessary), games 4 and 5 score to 15 with a cap of 17. The let serve is still utilized. Games 1 and 2 have a possibility of two (2) time-outs per team and game 3 (and games 4 and 5 if needed) have a possibility of one (1) time-out per team. Freshman teams will play best 2 out of 3 games, with the ability by agreement to continue the match after the Varsity match begins but without officials.

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

b. 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. It is suggested that the HOST school have another area in the school that teams can have ball warm-up and stretching time prior to the coin toss and their net time. HOST team will provide 12 balls per team for warm-ups.

3. The host school will control warm-up music and provide the visiting team 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.

4. The National Anthem or The Pledge of Allegiance is also encouraged at home matches.

a. FINAL VARSITY GAME PROCEDURES: If your school honors the seniors and parents at the final home varsity match of the season, **HONOR THE SENIORS AND PARENTS BEFORE THE WARM UPS BEGIN.**

b. The Region VIII first place team will host a meeting on Monday, Oct **????**time and location TBA to select an All-Region Team. All varsity players are eligible. Nominations should be sent to the Region host coach prior to the meeting, where coaches will vote to collaboratively select the teams. All-Region 1st Team, 2nd Team, Honorable Mention and Academic All-State will be recorded and sent to the local newspapers by the host coach. Coaches will nominate any Varsity athlete with a 3.7 or higher GPA to the Academic All-Region Team.

c. 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.

5. Volleyball Dead Time:

Nov 21, 2018 – Jan 1, 2019: Regular and Holiday Moratorium. No coaching, practices, competitions, observing, meetings or travel. No conditioning, gym time or open gym allowed. (The 2018-19 post moratorium schedule will be posted on the UHSAA website.)

June 30 – July 6 : Summer Moratorium. No coaching, practices, competitions, observing, meetings or travel. No conditioning, gym time or open gym allowed.

July 23, 2018 to August 5, 2018 2 Week 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 or team selection).

a. Volleyball Academic All-State nominations deadline is Oct **2**, 2018. The nominees should be only High School Varsity Seniors.

VOLLEYBALL SCHEDULE 2018-2019
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August 6th First Day of Tryouts
August 14th First Contest can be held

Game Times:

Sophomores: 3:30 (Best 3 of 5)

JV: 4:45 (5:00 with warm up time) Best 3 of 5)

Freshman: same time as JV (Best 2 of 3)

Schools can continue to play for reps after until JV game is completed.

Varsity: 6:15 (6:30 with warm up time)

Tentative: August 21st Academic All-State due.

All Region Meeting Oct. 29th location TBA

September 13th

Skyridge @ Wasatch
Maple Mountain at Timpanogos
Springville @ Provo

September 20th

Timpanogos @ Skyridge
Wasatch @ Springville
Provo @ Maple Mountain

September 25th

Provo @ Wasatch
Springville @ Timpanogos
Maple Mountain @ Skyridge

September 27th

Timpanogos @ Provo
Wasatch @ Maple Mountain
Springville @ Skyridge

October 2nd

Maple Mountain @ Springville
Wasatch @ Timpanogos
Skyridge @ Provo

October 4th

Wasatch @ Skyridge
Timpanogos @ Maple Mountain
Provo @ Springville

October 9th

Skyridge @ Timpanogos
Springville @ Wasatch
Maple Mountain @ Provo

October 11th

Skyridge @ Maple Mountain
Wasatch @ Provo
Timpanogos @ Springville

October 16th

Provo @ Timpanogos
Maple Mountain @ Wasatch
Skyridge @ Springville

October 25th

Springville @ Maple Mountain
Timpanogos @ Wasatch
Provo @ Skyridge

UHSAA 5A State Tournament 1st-3rd

<p style="text-align: center;">Wrestling Guidelines 2018-2019</p>

REGION ACTIVITY CHAIRPERSON: Clair Mair, Wasatch

- The starting date for wrestling practice is November 7th
- The first match of the year cannot be held prior to November 22nd.
- Moratorium Dates for 17-18 school year: Nov. 22-25, Dec. 22-26, Jan. 1st
- 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 restricted to 24 credits. A credit is defined as being any time a wrestler goes onto the mat, regardless of the length of the match, even if it is to accept a forfeit. Tournaments are counted as 3 credits. Region and State are not included in this limit.
- 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.

Region Dual Meet Guidelines:

- Weigh in: 4:00 p.m. Gyms cleared
- **Junior Varsity matches: 5:00 p.m.**
- Varsity matches: 7:00 p.m.

The gym must be cleared of all other activities by 3:45 p.m. so the floor can be set up. A change in starting time requires mutual agreement between the principals of the two schools involved. Changes in the date of an activity requires the approval of the Region VIII Board of Managers. Host schools are responsible to notify the arbiter of any time or date changes.

Divisional Tournament Guidelines:

- Each school is allowed to enter two (2) wrestlers per weight class from the Varsity level.
- Divisional seeding is determined by UHSAA. The seeding criteria is on their website..
- Region/Divisional Tournament site will be determined by invitation by UHSAA. Dates are February 1st & 2nd

Region Wrestling Awards:

- Region 8 will present one trophy to the school with the best record in Region 8 dual competition.
- Academic All-Region will be presented by the individual schools. The criteria for the award is: any varsity, senior wrestler with a cumulative GPA of 3.7 or higher.
- Region hospitality will be subsidized by the Region for an amount not to exceed \$150.

Region Wrestling Awards:

- Region 8 will present one trophy to the school winning the Region 8 Wrestling Title. Any other awards given will be the responsibility of the region coaches. Those awards will include two Outstanding Wrestler Awards, (106 – 140 and 145 – 285).
- Academic All-Region will be awarded before the finals of the Divisional Tournament. The criteria for the award is: any varsity, senior wrestler with a cumulative GPA of 3.7 or higher. The certificates will be prepared by the host school.

Wrestling Off Season:

- 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.
- Dead time:

<p style="text-align: center;">Wrestling Schedule 2018-2019</p>

Start Date: November 5, 2018
First Match: November 20, 2018
Body Fat Testing: November 16-17, 2018
Divisional Tournament: February 1st & 2nd 2019
State Wrestling Tournament: February 6-7, 2019 UVU

Dual Meet Info: **Weigh In – 4:00 pm**
 JV Matches – 5:00 pm
 Varsity Matches – 7:00 pm

Week 1 (Dual 1)

Thursday November 29
Wasatch @Springville
Provo @Maple Mountain
Skyridge @Timpanogos

Week 5 (Dual 5)

Thursday, January 17
Provo @Wasatch
Timpanogos @Springville
Maple Mountain @ Skyridge

Week 2 (Dual 2)

December 6
Wasatch @Skyridge
Springville @Provo
Timpanogos @Maple Mountain

Week 3 (Dual 3)

Wednesday, December 12 or Thursday,
December 13
Provo @Timpanogos
Springville @Skyridge
Maple Mountain @Wasatch

Week 4 (Dual 4)

Thursday, January 10
Wasatch @Timpanogos
Springville@ Maple Mountain
Skyridge @Provo