# REGION VIII HANDBOOK
## 2009-2010

### Table of Contents

Region VIII Administration
Region VIII Activity Responsibilities
Sportsmanship Award
State Standards & Guidelines For Student Extracurricular Activities
Policies And Procedures For Athletic Contests
Trophies & Awards
Official's Pay Scale
Baseball Guidelines
Baseball Schedule
Basketball Guidelines
Basketball Schedule—Boys
Basketball Schedule—Girls
Cross Country Guidelines
Cross Country Schedule
Drama Schedule and Guidelines
Drill Team Guidelines
Drill Team Schedule
Football Guidelines
Football Schedule
Forensics Guidelines
Forensic Schedule
Forensic Orders of the Day
Golf Guidelines—Boys
Golf Schedule—Boys
Golf Guidelines—Girls
Golf Schedule—Girls
Music Guidelines
Music Procedures
Music Directory
Music Calendar
Soccer Guidelines
Soccer Schedule — Girls
Soccer Schedule — Boys
Softball Guidelines
Softball Schedule
Swimming Guidelines
Swimming Schedule & Diving Schedule
Tennis Guidelines
Tennis Schedule — Girls
Tennis Schedule — Boys
Track And Field Guidelines
Track And Field Schedule
Volleyball Guidelines
Volleyball Schedule
Wrestling Guidelines
Wrestling Schedule
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 and will be allowed to add the year and season to their sportsmanship banner. In the event of a tie, both schools will be recognized. They will split the $200.00 and both may add year and season to their banner.

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).
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). The school which receives the most votes will be allowed to add the year and season to their sportsmanship banner.

If the banner is lost or damaged, it will be replaced by the individual school.

STATE BOARD OF EDUCATION
2009-2010
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. Schools are prohibited from scheduling full-year fitness and movement (physical education/athletic) classes for specific school teams. In schools where in-season fitness and movement (physical education/athletic) classes are scheduled, such classes shall not be used to violate the starting and stopping dates for practice and competitive play as prescribed by the Utah High School Activities Association. This standard is aimed at helping restore equity to high school competitive sports programs.

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 two 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
2009 - 2010

General Guidelines and Policies
1. Noise makers of any type are not allowed (i.e. air horns, drums, bells, whistles, duck calls, clappers etc.). Megaphones are to be used only by official cheerleaders for communication with cheering sections only in football. There will not be megaphones allowed in the gymnasium during competition.

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 against the offending coach and/or school.

7. Spectators are not allowed on playing fields or courts at anytime, including halftime and before and between games unless under the direction of the administration. Post game demonstrations on the field or the floor by the opposing team at the end of the game are not allowed thus ensuring that the visiting teams and officials exit safely. 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.

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 prese

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 inter-region play-in game is considered a seed for the State Tournament), 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. A coin toss will occur to determine home field for outdoor events, while a neutral site will be utilized for indoor events. (If the tie involves Uintah it will be played at a neutral site)

If there are three teams tied for one available tournament entry slot, a three-way coin flip will be held. The “odd” team will have a bye and the other two teams will play. The winner of that game will play the bye team. The winner of that game will then get the tournament entry slot. A coin toss will occur to determine home field for outdoor events while a neutral site will be utilized for indoor events.

If there are three teams tied for two available spots (The inter-region play-in game is considered a seed for the state tournament), there will be a three-way coin flip; “odd” team gets the lower seed, the other two teams play for the remaining state tournament seed. A coin toss will occur to determine home field for outdoor events while a neutral site will be utilized for indoor events.

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.
17. Unless stated otherwise in this handbook, scheduled outdoor afternoon events will begin at 3:30 p.m. until April 1st and will then change to a 4:00 p.m. start time (exceptions to be approved by both Principal’s and the administrator 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. 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. All radio and television stations need to get prior approval from the principal or designee before broadcasting an event.

20. REGION APPROVED TICKET PRICES TO MAJOR SCHOOL ACTIVITIES:

$20.00 = 1 family*
$ 5.00 = 1 adult
$ 4.00 = 1 student with activity card (including junior high students. Students/children under junior high age also pay $4.00)

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

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. Each school will be responsible for placing student pictures on those passes. Student Body Officer passes allow 1 person with ID in free.

24. Academic All-Region selection will be senior 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 for someone to meet officials and show them to their dressing rooms both before and after any event. Any misconduct of officials, including failure to show up or tardiness is to be reported to the Region chairperson in charge of the involved activity. A detailed report including names and improper conduct shall be submitted in writing to the UHSAA office and to the arbiter involved.

26. Region VIII Eligibility Requirements: The minimum GPA a student must have in order to participate is 2.0 and not more than one F for the previous grading period.

Cheer/Drill/Band
1. Drill team members in uniform and cheerleaders in uniform with 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 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 and stunting. Tumbling will stop at half court.

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.

11. The region will not financially support coaches meetings.

12. The region will support 3 AD meeting per year (Fall, Winter, Spring) to include region 8 ADs only.
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
Cross Country (Girls)* ..................................................................................... 1st-10th Place Medals / 1 Region Trophy

Drama ................................................................................................................. Award Certificates

Drill Team ......................................................................................................... 1 Region Trophy
One (1) Plaque for each category (military, prop, kick, dance, novelty)
for 1st, 2nd and 3rd places
1st-5th place medals for drill down

Forensics ........................................................................................................... 1 Region Trophy
1st-3rd place medals in each category.

Football ............................................................................................................ 1 Region Trophy

Golf* (Girls & Boys) ........................................................................................ 1 Region Trophy
1st-10th Low Medalist Medals for Region

Music .................................................................................................................. Award Certificates
$100.00 for certificates for Region Music Awards

Soccer (Boys) ................................................................................................... 1 Region Trophy
Soccer (Girls) ................................................................................................... 1 Region Trophy
Softball ............................................................................................................. 1 Region Trophy
Swimming (Boys)* .......................................................................................... 1st-5th Place Medals / 1 Region Trophy
Swimming (Girls)* .......................................................................................... 1st-5th Place Medals / 1 Region Trophy
Tennis (Boys)* ................................................................................................. 1st-5th Place Medals / 1 Region Trophy
Tennis (Girls)* ................................................................................................. 1st-5th Place Medals / 1 Region Trophy
Track (Boys) 1st for relay* ................................................................................ 1st-5th Individual Place Medals / 1 Region Trophy
Track (Girls) 1st for relay* ................................................................................ 1st-5th Individual Place Medals / 1 Region Trophy
Volleyball ......................................................................................................... 1 Region Trophy

Wrestling ......................................................................................................... 1st-5th Place Medals / 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
<table>
<thead>
<tr>
<th>Event</th>
<th>Varsity</th>
<th>JV &amp; Soph</th>
<th>Post Season</th>
</tr>
</thead>
<tbody>
<tr>
<td>Football</td>
<td>$55.00 (4 man)</td>
<td>$40.00</td>
<td>$60.00</td>
</tr>
<tr>
<td></td>
<td>$53.00 (5 man)</td>
<td>$40.00</td>
<td>$60.00</td>
</tr>
<tr>
<td>Basketball</td>
<td>$55.00</td>
<td>$40.00</td>
<td>$60.00</td>
</tr>
<tr>
<td>Wrestling</td>
<td>$49.00</td>
<td>$35.00</td>
<td>See</td>
</tr>
<tr>
<td>next page</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baseball</td>
<td>$50.00</td>
<td>$40.00</td>
<td>$55.00</td>
</tr>
<tr>
<td>Volleyball:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Referee</td>
<td>$40.00</td>
<td>$28.00</td>
<td>$45.00</td>
</tr>
<tr>
<td>Umpire</td>
<td>$33.00</td>
<td>$28.00</td>
<td>$45.00</td>
</tr>
<tr>
<td>Tournament</td>
<td>$28.00 match</td>
<td>$23.00 match</td>
<td></td>
</tr>
<tr>
<td>Soccer:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Referee</td>
<td>$49.00</td>
<td>$30.00</td>
<td>$52.00</td>
</tr>
<tr>
<td>Linesman</td>
<td>$33.00</td>
<td>$30.00</td>
<td>$52.00</td>
</tr>
<tr>
<td>Softball:</td>
<td>$40.00</td>
<td>$35.00</td>
<td>$45.00</td>
</tr>
<tr>
<td>Tournament per game (with 1 ½ hour time limit or less)</td>
<td>$33.00 per game*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swimming</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Region VIII pay for swimming official will be as follows:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Region Championship meet (per day)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Referee (1)</td>
<td>$40.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Starter (1)</td>
<td>$40.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stroke Judges (4)</td>
<td>$35.00</td>
<td></td>
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</tr>
<tr>
<td>Scorers Table (3)</td>
<td>$25.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Region Dual Meets</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Starter/Referee</td>
<td>$30.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scorers Table</td>
<td>$25.00</td>
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<td></td>
</tr>
<tr>
<td>Stroke Judge</td>
<td>$30.00</td>
<td></td>
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</tr>
</tbody>
</table>
ADDITIONAL CHARGES:

Mileage: $.34 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: 4 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 -- $110.00 full day, $65.00 half day (5 hrs.)
State Festival - $110 full day, $65 half day (5 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
<table>
<thead>
<tr>
<th>VARSITY</th>
<th>JR.VARSITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dual meet value -- $49.00</td>
<td>Dual meet value -- $35.00</td>
</tr>
<tr>
<td>2 Duals-Double dual-$98.00</td>
<td>2 Duals-Double Dual-$70.00</td>
</tr>
<tr>
<td>3 Duals-Tri-dual-$147.00</td>
<td>3 Duals-Tri-dual-$105.00</td>
</tr>
<tr>
<td>4 Duals-4 team tourney-$196.00</td>
<td>4 Duals-4 team tourney-$140.00</td>
</tr>
<tr>
<td>12 Duals-8 team tourney-$588.00</td>
<td>12 Duals-8 team tourney-$420.00</td>
</tr>
<tr>
<td>21 Duals-12 team tourney-$1,029.00</td>
<td>21 Duals-12 team tourney-$735.00</td>
</tr>
<tr>
<td>29 Duals-16 team tourney-$1,421.00</td>
<td>29 Duals-16 team tourney-$1,015.00</td>
</tr>
</tbody>
</table>

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.
REGION ACTIVITY CHAIRPERSON: Kevin Dickson, Uintah High School

1. Beginning practice and team selection date:
   Practice Date: March 1, 2010  First contest date: March 10, 2010

2. All games will begin at 3:30, after April 1st all games will begin at 4:00. Varsity double headers, and all games played with Uintah will begin at 3:00. 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 teams 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
   In case of game cancellation (due to the above conditions) the coaches will find a suitable date for a make-up game, with the home team taking the lead in scheduling the game. If they cannot agree on a time, Principals will intervene to schedule the game on the first available date. Pre-empt to include Sophomore, J.V., and non-league games. Saturdays may be used if other days are unavailable.

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 J.V. and Sophomore schedule with each playing another member of the Region at least twice. J.V. teams play a double header with the Varsity. Sophomore teams play on Monday and Friday opposite of the Varsity game. No Sophomore team players will be excused from school to participate in region contests, with the exception of games involving Uintah.

6. A maximum of 22 games will be played (all games count). In a tournament each game counts. (see state handbook)

7. The 10-run rule after five (5) innings will be used.

8. One trophy will be awarded to the winner of Region play. Co-champions will each receive a trophy in case of a tie for first place.

9. 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.

10. Game time may be changed only by agreement of the two principals involved.

11. 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.

12. 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.
13. 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.

14. Baseball dead time – 4 weeks after championship, beginning the 2nd Monday in August & 8 weeks beginning 1st Monday in November.

15. Academic All-State nominations will be accepted between March 30th through April 20th.
Monday, March 8
Week 1

Monday, March 15
Week 2

Monday, March 22
Maple Mountain@Uintah (Dbl Hdr)
Springville@Spanish Fork

Tuesday, March 23
Spanish Fork@Springville
Payson@Salem Hills

Friday, March 26
Maple Mountain@Springville
Payson@Spanish Fork
Uintah@Salem Hills

Monday, March 29
Payson@Maple Mountain
Salem Hills@Spanish Fork
Uintah@Springville (Dbl Hdr)

Tuesday, March 30
Maple Mountain@Payson
Spanish Fork@Salem Hills

Friday, April 2
Maple Mountain@Salem Hills
Springville@Payson
Spanish Fork@Uintah

Tuesday April 13
Uintah@Spanish Fork (Dbl Hdr)
Payson@Springville
Salem Hills@Maple Mountain

Wednesday, April 14
Maple Mountain@Salem Hills
Springville@Payson

Friday, April 16
Spanish Fork@Maple Mountain
Uintah@Payson
Springville@Salem Hills

Tuesday, April 20, 2009
Salem Hills@Uintah (Dbl Hdr)
Maple Mountain@Springville
Payson@Spanish Fork

Wednesday, April 21
Springville@Maple Mountain

Friday, April 23
Spanish Fork@Maple Mountain
Salem Hills@Payson

Tuesday April 27
Payson@Maple Mountain
Springville@Uintah
Salem Hills@Spanish Fork

Thursday April 29
Uintah@Maple Mountain
Salem Hills@Payson
Springville@Spanish Fork

Monday, May 3
Payson@Uintah (Dbl Hdr)
Maple Mountain@Spanish Fork
Springville@Salem Hills

Tuesday May 4
Salem Hills@Springville
Spanish Fork@Payson

Inter-region playoffs May 11 & 12
State Tournament Play May 18 - 21
Lindquist Field - Ogden
**SOPHOMORE BASEBALL SCHEDULE**  
2009-2010

<table>
<thead>
<tr>
<th>Date</th>
<th>Matches</th>
</tr>
</thead>
</table>
| **March 22** | M. Mountain @ Uintah (DH)  
Spanish Fork @ Springville |
| **March 23** | Salem Hills @ Payson  
Springville @ Spanish Fork |
| **March 26** | Springville @ M. Mountain  
Spanish Fork @ Payson  
Uintah @ Salem Hills (DH)  
(Field Availability?) |
| **March 29** | M. Mountain @ Payson  
Spanish Fork @ Salem Hills |
| **March 30** | Payson @ M. Mountain  
Salem Hills @ Spanish Fork |
| **April 2** | Salem Hills @ M. Mountain  
Payson @ Springville  
Spanish Fork @ Uintah (DH) |
| **April 13** | Spanish Fork @ Uintah (DH)  
Springville @ Payson  
M. Mountain @ Salem Hills |
| **April 14** | Salem Hills @ M. Mountain  
Payson @ Springville |
| **April 16** | M. Mountain @ Sp. Fork  
Uintah @ Payson (DH)  
(Field Availability?) |
| **April 20** | Salem Hills @ Uintah (DH)  
Springville @ M. Mountain  
Spanish Fork @ Payson |
| **April 21** | M. Mountain @ Springville |
| **April 23** | M. Mountain @ Spanish Fork  
Payson @ Salem Hills |
| **April 27** | M. Mountain @ Payson  
Springville @ Uintah (DH)  
Spanish Fork @ Salem Hills |
| **April 29** | Payson @ Salem Hills  
Spanish Fork @ Springville |
| **May 3** | Payson @ Uintah (DH)  
Spanish Fork@ M. Mountain  
Salem Hills @ Springville |
| **May 4** | Springville @ Salem Hills  
Payson @ Spanish Fork |
| **May 11-12** | Inter-Region Playoff |
| **May 17-21** | State Playoff |
REGION ACTIVITY CHAIRPERSON: Ben Ford, Payson High School

1. Game Times and Locations:

<table>
<thead>
<tr>
<th>Gym 1</th>
<th>Gym 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:30 Girls JV</td>
<td>Boys JV</td>
</tr>
<tr>
<td>5:15 Girls Varsity</td>
<td>Boys Soph</td>
</tr>
<tr>
<td>7:00 Boys Varsity</td>
<td>Girls Soph</td>
</tr>
</tbody>
</table>

(After January 26th, boys & girls JV teams exchange gym locations, except at Spanish Fork High School)

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

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. There is to be no filming by any school not involved in the game.

7. Practice will start for basketball **November 9, 2009.** No practice games are to be scheduled prior to **November 24, 2009.** (No coaching, intramural, or other methods of selecting a team may be held prior to the starting dates).

8. 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.


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). The selected team/teams will be published in the local papers i.e. Daily Herald, Deseret News, Vernal Express, and Uintah Basin Standard.
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. Players only are allowed on the floor in team athletic shoes and uniform or school warm ups. 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.

17. 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.

18. Basketball dead time = 4 weeks after championship & 8 weeks beginning August 1st.

19. Basketball Academic All-State nominations are accepted between December 29 - January 19.
**BASKETBALL SCHEDULE - BOYS**  
**2009-2010**

**Tuesday, November 24**  
Pre-Season Begins

**Tuesday, January 12**  
Uintah @ Payson  
Spanish Fork @ Salem Hills  
Springville @ Maple Mountain

**Tuesday, February 2**  
Spanish Fork @ Springville  
Payson @ Maple Mountain  
Uintah @ Salem Hills

**Friday, January 15**  
Springville @ Spanish Fork  
Maple Mountain @ Payson  
Salem Hills @ Uintah

**Tuesday, February 9**  
Maple Mountain @ Spanish Fork  
Salem Hills @ Payson  
Springville @ Uintah

**Friday, January 22**  
Uintah @ Maple Mountain  
Salem Hills @ Springville  
Payson @ Spanish Fork

**Tuesday, February 16**  
Uintah @ Spanish Fork  
Payson @ Springville  
Salem Hills @ Maple Mountain

**Tuesday, January 26**  
Spanish Fork @ Uintah  
Springville @ Payson  
Maple Mountain @ Salem Hills

**Friday, February 19 Boys Only**  
Maple Mountain @ Uintah  
Springville @ Salem Hills  
Spanish Fork @ Payson

**Friday, January 29**  
Payson @ Uintah  
Salem Hills @ Spanish Fork  
Maple Mountain @ Springville

**Wednesday, February 24 Boys Only**  
Spanish Fork @ Maple Mountain  
Payson @ Salem Hills  
Uintah @ Springville

- If there is a tie for the last playoff spot the game will be played on February 25 at a neutral site.
- The state playin games will be played on February 26 or 27 at home sites (final date subject to state approval).
- State first round games will be played at home sites.
- State Tournament 4A Boys (M,W,F,S) March 2-6, 2010

**Gym 1**  
3:30 Girls JV  
5:15 Girls Varsity  
7:00 Boys Varsity

**Gym 2**  
3:30 Boys JV  
5:15 Boys Soph  
7:00 Girls Soph

**After January 26th**  
Boys and Girls JV  
Teams exchange gym  
Location, except at Spanish Fork High School

19
<table>
<thead>
<tr>
<th>Date</th>
<th>Games</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, November 24</td>
<td>Pre-Season Begins</td>
</tr>
</tbody>
</table>
| Tuesday, January 12 | Uintah @ Payson
Spanish Fork @ Salem Hills
Springville @ Maple Mountain |
| Friday, January 15 | Spanish Fork @ Spanish Fork
Maple Mountain @ Payson
Salem Hills @ Uintah |
| Tuesday, January 19 | Spanish Fork @ Maple Mountain
Payson @ Salem Hills
Uintah @ Springville |
| Friday, January 22 | Uintah @ Maple Mountain
Salem Hills @ Springville
Payson @ Spanish Fork |
| Tuesday, January 26 | Spanish Fork @ Uintah
Springville @ Payson
Maple Mountain @ Salem Hills |
| Friday, January 29 | Payson @ Uintah
Salem Hills @ Spanish Fork
Maple Mountain @ Springville |
| Tuesday, February 2 | Spanish Fork @ Springville
Payson @ Maple Mountain
Uintah @ Salem Hills |
| Tuesday, February 9 | Maple Mountain @ Spanish Fork
Salem Hills @ Payson
Springville @ Uintah |
| Tuesday, February 16 | Uintah @ Spanish Fork
Payson @ Springville
Salem Hills @ Maple Mountain |

- If there is a tie for the last playoff spot the game will be played on February 17 or 18 at a neutral site.
- The state playoff games will be played on February 18, 19, or 20 at home sites (final date subject to state approval).
- State first round games will be played at home sites.

- 4A Girls State Basketball Feb. 23-27 (Tues. @ UVU W, F, S @ SLCC)

<table>
<thead>
<tr>
<th>Gym 1</th>
<th>Gym 2</th>
<th>After January 26th</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:30 Girls JV</td>
<td>3:30 Boys JV</td>
<td>Boys and Girls JV</td>
</tr>
<tr>
<td>5:15 Girls Varsity</td>
<td>5:15 Boys Soph</td>
<td>Teams exchange gym</td>
</tr>
<tr>
<td>7:00 Boys Varisty</td>
<td>7:00 Girls Soph</td>
<td>Location, except at Spanish Fork High School</td>
</tr>
</tbody>
</table>
CROSS COUNTRY GUIDELINES
2009-2010

REGION ACTIVITY CHAIRPERSON: Troy Bohling, Salem Hills High School

Beginning date meets may be held is August 13, 2009.

1. Time for cross-country is 4:00 p.m.

2. The host school will arrange a safe, well-marked course for all Region Meets. Distance for dual meets will be three miles. A finish chute will be required on dual meets as well as the Region Meet. Host school will provide an adequate number of volunteers to assist.

3. Each school will furnish their own adhesive-backed finish tags. Tags should represent school colors (Maple Mountain - gold, Payson-green, Uintah-white, Salem Hills-blue, Spanish Fork – black, Springville-red.).

4. In the Region Meet, the first 10 place winners will qualify for State plus whatever teams the state allows.

5. The winner of the Region trophy is determined by the scores in the Region meet.

6. Medals will be awarded to the first 10 finishers in the Region Meet in both girls’ and boys’ division. Ribbons will be awarded to finishers 11-20 of the girls’ and boys’ Varsity races. Ribbons will be awarded to the first 10 finishers in both the girls’ and boys’ J.V. races.

7. There will be a maximum of ten (10) meets per team, not per individual, plus the Region and State.

8. Rotation of the Region Cross Country Meet: 2009 – Maple Mountain , 2010 – Salem Hills (see below). The host school will provide a mutually suitable site.

9. The Region coaches will choose an All-Region Academic Team composed of senior runners with a 3.7 or higher GPA for the cumulative grades. The names of All-Region Academic Team members must be turned into the host school no later than one week before the region meet is to be held.

10. Dead time period applies for 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 per form in that sport.

11. Cross Country dead time: 12 weeks beginning March 1

12. Cross Country Academic All State nominations are accepted between September 8-22.
August 13, 2009 – First Cross Country Meet can be held

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.

VARITY SCHEDULE

Pre –Region VIII Cross Country Meet @ Salem Hills High School
Tuesday, August 25, 2009
4:00 pm – Boys
4:30 pm - Girls

CROSS COUNTRY REGION MEET

Monday, October 12, 2009
Host: Maple Mountain High School
Start times:  4:00 p.m.    JV Girls
             4:30 pm    JV Boys
             5:00 p.m.    Varsity Girls
             5:30 p.m.    Varsity Boys

CROSS COUNTRY REGION MEET ROTATION

2010 Salem Hills
2011 Springville
2012 Payson
2013 Uintah
2014 Spanish Fork
2015 Maple Mountain

CROSS COUNTRY STATE MEET

Wednesday, October 21, 2009
Sugarhouse Park & Highland High School
Region Activity Chairperson: Brenda Burr, Salem Hills High School

ONE ACT PLAYS
Tuesday, March 23, 2010
Salem Hills High School

INDIVIDUAL EVENTS
Tuesday, March 30, 2010
Payson High School

STATE DRAMA FESTIVAL
@ TBA
April 15, 16, 17, 2010

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 $110.00, Individual Events judges $30.00
(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 four years. The Region will pay $100.00 for certificates 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
2009-2010
REGION ACTIVITY CHAIRPERSON: Ann Anderson, Salem Hills High School

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. Five in-state judges will be used for state competition. The high and low score will be dropped for each routine.

4. Teams may participate in no more than four invitational competitions including the Region meet.

5. All drill team advisors need to attend a judges 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 judges’ workshop will need to take the test.

6. There shall be no deduction of points for using used uniforms in competition. Schools are encouraged to maintain a "costume closet" for flexibility and originality without the expense of new costumes. Judging sheets shall not reflect if the costume is new or flashy. The annual maximum fee per girl is $600.00. This $600.00 fee includes all costs from the girl, whether it comes from out-of-pocket expense, fund raisers, or donations.

7. This maximum fee excludes summer camps or the travel to and from those camps and post-season trips. If the schools add money, it lowers the amount that the girl pays. There is a limit of $250.00 for camp-related expenses: camp fees and a rehearsal uniform.

8. Drill teams will compete in the designated categories as directed by the State (dance, kick, military, prop or novelty) at Region Competition. The 5 teams with the highest combined scores will represent the Region at State Competition. They will be allowed to participate with all three of their category routines. Any school which was not in the top 5 but which won first place in one of the categories will be allowed to participate at State in that category only.

9. Five (5) performance judges, two (2) penalty judges and one (1) shoe and prop judge will be used at the Region level.

10. Scoring will be done according to current UHSAA guidelines.

11. A plaque will be awarded for 1st, 2nd, and 3rd place in each category. First through fifth place medals will be awarded for drill down. A trophy will be given to the overall winner.

13. 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.
14. Drill team dead time: 12 weeks between February 1 and August 15. School must indicate the 12 weeks using the drill team dead time period form from the UHSAA website.

15. Drill team Academic All-State nominations are accepted between December 16 - January 6.

16. An all region team consisting of 3 seniors from each school will be selected by the coaches. An all academic region team consisting of seniors with a 3.75 gpa or higher will be selected from each school.

**DRILL TEAM SCHEDULE**

**2009-2010**

**Region Drill Team Competition**
Thursday, January 21, 2010 – 6:00 p.m.
Site: Maple Mountain High School

**State Drill Team Competition**

Site: Friday, January 29, 2010 @ UVU

$100.00 will be available for a hostess room

**REGION REPRESENTATIVE:** Molly Brenchley, Maple Mountain High School

**Region Competition Rotation**
2011 - Spanish Fork
2012 - Salem Hills
2013 - Payson
2014 - Uintah
2015 - 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**

**2009-2010**

**REGION ACTIVITY CHAIRPERSON:** Bart Peery, Payson High School

1. **Starting Date** for football is August 10, 2009. An Endowment game may be held on August 21st.
or 22nd, regular Varsity games may be held beginning August 27th, and the first JV/Sophomore
games may be held August 26th. 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:
   - **Dead Time (12 weeks following championship game):** no coaching, no organized practices,
     meetings or competitions, nor coach/player contact related to the sport. No “open field” is
     permitted.
   - **Spring (from end of 12 week dead time through and including Memorial Day):** no organized
     practice or intra-school scrimmages, no competitions or scrimmages with other schools, no
     helmets or pads worn.
   - **Summer (after Memorial Day to 3 weeks prior to start date):** 5 consecutive days in pads may
     be requested in writing to the Activities Association prior to the use of any pads.
   - **Fall (3 weeks prior to start date):** Participation must be optional. X and O chalk talks are
     permitted. Week 1: no organized workouts, conditioning and weightlifting only; Weeks 2 & 3:
     helmets only workouts permitted.

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. (check into a neutral site)

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) Athletes** participation in the two games will be closely monitored by
   coaches and player safety will be a top priority. It will be the responsibility of the coaches at the
   games to communicate concerns, monitor, and enforce this guideline. Seniors are allowed to
   participate in Junior Varsity games.

8. **Uniforms** for home teams will be dark, while traveling teams will be light.

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. JV and sophomore teams will dress at their own
   schools and restroom facilities will be made available by the host school.

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. It is unethical for scouts to film games they
    are scouting.
14. **Coaches** will **Communicate** during the season:

- Each Region School is expected to **Exchange Two Game Films** (DVD) in preparation for their Varsity games. Scouts/Coaches from the visiting school for next week’s game will bring the DVD’s of their two previous games for exchange (Burger King in Spanish Fork, 8:30 a.m. is default exchange). 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. It is not ethical to edit films or film a team when scouting. 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 head coach of the 1st place region team shall initiate communication with all the Region coaches and the Region Football Chair regarding a selection meeting for the **All-Region VIII Team** at the end of Region play. **Academic All-Region VIII Players** will be determined by Region Handbook guidelines.
  - All region teams will be:
    - 1st place 6 players
    - 2nd place 5 players
    - 3rd place 4 players
    - 4th place 3 players
    - 5th place 2 players
    - 6th place 2 players

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 per form in that sport.

16. **Football dead time = 4 weeks after championship and continue for 8 additional weeks.**

17. **Football Academic All-State nominations** are accepted between September 22 October 13.

* **Current Region VIII Head Football Coaches:**
  - Maple Mountain: Brad Burtenshaw
  - Payson: Monte Morgan
  - Spanish Fork: Matt Christensen
  - Springville: Scott Mitchell
  - Uintah: Doug Harding
Friday, August 21 (Endowment Games)

Friday, August 28
Second Week

Friday, September 4
Third Week

Friday, September 11
Fourth Week

*Friday, September 18
Salem Hills@Maple Mountain
Spanish Fork@Uintah
Springville@Payson

*Friday, September 25
Maple Mountain@Payson
Uintah@Springville
Spanish Fork@Salem Hills

*Friday, October 2
Payson@Spanish Fork
Uintah@Salem Hills
Springville@Maple Mountain

*Wednesday October 14 (Nebo, Uintah fall break)
BYE

*Thursday, October 22
Uintah@Payson
Salem Hills@Springville
Spanish Fork@Maple Mountain

* Region VIII Games

**Will be changed to Thursday October 22nd, for teams involved in a possible playoff game.

October 27/October 29 Inter-region Play-ins
October 30/31 First Round State Playoffs
November 6/7 Quarter Finals
November 12 Semi-Finals @ U of U
November 20 Finals @ U of U
REGION ACTIVITY CHAIRPERSON: RaShel Tingey, Maple Mountain High School

1. Tentative Location and date of Region Forensics Meet for the next year 2010.

<table>
<thead>
<tr>
<th>Date</th>
<th>Events</th>
<th>Location</th>
<th>Starting Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday, February 20th</td>
<td>(All)</td>
<td>Payson</td>
<td>8:00 a.m.</td>
</tr>
</tbody>
</table>

3. Deadline for forensic entries: February 9th, 2009. Drops may be made until February 13th, 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 michelle.walker@nebo.edu.

4. State Forensic Meet: Murray High School (subject to Spring Coaches meeting)

5. 2009-2010 Region Representative – Michelle Walker, Payson HS

6. Region Format

<table>
<thead>
<tr>
<th></th>
<th>Number of Contestants</th>
</tr>
</thead>
<tbody>
<tr>
<td>CX Debate/Public Forum</td>
<td>Four Teams</td>
</tr>
<tr>
<td>Lincoln Douglas</td>
<td>Four Contestants</td>
</tr>
<tr>
<td>Foreign Extemp</td>
<td>Three Contestants</td>
</tr>
<tr>
<td>National Extemp</td>
<td>Three Contestants</td>
</tr>
<tr>
<td>Original Oratory</td>
<td>Three Contestants</td>
</tr>
<tr>
<td>Impromptu</td>
<td>Three Contestants</td>
</tr>
<tr>
<td>Congress</td>
<td>Six Contestants</td>
</tr>
</tbody>
</table>

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

Tournament judges are available, on availability, on two weeks notice, at no cost to your school. However 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: 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). Three rounds of debate will be held.

Individual Event Pairings: 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 4-6 contestants.

Congress Pairings: All contestants placed in one house. A panel of judges, one 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.

7. Region will pay for judges at the Region Forensics Meets. ($10 per round with a maximum of $30 full day). Schools must apply to the UHSAA Region for reimbursement.

8. Medals/Trophies will be awarded to the top 3 contestants in each event, and an overall sweepstakes award to the top school in points. Region will pay for medals. In team debate, both individuals will receive a medal.

9. Region will pay for lunch of participating coaches.

1. Appropriate fines will be assessed to schools responsible for building damage.

2. LD and PF debates will use the same topic as that which will be used at State (March topic.)

12. Quartiling will be used to determine school points.

13. Each school must submit by February 8th IN ELECTRONIC FORMAT by email. Please email to kirbyglad@byu.net 20 impromptu topics as assigned (quotes, abstract/one word, social value)

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.
FORENSICS TOURNAMENT SCHEDULE
2009-2010

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

Lunch available for purchase from Noon until 2:00 pm in cafeteria
2:00 p.m. (or ASAP) Awards

Tab room note:

- Last PF/LD ballots arrive at 1:00
- Last congress ballots arrive 1:15
- Last policy ballots arrive 1:30
- Last IE ballots arrive 1:45

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 four 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.
1. A rules /etiquette clinic will be held prior to the first region match.

2. The first golf match may be held **August 13, 2009**. A maximum of 14 matches may be held. The first practice date may begin on **August 3, 2009**.

3. The 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:
   1. Starting times (shotgun start if possible)
   2. Scoring the meet
   3. Local Pro to explain the rules and the hand-outs of local rules
   4. Green fees, if any
   5. Marshaling of tournament
   6. 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:
   1. Scoring by stroke play
   2. Each school may play 6 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.
   3. All golfers must exchange cards and score another golfer’s card.
   4. 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.
   5. Once golfers leave the final hole, they are required to check in at the signing table with their group. Failure to do so within 10 minutes after leaving the final hole may result in disqualification. Once signed, the hole by hole scores cannot be changed.
   6. 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 of 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. 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**
Hats/visors, if worn, must be worn with the brim forward.
Collared shirts, turtleneck or mock turtleneck shirts, must be worn and tucked in at all times.
Shorts may be worn by any contestant, but no Levi or inappropriate shorts may be worn by contestants.

**PROHIBITED DRESS**
Tank tops, T-shirts, men’s sleeveless shirts, denim shorts, short shorts, cut-off shorts, or denim jeans.
Proper dress is required at all times at the host facility. Questionable attire will be reviewed by the region coaches. Should a host facility have a stricter dress code, its policy will take precedence. Players in violation will not be allowed to tee off.

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.

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 seven of eight region tournaments. The player with the lowest average will be deemed region medalists. In case of a tie, co-region medalists will be awarded.

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 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 not observing players perform in that sport.


21. Golf Academic All-State nominations are accepted between August 25- September 8, 2009.
BOYS GOLF SCHEDULE
2009-2010

Thursday, August 13
Region Meet @ Soldier Hollow (Host All)
12:00 noon

Tuesday, August 18
Region Meet @ Dinaland
(Host: Uintah)
11:00

Week of, August 24
Region Meet @ Gladstan
(Host: Payson)
12:00 noon

Week of August 31st
Region Meet @ Spanish Oaks
(Host: Maple Mountain)
12:00 noon

Week of September 8
Region Meet @ Hobble Creek
(Host: Springville)
12:00 noon

Week of September 14
Region Meet @ Gladstan
(Host: Salem Hills)
12:00 noon

Wednesday & Thursday, October 7-8
State Golf Meet @ Soldier Hollow

Week of September 21
Region Meet @ Spanish Oaks
(Host: Spanish Fork)
12:00 noon

Week of September 28
Region Meet @ Soldier Hollow
12:00 noon

JV SCHEDULE

August 24 or 25, 2009
Hobble Creek (Host: Springville)
9 hole round 2:00 pm

Thursday, September 3, 2009
Gladstan (Host: Payson)
9 hole round 2:00 pm

Thursday, September 17, 2009
Gladstan (Host: Salem Hills)
9 hole round 2:00 pm

Coaches
Maple Mountian  Johnny Averett
Springville    Brett Miller
Spanish Fork  Tim Braithwaite
Salem Hills   Paul Clark
Payson         Marilyn Miller
Uintah       Todd Meyer

E-mail
Johnny.averett@nebo.edu
brett.miller@nebo.edu
tim.braithwaite@nebo.edu
paul.clark@nebo.edu
Marilyn.miller@nebo.edu
toddm@uintahrecreation.org
GIRL’S GOLF GUIDELINES
2009-2010

REGION ACTIVITY CHAIRPERSON: Reese Brunson, Spanish Fork High School

1. A rules /etiquette clinic will be held prior to the first region match.

2. Tryouts and practice may begin on March 1, 2010. The first golf match may be held March 8, 2010. A maximum of 14 matches may be held.

3. The Region play will consist of (five) 9-hole matches; and (one) 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 (shotgun start if possible)
   b. Scoring the meet
   c. Local Pro to explain the rules and the hand-outs of local rules
   d. Green fees, if any
   e. Marshaling of tournament
   f. Providing a signing table for golfers to check in after their round

6. Girls will play from the designated Women’s tees.

7. The Modified Stableford Scoring System will be used: Players will receive points using the following system and mark those points on the scorecard.
   a. A score of 5 over par will receive 0 points. PLAYERS WILL PICK UP AT THIS POINT. Ex. A player on a par three who has not holed their 7th shot will pick up since the 8th shot would not count for any points.
   b. A score of 4 over par (quadruple Bogey) will receive 1 point.
   c. A score of 3 over par (triple Bogey) will receive 2 points.
   d. A score of 2 over par (double Bogey) will receive 3 points.
   e. A score of 1 over par (Bogey) will receive 4 points.
   f. A score of Par will receive 5 points.
   g. A score of one under par (Birdie) will receive 6 points.
   h. A score of 2 under par (eagle) will receive 7 points.
   i. A score of 3 under par (double eagle) will receive 8 points.

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. 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
Proper dress is required at all times at the host facility. Questionable attire will be reviewed by the region coaches. Should a host facility have a stricter dress code, its policy will take precedence. Players in violation will not be allowed to tee off. LPGA standards apply – sleeveless shirts are acceptable if shirt has a collar.

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.

13. The Region Champion will be determined by the accumulative 9 or 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 5 of 6 region tournaments, including the 18 hole match. The player with the best average will be deemed region medalists. In case of a tie, co-region medalists will be awarded.

15. A 10 person All-Region golf team will be selected using the medalist 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 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
**Week of March 22, 2010**
Region Meet @ TBA (Host: Maple Mountain)
2:00 pm (9 holes)

**Week of March 29, 2010**
Region Meet @ Gladstan (Host: Salem Hills)
2:00 pm (9 holes)

**Week of April 12, 2010**
Region Meet @ Dinaland (Host: Uintah)
2:00 pm (9 holes)

**Week of April 19, 2010**
Region Meet @ Hobble Creek (Host: Springville)
2:00 (9 holes)

**Week of April 26, 2010**
Region Meet @ Gladstan (Host: Payson)
2:00 (9 holes)

**Week of May 4, 2010**
Region Meet @ Spanish Oaks (Host: Spanish Fork)
12:00 noon (18 holes)

**Wednesday, May 12, 2010**
State Golf Meet @ TBA

**COACHES**

<table>
<thead>
<tr>
<th>School</th>
<th>Coach</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maple Mountain</td>
<td>Justin Nelson</td>
<td><a href="mailto:justin.nelson@nebo.edu">justin.nelson@nebo.edu</a></td>
</tr>
<tr>
<td>Payson</td>
<td>Marilyn Miller</td>
<td><a href="mailto:marilyn.miller@nebo.edu">marilyn.miller@nebo.edu</a></td>
</tr>
<tr>
<td>Uintah</td>
<td>Todd Meyer</td>
<td><a href="mailto:toddm@uintahrecreation.org">toddm@uintahrecreation.org</a></td>
</tr>
<tr>
<td>Salem Hills</td>
<td>Brad Fillmore</td>
<td><a href="mailto:brad.fillmore@nebo.edu">brad.fillmore@nebo.edu</a></td>
</tr>
<tr>
<td>Spanish Fork</td>
<td>Tim Braithwaite</td>
<td><a href="mailto:tim.braithwaite@nebo.edu">tim.braithwaite@nebo.edu</a></td>
</tr>
<tr>
<td>Springville</td>
<td>Brett Miller</td>
<td><a href="mailto:brett.miller@nebo.edu">brett.miller@nebo.edu</a></td>
</tr>
</tbody>
</table>
REGION ACTIVITY CHAIRPERSON: Alan Ashton, Maple Mountain High School

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.

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 26.
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. **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 $120.00 per day or $75.00 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 $10.00 plus $.25 per mile over 100 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 "+s" and "-s" with the exception of "1+".
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
Region VIII Music Directory

Maple Mountain High School

• Cory Mendenhall – Choir – 794-6740 cory.mendenhall@nebo.edu
• Chris Wilson – Band – 794-6740 chris.wilson@nebo.edu
• Sherrie Dunford – Orchestra 794-6740 sherrie.dunford@nebo.edu

Payson High School

• Melodie Henderson—Choir—465-6025 Ext. 123 melodie.henderson@nebo.edu
• Brad Collins—Band—465-6025 Ext. 118 brad.collins@nebo.edu
• Brad Collins—Orchestra—465-6025 Ext.118 brad.collins@nebo.edu

Salem Hills High School

• Justin Bills – Choir justin.bills@nebo.edu
• Mike Larsen – Band mike.larsen@nebo.edu
• James Arbazu – Orchestra james.arbazu@nebo.edu

Spanish Fork High School

• Shea Bradshaw – Choir shea.bradshaw@nebo.edu
• Bryant Smith – Band bryant.smith@nebo.edu
• Bryant Smith – Orchestra bryant.smith@nebo.edu

Springville High School

• Leanna Crockett—Choir—489-2870 leanna.crockett@nebo.edu
• Lena Halkidis – Band -480-2870 lena.halkidis@nebo.edu
• Sam Tsugawa—Orchestra—489-2870 samuel.tsugawa@nebo.edu

Uintah High School

• Aaron Merryweather -Choir aaron.merryweather@uintah.net
• Brian Gibson -Band brian.gibson@uintah.net
• Brian Gibson -Orchestra brian.gibson@uintah.net
MUSIC SCHEDULE
2009-2010

For all festivals that begin after school, the host school will be scheduled first followed by the next closest school. They will all begin at 3:30 p.m.

Region Solo/Ensemble Winds/Percussion February 17 Salem Hills
Strings February 24 Spanish Fork
Region Jazz March 3 Payson
Region Vocal/Solo Ensemble and Pianos March 10 Salem Hills
Region Chamber Choir March 17 Maple Mountain
Region Orchestra March 24 Springville
Region Concert Band March 31 Spanish Fork
Region Training Choir April 21 Spanish Fork
Region Large Choir April 28 Maple Mountain

Nebo Spring Break April 5th to April 9th
Uintah Spring Break April 1st, 2nd, 5th and 6th

STATE FESTIVAL DATES:

Jazz Festival April 2 – April 3 @ TBA
Solo & Ensemble: April 24 @ LonePeak
Band April 30 – May 1 @ UVU
Choir May 7 – May 8 @ Timpview
Orchestra May 14 – May 15 @ BYU

All State Choir Oct. 8th, 9th, and 10th
Honor Choir Jan 8th and 9th
All State Band Jan 14th, 15th, and 16th
REGION ACTIVITY CHAIRPERSON: Steve Dudley, Spanish Fork High School

Beginning practice and team selection day:
Girls’ – Monday, August 3, 2009
Boys’ - Monday, March 1, 2010

The first soccer game of the year may be held:
Girls’ - Tuesday, August 11, 2009
Boys’ – March 8, 2010

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. If you are playing Uintah, please make determination and notification before 10:30 a.m.

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 3:30 p.m., and 4:00 p.m. after April 1st. All J.V. games will commence no later than 15 minutes after the end of the Varsity game.

4. The number of games to be played, pre-region, and region games combined, 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 be played for two halves of forty (40) minutes each. 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 pre-season and Region play, when a game ends in regulation time with a draw, two 10 minute “sudden victory” overtime periods will be played (Golden Goal). If the match plus overtime still results in a draw, the game shall end. There will be no shoot out.

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 tie breaker procedures.

9. A goal differential maximum (mercy rule) shall be implemented for the purpose of sportsmanship and fair play in Region VIII soccer matches. A game shall end after 10 minutes of play in the second half when the goal differential between the winning team and the losing team is 8 goals or greater.
10. The home team must wear light jerseys and the visiting team must wear dark jerseys as per NFHS rules.

11. Academic All Region senior player names must be submitted to the region champion coach by the end of the season.

12. Each school in region VIII is expected to participate in a Junior Varsity schedule. Junior Varsity games which 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.

13. 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 J.V. game, the individual cannot participate in the following Varsity game nor the next J.V. game.

B. If ejected from a Varsity game, the individual can not participate in the following J.V. nor 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 would 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.

14. [From Region VIII Handbook, page 5] Each student body is to exhibit good sportsmanship. The administrators and advisors are, in the interest of proper education, to stress positive sportsmanship. Schools are encouraged to read a sportsmanship statement at all varsity athletic activities. An example is given below:

   Good afternoon ladies and gentlemen; welcome to today’s contest between {Visiting team/mascot} and {Home school/mascot}. On behalf of the faculty, staff and student body of (host school) we remind you that the ideals of good sportsmanship are a major part of this contest. Each of us should make every effort to promote this goal. Please stand and remove your hats for the presentation of colors.

15. Spring breaks for the districts in the region are:
   - Nebo April 5-9
   - Uintah April 5-6

16. The top teams qualify to go to the playoffs. Refer to the Region Handbook for tie break procedures.

17. All region soccer teams to recognize outstanding Varsity players of any grade who finish the season in good standing. Region VIII head coaches will meet after the last Region match to select the players for this recognition in the following pattern: The first place team is allowed four players,
second place team is allowed three players, third and fourth place teams selects two players, and fifth and sixth place teams each select one player each for the team.

18. 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, with exceptions as noted by the UHSAA rules.

19. Soccer dead time: 4 weeks after respective State championship match and 8 weeks beginning December 1, 2009.

20. Soccer Academic All-State nominations are accepted on the following dates:
   Girls Soccer between September 1-15
   Boys Soccer between March 30-April 20

SOCCER SCHEDULE - GIRLS
2009-2010

Beginning Practice Date:     Monday, August 3, 2009
First Game may be held:     Tuesday, August 11 2009
All Pre-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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponents</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tuesday, August 11</strong></td>
<td>Maple Mountain@Uintah</td>
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<tr>
<td></td>
<td>Payson@Spanish Fork</td>
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<td></td>
<td>Salem Hills@Springville</td>
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<tr>
<td><strong>Monday, August 17</strong></td>
<td>Salem Hills@Payson</td>
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<td>Spanish Fork@Uintah</td>
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<td>Springville@Maple Mountain</td>
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<tr>
<td><strong>Tuesday, September 8</strong></td>
<td>Salem Hills@Payson</td>
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<td>Spanish Fork@Uintah</td>
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<td>Springville@Maple Mountain</td>
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<td><strong>Thursday, September 10</strong></td>
<td>Spanish Fork@Salem Hills</td>
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<td>Uintah@Springville</td>
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<td><strong>Tuesday, September 22</strong></td>
<td>Springville@Salem Hills</td>
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<td>Spanish Fork@Payson</td>
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<td>Payson@SalemHills</td>
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<td>Uintah@Payson</td>
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<td>Spanish Fork@Springville</td>
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<tr>
<td><strong>Thursday, October 6</strong></td>
<td>Spanish Fork@Maple Mountain</td>
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<td></td>
<td>Springville@Payson</td>
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<td></td>
<td>Uintah@Salem Hills</td>
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<tr>
<td><strong>Thursday, October 8</strong></td>
<td>Region Play Off</td>
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<tr>
<td><strong>State Tournament:</strong></td>
<td>1st Round:</td>
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<td></td>
<td>Tuesday, October 13</td>
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<td>Quarter finals:</td>
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<td>Thursday, October 15</td>
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<td></td>
<td>Semi and Finals:</td>
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<td>Thurs-Sat October 22-24</td>
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</table>

**SOCCER SCHEDULE – BOYS**

**2009-2010**

Beginning Practice Date: **Monday, March 1, 2010**
First Game may be held: **Monday, March 8, 2010**
All Pre-Season games are arranged by the coaches.
JV Games start 15 minutes after the varsity game

Monday, March 8
Week 1

Monday, March 15
Week 2

Monday, March 22
Week 3

Tuesday March 30
Salem Hills@Maple Mountain
Springville@Payson
Spanish Fork@Uintah

Thursday April 1
Maple Mountain@Payson
Spanish Fork@Salem Hills
Uintah@Springville

Tuesday April 13
Maple Mountain@Uintah
Payson@Salem Hills
Springville@Spanish Fork

Thursday April 15
Spanish Fork@Maple Mountain
Uintah@Payson
Salem Hills@Springville

Tuesday April 20
Springville@Maple Mountain
Spanish Fork@Payson
Salem Hills@Uintah

Thursday April 22
Maple Mountain@Salem Hills
Payson@Springville
Uintah@Spanish Fork

Tuesday April 27
Payson@Maple Mountain
Springville@Uintah
Salem Hills@Spanish Fork

Thursday April 29
Maple Mountain@Spanish Fork
Payson@Uintah
Springville@Salem Hills

Tuesday May 4
Uintah@Maple Mountain
Salem Hills@Payson
Spanish Fork@Springville

Thursday May 6
Maple Mountain@Springville
Payson@Spanish Fork
Uintah@Salem Hills

Tuesday, May 11
Region Play Off

State Tournament:
1st Round
Wednesday, May 12
Quarter finals:
Friday, May 14
Semi and Finals:
Tues.-Sat., May 18-20
ReAL Stadium

| SOFTBALL GUIDELINES |
|---------|-------|
| 2009-2010 |

REGION ACTIVITY CHAIRPERSON: Dave McKee, Spanish Fork High School

1. Beginning practice and team selection date will be March 1 2010
2. The first practice game may be held on or after March 8, 2010

3. A maximum of 22 games will be played (all games count). See State Handbook, p. 28.

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. All games must be completed by May 7, 2010

7. Two umpires will be provided by arbitration as approved by the Region. Only certified umpires may be used.

8. All Region Varsity games will start at 3:30 Mountain Standard Time and 4:00 p.m. after daylight savings time. 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 4:00 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 6 runs or 3 outs per inning which ever happens first, with a maximum of 7 innings. (1 ½ hr.)*

9. 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

10. An All-Region Team will be selected by the coaches under the direction of the coach of the Region Champions on May 10th at 6 pm The meeting site will be the first place team.

11. 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.

12. 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

13. Softball dead time: 4 weeks after championship (beginning 2nd Monday in August) and 8 weeks beginning 1st Monday in November. Dead times are August 10-September 6, and November 2 – December 27.

14. Softball academic All-State nominations are accepted between March 30 – April 20.
<table>
<thead>
<tr>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, March 8</td>
<td>Monday March 22</td>
<td>Friday March 26</td>
</tr>
</tbody>
</table>

**SOFTBALL SCHEDULE**

2009-2010
Maple Mountain@Springville
Payson@Spanish Fork
Uintah@Salem Hills

**Tuesday March 30**
Salem Hills@Maple Mountain
Springville@Payson
Spanish Fork@Uintah

**Friday April 2**
Maple Mountain@Payson
Spanish Fork@Salem Hills
Uintah@Springville

**Tuesday April 13**
Maple Mountain@Uintah
Payson@Salem Hills
Springville@Spanish Fork

**Friday April 16**
Spanish Fork@Maple Mountain
Uintah@Payson
Salem Hills@Springville

**Friday April 23**
Maple Mountain@Salem Hills
Payson@Springville
Uintah@Spanish Fork

**Tuesday April 27**
Payson@Maple Mountain
Springville@Uintah
Salem Hills@Spanish Fork

**Thursday April 29**
Maple Mountain@Spanish Fork
Payson@Uintah
Springville@Salem Hills

**Tuesday May 4**
Uintah@Maple Mountain
Salem Hills@Payson
Spanish Fork@Springville

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

Tryouts may be held on March 1, 2010
First game may be held on March 8, 2009

First and second round of State tournament to be held at home schools on May 11th and 12th, 2010 (must be completed by May 17th at home schools.)

State Tournament will be held May 18th -20th Valley Complex

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**SWIMMING GUIDELINES**

**2009-2010**

**REGION ACTIVITY CHAIRPERSON:** Mike Brown, Springville High School


2. A maximum of fourteen (14) meets can be participated in by Region teams, including dual meets and invitational meets.
3. All Region meets will begin at 3:30 p.m.

4. Region VIII pay for swimming officials will be as follows:

   Region Championship meet (per day)
   
<table>
<thead>
<tr>
<th>Role</th>
<th>Pay</th>
</tr>
</thead>
<tbody>
<tr>
<td>Referee(1)</td>
<td>$40.00</td>
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<tr>
<td>Starter(1)</td>
<td>$40.00</td>
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<tr>
<td>Stroke Judges (4)</td>
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</tr>
<tr>
<td>Scorers Table(3)</td>
<td>$25.00</td>
</tr>
</tbody>
</table>

   Region Dual Meets
   
<table>
<thead>
<tr>
<th>Role</th>
<th>Pay</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starter/Referee</td>
<td>$30.00</td>
</tr>
<tr>
<td>Scorers Table</td>
<td>$25.00</td>
</tr>
<tr>
<td>Stroke Judge</td>
<td>$30.00</td>
</tr>
</tbody>
</table>

5. A Region seeding meeting will be held electronically through email.
   Submissions are due to Springville High School by 5:00 pm on Tuesday, January 19th.

6. The Region VIII swimming meet will be held on January 22 and 23, 2010 at the Springville City Pool with Springville High School as the host school. Warm-ups will begin at 2:30 p.m. on Friday the 22nd with the swimming events beginning at 3:30 p.m. Events 1-8 will be swam on Friday. On Saturday the 23rd warm-ups will begin at 9:00 a.m. with the swimming events starting at 10:00 a.m. Events 9-22 will be swam on Saturday.

7. The State 4A swimming meet will be held on February 5th & 6th @TBA.

8. Each school’s entries for the Region championships will be limited to all official entries in each individual event and one (1) entry in each relay event. All entry times must be the best time for meets during the current season.

   A. All swimmers must meet eligibility requirements as per National Federation Rules. (Swimmers may compete in 2 individual events with two relays or 1 individual and 3 relays).

   B. The top four (4) swimmers from each school may score towards the region championships.

   C. Unlimited entries except for 500 y (4) and relays (1 per school).

   D. Scoring format will be twelve (12) places (as per National federation rules for a 6 lane pool.) If swam in an eight (8) pool scoring will be 16 places.

9. Region VIII Swimming Championships Awards (Boys / Girls)
   
   Region Championship Trophy
   Medals for places 1-5 in individual events
   Medals for relay winners places 1-5

10. Dead time period applies to all current 9th through 12 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.
11. **Swimming dead time**: 2 weeks beginning August 17 and 2 weeks beginning April 12th.

12. **Swimming Academic All-State nominations** are accepted between December 15, to January 12, 2010.

13. **First Day of Practice and team selection** September 21 2009.
**Region Swimming Meets**
October 16 – 17 @ Springville
Friday 3:00 p.m. Saturday 8:00 a.m.
November 7 @ Uintah
11:00 a.m.
November 17 @ Springville
2:30 p.m.
December 17 @ Springville Pool
2:00 p.m.

**Region Swimming Championships**
Site: Uintah
Host: Uintah High School
Friday and Saturday, January 22 and 23, 2010
Friday 2:30 p.m. – Saturday 9:00 a.m.
(Region VIII Prices will be charged at this meet)

**State 4 A Swimming Championships**
Site: BYU
Friday and Saturday February 5 and 6, 2010
(State prices will be charged at this meet)
REGION ACTIVITY CHAIRPERSON: Brett White, Payson High School

Girls beginning practice date and team selection August 3, 2009. First competition may be held August 13, 2009.

Boys beginning practice date and team selection March 1, 2010. First competition can be held March 8th, 2010

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. Players may only leave the court between the second and third set or in an emergency situation.

2. Players will be permitted a 10 minute warm-up at the beginning of each match.

3. 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.

4. In case of a substitution, players do not need to be moved up in the order.

5. The Region 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. Region results determine State participants.

6. For a participant to qualify for any league position at the Region Tournament, he/she must have played in at least five (5) league matches in that category ( i.e., 1st singles, 2nd singles, 3rd singles, 1st doubles, 2nd doubles ) he/she would compete in at Region and subsequently at State. Exception to this ruling exits in the case of extreme medical conditions barring participation. In this situation, coaches should bring any suggestions to the Region Tournament seeding meeting for any changes to this item.

7. All Region matches will begin at 3:30 p.m.

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 date(s) required. Host coach will be responsible for contacting the coach of the visiting team about playing conditions no later than 1:30 p.m.; conversations between coaches are encouraged to guarantee good communication regarding the match play.

9. Medals will be awarded to 1st, 2nd, and 3rd place at the Region Tournament.

10. There will be a twelve (12) point tiebreaker (must win by two) in case of tie matches, both in dual matches and the Region Tournament.

11. The home team will provide the tennis balls for the match. The tennis balls must be championship balls.
12. Coaches will provide a written line-up of players by position as they arrive for all dual matches.

13. 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.

14. A maximum of fourteen (14) matches per individual may be played, excluding the Region and State tournaments. Each team is allowed to play in fourteen (14) meets plus the region and State Tournaments. The number of meets counted for a tennis tournament shall be equal to the number of days scheduled for the tournament. A one day tournament shall count as one meet and a two day tournament shall count as two meets.

15. The Region Tournament will determine state qualifiers and their positions.


17. 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.

18. Tennis dead time: 12 weeks beginning November 1st

19. Academic All-Region will be presented Friday, at 11:30, just prior to the start of the Region Tournament.

20. Tennis Academic All-State nominations are accepted between the following dates:
   
   Boys Tennis March 23-April 13
   Girls Tennis August 26 – September 8
Thursday, August 13  
Week 1  
Monday, August 17  
Week 2

Thursday, August 27
Uintah@Payson  
Maple Mountain@Salem Hills  
Spanish Fork@Springville

Tuesday, September 1
Spanish Fork @Maple Mountain  
Springville@Payson  
Uintah@Salem Hills

Tuesday, September 22
Springville@Salem Hills  
Spanish Fork@Payson  
Uintah@Maple Mountain

Thursday, September 3
Maple Mountain@Uintah  
Payson@Spanish Fork  
Salem Hills@Springville

Thursday, September 24
Payson@SalemHills  
Maple Mountain@Springville  
Uintah@Spanish Fork

Tuesday, September 8
Salem Hills@Payson  
Spanish Fork@Uintah  
Springville@Maple Mountain

Tuesday, September 29
Salem Hills@Spanish Fork  
Payson@Maple Mountain  
Springville@Uintah

Thursday, September 10
Spanish Fork@Salem Hills  
Uintah@Springville  
Maple Mountain@Payson

Region Seeding meeting – October 1st  
@ 6 p.m. Place TBA  
Region Tournament @ Spanish Fork, October 2nd and 3rd  Host: Spanish Fork  
October 2nd start time is 12:00 noon  
October 3rd start time is 9:00 a.m.

Region J.V. meet @ Spanish Fork, Saturday, October 3rd  Host: Spanish Fork

State Tennis Tournament @ Liberty Park  
October 9th and 10th  
All matches begin at 3:30 p.m.
## Boy’s Tennis Schedule
### 2009-2010

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponents</th>
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<tbody>
<tr>
<td><strong>Monday, March 8</strong></td>
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<td>Week 1</td>
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<td>Week 3</td>
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<tr>
<td><strong>Thursday March 25</strong></td>
<td>Maple Mountain@Springville</td>
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<td>Payson@Spanish Fork</td>
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<td>Uintah@Salem Hills</td>
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<td><strong>Tuesday March 30</strong></td>
<td>Salem Hills@Maple Mountain</td>
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<td></td>
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<td>Salem Hills@Payson</td>
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<td>Spanish Fork@Springville</td>
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</tbody>
</table>

**Region seeding meeting – May 5<sup>th</sup> @ 6:00 p.m. Place TBA**

**Region Tournament @ Spanish Fork**  
May 6<sup>th</sup> and 7<sup>th</sup>  
May 6<sup>th</sup> start time is 12:00 noon  
May 7<sup>th</sup> start time is 9:00 a.m.

**Region J.V. meet @ Spanish Fork**  
May 7<sup>th</sup> after Varsity Region

**State Tennis Tournament @ Liberty Park**  
May 14<sup>th</sup> and 15<sup>th</sup>
1. A total of twelve (12) meets per individual, plus Region and State meets are allowed. Individuals may participate in no more than six (6) State qualifying meets.

2. Conduct boys’ and girls’ meets concurrently.

3. First meet date is March 8, 2010.

4. All meets will start 3:30 pm.

5. Host schools will be responsible to conduct and to take care of the needs of all track meets held at their school. Schools hosting the Region Championships may request schools participating in the meet to bring needed equipment and provide help in running events. The Region will pay for four (4) positions including a Head Starter and three (3) other meet officials for the Region Championships.

6. The seeding meeting for the Region Meet will be held on Monday, May 3, 2010 at Maple Mountain High School. (if deemed necessary).

7. Each school is permitted to enter seven (7) individuals in each event and one relay team per event at the Region meet. If more than seven (7) have qualified for the State Meet then all who have qualified can be entered in the Region championships.

8. A boys’ and girls’ Region trophy will be awarded to the teams winning the Region meet. Medals will be awarded to the top 3 individuals in each event. Medals will also be given to the winning relay teams in each relay event.

9. Coaches should nominate an All-Region Academic Team composed of varsity competitors with a 3.7 or higher cumulative GPA.

10. Region will allow an optional J.V. meet the Tuesday following the Region Meet at 3:30 p.m. This will be held for State non-qualifiers at site of next year’s Region Meet at no cost to the Region. This would be May 11, 2010 @ TBA.

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. Track dead time: 12 weeks beginning 2nd Monday in September. During this time there should be no coach to player contact related to track. This includes not observing athletes perform in their sport.

13. Track Academic All-State nominations are accepted between April 6-27.
Tuesday, March 9 @ 3:30pm  Uintah, Springville @ Spanish Fork
Payson, Maple Mountain @ Salem Hills

Tuesday, March 30 @ 3:30pm  Payson, Uintah @ Springville
Salem Hills, Spanish Fork @ Maple Mountain

Fri & Sat., April 9-10  Utah Co. Invitational @ Payson

Tuesday, April 20 @ 3:30 pm  Maple Mountain, Spanish Fork @ Uintah
Salem Hills, Springville @ Payson

Saturday, May 1  BYU Invitational (3A, 4A, 5A)

Tuesday, May 11 @ 3:30 pm  JV Region (Optional) @ Salem Hills

REGION VIII TRACK & FIELD MEET
May 5-6, 2010 (Wed-Thurs)
3:30pm @ Maple Mountain
Hosted by Maple Mountain

STATE TRACK & FIELD MEET
May 14-15, 2010 (Fri-Sat)
@ BYU

ROTATION FOR REGION TRACK
2010 – Maple Mountain
2011 – Spanish Fork
2012 – Uintah
2013 – Payson
2014 – Springville
2015 – Salem Hills
REGION ACTIVITY CHAIRPERSON: Sharon Shipton, Uintah High School

1. **THE BEGINNING PRACTICE DATE IS AUGUST 10 2009**
The first game may be held on August 20, 2009

2. By UHSAA guidelines maximum number of matches is fourteen (14) and two (2) tournaments. Tournaments count as two (2) games with eight (8) or fewer teams. No more than nine total matches in a tournament and no more than 7 matches in a given day.

3. **Game times:** Sophomore 4:00 p.m.   J.V. 5:15 p.m.   Varsity 6:30 p.m.
Admission to be charged at all Sophomore, Junior Varsity, and Varsity Games.

4. **Rally scoring format for sub-varsity matches** is as follows: games 1 and 2 score to 25 with a cap of 27 and games 3,4 (if necessary) and 5 (if necessary) score to 15 with a cap of 17. The let serve is still utilized. Games 1 and 2 have a possibility of two time-outs per team and games 3,4 (if necessary), and 5 (if necessary) have a possibility of one time-out per team.

Rally scoring format for **varsity matches** is as follows: games 1-4 (if necessary) score to 25 with no cap and game 5 (if necessary) scores to 15 with no cap. The let serve is still utilized. Games 1-5 (if necessary) have a possibility of two time-outs per team (note: the varsity game 5 to 15 has the possibility of two time-outs per team, unlike the sub-varsity game to 15).

5. **Warm-up prior to games** will be four minutes for visiting team, four minutes for home team and two minutes shared serving. It is suggested that the HOST school have another area in the school that teams can have a ball warm-up and stretching prior to their time on the net.

6. **Schedules and rosters** are to be sent to all Region coaches and Athletic Directors by **Thursday September 3**. It is also helpful if the school’s main office has a roster from your team for programs. Rosters should include: Players Name, jersey #, and year in school. Host and visiting school may provide own rosters to place at entrance table.

7. The host school will control warm-up music, if used.

8. The National Anthem or The Pledge of Allegiance is also encouraged at home games.

9. **FINAL VARSITY GAME PROCEDURES:** If your school honors its seniors and parents at the final home varsity game of the season, **honor seniors and parents before the warm ups begin**.
The host school should have a place reserved for the visiting team. The visiting team will take the
net for their allotted time. The home team will take their allotted time. Announce both teams and then begin play. Maximum of 15 minutes.

10. The Region VIII first place team will host a meeting on Tuesday November 17, 2009 at 6:00 pm to select an All-Region Team. All varsity players are eligible. Nominations should be sent to the Region host coach prior to the meeting. Honorable Mention and Academic All-State nominees will be recorded and sent to the local newspaper. Coaches will nominate any Senior Varsity athletes with a 3.7 or higher GPA to the Academic All Region Team.

11. Volleyball dead time: 4 weeks after championship and continues for 8 additional weeks.

12. 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.

13. Volleyball Academic All-State nominations are accepted between September 22–October 6th.
Starting Date: August 10, 2009
Two tournaments and 14 games
Region Games: Sophomore 4:00 pm, JV: 5:15 pm, Varsity 6:30 pm

Thursday, August 21
Week 1

Monday, August 24
Week 2

Monday, August 31
Week 3

Tuesday, September 8
Week 4

Monday, September 14
Week 5

Tuesday, September 22
Spanish Fork @ Maple Mountain
Springville @ Payson
Uintah @ Salem Hills

Thursday, September 24
Maple Mountain @ Uintah
Payson @ Spanish Fork
Salem Hills @ Springville

Tuesday, September 29
Salem Hills @ Payson
Spanish Fork @ Uintah
Springville @ Maple Mountain

Thursday, October 1
Spanish Fork @ Salem Hills
Uintah @ Springville
Maple Mountain @ Payson

Tuesday, October 6
Payson @ Uintah
Salem Hills @ Maple Mountain
Springville @ Spanish Fork

Thursday, October 8
Maple Mountain @ Spanish Fork
Payson @ Springville
Salem Hills @ Uintah

Tuesday, October 20
Payson @ Salem Hills
Maple Mountain @ Springville
Uintah @ Spanish Fork

Thursday, October 22
Salem Hills @ Spanish Fork
Payson @ Maple Mountain
Springville @ Uintah

Tuesday, October 27
Uintah @ Payson
Maple Mountain @ Salem Hills
Spanish Fork @ Springville

Fall Break
October 15 & 16

Play-off game Thursday, October 29, 2009 or Monday November 2nd, 2009
4A State Volleyball November 6th and 7th @ UVU Times: TBA
REGION ACTIVITY CHAIRPERSON: Brian Thorne, Springville High School

It is proposed that we start with the first duel meet on the last full week of December and where possible we wrestle on Thursday nights. Rounds 2-5 will be the first weeks in January

1. The starting date for wrestling practice is November 9, 2009.
2. The first match of the year cannot be held prior to November 24, 2009.

3. Region matches will be held on Thursdays. Starting times for Region VIII matches will be as follows:
   A. Weigh-in: 4:30 p.m.
   B. Gyms cleared: 4:45 p.m.
   C. Junior Varsity Matches 5:30 p.m.
   D. Varsity Matches 7:00 p.m.

The gym must be cleared of all other activities by 4:45 p.m. so it can be set up for dual matches. A change in starting time will require mutual agreement between the principals of the two schools involved. Changes in date of activities requires the approval of the Region VIII Board of Managers. Host schools are responsible to notify the arbiter of any time or date changes.

4. The NFHSAA 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.
   A. There is to be no weight allowance given, unless there are dual matches on consecutive days. A coach must contact the opposing coach 24 hours in advance, if this situation occurs. A one pound allowance is the maximum authorized and both coaches must agree.
   B. All wrestlers will be restricted to twenty-four (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. (The State Board of Directors has ruled that all team tournaments count as three (3) credits). Region and State Tournaments are not included in this limit.
   C. 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.

5. Region Tournament Guidelines
   A. Each school is allowed to enter one (1) wrestler per weight class from the Varsity level. There will be openings for two other contestants for the Region Tournament at each weight class, with a maximum of two (2) wrestlers per school to wrestle in the Region Tournament.
B. Seeding for the Region Tournament will be the best 8 wrestlers according to the criteria listed below:

1. Head to head region record
2. Head to head outside region
3. Region record, wins at that weight
4. Common opponents
5. State placer
6. Region placer
7. Overall varsity record
8. Common sense
9. Seeded is final in theory

a. Hosting rotation for the tournament is:
Region Tournament will start at 10:00 a.m.

<table>
<thead>
<tr>
<th>Year</th>
<th>Varsity Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009-2010</td>
<td>Maple Mountain</td>
</tr>
<tr>
<td>2010-2011</td>
<td>Springville</td>
</tr>
</tbody>
</table>

C. There will be a true wrestle-back for 5th place, the winner of which will be an alternate for the State Tournament should one of the qualifiers not be able to participate. Furthermore, the wrestler who is the alternate should be directed to remain in shape until the State Meet begins in case he is asked to compete. If a school has a wrestler injured, who is unable to compete in the State Meet, they must notify the Region Chairman immediately so a replacement can be provided.

D. A hospitality room for the Region Tournament will be subsidized by the Region for an amount not to exceed $100.

6. Region Wrestling Awards:

A. Region VIII will present one trophy to the school winning the Region VIII Wrestling Tournament. Medals will be provided for 1st through 4th places in each weight. Any other awards given will be the responsibility of the region coaches. The Region Coaches will provide two Outstanding Wrestler Awards for the 103-140 and the 145 Heavyweight classes. The host school will provide a Region Coach of the Year plaque, and a Region Dual Meet Team Champion Trophy.

B. Academic All-Region will be awarded before the finals of the Region Tournament. Recipients must be Senior Varsity wrestlers with a 3.7 cumulative GPA or better. Their names will be submitted to the Region Tournament host at the seeding meeting. The certificates will be prepared by the host school. Academic All-State will be submitted at the same time or earlier if the state deadline is earlier.

7. 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.

8. Wrestling dead time: 12 weeks beginning July 27.
9. Wrestling Academic All-State nominations are accepted between December 15-January 12.
Springville@Payson
Spanish Fork@Uintah

**Round 3 January 7th**
Spanish Fork@Maple Mountain
Payson@Uintah
Salem Hills@Springville

**Uintah Tournament**
January 8th & 9th

**January 13th**
Uintah@Salem Hills

**Round 4 January 14th**
Maple Mountain@Payson
Spanish Fork@Salem Hills
Uintah@Springville

**Round 5 January 20th**
Uintah@Maple Mountain
Salem Hills@Payson
Spanish Fork@Springville

**Varsity Region**
February 4th - 5th @ Maple Mountain

**State Wrestling**
February 10th - 12th @ UVU