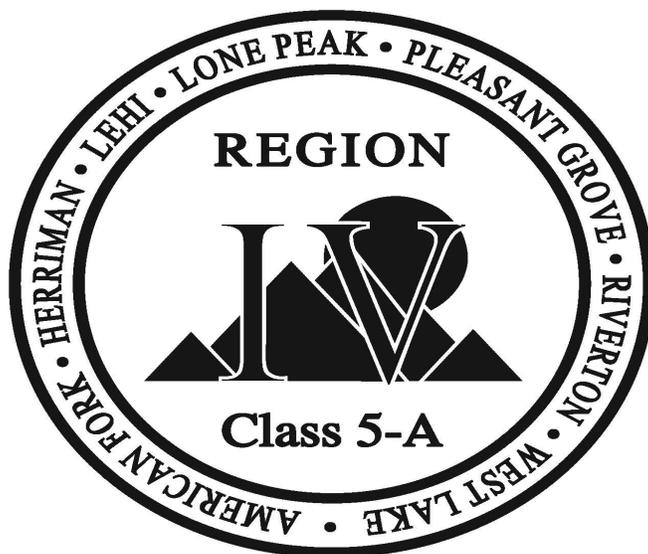


UHSAA



Region IV

Table of Contents

Board of Managers.....	2
Region Activity Chairperson	3
Coaches Representatives.....	4
School Rosters	5
Directions to Region IV Schools	14
General Policies 2013-2014.....	17
Trophies and Awards	26
Contest Limitations.....	27

Policies and Schedules

Baseball.....	29
Basketball.....	34
Cross Country	38
Drama.....	39
Drill Team.....	41
Football	43
Forensics/Debate.....	46
Golf	49
Music.....	53
Soccer.....	56
Softball.....	64
Spirit Group Procedures.....	68
Swimming.....	69
Tennis.....	71
Track and Field	78
Volleyball.....	82
Wrestling.....	84

District Calendars

Alpine School District Calendar	88
Jordan School District Calendar	89

Region IV Board of Managers

American Fork High School 801-756-8547 (fax) 801-756-8575
Doug Finch
510 North 600 East
American Fork, UT 84003
ATHLETIC DIRECTOR: Joe Atwood 801-756-8547

Herriman High School 801-567-8530 (fax) 801-567-8545
James Birch
11917 South 6000 West
Herriman, UT 84096
ATHLETIC DIRECTOR: James Barnes 801-567-8581

Lehi High School 801-610-8805 (fax) 801-768-7040
Dave Mower
180 North 500 East
Lehi, Utah 84043
ATHLETIC DIRECTOR: Patrick Gleaves 801-610-8805

Lone Peak High School 801-717-4568 (fax) 801-763-7064
Rhonda Bromley
10189 North 4800 West
Highland, Utah 84003
ATHLETIC DIRECTOR: 801-717-4568 x803

Pleasant Grove High School 801-610-8170 (fax) 801-785-8744
Tim Brantley
700 East 200 South
Pleasant Grove, Utah 84062
ATHLETIC DIRECTOR: Nate Johnston 801-610-8170 x190

Riverton High School 801-256-5800 (fax) 801-256-5880
Carolyn Gough
12476 South 2700 West
Riverton, Utah 84065
ATHLETIC DIRECTOR: Dan Henderson 801-256-5800

Westlake High School 801-610-8815 (fax) 801-768-1068
Fred Openshaw
99 N Thunder Blvd
Saratoga Springs, UT 84045
ATHLETIC DIRECTOR: Michael O'Connor 801-610-8815 Ext. 415

Region Activity Chairperson

Baseball	Matt Norman	Pleasant Grove	801-610-8170
Basketball (Boys)	Christian Smith	Lehi	801-610-8805
Basketball (Girls)	Chad Wilson	Westlake	801-610-8815
Cross Country	Mike Christensen	Herriman	801-567-8531
Drama	Gail Ritz	Riverton	801-256-5800
Drill Team	Sydney Hackford	Lone Peak	801-717-4568
Football	James Birch	Herriman	801-567-8530
Forensics	John Hanks	Lehi	801-610-8805
Golf (Boys)	Rex Brimhall	American Fork	801-756-8547
Golf (Girls)	Kori Thomas	Pleasant Grove	801-610-8170
Music	Rufine Einzinger	Herriman	801-567-8534
Soccer (Boys)	Kevin Barton	Riverton	801-256-5800
Soccer (Girls)	Aaron Barth	Lehi	801-610-8805
Softball	Kristen Packer	Westlake	801-610-8815
Swimming	Jim Marsh	Riverton	801-256-5800
Tennis (Boys)	Ryan Nield	American Fork	801-756-8547
Tennis (Girls)	Dan Biolo	American Fork	801-756-8547
Track (Boys)	Gary Twitchell	Lone Peak	801-717-4568
Track (Girls)	Mike May	Lone Peak	801-717-4568
Volleyball	Stacy Salmans	Westlake	801-610-8815
Wrestling	Curtis Hagen	Riverton	801-256-5815

Coaches' Representatives

Baseball	Darrin Henry	Pleasant Grove	801-785-8700	dhenry@alpinedistrict.org
Basketball (Boys)	Doug Meacham	American Fork	801-756-8547	dmeacham@alpinedistrict.org
Basketball (Girls)	Glenn Larson	Pleasant Grove	801-610-8170	glarson@alpinedistrict.org
Cross Country	Timo Mostert	American Fork	801-756-8547	tmostert@alpinedistrict.org
Drama	Clin Eaton	Riverton	801-256-5800	clin.eaton@jordandistrict.org
Drill	Stacey Squires	Pleasant Grove	801-610-8170	ssquires@alpinedistrict.org
Football	Mike Mower	Lone Peak	801-717-4568	mmower@alpinedistrict.org
Forensics/Debate	Phil Clark	Lehi	801-610-8805	pclark@alpinedistrict.org
Golf (Boys)	Lynn Anderson	American Fork	801-756-8547	landerson@alpinedistrict.org
Golf (Girls)	Bobbie Colby	Herriman	801-891-2273	arbcolby@comcast.net
Music	Lois Johnson	Lone Peak	801-717-4568	ljohnson@alpinedistrict.org
Soccer (Boys)	Paul Moizer	Riverton	801-256-5800	paul.moizer@jordandistrict.org
Soccer (Girls)	Brett Bergholm	Lehi	801-610-8805	bbergholm@alpinedistrict.org
Softball	Kim Jex	Westlake	801-360-8258	kjex@alpinedistrict.org
Swimming	Jared Huff	Westlake	801-610-8815	jhuff@alpinedistrict.org
Tennis (Boys)	Jason Herrud	American Fork	801-756-8547	jherrud@alpinedistrict.org
Tennis (Girls)	John LaCognata	Lone Peak	801-717-4568	
Track and Field	Chase Englestead	Riverton	801-256-5800	chase.engagestead@jordandistrict.org
Volleyball	Deanna Meyer	Lone Peak	801-717-4568	dmeyer@alpinedistrict.org
Wrestling	Brock Moore	Pleasant Grove	801-610-8170	bmoore@alpinedistrict.org

AMERICAN FORK ROSTER

2013-2014 Activity Advisors

Address: 510 N. 600 E. American Fork, UT 84003
Phone: (801) 756-8547 **Fax:** (801) 756-8575

School Colors: Red, Black, & White
School Mascot: Cavemen

ACTIVITY	ADVISOR	E-MAIL ADDRESS	SCHOOL PHONE
Principal	Doug Finch	dfinch@alpinedistrict.org	801-756-8547
Admin. Secretary	Michelle Mayne	mmayne@alpinedistrict.org	
Asst. Principal	Rex Brimhall	rbrimhall@alpinedistrict.org	
Asst. Principal	Dan Biolo	dbiolo@alpinedistrict.org	
Asst. Principal	Ryan Nield	rniel@alpinedistrict.org	
Athletic Director	Joe Atwood	jatwood@alpinedistrict.org	
Athletic Director	Gina Nicholes	gnicholes@alpinedistrict.org	
Athletic Trainer	Becky Bailey	beckybailey@alpinedistrict.org	
Baseball	Jarod Ingersoll	jingersoll@alpinedistrict.org	
Basketball, Boys	Doug Meacham	dmeacham@alpinedistrict.org	
Basketball, Girls	Corey Clayton	cclayton@alpinedistrict.org	
Cheerleading	Shelese Robinson	sheleserobinson@alpinedistrict.org	
Cross Country	Timo Mostert	tmostert@alpinedistrict.org	
Drill Team	Aubrey Ward	award@alpinedistrict.org	
Football	Aaron Behm	abehm@alpinedistrict.org	
Golf, Boys	Lynn Anderson	lynnanderson@alpinedistrict.org	
Golf, Girls	Lynn Anderson	lynnanderson@alpinedistrict.org	
Soccer, Boys	Nathan Lowe	nlowe@alpinedistrict.org	
Soccer, Girls	Margie Stringam	stringam4@gmail.com	
Softball	Cristy Crane	cristycrane@alpinedistrict.org	
Swimming, Boys	Kathy King	Kdk31960@alpinedistrict.org	
Swimming, Girls	Kathy King	Kdk31960@alpinedistrict.org	
Tennis, Boys	Jason Herrud	jherrud@alpinedistrict.org	
Tennis, Girls	Jason Herrud	jherrud@alpinedistrict.org	
Track, Boys	Art Taylor	arthurtaylor@alpinedistrict.org	
Track, Girls	Art Taylor	arthurtaylor@alpinedistrict.org	
Volleyball	Stephanie Hodgman	shodgman@alpinedistrict.org	
Wrestling	Eric Spencer	espencer@alpinedistrict.org	
Drama	Neil Johnson	njohnson@alpinedistrict.org	
Instrumental Music	John Miller	jmiller@alpinedistrict.org	
Vocal Music	Tracy Warby	twarby@alpinedistrict.org	

HERRIMAN ROSTER

2013-2014 Activity Advisors

Address: 11917 South 6000 West

School Colors: Red, Gold and Navy

Phone: (801) 567-8530 **Fax:** (801) 567-8545

School Mascot: Mustangs

Activity	Name	E-Mail	Phone Ext.
Principal	Jim Birch	james.birch@jordandistrict.org	8570
Asst. Principal	Lynn Allred	lynn.allred@jordandistrict.org	8533
Asst. Principal	Rufine Einzinger	rufine.einzinger@jordandistrict.org	8534
Asst. Principal	Mike Christensen	michael.christensen@jordandistrict.org	8531
Asst. Principal	Mark Halliday	mark.halliday@jordandistrict.org	8532
Secretary	Shirlene Lancaster	shirlene.lancaster@jordandistrict.org	8571
Athletic Director	James Barnes	james.barnes@jordandistrict.org	8581
Baseball	Jason DeHerrera	jason.deherrera@jordandistrict.org	7271
Boys' Basketball	Brad Tingey	brad.tingey@jordandistrict.org	8556
Girls' Basketball	Jill Ames	jill.ames@jordandistrict.org	7213
Cheerleading	Kira Baird	kira.baird@jordandistrict.org	7237
Cross Country	James Barnes	james.barnes@jordandistrict.org	7206
Drill Team	Arial Larsen	a_larsen_1@hotmail.com	8581
Drama	KayCee Bradshaw	kaycee.bradshaw@jordandistrict.org	7257
Football	Dustin Pearce	dustin.pearce@jordandistrict.org	7298
Forensics	Randall Seltz	randall.seltz@jordandistrict.org	7218
Golf-Boys	Kevin Fletcher	kevin.fletcher@jordandistrict.org	7227
Golf-Girls	Bobbie Colby	arbcolby@comcast.net	8581
Instrumental Music	Shawn Mangum	shawn.mangum@jordandistrict.org	7201
Vocal Music	Austin Thorpe	austin.thorpe@jordandistrict.org	7200
Boys' Soccer	Ryan Mitchell	ryan.mitchell@jordandistrict.org	7215
Girls' Soccer	Bill DeBruyn	bdebruyn@herrimansoccer.com	8581
Softball	Staci Hemingway	slhemingway@slco.org	8581
Swimming	Kevin Fletcher	kevin.fletcher@jordandistrict.org	7227
Tennis	Linda Richmond	linda.richmond@jordandistrict.org	8581

Track	Jake Garlick	jacob.garlick@jordandistrict.org	7205
Volleyball	Bryan Nicholson	bryan.nicholson@jordandistrict.org	7212
Wrestling	Steve Bowdren	steve.bowdren@jordandistrict.org	7298
Dance	Chelsea Taylor	chelsea.taylor@jordandistrict.org	7208

LEHI ROSTER

2013-2014 Activity Advisors

Address: 180 North 500 East Lehi, UT 84043
Phone: 801-610-8805 **Fax:** 801-768-7007

School Colors: Purple and White
Mascot: Pioneers

ACTIVITY	ADVISOR	E-MAIL ADDRESS	SCHOOL PHONE
Principal	Dave Mower	dmower@alpinedistrict.org	801-610-8805
Admin. Secretary	Diane Cardon	dcardon@alpinedistrict.org	
Asst. Principal	Christian Smith	chsmith@alpinedistrict.org	
Asst. Principal	Aaron Barth	abarth@alpinedistrict.org	
Asst. Principal	John Hanks	jhanks@alpinedistrict.org	
Athletic Director	Patrick Gleaves	pgleaves@alpinedistrict.org	
Athletic Trainer	Janice Bentley	Janib333@yahoo.com	
Baseball	Matt Bezzant	mathewbezzant@alpinedistrict.org	
Basketball, Boys	Bob Barnes	bbarnes@alpineschooldistrict.org	
Basketball, Girls	Kayla Burningham		
Cheerleading	Darcie Peirce	dlpeirce@digis.net	
Cross Country	Matt Rowe	mrowe@alpinedistrict.org	
Drill Team	Cadie Brockbank		
Football	David Hastings	dhastings@alpinedistrict.org	
Golf, Boys	Tele Whiteman	tele@vanguardgolf.com	
Golf, Girls	Tele Whiteman	tele@vanguardgolf.com	
Soccer, Boys	Jerry Preisendorf	Jpreisendorf@gmail.com	
Soccer, Girls	Brett Bergholm	bbergholm@alpinedistrict.org	
Softball	Whitney Thomas	Nix whitney@hotmail.com	
Swimming, Boys	Dennis Meyring	dmeyring@alpinedistrict.org	
Swimming, Girls	Dennis Meyring	dmeyring@alpinedistrict.org	
Tennis, Boys	Allan Wofford	awofford@alpinedistrict.org	
Tennis, Girls	Allan Wofford	awofford@alpinedistrict.org	
Track, Boys	Matt Rowe	mrowe@alpinedistrict.org	
Track, Girls	Matt Rowe	mrowe@alpinedistrict.org	
Volleyball	Jamie Ingersoll	jingersoll@alpinedistrict.org	
Wrestling	Dan Rice	drice@alpinedistrict.org	
Drama	Mindy Nelsen	mnelsen@alpinedistrict.org	
Forensics/Debate	Phill Clark	philipclark@alpinedistrict.org	
Instrumental Music	Matt Reynolds	mreynolds@alpinedistrict.org	
Vocal Music	Jennifer Nudd	jnudd@alpinedistrict.org	

LONE PEAK ROSTER

2013-2014 Activity Advisors

Address: 10189 N 4800 W Highland City, UT 84003
Phone: 801 717-4568 **Fax:** 801 763-7064

School Colors: Black, Gold, Maroon
Mascot: Knight

ACTIVITY	ADVISOR	E-MAIL ADDRESS	SCHOOL PHONE
Principal	Rhonda Bromley	rbromley@alpinedistrict.org	801-717-4568 ext 750
Admin. Secretary	Renda Bahr	rbahr@alpinedistrict.org	801-717-4568 ext 755
Asst. Principal	Sydney Hackford	shackford@alpinedistrict.org	801-717-4568 ext 753
Asst. Principal	Gary Twitchell	garytwitchell@alpinedistrict.org	801-717-4568 ext 752
Asst. Principal	Mike May	mmay@alpinedistrict.org	801-717-4568 ext 751
Athletic Director	Pam Beckstrand	pbeckstrand@alpinedistrict.org	801-717-4568 ext 601
Athletic Director	Ryan Ruchti	rruchti@alpinedistrict.org	801-717-4568 ext 803
Baseball			
Basketball, Boys	Quincy Lewis	qlewis@alpinedistrict.org	801-717-4568 ext 130
Basketball, Girls	Nancy Warner	nwarner@alpinedistrict.org	801-717-4568 ext 725
Cheerleading	Kelly Schwarz	kschwarz@alpinedistrict.org	801-717-4568 ext 407
Cross Country	Steve Revelli	srevelli@alpinedistrict.org	801-717-4568 ext 218
Drill Team	Katelyn Lameroux	lonepeakdrill@gmail.com	801-717-4568 ext 407
Football	Mike Mower	mmower@alpinedistrict.org	801-717-4568 ext 201
Golf, Boys	Tyler Pack	tpack@alpinedistrict.org	801-717-4568 ext 716
Golf, Girls	Gary Bozung	cbozung@alpinedistrict.org	801-717-4568 ext 767
Soccer, Boys	Blaine Hale	blaine@lonepeaksoccer.com	801-636-2583
Soccer, Girls	Heather Dahl	heather@lonepeaksoccer.com	702-281-9648
Softball	Janae Forsey	jforsey@alpinedistrict.org	801-717-4568 ext 802
Swimming, Boys	Matthew Melville	mmelville@alpinedistrict.org	801-717-4568 ext 139
Swimming, Girls	Matthew Melville	mmelville@alpinedistrict.org	801-717-4568 ext 139
Tennis, Boys	John LaCognata	JLACOGNA@utah.gov	801-592-8959
Tennis, Girls	John LaCognata	JLACOGNA@utah.gov	801-592-8959

Track, Boys	Brad Molen	bmolen@alpinedistrict.org	801-717-4568 ext 107
Track, Girls	Misty Asay	masay@alpinedistrict.org	801-717-4568 ext 107
Volleyball	Deanna Meyer	dmeyer@alpinedistrict.org	801-717-4568 ext 224
Wrestling	Lyle Mangum	lmangum@alpinedistrict.org	801-717-4568 ext 724
Drama	Jim Smith	jsmith@alpinedistrict.org	801-717-4568 ext 106
Forensics/Debate	Sherry Duncan	sduncan@alpinedistrict.org	801-717-4568 ext 206
Instrumental Music	Kurtis McKendrick	kmckendrick@alpinedistrict.org	801-717-4568 ext 104
Vocal Music	Lois Johnson	ljohnson@alpinedistrict.org	801-717-4568 ext 102

PLEASANT GROVE ROSTER

2013 - 2014 Activity Advisors

Address: 700 E. 200 S. Pleasant Grove, UT 84062
Phone: (801) 610-8170 **Fax:** (801) 785-8744

School Colors: Royal Blue & White
Mascot: Vikings

<u>Activity</u>	<u>Name</u>	<u>e-mail</u>	<u>Phone</u>
Principal	Tim Brantley	tbrantley@alpinedistrict.org	610-8170 Ext. 750
Principal's Secretary	Linda Parry	lparry@alpinedistrict.org	610-8170 Ext. 755
Ass't. Principal	Matt Norman	mattnorman@alpinedistrict.org	610-8170 Ext. 751
Ass't. Principal	Kori Thomas	kmthomas@alpinedistrict.org	610-8170 Ext. 753
Ass't. Principal	Jeanie Wilson	jwilson@alpinedistrict.org	610-8170 Ext. 752
Athletic Director	Nate Johnston	nathanjohnston@alpinedistrict.org	610-8170 Ext. 190
Ass't. Athletic Director	Kyle Sanderson	ksanderson@alpinedistrict.org	610-8170 Ext. 111
Athletic Trainer	Kristin Pond	kpond@alpinedistrict.org	610-8170 Ext. 146
Baseball	Darrin Henry	dhenry@alpinedistrict.org	610-8170 Ext. 113
Basketball (Boys')	Randy McAllister	rncallister@alpinedistrict.org	610-8170 Ext. 247
Basketball (Girls')	Glenn Larson	glarson@alpinedistrict.org	610-8170 Ext. 109
Cheerleaders	Cami Goodwin	cgoodwin@alpinedistrict.org	610-8170 Ext. 209
Cross Country	Mark Morrison	mmorrison@alpinedistrict.org	610-8170 Ext. 156
Drama	Stewart Shelly	shelley@alpinedistrict.org	610-8170 Ext. 131
Drill Team	Stacy Squires	ssquires@alpinedistrict.org	610-8170 Ext. 210
Football	Les Hamilton	lhamilton@alpinedistrict.org	610-8170
Golf (Boys')	Randy McAllister	rncallister@alpinedistrict.org	610-8170 Ext. 247
Golf (Girls')	Dave Carter	dcarter@alpinedistrict.org	610-8170

Music, Instrumental	Vince Burgoyne	vburgoyne@alpinedistrict.org	Ext. 215 610-8170
Music, Vocal	Jim Wilcock	jwilcock@alpinedistrict.org	Ext. 138 610-8170
Soccer (Boys')	Chris Ecalono	cecalono@yahoo.com	Ext. 135 610-8170
Soccer (Girls')	TBA		Ext. 212 610-8170
Softball	Jim Clark	jpclark@alpinedistrict.org	610-8170 Ext. 123
Student Government	Justin Reeves	jreeves@alpinedistrict.org	610-8170 Ext. 124
Swimming	Lisa Harris	sjznharris@hotmail.com	610-8170
Tennis (Boys')	Sam Dehoyos	samdehoyos@yahoo.com	610-8170
Tennis (Girls')	Russ Mayo	rmayo@alpinedistrict.org	610-8170 Ext. 153
Track	Glenn Larson	glarson@alpinedistrict.org	610-8170 Ext. 109
Volleyball	Allyce Jones	allycejones@alpinedistrict.org	610-8170 Ext. 210
Wrestling	Brock Moore	bmoore@alpinedistrict.org	610-8170 Ext. 147

RIVERTON ROSTER

2013-2014 Activity Advisors

Address: 12476 S. 2700 W. Riverton, Utah 84065

School Colors: Purple, Black, Silver

Phone: 801-256-5800 **Fax:** 801-256-5880

Mascot: Silverwolves

Activity Advisors

Activity	Name	e-mail address	Phone
Principal	Carolyn Gough	Carolyn.gough@jordandistrict.org	256-5800
Asst. Principal	Curtis Hagen	curtis.hagen@jordandistrict.org	
Asst. Principal	Dr. Gail Ritz	gail.ritz@jordandistrict.org	
Asst. Principal	James Marsh	james.marsh@jordandistrict.org	
Asst. Principal	Kevin Barton	kevin.barton@jordandistrict.org	
Secretary	Brenda Groo	brenda.groo@jordandistrict.org	
Athletic Director	Dan Henderson	daniel.henderson@jordandistrict.org	
Baseball	Jay Applegate	jay.applegate@jordandistrict.org	
Boys' Basketball	Steve Galley	steve.galley@jordandistrict.org	
Girls' Basketball	Ron Ence	ron.ence@jordandistrict.org	
Cheerleading	Stephanie Hansen	coachhansenrhscheer@gmail.com	
Boys Cross Country	Chase Englestead	chase.engagestead@jordandistrict.org	
Girls Cross Country	Chase Englestead	chase.engagestead@jordandistrict.org	
Drill Team	Karen Hudson	kmh1106@comcast.net	
Drama	Clin Eaton	clin.eaton@jordandistrict.org	
Football	Mike Miller	mike.miller@jordandistrict.org	
Forensics	Mike Henriksen	michael.henriksen@jordandistrict.org	
Golf	Dustin Carter	carter0445@hotmail.com	
Instrumental Music	David Faires	david.faires@jordandistrict.org	
Vocal Music			
Orchestra	Annie Nielsen	annie.nielsen@jordandistrict.org	
Boys' Soccer	Paul Moizer	paul.moizer@jordandistrict.org	
Girls' Soccer	Paul Moizer	paul.moizer@jordandistrict.org	
Softball	Emily Bateman	emily.bateman@jordandistrict.org	
Boys' Swimming	Samantha Weed	samantha.weed@jordandistrict.org	
Girls' Swimming	Samantha Weed	samantha.weed@jordandistrict.org	
Boys' Tennis	Karl McKenzie	karl.mckenzie@jordandistrict.org	
Girls' Tennis	Ron Ence	ron.ence@jordandistrict.org	
Boys' Track	Chase Englestead	chase.engagestead@jordandistrict.org	
Girls Track	Chase Englestead	chase.engagestead@jordandistrict.org	
Volleyball	Lindsay Lind	lindsvb3@hotmail.com	
Wrestling	Russ Crump	joseph.crump@jordandistrict.org	

Directions to American Fork High School

American Fork High - 600 E. 510 N. American Fork, UT 84003

Directions:

Take the I-15 Exit 276 (500 E.) and travel north until 300 north, about 1.5 miles. Go east (Right) on 300 1 block, and turn north again on 600 E. The school is one block north.

Baseball Field: Go to the Parking lot off of 600 E. on the north side of the school.

Football Field: Go through the main parking lot, or turn in on 700 E rather than 600 E and travel north along the by the driving range.

Gymnasium: By the school's main entrance in the large parking lot on the south side of the school.

Pool: American Fork's Recreation Center is located by the ASD offices off of 100 East and 600 North.

Soccer Field: By the Baseball field on the north side of the school.

Softball Field: Go through the main parking lot, or turn in on 700 E rather than 600 E and travel north along the by the driving range.

Directions to Herriman High School

Herriman High - 11917 S. 6000 W. Herriman, UT 84096

Directions:

Take Bangerter Highway to 12600 South. Go west (left) to the end of 12600 South which is 6000 West and turn north (right) again. The school is about .4 miles north, can't miss it because it is the only thing out in the middle of no where.

Baseball Field: Enter the parking lot on the south side. Very south/east part of the school just east of the driving range.

Football Field: Go through the main parking lot on the north of the school. The Track and Field are directly east of the school.

Gymnasium: By the north entrance in the large student parking. North section of the school.

Pool: JL Soreson Recreation Center 5350 West Herriman Main Street, Herriman UT 84096 • 385 468-1340

Soccer Field: Behind the softball field on the south east end of the grounds.

Softball Field: Enter the parking lot on the south side. Just north of the baseball field on south/east part of the school just east of the driving range.

Directions to Lehi High School

Lehi High - 180 N. 500 E. Lehi, UT 84043

Directions:

From the I-15, take the Lehi Main Street Exit. Turn west and the school is just past the Lehi Roller Mills on the north side of Main Street.

Baseball Field: Located on the northeast corner of campus.

Football Field: Located on the east side of campus.

Gymnasium: Enter the school from the southeast doors.

Pool: Located at the Lehi Legacy Recreation Center – 123 N Center Street.

Soccer Field: Located on the east side of campus.

Softball Field: Located on the northeast corner of campus.

Tennis Courts: Located on the southeast corner of campus.

Directions to Lone Peak High School

Lone Peak High - 10189 N. 4800 W. Highland, Utah 84003

Directions:

From the North:

Take Exit #284 Alpine/Highland Exit (Cabela's Exit).

Turn Left (East) on Alpine Highway (11000 North/HWY 92).

Travel 6.2 miles East and turn Right (South) on 4800 West.

Travel 1 mile and arrive at Lone Peak High School on left (West) side of road.

From the South:

Take Exit #275 Pleasant Grove/Lindon.

Turn Right (East) and travel .5 miles to traffic control light (2000 West).

Turn Left (North) and travel 4.6 miles.

Arrive at Lone Peak High School on left (West) side of Road.

Baseball Field: Go to the light just South of the High School (West Cedar Hills Drive) and turn right (west). Drive past the tennis courts and track and continue on that road. Baseball field will appear on your right.

Football Field: Enter the "loop" at the south end of the school and drive to the back of the school.

Gymnasium: Enter the "loop" at the south end of the school and drive to the side of the school.

Soccer Field: Enter the "loop" at the south end of the school and drive to the back of the school.

Softball Field: Enter the "loop" at the south end of the school and drive to the back of the school.

Directions to Pleasant Grove High School

Pleasant Grove High – 700 E. 200 S. Pleasant Grove, UT 84062

Directions:

From the I-15, take Exit #275 Pleasant Grove. Turn east on Pleasant Grove Blvd. and go 2.2 miles. Turn right on 100 East and go .1 miles. Turn left on 200 South and go .7 miles.

Baseball Field: South East

Football Field: West

Gymnasium: West

Pool: American Fork City Pool

Soccer Field: West

Softball Field: South East

Directions to Riverton High School

Riverton High – 12476 S. 2700 W. Riverton, UT 84065

From the North:

RHS can be easily found by exiting I-15 at Draper / Riverton and head west on 12600 So. to 2700 West.

From the South:

Turn onto Bangerter Hwy. from I-15 and head west to 2700 West. Make a right turn and head north to 12600 So. School is on the left.

Baseball Field: Southwest of school

Football Field: West of school

Gyms: North of school

Soccer Field: West of Football Stadium

Softball Field: Southwest of school

Region IV General Policies 2013-2014

State policy supersedes Region Policy. Region policy supersedes individual sports/activity guidelines.

I. ADMISSION FEES and TICKETS

- A. \$4.00 Visiting high school students with activity card and other school age children.
- B. \$5.00 Adults and high school students without activity card.
- C. \$20.00 Family Pass—family members within the immediate household (limit 6).
- D. Free Admission:
 - Home team students with activity cards.
 - Staff members of Region IV schools with Region IV passes and persons with UHSAA passes.
 - Senior Citizens (62 or over).
 - Cheerleaders, Pep Club, and Drill Team members in uniform.
 - Student officers in school sweaters and with SBO passes.
 - Children under school age.
- E. Tickets will be sold at Varsity Football, Sophomore, JV, Varsity Boys' and Girls' Basketball, Volleyball and Wrestling matches.
- F. Tickets will be sold through at least three (3) quarters of the varsity activity.
Admission Fee Schedule will apply.
Ticket sales will begin:
 - Football: 1 hour before varsity starting time.
 - Basketball, Volleyball, Wrestling: 15 minutes prior to the start of the first game.
- G. Tickets will be sold at Region Tournaments in swimming, wrestling, track, and drill team.
- H. Admission will be charged at all State Playoff games as per UHSAA guidelines.

II. SUPERVISION of REGION ACTIVITIES, TOURNAMENTS and MEETS

Any school hosting a region tournament, dual competition or activity is responsible for providing adequate administrative supervision of the activity. Although it is the responsibility of the chairperson of each individual activity to see that region tournaments and meets are planned and well organized, it is the responsibility of the host school to provide adequate general supervision for the activity. If the host school is not the school of the chairperson, there should be a clear understanding between the activity chairperson and the host principal regarding the activity. In any case, the host school must provide general supervision for activities taking place in that school. Region Chairs will not be compensated for time to administrate their region activity assignment. Visiting Administrators are to check in with the host school Administration.

III. ACCOMMODATIONS for VISITING TEAMS

All dressing room facilities must be left in a clean and orderly manner. Visiting teams must bring their own towels. The visiting head coach will check facilities prior to departure of the visiting team. If a head coach receives a key to dressing room facilities from the home school, the key

should be returned to the home school or Athletic Director. Security of personal items is the responsibility of the visiting team. Facilities will not be available for visiting teams other than locker rooms and playing facilities.

IV. OFFICIALS

Any misconduct of officials, including failure to show, or tardiness is to be reported to the home school's AD/Administration. A detailed report including names and improper conduct shall be submitted in writing to the Region IV Board of Managers, the UHSAA office, and the arbiter involved. The host school should show the referees where the dressing rooms are located.

V. **ACADEMIC ELIGIBILITY:** see UHSAA Handbook (By-Laws: Article I; Section 8; Interpretations/Guidelines: 1.8.1)

To be eligible to participate in Association sanctioned activities, a student:

1. Must be a full-time student in the school he or she intends to **represent**, or otherwise comply with all Utah State Board of Education dual enrollment requirements.
2. Cannot fail more than one subject in the preceding grading period (for purposes of this rule, a failure in a multi-period subject shall be counted as the number of failures equal to the number of periods in the class); and,
3. Must have obtained a minimum grade point average (GPA) of 2.0 based on a 4.0 scale or its equivalent in the preceding grading period.
 - a. A student who has failed to meet the minimum requirements set forth shall be ineligible for participation in UHSAA activities throughout the next grading period, provided however, that deficiencies in the final grading period of the school year may be made up prior to the first term of the succeeding year by any method acceptable to the school district or the member private school. Deficiencies must be made up in the same subject area.
 - b. The scholastic regulations apply to students who are entering high school for the first time. They also apply to any ninth grade student at a junior high or middle school, who has established eligibility at a member high school as provided in these by-laws.
 - c. Eligibility under this rule is determined when grades are posted. Grades are "posted" when the school registrar enters all grades electronically and are available to students, parents and teachers. In no case may the posting date be more than five (5) school days following the last day of the grading period. Grade changes after the posting date cannot restore lost eligibility, except for a documented clerical error.
 - d. These scholastic regulations are the minimum required for participation in Association activities. Nothing in this rule shall prevent local boards of education or governing boards of charter or private schools from establishing standards, related with grades that exceed those of the Association. Any such rule, however, is not binding on the Association.

Interps & Guidelines 1.8.1: FULL-TIME STATUS & SCHOLASTIC ELIGIBILITY

- A. The local school district or the governing board of a member charter or private school shall establish the degree of enrollment at the school that would define full-time status. Such definition shall apply to all aspects of the student's enrollment, not merely to activities.
- B. Incompletes (I), no grades (NG) and no credits (NC) are considered failures and must be factored into the GPA until made up. The grade point average must be recalculated once an I, NG or NC has been made up, with the new grade replacing the deficiency. A recalculation of the grade point average would also need to be done if deficiencies are replaced during the summer grading period. In order to replace the deficiency obtained during the final grading

period, the new grade must be earned in the same subject area and must come from a summer program that has been approved by the school district, charter or private school. Deficiencies for purposes of this rule include any letter grade. No other makeup work is accepted to gain academic eligibility during the school year.

- C. Students who are scholastically ineligible for a grading period cannot represent their school.
- D. Compliance with scholastic eligibility requirements for a home school student shall be demonstrated in compliance with state statute. The statute is found in Utah Code, Title 53A, Chapter 11, Section 102.6 accessed at the following link:
http://le.utah.gov/~code/TITLE53A/htm/53A11_010206.htm Subsections 5-14 of this section of state statute deal specifically with academic eligibility of home school students.

VI. POLICIES RELATING to COACH and STUDENT BEHAVIOR in Region IV Activities

A. Sportsmanship Policy

- a. INTRODUCTION - The effective Utah secondary school should support both an academic program and an activities program. These programs should do more than merely coexist, they should be integrated and support each other in “different” arenas. The concept of “sportsmanship” should be taught, modeled, expected and reinforced in the classroom and in all competitive activities.
- b. PHILOSOPHY - Activities are an important aspect of the total education process in Utah schools. They provide an arena for participants to grow, to excel, to understand and to value the concepts of SPORTSMANSHIP and teamwork. They are an opportunity for coaches and school staff to teach and model SPORTSMANSHIP, to build school pride and to increase student/community involvement. This ultimately translates into improved academic performance. Activities are also an opportunity for the community to demonstrate its support for the participants and the school, and to model the concepts of SPORTSMANSHIP for our youth as respected representatives of society. **Sportsmanship is good citizenship in action!**
- c. GENERAL SPORTSMANSHIP GUIDELINES
The Sportsmanship Page at uhsaa.org provides resources for schools and information on the UHSAA statewide sportsmanship program, “Raise the Bar.” The UHSAA Sportsmanship Handbook, posted on-line, discusses suggested and required behavior. The Handbook alerts administrators, coaches and players that the UHSAA can and will take action against those who fail to meet the standards listed therein. All of the above should read the Sportsmanship Handbook. A few of the required responsibilities are listed below:
 - i. Be courteous to all (participants, coaches, officials, staff and fans)
 - ii. Know the rules. Abide by and respect officials' decisions.
 - iii. Win with character and lose with dignity.
 - iv. Display appreciation for good performance regardless of the team.
 - v. Exercise self-control and reflect positively upon yourself, the team and the school.
 - vi. Permit only positive sportsmanlike behavior to reflect on your school or its activities.

d. POLICIES REGARDING EJECTIONS, FIGHTING and VIOLENT ACTS

Any coach, player or bench personnel ejected by an official shall be suspended from the **next regularly scheduled** game at that level of play (varsity, junior varsity, sophomore or freshman) and any intervening levels of play. When a coach is ejected and must sit out an additional game at that level, such coach shall not even be allowed to attend that game. According to the UHSAA School Sportsmanship Award Program, an ejected coach is required to complete the NFHS online course, “Teaching and Modeling Ethical Behavior” available at www.nfhslearn.com. When a player is ejected and must sit out an additional game at that level, such player shall not be in uniform, warm-

up with the team or be introduced with the team. **PLAYERS MAY NOT APPEAL AN EJECTION. Examples:**

- i. If ejected from a j.v. game which precedes a varsity game, the player (or coach) cannot participate in the following varsity game nor the next j.v. game. If ejected from a varsity game and the j.v. game precedes the subsequent varsity game, the player (or coach) cannot participate in the j.v. nor the next varsity game.
- ii. If the coach or participant is involved in a second incident/ejection, he/she will be suspended for the next two (2) regularly scheduled games. A third ejection would result in suspension for the remainder of that season (at least a minimum of three games). Ejections occurring on the final game of the season will carry over for all coaches and underclassmen to the first game of the succeeding season in that sport.
- iii. A player who is restricted or ejected shall remain in the bench area with the team. A coach who is ejected shall leave the vicinity (out of sight and out of sound) of the playing or contest area immediately and is prohibited from any further contact (direct or indirect) with the team for the remainder of the game or contest.
- iv. Coaches or players ejected for fighting or other violent behavior shall be suspended for not fewer than two regularly scheduled games. In addition, the incident shall be reported to the school or district which may impose additional penalties consistent with the school's disciplinary policies.
- v. The UHSAA Executive staff is empowered to enact suspension penalties for flagrant or violent acts whether detected or not by officials.
- vi. A one-game suspension may be enacted against any coach or player who approaches an official at the conclusion of a game in an unsportsmanlike manner. A thirty-minute cooling off period is in place after a contest where coaches and players are banned from approaching officials. This includes dressing room areas, parking lots or any other area where game officials are located. The report will be made by the official to the UHSAA and the ejection notice will be forwarded to the coach through the principal.
- vii. The head coach may leave the confines of the bench or box when a fight breaks out or has broken out. Bench personnel, other than the head coach, who leave the confines of the bench during a fight are *disqualified* from the game and shall leave the vicinity of the playing or contest area immediately. Any player who leaves the bench area during a fight, or who participates in a fight during the season or tournament play, will be ejected from that game and shall remain in the bench area with the team. The penalty for such an ejection is stated above.
- viii. Schools are not allowed to schedule games or contests to avoid the ejection policy penalty.
- ix. Sportsmanship conduct rules apply to all competitions (i.e. preseason, region and post-season play).

B. Bands and Drums

1. Pep band will be provided by the host school only. Exceptions only by mutual agreement. During basketball games, pep bands are to play during regulation time-outs, quarters and half-times only. Advisors must be present at all times.
2. Drums are to be used only to play with the band, as part of an organized cheer, and to be part of the pep club's marching activities. Drums are not to be used indiscriminately as noisemakers.

C. Cheerleaders/Mascots Conduct:

Cheerleaders will follow all guidelines listed in the General Policies of the Region IV Manual and those stated in the Cheerleading Policies.

D. Permitted Student and Spectator Conduct:

1. Other than authorized spirit groups (cheerleaders, drill team) no spectators will be allowed on the sidelines, field or floor during game time, quarters, or half-time, or pre-game. Students will not sit on the front row of the bleachers during the game.
2. The throwing of any objects, including confetti, torn paper scraps, crepe paper, toilet tissue, etc., is not allowed.
3. In the chart, **ONLY** those items marked “YES” will be allowed as fan/spectator sport items at all UHSAA State Tournaments and meets. It is recommended that schools follow these regulations during the regular season and in Region Tournaments. Sportsmanlike vocal cheering and support from each bench are always encouraged.

The items indicated on this chart are guidelines for spectators.

	Baseball	Basketball	Cross Country	Drill Team	Football	Golf	Soccer	Softball	Swimming	Tennis	Track & Field	Volleyball	Wrestling
Banners on wall except welcome or corporate sponsor	N	N	N	N	N	N	N	N	N	N	N	N	N
Confetti/shredded paper	N	N	N	N	N	N	N	N	N	N	N	N	N
Hand-held signs of any kind	N	N	N	N	N	N	N	N	N	N	N	N	N
Laser light/pointer	N	N	N	N	N	N	N	N	N	N	N	N	N
Miniature sports balls thrown into crowd	N	N	N	N	N	N	N	N	N	N	N	N	N
Megaphones	Y	N	Y	N	Y	N	Y	Y	N	N	Y	N	N
Artificial noise makers (horns, cowbells, bells, buzzers, clickers)	N	N	Y	N	Y	N	Y	N	N	N	N	N	N
Whistles	N	N	N	N	N	N	N	N	N	N	N	N	N
Shirts on fans	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Pom-poms, shakers, spirit, towels	Y	N	Y	N	Y	Y	Y	Y	N	Y	Y	N	N
Recorded music over PA w/approval only	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
School bands	N	Y	N	N	Y	N	N	N	N	N	N	N	N
Air horns/sirens	N	N	N	N	N	N	N	N	N	N	N	N	N

E. Region IV Sportsmanship Code of Conduct:

(This statement should be read prior to every region event)

Ladies and Gentlemen, Region IV and the Alpine and Jordan School Districts are proud to sponsor this game (event) today between _____ and _____ high schools. It is our mission to encourage the highest in athletic and sportsmanship standards. All players, coaches, students and other spectators are expected to be courteous to their opponents, their fans and their cheerleaders, to be respectful of officials' decisions and to display appreciation for good performance regardless of the team. A region sportsmanship trophy will be presented at the close of this school year to the school that is judged to be most gracious in both victory and defeat. Enjoy the game (event) and represent your school with dignity."

F. Pre-Game, Half-Time and Post-Game Activities

1. The game announcer is an official of the game and is to announce the game in a neutral manner. His or her purpose is not to influence or incite the crowd.
2. The starting line-up may be introduced prior to the activity. A well planned flag ceremony should be presented.
 - All activity should come to a halt immediately when the flag ceremony begins. Headgear should be removed. Activity should remain suspended until the flag ceremony is over.
 - The announcer should call everyone to attention as the flag enters the arena.
 - All tickets and concession sales should cease. No one should be admitted during the flag ceremony. The doors should be closed where possible.
3. Football half-time: Half-time will follow USHAA guidelines. Host performing group has 10 minutes which includes time to get on and off the field.
 - Exceptions can be made by mutual agreement for special occasions.
 - Any exception to the time limit (Homecoming) must be approved by the visiting team administration one (1) week in advance, and officials need to be notified on the night of the game.
4. Basketball half-time: Maximum of seven (7) minutes for half-time entertainment which includes time to get on and off the floor.
Exceptions: (Same as Football)
5. A supervisor must be present when student groups perform.
6. Coaches are responsible for the conduct of their athletes. No team or individual activity will be conducted that could belittle or humiliate opponents, including organized post-game demonstrations on any floor or field. Infractions will be referred to the Region IV Board of Managers for disciplinary action.
7. Any senior recognition at end of season cannot delay start of game. Senior Recognitions must occur prior to the game. Home school must notify the visiting school. Violations will be referred to the Region IV Board of Managers for possible sanctions. Cheer/Drill may be recognized during halftime of a basketball game but must stay within halftime allotment.

G. Banners and Signs

1. No negative banner or posters of any nature will be displayed in the area of competition. A sign welcoming the visiting team is encouraged.
2. A sign of a positive nature for the home teams to run through will be allowed.
3. Each school may hang one (1) school banner at the Region Championship Meet; the maximum size for this banner being 5X8'. No other signs or banners will be allowed at the Region site.
4. No banners or signs are allowed at any State competition site.

H. Change of Time and Date

1. A change of time of an activity may be effected through mutual agreement of both schools (coach, principal and athletic director). The host school must notify the arbiter of the change in time for him to notify the officials.
2. The host Region IV school changing a game outside of Region IV must also notify other Region IV schools. All officials (Varsity, J.V., Sophomore) will be arbitred by UHSAA. Call changes to UHSAA offices.
3. A change of date must be approved by the Board of Managers after a mutual agreement is reached between schools concerned.
4. All costs associated with changing the time and date of a contest will be incurred by the school requesting the change. Both schools are to agree to the change before a change can occur.

I. Game Starting Times and Participant Regulations

No sports activity may begin before 3:30 p.m. on a school day.

J. Ties of Standings (For all Athletic Activities except Drill Team)

1. **Head to Head Region record** (with tied teams) - In the event of a tie between teams qualified for state tournament positions, the seed will be determined by the win/loss records in region play of the teams involved in the tie.
2. **Compare against highest Region finish** - If the tie still exists, the seed will be determined by comparing each team's record against the team with the highest region finish or next highest, etc. until the tie is resolved.
3. **Coin Flip** - Once a team has been awarded a seed they are no longer part of the tie-breaking scenario. After this process, if only two teams remain the remaining two teams will be seeded based on head to head competition. If a tie still exists, a coin flip will be conducted under the direction of the Region Activity Chairperson with the "heads" coin receiving the higher seed. The coins tossed should land onto a floor surface. If the coin toss results in both coins being heads or tails and additional coin toss will occur until a winner has been determined. In the event of multiple teams tied that cannot be resolved as described above, all teams will flip coins with the team flipping the "heads coin" receiving the higher seed. The coin flip procedure will only be used as a last resort.
4. In the event of multiple teams tied for fewer playoff berths than teams tied, the tie-breaking procedure as described above will be used until only two teams remain. The final two teams will playoff in a game to determine the highest entry seed into the State Tournament. (See examples below)
5. If multiple teams tie for the final playoff spot, a coin flip will determine order of play, odd one sits out then plays the winner to determine final spot in the state tournament. Refer to the individual sport for play-in format.
6. In the event that the above process fails to resolve a tie, region principals will convene for the purpose of a coin flip to determine seed. The winner of the coin flip will take the higher seed. Tie Break Scenarios where fewer seeds are available than tied teams will use the guidelines below to determine seeding. The Region Activity Chairperson will facilitate the procedure with administrative representation from the involved schools at the earliest convenience once the tie has been confirmed by game results. Games will be played at a neutral location coordinated by the Region Activity Chairperson.

Tie Break Scenarios for 1 spot (4th seed)

2-way tie - head to head game to determine the 4th seed.

3-way tie - odd team (from coin flip) waits to play the winner of the game between the same coin teams.

Winner takes the 4th seed.

4-way tie - coin toss to determine pairings (toss until two head and two tails), additional coin toss to determine the order of the games, 4 team tournament with winner taking 4th seed.

Tie Break Scenarios for 2 spots (3rd and 4th seeds)

3-way tie - odd team (from coin flip) takes the 3rd seed, same coins teams play for 4th seed.

4-way tie - coin toss to determine game pairings (toss until two head and two tails), the two game winners toss a coin to determine 3rd and 4th seeds.

Tie Break Scenarios for 3 spots (2nd, 3rd, and 4th seeds)

4-way tie - odd team (from coin flip) takes 2nd, odd team (from new coin flip) takes 3rd with same two teams playing for 4th seed.

NO TIED TEAM WILL BE ELIMINATED FROM STATE PLAYOFF PARTICIPATION WITHOUT THE OPPORTUNITY OF A PLAYOFF GAME.

K. Moratorium

See UHSAA handbook

L. Seeding meetings or other meetings

Reimbursement expenses for region meetings or other activities may not exceed \$10.00 per person, one representative per school and only one meeting per year. Expenditures above this limit must have prior approval by the Region Board of Managers.

M. Number of Games – see UHSAA handbook for specific sports

Teams which exceed the number of games allowed in any season will forfeit from their region schedule the number of games exceeding the limit, beginning with your first region win and proceeding on until the excess number is equaled.

N. Failure to Participate

The failure of a team to participate in a scheduled contest without prior mutual consent and board approval at all levels, including Varsity, J.V., Sophomore, etc., will result in a fine of \$100 payable to the Region Board plus reimbursement for the cost of any officials.

O. Duties of Region Chairperson

1. Conduct all meetings pertinent to respective activity.
2. Coordinate and manage all region competitions and tournaments of respective activity.
3. Select and honor respective All-Region teams where applicable.
4. Be direct liaison to Region Board of Managers.
5. Be responsible for awards, trophies, medals, etc. pertinent to respective activity.
6. Schools will be responsible for printing certificates for Academic All Region athletes.
7. Oversees all tie-breaker scenarios and communicates results to Region Board and UHSAA.

P. Undue Influence (See UHSAA handbook Article 1, Section 10)

The Undue Influence and Recruiting Rules are an integral part of the Association's ability to create, administer and maintain the valuable and unique form of competition it offers. This unique form of competition is a carefully constructed system that promotes competitive balance and serves the mission and purpose of education based sports and activities. Association sports and activities are intended to foster a sense of community as well as to teach teamwork and discipline. Other sporting organizations exist which promote free player movement, unrestrained recruiting and setting of lineups. Such organizations are primarily designed to promote athletic development of the individual and provide a showcase for the athletic talents of those individuals. These organizations do not share the primary purposes of the Association and therefore cannot provide the unique type of competition created and maintained by the Association. Efforts randomly to impose adjustments or favoritism on these Rules damage the Association and, in turn, damage all the students who either participate in an

Association sport/activity or who support them, from cheerleaders to band members to drill teams to parents. The Association is committed to maintaining its unique form of competition.

Q. Penalties

Upon the determination that there has been a violation of the Association's Constitution, a By-Law, a rule or policy, the Association may impose such penalties or fashion such relief as may be proper. Without limiting the Association's ability to enforce its rules, these are among the actions the Association may consider:

1. **Reprimand:** An official letter to the individual and/or school concerned in regard to the offense committed and warning against acts of a detrimental nature which are contrary to the aims and philosophies of the Association. This letter will become a part of the permanent file of the individual and/or school involved.
2. **Probation:** An official letter to the individual and/or school concerned in regard to the offense committed clearly stating what conduct, activity or behavior needs correcting. Offending individuals and/or schools would be advised that their continued participation in the Utah High School Activities Association would be on a probationary status for a period of one year. In addition, the offending individual and/or school would be warned that any failure to correct these specified problems may result in more severe action by the Association, including, but not limited to: Restriction, Suspension, Fines or any combination thereof.
3. **Restriction:** Action which would restrict participation in district, group or state level activities. The restriction may be applied to an individual, to a team or group or to a school.
4. **Suspension:** The effect of a suspension shall be to drop the school from membership and prohibit participation in any or all UHSAA sponsored activities. The length of suspension shall be determined by the Board of Trustees.
5. **Forfeit:** The forfeiture of an interscholastic athletic contest, title or championship. In cases of the use of an ineligible player, the non-complying school shall forfeit any contest, team title or team championship obtained when such an ineligible player competed as part of the team.
6. **Fines:** A coach, principal and/or school may be assessed a fine not to exceed \$1500.
7. **Costs:** The Association may assess against a member school all or any part of the costs of investigations, hearings, or litigation, including attorney's fees, if the Association is required to act or to defend itself as a result of the failure of a member school to adhere to the Association's Constitution or By-laws.

Trophies and Awards

Academic All Region

A varsity participant of cum GPA 3.75 or higher will receive a certificate.

Baseball

One Region Trophy

Basketball (Boys and Girls)

One Region Trophy each

Cross Country (Boys and Girls)

One Region Meet Trophy each

Medals for places 1-7 Varsity

Ribbons for places 8-14

Drama

Seven 4x6 Plaques-Outstanding

Performance in Region One-Act Plays

130 Individual Superior Ranking Medals

3 Play Plaques for Play

3 "Sweepstakes" Trophies

Drill Team

One Region Trophy

Plaques-1st and 2nd place in each category: dance, military, and character

Five drill down medals for top five finishers

Football

One Region Trophy

Forensics/Debate

One Region Trophy

See page 48 for list of other awards

Boys and Girls Golf

One Region Trophy

10 Medals for 10 low medalists

Music

Certificates for Superior (I) Ratings in Orchestral, Large Choir, Madrigals, Solo & Ensemble, and Jazz Band Festivals. Trophies for teams that obtain superior or excellent.

Certificates for all participating bands according to rating in Region Marching Band competition. The Region Marching Band competition will also include trophies for Music Caption, Visual Caption, Percussion Caption, and Drum Major.

Soccer (Boys and Girls)

One Region Trophy each

Softball

One Region Trophy

Swimming (Boys and Girls)

One Region Trophy each

Six Medals for places 1st - 6th individual (8) and 3 relays (3)

Tennis (Boys and Girls)

One Region Trophy each

24 Medals for girls and 24 Medals for boys

Medals: 1st-4th places in 6 categories: 1st singles; 2nd singles; 3rd singles; 1st doubles; 2nd doubles; 3rd doubles

Track (Boys and Girls)

One Region Meet Trophy each

Medals for places 1st - 6th individual and 1st and 2nd relays (How many events??)

Volleyball

One Region Trophy

Wrestling

One Region Trophy

Medals: 84 Varsity 1st - 6th place

New Region Certificates

Contest Limitations

- A. Definitions:
1. Contest: Any meet, game or competitive activity (including practices and scrimmages) in which one or more students participate, and at least one of whom is not a member of the student-body or the school sponsored program, counts toward the contest limitations listed below for that activity.
 2. Tournament: Competition among four or more schools.
- B. The following contest limitations apply from the starting date of competition until the first day of the state tournament in each classification. This applies to all levels of competition (i.e., varsity, j.v., sophomore and freshmen). State qualifying tournaments do NOT count in the contest limitation totals for cross country, golf, swimming, tennis, track, wrestling, and speech/debate (see basketball and drill team exceptions below).
1. **Baseball:** 22 Games for 4A & 5A, 20 games for 1A, 2A & 3A. **Each game played counts as one game.** Schools may exercise one of the following options during the season:
 - a. A multi-game tournament (maximum of four games) – count it as **two** games and play **one** non-region double header on a non-school day for both schools and count it as **one** game.
– **OR**–
 - b. They can play **two** non-region double headers on non-school days and count each double header as **one** game.
 2. **Basketball:** Varsity-20 games if no region post-season tournament is held. 18 games if post-season tournament is held. One additional varsity contest is allowed for an approved endowment game but schools may not play alumni teams in a UHSAA endowment game. The above policy does not apply to j.v., freshman and sophomore. All non-varsity may play a maximum of 20 total games. **Each game played counts as one game.** Each team is allowed to attend one tournament where they may play up to 4 games and count it as two contests toward the 20 game allotment. A tournament must be sanctioned as per UHSAA guideline and occur on consecutive days (excluding Sunday). If the tournament exceeds four games, any additional games would count “one for one” against contest limitations.
 3. **Cross Country:** 10 meets per individual for 3A, 4A & 5A, 8 meets per individual for 1A & 2A.
 4. **Drill Team:** 3 competitions and a region competition (total of four).
 5. **Football:** 9 games. One additional varsity contest is allowed for an approved endowment game but schools may not play alumni teams in a UHSAA endowment game. **Each game played counts as one game.**
 6. **Golf:** 14 meets for 3A, 4A & 5A, 14 games for 1A & 2A. **Each game played counts as one game.**
 7. **Soccer:** 16 Games for 3A, 4A, & 5A, 14 games for 1A & 2A. **Each game played counts as one game.**
 8. **Softball:** 22 games for 4A & 5A, 20 games for 2A & 3A. **Each game played counts as one game, except for the games played under the two tournament exemption rule which allows schools two tournaments, at least one must be a non-school single day tournament, where all games**

played count as a single game (a maximum of four games may be played), and one multi-day tournament, where all games played count as two games (a maximum of eight games may be played in a multiple day tournament).

9. **Swimming:** 14 meets for 3A, 4A & 5A, 12 meets 1A & 2A.
10. **Tennis:** 14 meets per individual for 3A, 4A & 5A, 12 meets per individual for 1A & 2A.
 - a. 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, a **two** day tournament shall count as **two** meets, etc.
11. **Track:** 12 meets per individual for 3A, 4A & 5A, 10 meets per individual for 1A & 2A. An individual may participate in no more than six qualifying meets in addition to the region meet.
12. **Volleyball:** one of the following three options may be chosen:
 - 16 matches and 0 tournaments
 - 15 matches and 1 tournament
 - 14 matches and 2 tournamentsThe following guidelines pertain to the tournaments: no more than 9 total matches in a tournament, no more than 7 matches in a given day and tournaments may not exceed three days in length. If a region tournament is held it would have to be counted as one of the two tournaments allowed.
13. **Wrestling:** 24 credits per wrestler. All tournaments count as three credits.
 - a. Individuals may compete in no more than six tournaments per season.
 - b. Three of the six tournaments may be dual tournaments.
14. **Music:** 3 contests per category.
15. **Speech/Forensics/Debate:** 10 meets per individual.

Baseball Policies

Region Activity Chairperson: Matt Norman, Pl. Grove High School – 801-830-9298 Coaches' Representative: Darrin Henry, Pl. Grove High School 801-610-8170

1. Beginning team selection and practice date is **Monday, February 24, 2014**. The first games may be played no earlier than **Monday, March 3, 2014**.
2. Game time for all Varsity games will be 4:00 P.M. J.V games will be played at 3:30 P.M. on Thursday and double headers on Saturdays beginning at 10:00 or 11:00 AM. Sophomore games will be played immediately after the Varsity game on Wednesday night and immediately after the J.V. game on Thursday.
3. Sophomore games are to begin immediately following the game prior with no more than an eight minutes pre-game for each team. Sophomores will be limited to a 22 game schedule and are to be played by members of the sophomore and freshman classes only.
4. Game time may be changed only after agreement of the two principals involved. A date change must be approved through the Region Baseball Chairperson, who will inform all region principals. Date changes will only be approved for extraordinary circumstances rather than issues of convenience.
5. Each team will be allowed 15 minutes for warm-up and infield practice.
6. Each postponed game must be made up in the order of the postponement on the first available playing date (including Saturdays). Flip/flopping” the schedule and playing at the visiting team’s field, if it is playable will be done where it is possible to maintain the same number of home and away games between the two schools. Consideration needs to be given, when making a decision to stick to the home fields to the visiting team’s predicament. In the event of a postponed game because of bad weather, it will be the responsibility of the home team coach to notify the visiting school and the officials by no later than noon the day of the game. (JV/Soph games will be bumped from the calendar to allow for the varsity game.)
7. When a game is called because of darkness or weather, the game will be resumed on the next available playing date (including Saturdays) and/or as the preliminary scheduled game of the two teams in the second or third game. The five-inning completion rule is in effect. In the third game, the game that is called will be resumed on the next available date, excluding J.V. league games. The home field coach will be responsible for notifying all those involved: umpires, scorers, principals and coaches.
8. The home team will be responsible to have an official scorekeeper, preferably an adult. The winning team is responsible to report the results of the game to the newspapers.
9. Baseball: 22 games. Each game played counts as one game.
Schools may exercise one of the following options during the season: play one (1) multi-game tournament (up to a maximum of four games) and count it as two (2) games and play one (1) non-region double header on a non-school day for both schools and count it as one (1) game OR they can play two (2) non-region double headers on non-school days and count each double header as one (1) game. Only 22 games may be played. Every game played counts toward the 22 with the exception of post-season play-offs in the State Tournament.
10. The recommendation of the UHSAA on number of innings pitched per week will be followed.
11. If necessary the dates of May 8-10, 2014, may be used as playoff dates to determine fourth seed (last play-off) placement into the state tournament. The tie-breaker rule will be used for all other seeding issues. In the event that 3 teams tie for the fourth play-off spot, the following steps will be used to determine the 4th place team.
 - a. A coin flip will take place.
 - b. The odd team sits out first while the other two teams play a 7-inning game. The loser of the game is eliminated. The winner of the game will then play the team that won the coin toss in a 7-inning game to determine the final spot in the state tournament.

c. Each game will be a 7-inning game played at a neutral field.

12. A coaches meeting will be held on the Monday following the last regularly scheduled Region Games in order to select the All-Region team. Individual schools (coaches) are responsible to print certificates for those student/athletes selected to the All-Region team.

13. The 10-run rule after 5 innings will be used for all games.

14. No games can be scheduled on Monday, April 15th, 2013 (Varsity, JV, & Soph).

**Academic All-State Applications accepted between Tuesday, March 25
and Tuesday, April 15, 2014**

Region 4 Varsity Baseball Schedule 2014

Week 1	
Bye	Pleasant Grove
Herriman	American Fork
Lehi	Riverton
Westlake	Lone Peak
Week 2	
Bye	Westlake
Lehi	American Fork
Lone Peak	Herriman
Pleasant Grove	Riverton
Week 3	
Bye	Riverton
Lehi	Westlake
Pleasant Grove	Herriman
American Fork	Lone Peak
Week 4	
Bye	Lehi
Riverton	American Fork
Lone Peak	Pleasant Grove
Westlake	Herriman
Week 5	
Bye	American Fork
Westlake	Pleasant Grove
Lone Peak	Lehi
Herriman	Riverton
Week 6	
Bye	Herriman
Riverton	Lone Peak
Pleasant Grove	Lehi
American Fork	Westlake
Week 7	
Bye	Lone Peak
Riverton	Westlake
American Fork	Pleasant Grove
Herriman	Lehi

Region 4 Varsity Baseball Schedule 2014

March 24 Monday	March 25 Tuesday	March 26 Wednesday	March 27 Thursday	March 28 Friday	March 29 Saturday
	Herriman @ Am. Fork	Am. Fork @ Herriman		Herriman @ Am. Fork	
	Lehi @ Riverton	Riverton @ Lehi		Lehi @ Riverton	
	Westlake @ Lone Peak	Lone Peak @ Westlake		Westlake @ Lone Peak	
March 31 Monday	April 1 Tuesday	April 2 Wednesday	April 3 Thursday	April 4 Friday	April 5 Saturday
	Lehi @ American Fork	American Fork @ Lehi		Lehi @ American Fork	
	Lone Peak @ Herriman	Herriman @ Lone Peak		Lone Peak @ Herriman	
	Pl. Grove @ Riverton	Riverton @ Pl. Grove		Pl. Grove @ Riverton	
April 7 Monday	April 8 Tuesday	April 9 Wednesday	April 10 Thursday	April 11 Friday	April 12 Saturday
	Lehi @ Westlake	Westlake @ Lehi		Lehi @ Westlake	
	Pl. Grove @ Herriman	Herriman @ Pl. Grove		Pl. Grove @ Herriman	
	Am. Fork @ Lone Peak	Lone Peak @ Am. Fork		Am. Fork @ Lone Peak	
April 14 Monday	April 15 Tuesday	April 16 Wednesday	April 17 Thursday	April 18 Friday	April 19 Saturday
	Riverton @ Am. Fork	Am. Fork @ Riverton		Riverton @ Am. Fork	
	Lone Peak @ Pl. Grove	Pl. Grove @ Lone Peak		Lone Peak @ Pl. Grove	
	Westlake @ Herriman	Herriman @ Westlake		Westlake @ Herriman	

April 21 Monday	April 22 Tuesday	April 23 Wednesday	April 24 Thursday	April 25 Friday	April 26 Saturday
	Westlake @ Pl. Grove	Pl. Grove @ Westlake		Westlake @ Pl. Grove	
	Lone Peak @ Lehi	Lehi @ Lone Peak		Lone Peak @ Lehi	
	Herriman @ Riverton	Riverton @ Herriman		Herriman @ Riverton	
April 28 Monday	April 29 Tuesday	April 30 Wednesday	May 1 Thursday	May 2 Friday	May 3 Saturday
	Riverton @ Lone Peak	Lone Peak @ Riverton		Riverton @ Lone Peak	
	Pl. Grove @ Lehi	Lehi @ Pl. Grove		Pl. Grove @ Lehi	
	Am. Fork @ Westlake	Westlake @ Am. Fork		Am. Fork @ Westlake	
May 5 Monday	May 6 Tuesday	May 7 Wednesday	May 8 Thursday	May 9 Friday	May 10 Saturday
	Riverton @ Westlake	Westlake @ Riverton		Riverton @ Westlake	
	Am. Fork @ Pl. Grove	Pl. Grove @ Am. Fork		Am. Fork @ Pl. Grove	
	Herriman @ Lehi	Lehi @ Herriman		Herriman @ Lehi	

BOYS BASKETBALL POLICIES

Region Activity Chairperson: Boys - Christian Smith, Lehi High School (801) 610-8805

Coaches' Representative: Doug Meacham, American Fork High (801)756-8547

1. Beginning practice date for boys and girls basketball is November 11th, 2013. The first game may be played no sooner than November 26th, 2013. "No basketball player will play basketball during the athletic period except after the official beginning practice date" (per UHSAA policy).
2. Standard game day schedule when boys and girls play is as follows:
 - * Boys - Tuesday and Friday
 - * Girls - Tuesday and Thursday
3. Game times: 3:30 - Sophomores; 5:15 - Junior Varsity; 7:00 – Varsity.
4. Games will start as scheduled or 20 minutes following the conclusion of the previous game.
5. Preseason game times and dates are site-based decisions.
6. Only by mutual consent or both schools involved can the starting times be changed. Change of dates must be approved by the Region IV Board of Managers. (The home team will notify the arbiter in case of any change).
7. The coaches have the option to agree on which ball to use for the State Tournament. If an agreement can't be reached, then the UHSAA contracted ball will be used.
8. The visiting school may film a game from their own student sections or an area designated by the home school.
9. Moratorium dates are November 22 - 25, 2013; December 22-26, 2013 and January 1, 2014.
10. Tournament entries are determined by win and loss records during Region IV play. In the event of a tie, General policies are used to seed or qualify the eligible teams.
11. General courtesies recommended for boys' and girls' games:
 - * Each school should provide the visiting team with a secure, clean locker room, a good blackboard or whiteboard and tape table for taping. A room for private discussion during halftime should be provided.
 - * If pre-game activities are to be longer or if different from usual (general directions, announcements, team introductions and national anthem) a schedule should be given to coaches and referees. A flag ceremony should be included.
 - * Conduct halftime activities within scheduled time - not to exceed seven (7) minutes for all activities. Minor variations can be made with mutual consent of schools involved.
 - * Copies of schedules and team rosters must be emailed to each region school's AD by November 19, 2013.

2013-2014 Region IV Boys Basketball Schedule

January 7

Westlake @ LP

January 10

Pleasant Grove @ Lehi

Riverton @ Herriman

American Fork Bye

January 14

Lone Peak @ American Fork

Herriman @ Westlake

Lehi @ Riverton

Pleasant Grove Bye

January 17

Riverton @ Pleasant Grove

Westlake @ Lehi

American Fork @ Herriman

Lone Peak Bye

January 21

Lehi @ Herriman

Riverton @ American Fork

Pleasant Grove @ Lone Peak

Westlake Bye

January 24

American Fork @ Westlake

Lone Peak @ Riverton

Herriman @ Pleasant Grove

Lehi Bye

January 28

Herriman @ Lone Peak

American Fork @ Lehi

Westlake @ Pleasant Grove

Riverton Bye

January 31

Riverton @ Westlake

PG @ AF

Lehi @ Lone Peak

Herriman Bye

February 4

Lehi @ Pleasant Grove

Herriman @ Riverton

Lone Peak @ Westlake

American Fork Bye

February 7

American Fork @ Lone Peak

Westlake @ Herriman

Riverton @ Lehi

Pleasant Grove Bye

February 11

Pleasant Grove @ Riverton

Lehi @ Westlake

Herriman @ American Fork

Lone Peak Bye

February 14

Herriman @ Lehi

American Fork @ Riverton

Lone Peak @ Pleasant Grove

Westlake Bye

February 18

Westlake @ American Fork

Riverton @ Lone Peak

Pleasant Grove @ Herriman

Lehi Bye

February 21

Herriman @ Lone Peak

Lehi @ American Fork

Pleasant Grove @ Westlake

Riverton Bye

February 25

Westlake @ Riverton

American Fork @ Pleasant Grove

Lone Peak @ Lehi

Herriman Bye

State Tournament

March 3-8

Weber State

GIRLS BASKETBALL POLICIES

Region Activity Chairperson: Chad Wilson, Westlake High School (801) 610-8815

Coaches Representative: Glenn Larson, Pleasant Grove High School (801) 610-8170

1. Beginning practice date for boys and girls basketball is November 11, 2013. The first game may be played no sooner than November 26, 2013. "No basketball player will play basketball during the athletic period except after the official beginning practice date". (per UHSAA policy)
2. Standard game day schedule when boys and girls play is as follows:
 - *Boys – Tuesday and Friday
 - *Girls – Tuesday and Thursday
3. Game times: 3:30 - Sophomores, 5:15 – Junior Varsity, 7:00 – Varsity.
4. Games will start as scheduled or 20 minutes following the conclusion of the previous game.
5. Preseason game times and dates are site based decisions.
6. Only by mutual consent of both schools involved can start times be changed. Change of dates must be approved by the Region IV Board of Managers. (The home team will notify the arbiter in case of any change)
7. The visiting school may film a game from their own student section or an area designated by the home team.
8. Moratorium dates are November 28 – December 1, 2013; December 22 – 26, 2013, and January 1, 2014.
9. Tournament entries are determined by win and loss records during Region IV play. In the event of a tie, General Policies are used to seed or qualify the eligible teams.
10. General courtesies recommended for boys' and girls' games:
 - *Each school should provide the visiting team with a secure, clean locker room, a good blackboard or whiteboard and a table for taping. A room for private discussion during halftime should be provided.
 - *If pre-game activities are to be longer or different from usual (general directions, announcements, team introductions, and national anthem) a schedule should be given to coaches and referees. A flag ceremony should be included.
 - *Conduct halftime activities within the scheduled time – not to exceed seven (7) minutes for all activities. Minor variations can be made with the consent of both schools.
 - *Copies of schedules and team rosters must be emailed to each region school's AD by November 20, 2013.
12. Coaches will meet the Monday following the State Tournament to pick the All-Region Team. Nominees should be emailed to Region Activity Chair prior to that meeting.

2013-2014 Region IV Girls Basketball Schedule

January 7

Riverton @ Westlake
Pleasant Grove @ Am. Fork
Lone Peak @ Lehi
Herriman Bye

January 9

Lehi @ Pleasant Grove
Herriman @ Riverton
Lone Peak @ Westlake
American Fork Bye

January 14

American Fork @ Lone Peak
Westlake @ Herriman
Riverton @ Lehi
Pleasant Grove Bye

January 16

Pleasant Grove @ Riverton
Lehi @ Westlake
Herriman @ American Fork
Lone Peak Bye

January 21

Herriman @ Lehi
American Fork @ Riverton
Lone Peak @ Pleasant Grove
Westlake Bye

January 23

Westlake @ American Fork
Riverton @ Lone Peak
Pleasant Grove @ Herriman
Lehi Bye

January 28

Lone Peak @ Herriman
Lehi @ American Fork
Pleasant Grove @ Westlake
Riverton Bye

January 30

Westlake @ Riverton
American Fork @ Pl. Grove
Lehi @ Lone Peak
Herriman Bye

February 4

Pleasant Grove @ Lehi
Riverton @ Herriman
Westlake @ Lone Peak
American Fork Bye

February 6

Lone Peak @ American Fork
Herriman @ Westlake
Lehi @ Riverton
Pleasant Grove Bye

February 11

Riverton @ Pleasant Grove
Westlake @ Lehi
American Fork @ Herriman
Lone Peak Bye

February 13

Lehi @ Herriman
Riverton @ American Fork
Pleasant Grove @ Lone Peak
Westlake Bye

February 18

American Fork @ Westlake
Lone Peak @ Riverton
Herriman @ Pleasant Grove
Lehi Bye

February 20

Lone Peak @ Herriman
American Fork @ Lehi
Westlake @ Pleasant Grove
Riverton Bye

State Tournament

February 24 – March 1
SLCC

CROSS COUNTRY POLICIES

REGION ACTIVITY CHAIR: Mike Christensen (801) 567-8531
Coaches' Representative: Timo Mostert, AF High School (801) 756-8547

1. No meets are to be scheduled before August 13, 2013.
2. Each Region school will have a well-marked designated course. Distances for dual/tri/quad meets and region championships will be approximately 3 miles or 5k. A finish chute will be used at the finish line for all meets, as well as the Region Championship.
3. Qualification for state will be as per UHSAA rules in the current handbook.
4. Scores at the Region Championship Meet will determine the winner of the region trophy.
5. Runners 1-7 will be awarded 1st Team All-Region in Varsity, and runners 8-14 will be awarded 2nd Team All-Region in Varsity.
6. Each school will receive assignments for the Region Championship from the host school.
7. Each school will furnish their own "stickers" or tags for each dual/tri/quad meet and the Region Championship Meet. Print the runner's name, grade, and school on the region championship tag.
8. The highest 6th place finisher determines a tiebreaker.
9. Coaches may run 7 runners in the varsity region championship race. Additional non-scoring runners will not be allowed.
10. The number of teams, and individuals, that qualify for the state meet will be as per the number set by the UHSSA.
11. Dual/Tri/Quad region meets will be scheduled as per need basis between the schools involved.
12. The uniform rule will be in effect for all meets, with the exception of the pre-season meet. This meet will be a non-team scoring meet.
13. Academic All-Region is for any senior that has a cumulative GPA of 3.75 or higher.
14. Each individual may compete in a maximum of 10 meets plus Region and State.
15. Please refer to "General Policies" in the Region IV Handbook for all other Region IV rules, and the UHSAA Handbook for all UHSAA rules.
16. Westlake High School will host the Region Championship for 2013 and 2014.

Important 2013 Dates

Pre-Region Meet – September 4th, 2013 at Westlake High School
Races begin at 6:30 PM. Girls will go first, followed by the boys.

Region Meet - October 15, 2013 at Westlake High School

J.V. Girls 3:30 p.m.

J.V. Boys 4:00 p.m.

Varsity Girls 4:30 p.m.

Varsity Boys 5:00 p.m.

State Meet - Wednesday, October 23, 2013

**Region IV
Drama Policies
Region Activity Person: Gail Ritz, Riverton High * 256-5800
Coaches' Representative: Clin Eaton, Riverton**

1. Teachers Meeting: All region drama teachers will meet at least one month prior to the Region Festivals to discuss any business deemed necessary before the Region Tournaments begin. This meeting will be held **Tuesday, Jan. 14th, 3:30pm at Lehi High School.**
2. Judges: Coaches, recent alumni (4 years), student teachers from any of the Region IV schools as well as family members of any competing student will not be used as judges for any portion of the play festival or individual event festival. **All judges must complete examination before Region and bring their certificate to the region event. Go the UHSAA website and click under ACTIVITIES. Click on Theatre and the lesson plan and test will be there. We are Classification 5A, Region 4.**
3. Cost and Fees for Judges:
 - One (1) to seven (7) schools participating- 28 individual Event Judges at \$50.00 per day.
 - Presentations (plays)- three (3) Judges at \$150.00 per day (mileage at UHSAA rate).
4. Qualifying for State: Each school may send up to four (4) entries per individual event as constituted for that classification. All four entries could qualify for the state festival by achieving the following guidelines:
 - Individual entries must receive a rating (superior, excellent, good or fair).
 - Rating System:
 - Any entry must receive at least two (2) superior ratings out of three to qualify for state.
 - Any entry receiving a straight superior rating (SSS) at region will receive a medal.
 - The top 5 pieces in each individual event will participate in a final medals round. Each students 3 ranking scores (1, 2, 3, etc.) will be added together. The lowest scores (not to exceed 5) will be in the medals round.
 - In each medals round, 3 judges will watch all pieces and rank. Ranking scores will be added and 1st, 2nd, 3rd place will be awarded based on lowest scores.
 - Scores for plays (since they are before IE's) will be announced at the end of the play competition. Plays will also be ranked and rated for a 1st, 2nd, 3rd place. All 1st, 2nd, 3rd place will go to state. Any school's play receiving Straight Superiors will also progress to state.
 - Region 4 will participate in Region Sweepstakes following guidelines of Section IV for the UHSAA handbook.
5. Double Entering: Each student may only qualify for State in one (1) Individual Event and in the Play Event.
6. Trophies and Awards:
 - Seven (7) 4x6 Plaques-Outstanding Performance in Region One-Act plays- decided by the three (3) Festival Play Judges.
 - One hundred thirty (130) Superior Individual Medals (awarded to Straight Superiors only).

- 42 Certificates for 1st, 2nd, 3rd Place IE's divided in the following way (**this will be taken care of by the coaches**):
 - (3 of each) 1st, 2nd, 3rd Place Classical Scenes (9 total)
 - (3 of each) 1st, 2nd, 3rd Place Contemporary Scenes (9 total)
 - (1 of each) 1st, 2nd, 3rd Place Humorous Monologue (3 total)
 - (1 of each) 1st, 2nd, 3rd Place Dramatic Monologue (3 total)
 - (2 of each) 1st, 2nd, 3rd Place Pantomime (6 total)
 - (4 of each) 1st, 2nd, 3rd Place Musical Theatre (12 total)
- 3 Plaques for Plays- 1st, 2nd, 3rd Place Region 4 Plays
- 3 Trophies for Sweepstakes Awards (1st Place Region 4 Drama, 2nd Place Region 4 Drama, 3rd Place Region 4 Drama)

Drama Schedule

Jan. 14, 2014

Region Drama Meeting
3:30 p.m.
Lehi High School – Drama Room

March 13, 2014

Region Plays
8:00 a.m. – 4:00 p.m.
Herriman High School

March 20th, 2014

Region IE's
3:00 p.m. Round One
4:00 p.m. Round Two
5:00 p.m. Round Three
6:00 p.m. Medals Round
7:15 p.m. Awards Ceremony
***Play Results (Awards, State, 1st, 2nd, 3rd Places)**
***IE State Qualifiers, Medals**
***IE 1st, 2nd, 3rd (each category)**
***Sweepstakes 1st, 2nd, 3rd**
Lone Peak High School

Thursday-Saturday, April 10-12th, 2014

5A State Drama
TBA

Region IV Drill Team Handbook

1. Region drill teams will follow the guidelines listed in the General Guidelines of the Region IV Manual.
2. The Region Drill Team Competition will be conducted under the rules and guidelines of the UHSAA competition regulations. Riverton High School will host on **Wednesday, January 22, 2014**.
3. Drill teams must follow the National Safety Guidelines.
4. The categories for 2013-14 are: **DANCE**, and **MILITARY**, and **CHARACTER** A team may enter three categories at the region level.
5. The team coach must attend a UHSAA Rules Clinic for coaches and judges prior to the Region Meet or complete the UHSAA Drill Team test.
6. A mandatory Region Drill Coaches Meeting will be held prior to the Region Drill Team Competition at the host school, Riverton High School on **Monday, December 9, 2013, 5:00 PM**.

MILITARY	DANCE	CHARACTER
3	1	4
6	5	2
2	7	3
7	4	1
5	6	6
1	3	7
4	2	5

- Competition Order to be determined by drawing number (1-7).
- Team(s) without representation will be assigned #1 in the selection.
- Facility Orientation (dressing rooms, team entry & exit, direction, etc.)
- The Region Competition order will be Military, Dance, and Character.

7. Please submit program details upon email request via "Google Form" to shackford@alpinedistrict.org by Friday, December 6, 2013:
 - Official name of drill team
 - A high quality team photo (jpg)
 - List of teammate names, officers and coaches (Please check spelling)
 - Names of the school administration and athletic director (Please check spelling)
 - Three (3) All-Region Team Nominations (Please check spelling)
 - SENIOR** Academic All-Region Nominations (3.75 cumulative GPA) (Please check spelling)
 - Name & Contact of Performing group for Region Competition entertainment (i.e., Cheerleading, Dance, etc.)
8. An UHSAA certificated judge will be utilized for the Region Tournament as competition director (Randi Klug).
9. Drill teams will have thirty (30) minutes of floor time/sound check on the day of competition at the host school. Order to be determined by distance to host school; closest to farthest.
10. Each drill team coach will model sportsmanship to the members and parents. At region, the state sportsmanship rule will apply.
11. The following awards will be presented at the Region Drill Team Competition (*Region IV Manual*)
 - A Region trophy will be awarded to the Region Championship Team.
 - Certificates will be awarded for 2nd, 3rd & 4th overall.
 - The top four (4) overall finishers will be announced as qualifying for State.
 - Plaques will be awarded to 1st and 2nd place winner in each category: Dance, Military and Character.
 - Certificates will be awarded for 3rd and 4th place in each category.
 - Plaques/medals will be awarded to 1st, 2nd, 3rd, 4th and 5th place winners in the Drill Down Competition.
 - Certificates will be awarded to SENIORS eligible for Academic All-Region (cum GPA of 3.75+).
 - Certificates will be awarded for All-Region Team (3 per school).
 - Region certificates, provided by Region IV, are to be printed by the host school.
12. Dressing rooms are closed to parents, spectators and supporters. Only coaches will be allowed in the dressing area. Deliveries may only be made by a female runner. It is advised that gifts and well wishes be held until the conclusion of the competition. Parents will not be allowed to decorate team dressing rooms.
13. Moratorium/Dead time: UHSAA guidelines must be followed. Teams not abiding by the moratorium will face a fine on the first offense and a sportsmanship penalty on the second offense.

14. Drill Team members in **uniform & accompanied by a coach** will be admitted to Region IV games without charge.
15. State 5A Drill Team Competition will be held on Friday, January 31, 2014. Drill team qualification standards for State will be according to UHSAA guidelines. In the event of a tie, tie breaking procedures will be followed as outlined in the State Handbook.

**2013-2014 Region IV Activities
Region Competition Planning Meeting**

Monday, December 9, 2013

5:00pm

Riverton High School

**Region program details due Friday, December 6*

Region IV Drill Team Competition

Wednesday, January 22, 2014

Riverton High School

5:00 PM (ticket booth open/doors open 4:30 PM)

Pricing (Region IV Handbook)

\$20 Family Pass

\$5 Adult

\$4 Students with Activity Card

State Drill Team Competition

5A – Friday, January 31, 2014 @ UVU

2013-14 REGION IV DRILL TEAM COACHES (Revised 3.19.13)

Reg	School Name	Class	School Number	CELL PHONE	Drill Team Coach	Drill Team Coach Email
4	American Fork	5A	801-756-8547	480-827-8177	Aubrie Ward Dunn	award@alpinedistrict.org
4	Herriman	5A	801-567-8530	801-503-7787	Arial Larsen	a_larsen_1@hotmail.com
4	Lehi	5A	801-610-8805	206-446-0590	Cadie Brockbank	Thebrockbanks@hotmail.com
4	Lone Peak	5A	801-717-4568	801-494-9740	Katelyn Lamoreaux	lonepeakdrill@gmail.com
4	Pleasant Grove	5A	801-610-8170	801-360-8397	Stacy Squires	ssquires@alpinedistrict.org
4	Riverton	5A	801-256-5800	801-864-9312	Karen Hudson	kmhll06@comcast.net
4	Westlake	5A	801-610-8815	801-414-0044	Kristie Kipp	kristiesthomas@hotmail.com
	REGION CHAIR	5A	801-717-4568	801-735-9905	Syd Hackford/Gail Ritz	shackford@alpinedistrict.org

Region Competition Planning Meeting

Monday, December 9, 2013

5:00pm

Lone Peak High School

**Region program details due at this time*

FOOTBALL POLICIES

Region Activity Chairperson: James Birch, Herriman 801-567-8530
Coaches' Representative: Dustin Pearce, Herriman 801-567-8530

1. Beginning practice date will be Monday, July 29, 2013.
2. Endowment game will be August 23, 2013.
3. All varsity games will start at 7:00 pm.
4. Each region school will play a full schedule of Sophomore and JV games. (All games will start at 3:30pm—no evening games.)
5. Sophomore games will be played at the same location as the Varsity. JV plays opposite.
6. Home team wears dark jerseys. Visiting team wears light or white jerseys.
7. All schools are required to use adults on chain and down marker (Varsity only).
8. In case of overtime, the state tie-breaker rule applies.
9. Scouting is to be done from the spectator stands and no video filming of future opponents will be allowed at Varsity, JV, or sophomore levels.
10. Sidelines: No one will be allowed on the field or sidelines (outside of teams and team personnel) during the game without a sideline pass. Each school will develop and distribute their own sideline passes. The Athletic Director who meets the bus will determine from the opposing coach how many sideline passes are needed. It is the responsibility of each schools administration to keep their sidelines and track areas clear of all spectators. No spectators will be allowed on the field during the game.
11. The home team is responsible for emergency medical care.
12. Head coaches (or assistant coaches) will make email the two (2) most recent games via Huddle by 8:00 am each Saturday. A copy of the team roster will accompany all film exchanges. Region IV games, whether practice, league, or post-league, may be filmed only by the two participating schools. The host school should extend the same courtesy to the visiting photographer as to its own photographer. Films that are exchanged in Region IV will be filmed by a responsible adult. They should include pre-snap set wide angle, scoreboard by quarter, and each scoring play. Film all plays.
13. Varsity host school will provide dressing facilities upon the request of the visiting school. A chalkboard/whiteboard will be available. Each school will provide their own towels. Host school will clear visiting locker room 1½ hours before games and provide a guide for the visiting team to meet bus, show locker room, etc. (JV and Sophomores dress at their own schools.) In the case of inclement weather, JV & Sophomore teams will be provided shelter at half-time. The visiting team is responsible for cleaning the locker room immediately following half-time.

14. Post Game Activities: At the conclusion of the Varsity, J.V., or Sophomore games and after the traditional handshake, visiting teams will not participate in any post game activities (A short five minute team gathering may be held in the end zone away from the home team). Teams are to gather their gear and load the bus.
15. Visiting team will be allowed a minimum of 2 spotters and a maximum of 4 (depending on facility).
16. Electronic communication equipment (other than coaches' equipment) including but not limited to computer, film, television, and video tape, shall not be used for coaching purposes during the game or between periods.
17. Coaches will communicate with one another on at least two occasions:
 - a. Schedule and team rosters are to be mailed/e-mailed to Region Chair by Monday, August 15, 2011. The rosters shall contain at least the name, grade level, number, height, and weight of each athlete and be in numerical order.
 - b. The coaches will meet after the last region game for the purpose of selecting the All-Region IV Teams (athletic and academic). The meeting will be on Monday, November 5, at 7:00pm. All-Region MVP's (1 MVP, 1 Offensive MVP, 1 Defensive MVP, 1K, 1, P, 1 RS, 1 QB, 1 RB, 1 WR, 1 OL, 1 DL, 1 LB, 1 DB) All-Region 1st Team Players (6, 5, 4, 4, 3, 3), 2nd Team Players (5, 4, 3, 3, 2, 2), Honorable Mention (as selected by individual coaches).
18. Refer to region policies for tiebreakers. In the event of a 3-way tie for the last play-off berth, see previously stated region rules first. If necessary, then follow the steps below.
 - a. The winner of the tie breaker or winner of the flip earns a bye; the other two teams play off in a 24-minute game, consisting of two (2) 12-minute quarters.
 - b. Following a 15 minute halftime intermission, the winner of the first 24-minute game will then play the bye team. The game will consist of two (2) 12-minute quarters. The winner of that game will advance to the play-offs.
 - c. All playoff games will be held at a neutral site.
19. Any current employee of a school may not officiate in any varsity game in which that school is participating.
20. The National Anthem will be played at 5 minutes before the scheduled starting time. The visiting team should be informed if this is changed.
21. Region scheduling will flip home and away year to year. The order will remain the same for two years.
22. Change of Date, Time, or Place of a regularly scheduled region game must be approved by the Region IV Board of Managers. Changes should be approved at least one week in advance. Host school must notify the Football Chair and the other head coaches in the region of the change. Host school must notify the arbiter of the change.
23. Any Media personnel from schools must remain on their school's sideline.

Region IV Football Schedule, 2013

<p><u>August 12</u> Practice and Team Selection</p> <p><u>August 23 (Endowment Games)</u> A.F @ Brighton P.G vs Orem Riverton vs Granger Herriman vs West Jordan Westlake @ S.F. Lehi vs Murray Lone Peak vs Bountiful</p> <p><u>August 30</u> Riverton @ Madison(Idaho) ISU Field P.G. @ Timpview A.F. vs Mountain Crest Westlake vs Ogden Lehi @ Dixie</p> <p><u>August 31</u> Herriman vs Bingham (U of U) Lone Peak vs Alta (U of U)</p> <p><u>September 6</u> A.F @ Orem Riverton vs Dixie Herriman @ Highland P.G. vs Timpanogos Westlake vs Corner Canyon Lehi vs Pine View Lone Peak @ Mullen, Co</p> <p><u>September 13</u> P.G. @ Maple Mountain Riverton @ A.F. Herriman @ Lone Peak Lehi @ Westlake</p> <p><u>September 20</u> Herriman vs Jordan A.F. @ Westlake P.G. @ Lehi Lone Peak @ Riverton</p>	<p><u>September 27</u> Lehi vs S.F. Riverton @ P.G. Westlake @ Herriman A.F. @ Lone Peak</p> <p><u>October 4</u> Westlake- Bye Herriman @ A.F. Lehi @ Riverton P.G. @ Lone Peak</p> <p><u>October 9 (Fall Break-Alpine)</u> Westlake @ P.G. Lone Peak @ Timpview Lehi @ A.F.</p> <p><u>October 11</u> Riverton @ Herriman</p> <p><u>October 16 (Fall Break- Jordan)</u> Riverton- Bye Herriman @ Lehi</p> <p><u>October 18</u> Lone Peak @ Westlake A.F. @ P.G.</p> <p><u>October 24</u> A.F. vs Wasatch (25th) Non Region Lone Peak @ Lehi P.G. @ Herriman Westlake @ Riverton</p> <p><u>November 1/2</u> Playoffs @ Home Sites</p> <p><u>November 8/9</u> Playoffs @ Home Sites</p> <p><u>November 15/16</u> Semi Finals @ U of U</p> <p><u>November 22</u> State Championship @ U of U</p>
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FORENSICS/DEBATE POLICIES

Region Activity Chairperson: John Hanks, Lehi (801) 610-8805

Coaches' Representative: Phil Clark, Lehi High (801) 610-8805

1. Starting Date: No forensics meets may be held prior to October 1, 2013
State Tournament: March 14th and 15th
2. Region paring meeting: This meeting will be held at the Region Tournament host school beginning at 3:30 p.m. February 16, 2013. All coaches will be assigned paring responsibilities. All coaches shall submit 30 Impromptu topics - 10 famous quotations, 10 social value, 10 abstract/one word. Extemporaneous topics will come from the NFHS topics. All typewritten manuscripts with complete bibliography must be submitted at the Region Pairing Meeting. Schools not submitting manuscripts for Original Oratory will forfeit that entry. Oratories must be submitted to and approved by the school's principal before submission at the paring meeting.
3. Debate, Lincoln-Douglas and Public Forum Paring: Up to six (6) rounds will be held in each event. Parings will be reverse power matched to best allow each school to hit all other schools in the region in each event. Byes will be drawn from eligible teams/schools. Not team, individual or school may have more than one bye unless it cannot be avoided. Speaker points are averaged for byes. The Region Tournament will use the same topics for Lincoln-Douglas and public forum as the State Tournament.
4. Individual Events Paring: Up to (4) rounds of each event will be held. Random Paring will be used but students from the same school will not be in the same round.
5. Student Congress paring: all contestants will be placed in one house of two (2) sessions with assigned seating and second seating reversed. Student Congress for Region will conform to State Tournament guidelines. Six (6) judges will be used with the score from the competitor's school dropped and the other five (5) added to determine final rank and rating. Congress judges should be two (2) years removed from high school, if possible.
6. Entry: There will be a limit of four (4) teams in Policy Debate, Public Forum, and Lincoln-Douglas Debate. The NFL March/April topic will be used for both Region and State Competitions in both LD and Public Forum. In Student Congress and Individual Events there will be three (3) entries.
7. Registration: Registration forms must be submitted to the Region Activity Chairperson at the time of the Region pairing Meeting. All Orations and Student Congress Legislation must be submitted with registration.
8. Judging Requirements: Judging requirements will be determined at the Region pairing Meeting based on the total entries of each school. Each school shall bring a congress judge. Judging requirements are as follows:
 - One Judge per two or fraction thereof of policy and public forum debate.
 - One for every four LD debaters or fraction thereof.
 - One judge for every five IE competitors.
 - One congress judge for each school with Student Congress.

Schools not meeting their judging commitments will be subject to the following procedures:

Drop number of students to match number of judges present at the point of infraction and after vote by Region Coaches.

The school will be ineligible for Region Award and State qualification.

Judges should not be secured that have judged for another school all year in Region IV.

9. Student Congress: Each student may submit one piece of legislation. The legislative calendar will be set randomly at the Region Pairing Meeting by placing the name of each school in a hat and drawing out one name at a time to determine the first series of bills/resolutions to be considered. The order will then shift (i.e. 1 to 2, 2 to 3 etc.) to determine the next set of bills/resolutions to be considered. This method will continue until all legislation has been placed on the calendar. All legislation must be final by the Region Pairing Meeting. Orders of the day will be used with modified National Forensic League rules. Six speech priority will be used. All speeches will be three (3) minutes with two (2) minutes of questions after the proponent speech. Amendments and serving as Presiding Officer will count as a speech. No removal of an obstructionist without approval of the tabulation room. No one student will chair for more that (1) hour. Five (5) total hours of session time will be held with breaks and lunches scheduled as needed.
10. At the Region IV Speech and Debate Tournament, a student may enter both a debate event (Policy debate, Lincoln-Douglas debate, Public Forum debate, Student Congress) and an individual event (US Extemp, Foreign Extemp, Impromptu Speaking, Original Oratory). The student may only compete in one event at state.
11. Appropriateness of Materials: Coaches are responsible for ensuring appropriateness of materials including, but not limited to, oratory topics, interpretation pieces, and subject of congress resolutions.
12. Scoring: the quartile system will be used. The top 1/4 will receive superior ratings and five (5) points per person, the next 1/4 will receive excellent ratings and three (3) points per person, the next quarter will receive good ratings and will receive one (1) point per person and the final 1/4 will receive no sweepstakes points. Quartiling will be adjusted in the way which least skews the bracket. In sweepstakes, when there is a team tie for the finals state qualification spot, the tie will be broken on numbers of ratings and win/loss records. Congress rankings will be quartiled for breaking ties.
13. Region Awards: One Region Championship Trophy will be awarded. Region medals will be awarded for the top five (5) places in each event. That would result in the following medals count. Policy Debate-places 1 through 5 win two (2) medals for each place since each team has two members; Lincoln-Douglas Debate-One (1) medal for each place 1 through 5; Public Forum Debate-places 1 through 5 with two (2) medals for each place since public forum teams have two member; Original Oratory-one (1) medal for each place 1 through 5; Impromptu Speaking-one (1) medal for each place 1 through 5; Foreign Extemporaneous Speaking-one (1) medal for each place 1 through 5; National Extemporaneous Speaking-one (1) medal for each place 1 through 5; Student Congress one (1) medal for each place 1 through 5.

Region certificates will be awarded to all participants who achieve a rating of good or higher. Ties will be broken according to UHSAA Rules. If two schools are tied for either 1st or 2nd place Sweepstakes, the following tie-breaking procedure will be followed: The lowest total ranking score in all events wins the tie. Debate, Lincoln-Douglas and Public Forum will be counted as one (1) point for wins and three (3) for a loss in this tie breaking system. Only ties for 1st and 2nd place Sweepstakes will be broken. All other ties will be listed and announced as a tie.

14. Rules Arbitration: The Region Activity Chairperson will be on call during the Region Tournament to help resolve disputes over interpretation or application of Region rules.
15. Region Costs: Region Schools will submit to the Region Activity Chairperson a list of their judges. The schools are responsible for paying their own judges. The region will then reimburse schools for the cost of their region judges. The region will also cover the costs of awards and of lunch for region coaches and judges at the Region Tournament

Region IV Tournament
 Saturday, February 22, 2014 – Lone Peak High School
 State Forensics Tournament
 March 14-15, 2014 TBA

Event	Places
Policy Debate	Two Each - Places 1-5
Public Forum Debate	Two Each - Places 1-5
Lincoln Douglas Debate	Places 1-5
Student Congress	Places 1-5
National Extemporaneous Speaking	Places 1-5
Foreign Extemporaneous Speaking	Places 1-5
Original Oratory	Places 1-5
Impromptu Speaking	Places 1-5

One First Place Forensics Sweepstakes trophy

BOYS GOLF

Region Activity Chair: Rex Brimhall, American Fork High School, (801)756-8547
Coaches Representative: Lynn Anderson, American Fork High School, (801)756-8547
Region statistics will be kept by: Dustin Carter, Riverton High School, 801-256-5800
Start Date: Monday, July 29, 2013

1. There will be 10 region tournaments consisting of 18 holes each. Eight players representing each region school will participate with the low 5 scores added together for the school's tournaments score. The point system will be used to determine the overall region champion. The first-place team will receive 7 points, second will receive 6, third 5, fourth 4, fifth 3, sixth 2 and seventh 1 point. In the case of a tie for 1st place, both teams will be presented with a trophy.
2. All schools will be responsible for their own greens fees.
3. Region tournaments will start as late as possible (shotgun starts will be requested).
4. There will be ten 18-hole tournaments that will be scheduled by the region coaches in the Region Planning Meeting.
5. The Region IV Tie Breaker Rule will be followed to decide final region standings, if needed. If there is a tie for the final state tournament spot, the coaches of the included schools will choose 4 golfers who will then playoff until the final spot is decided.
6. If a region tournament is postponed due to inclement weather, every attempt will be made to reschedule as soon as possible. If all golfers finish at least 9 holes before inclement weather stops play, that will be considered a region tournament and the 9-hole scores will be considered a complete tournament. In the event that the final 18-hole region tournament is affected by weather, there may not be a makeup due to time constraints.
7. USGA rules apply to all events, local rules will supersede in case of conflicts.
8. No caddies may be used by the participants in region tournaments. No riding golf carts unless approved by region coaches prior to play.
9. Players' relatives will be permitted to watch, unless local course rules prohibit. Spectators must stay at least 50 feet away from the players and may not offer help, coach, nor advise, nor interfere with the progression of the tournament. If there are violations to this rule, sanctions will be administered in the following manner: 1st offense, warning; 2nd offense, 2-stroke penalty; 3rd offense, disqualification from tournament
10. All coaches are responsible for their players' attire at region events. Hats/visors must be worn with the brim forward. Collared shirts/mock turtleneck shirts must be tucked in. Shorts must be of modest length. Prohibited attire: denim, tank tops, T-shirts, sleeveless shirts, cutoffs and any other dress considered inappropriate by coaches or the golf courses.
11. All golfers will play from the designated tee markers. No electronic devices allowed. This includes, but is not limited to, range finders, cell phone, music devices, smartphones, etc. Region IV tournaments will follow UHSAA rules and regulations with regards to electronic devices.
12. Players must attend school all periods of the day of a region event up until they are excused for the event by the coach. District policy supersedes any discrepancy.
13. Prior to the first match, each school will hold a region rules meeting. All golfers must attend or will not be eligible for region play. Exceptions rarely may occur but must be approved by the region board (principals, not coaches).
14. First team all-region players will be awarded medals for places 1 -10. Their best 7 of 9 region tournament scores will determine medalists.

REGION IV BOYS GOLF SCHEDULE
Varsity/JV Tournaments

Wednesday, August 7th
Valley View
7:30 Shot Gun
\$17

Tuesday, August 13th
Davis Park

\$17

Monday, August 19th
Riverbend (Varsity & JV)
8:00 am Shot Gun
\$16

Thursday, August 22nd
Fox Hollow
2:00 pm Shot Gun
\$15

Tuesday, August 27th
Mountain View JV
12:00 p.m. Tee times
\$14

Thursday, August 29th
Mountain View
12:00 p.m. Tee Times
\$14

Wednesday, September 4th
The Ranches

2:00 p.m. Shot Gun
\$13

Thursday, September 5th
Fox Hollow JV
2:00 p.m. Shot Gun
\$15

Monday, September 9th
Cedar Hills
1:00 p.m. Shot Gun
\$15

Tuesday, September 11th
The Ranches JV
2:00 p.m. Shot Gun
\$13

Wednesday, September 18th
River Oaks
1:00 Shot Gun
\$16

Tuesday, September 24th
Talon's Cove
2 p.m. Shot Gun
\$16

September 26th
Soldier Hollow Varsity & JV
10:00 Shot Gun
\$14.50

Monday & Tuesday, October 7th & 8th
State 5A Tournament Alpine CC, Highland

9:00 a.m.

\$240 per team or \$40 individual

GIRLS GOLF POLICIES

Region Activity Chairperson: Kori Thomas, Pleasant Grove (801) 610-8170 ext 753

Coaches' Representative: Bobbie Colby, Herriman (801) 891-2273

1. All general policies in the Region IV Activities Manual should be read and will apply to the sport of golf.
2. There will be four (4) 9-hole region matches and five (5) 18-hole region tournaments. JV teams will play in the five (5) 9-hole matches and the final 18-hole region tournament is optional; coaches will decide if JV players play 9 or 18 at the final event. Only varsity teams will participate in the regular season 18-hole tournaments. Points for the five region tournaments will be according to the following scoring: First - 8; Second - 6; Third - 5; Fourth - 4; Fifth - 3; Sixth - 2; Seventh - 1. Region Golf Champion will be determined by this scoring. The team with the most points will be declared Region IV Champion.

The Region rep along with the course golf pro, will decide if the tournament should be cancelled if weather does not permit. The tournament will not be rescheduled.

3. In case of a tie for a state tournament berth, a 9-hole playoff, on a neutral course, will occur with each team entering six (6) players. The top four (4) scores will count. In the event of a tie, the next player's score will be taken until the tie is broken.
4. In varsity matches, each team will play up to six (6) players. The top four (4) scores will count.
5. Individual medals will be given to the ten (10) players with the lowest scores in the region tournaments.
6. Each golfer must **exchange scorecards** with another person in the group (circle scoring), **both must sign** each other's card before turning it in at the scoring-table. Each Player is responsible for the correctness of their hole-by-hole scores. All local and USGA Rules of Golf will apply to this competition. **Participants may not use (or have power on) any cell phone, pager, or other electronic device including RANGER FINDER while on the golf course.**
7. No caddie will be used by any golfer.
8. Motorized carts are not to be used by the players. The coaches Representative and the Region Golf Chairperson will determine exception.
9. All coaches are responsible to see that their players are dressed in appropriate golf attire and that they comply with local course rules. No denim.

SPECIAL NOTICE: Appropriate attire will be required of all golfers (LPGA Dress Code). Participants may not wear denims of any kind or color. Participants must wear slacks or pants and collared shirts or mock turtlenecks. Knee length shorts or knee length skirts **are** allowed. Penalty for breach of rule: 2 strokes and attire must be legal before play may continue.

10. Players must attend school the day of scheduled dual matches and tournaments to be eligible for play that day.
11. Play will be governed by USGA rules and local course rules, proper golf etiquette and Region IV sportsmanship code.

12. Each school will be required to attend the region rules meeting.
13. All play will begin from the forward tees. Beginning and less experienced players will play from the fairway tees until they can score below fifty-five (55). At that point, it will be up to the coach to determine whether they play from the fairway tees or the varsity tees.
14. Spectators may attend but they are not allowed to give advice to participants. Spectators must stay 50 feet away from player. Conversation between player and spectators will result in the 1st time, Warning; 2nd, 2 Stroke Penalty; and 3rd, Disqualified.

Practice Start Date: Wednesday, February 26, 2014

First Competition Date: Wednesday, March 5, 2014

Academic All-State Due: Tuesday, April 8, 2014

2013-2014 Girls Golf			
Coach	School	Phone #	Email
Wightman, Tele	Lehi	801-995-5688	tele@vanguardgolf.com
Bozung, Gary	Lone Peak	801-577-6313	cbozung@alpine.k12.ut.us
Anderson, Lynn	American Fork	801-362-8743	lynnanderson@alpinedistrict.org
Carter, Dave	Pleasant Grove	801-785-8700	carterd@alpine.k12.ut.us
Colby, Bobbie	Herrimman	801-891-2273	arbcoby@comcast.net
Nyhus, Steven	Riverton	801-787-5816	steven.nyhus@jordandistrict.org
	Westlake		
Kori Thomas Region Rep	Pleasant Grove	801-787-8382	kmthomas@alpinedistrict.org

Music Policies

Region Representative: Rufine Einzinger Herriman High School (801) 567-8534

Coaches Representative:

1. All general policies in the Region IV Activities Manual should be read and will apply to the activity of Music.
 2. All region festivals will follow the current UMEA state festivals guidelines.
 3. The following vocal awards will be presented:
 - a. Solo & Ensembles – certificates to soloists and ensembles that receive superior or excellent ratings.
 - b. Certificates for superior or excellent ratings at Large Choir, Madrigal or Solo & Ensemble Festivals will be presented to each participant.
 - c. Trophies will be awarded to teams that obtain superior or excellent ratings.
 - d. Choir Festivals – certificates will be awarded to all participants of teams that receive superior or excellent ratings. Trophies will be awarded for groups
 - e. receiving superior or excellent ratings.
 4. The following Instrumental awards will be presented:
 - a. Marching Band Festival – certificates for all participating bands according to rating. Trophies will be presented for: Music Caption, Visual Caption, Percussion Caption, and Drum Major.
 - b. Solos & Ensemble Festival – certificates to soloists and ensembles that receive superior ratings.
 - c. Jazz Band Festival – certificates for bands that receive superior ratings.
 - d. Orchestra and Band Festivals – certificates for groups that receive superior ratings.
 5. Schools will be allowed to submit 30 total entries to the Solo & Ensemble Festival. It is **strongly recommended** that an individual student not enter more than three solo and/or ensemble events. Schools may submit as many alternates as they want; however alternates will be scheduled on a space available basis.
 6. At least three (3) judges will listen to all groups.
 - a. Large choirs will be limited to 15 minutes on and off the stage.
 - b. Large instrumental groups will be limited to 30 minutes on and off stage.
 - c. Groups that receive a minimum of two superior ratings will qualify for State Festivals.
- Schools will not be allowed to enter more than one (1) large group unless approved by the festival chair.
7. In order to qualify for State, entrants must observe two (2) other group performances at that festival.
 8. Music directors are expected to be present for Solo & Ensemble performances of their school. Those who are absent may jeopardize student eligibility.

The host school's music director will hire the judges and arrange for their payment.

Instrumental Music Schedule

Day, Date

Region Marching Band Festival @ School – 6:00 p.m.

Day, Date

Region Jazz Band Festival – march 6, 2014 @ Pleasant Grove High School – 3:00 p.m.

Day, Date

Region Instrumental Solo & Ensemble Festival – March 11, 2014 @ American Fork High School – 3:00 p.m.

Day, Date

State Jazz Band Festival – @ TBA School – (time TBA)

Day, Date

Region Concert Band Festival – April 16, 2014 @ Herriman High School –9:00 a.m.

Day, Date

Region Orchestra Festival April 24, 2014 @ Riverton High School – 3:00 p.m.

Day, Date

State Concert Band Festival – May 2 & 3, 2014 TBA

Day, Date

State Orchestra Festival – May 16 & 17, 2014 – TBA School – (time TBA)

Vocal Music Schedule

Day, Date

Region Vocal Solo & Ensemble Festival – March 5, 2014 @ West Lake High School – 3:30 p.m.

Day, Date

Region Madrigal Festival @ School – 6:00 p.m.

Day, Date

Region Large Choir Festival @ School – 4:00 p.m.

Day, Date

Region Training Choir – March 25, 2014 @ Herriman High School – 6:00 p.m.

Day, Date

State Choir Festival – May 9 & 10, 2014 @ Maple Mountain High School – TBA

Day, Date

State Solo and Ensemble Festival – April 26, 2014 @ Lone Peak High School – All Day

Region IV Fine Arts Events 2013-2014

Solo & Ensemble – vocal/piano	March 5, 2014	3:30 pm	Westlake
Jazz Festival	March 6, 2014	3:00 pm	Pleasant Grove
Solo & Ensemble – instrumental	March 11, 2014	3:00 pm	American Fork
Region One-Acts (Drama)	March 13, 2014	9:00 am	Herriman
Chamber Choir Festival	March 19, 2014	6:00 pm	Pleasant Grove
Region Individual Events (Drama)	March 20, 2014	3:00 pm	Lone Peak
Training Choir Festival	March 25, 2014	6:00 pm	Herriman
Region Band Festival	April 16, 2014	9:00 am	Herriman
Region Orchestra Festival	April 24, 2014	3:00 pm	Riverton
State Solo & Ensemble	April 26, 2014	All Day	Lone Peak
Region Large Choir Festival	April 28, 2014	2:00 pm	Lone Peak
State Band Festival	May 2 & 3, 2014		
State Choir Festival	May 9 & 10, 2014		Maple Mountain
State Orchestra Festival	May 16 & 17, 2014		

BOYS SOCCER POLICIES

Region Activity Chairperson: Kevin Barton, Riverton (801) 256-5800
Coaches' Representative: Paul Mozier, Riverton High School (801) 256-5800

1. All general policies in the Region IV Activities Manual should be read and will apply to the sport of Soccer.
2. Each school has the option to play a maximum of 16 games for both Varsity and Junior Varsity as per instruction in the UHSAA Handbook. This total does not include playoff games.
3. Pre-season non-league games are to be scheduled as the schedule permits per UHSAA ruling if game imitation is changed.
4. Varsity and Junior Varsity games will be played on the same day, at the same site.
 - * Varsity game time is 3:30 p.m.
 - * Junior Varsity game time is 5:15 p.m.
 - * Night games must be scheduled at least a week in advance per change of game time rules and notify the region chair.
5. Changes in game time and/or site must be approved by the principals and coaches of both schools involved.
6. Host schools are responsible for notifying officials in advance of any change in the schedule.
7. Host school coaches will be responsible for calling the Varsity Team Scores in to the **Deseret News** (237-2162 after 4:00 p.m.) And the **Tribune** (257-8900 after 4:00 pm).
8. Shin guards are mandatory.
9. The uniform sportsmanship policy (adopted August 30, 2010, by the UHSAA).
 - * Soccer will be administered according to the policy listed in the general policies.
 - * Any coach, player or bench personnel ejected by an official for unsportsmanlike behavior will be suspended from the next regularly scheduled game at that level of play and any intervening levels of play.
 - * Any participant involved in a second incident/ejection will be suspended for the next two (2) regularly scheduled games.
 - * A third ejection will result in suspension for the remainder of that season.
 - * The fighting rule is incorporated as part of the sportsmanship policy. Any bench personnel other than the head coach who leaves the confines of the bench area during a fight are disqualified from the game and must leave the field. A squad member or any team personnel who leaves the bench area during a fight or who participate in a fight during the season, will be ejected from that game
 - * Fans must be seated 10 feet from sideline - a painted white line must designate the fan seating area.
10. Home team must wear light jerseys and light socks; visiting team wears dark jerseys and dark socks.

11. Seating: the preferred seating arrangement is with both teams on one side of the field with fans seated on the opposite side of the field. When teams are seated on opposite sides of the field, fans must sit with their team on the appropriate sides.
12. Tie-Breaker: See Region Policy for all activities.
13. Each postponed game must be made up in the order of the postponement. During the first round of region play, a postponed game will be made up by “flip/flopping” the schedule and playing at the “visiting” team’s field, if it is playable. If both fields are unplayable, the postponed game will be made up on the first available date as stated in how a game is made up in the second round. The visiting team will reverse the schedule for the second round. During the second round, a postponed game will be made up on the first available date at the “home” field, or at either field as agreed mutually by the coaches. When making a decision to stick to the “home fields” consideration needs to be given to the visiting team’s predicament. In the event of a postponed game because of bad weather, it will be the responsibility of the home team coach to notify the visiting school and the officials. This should take place by 1:00 p.m. if possible
14. If there is a tie and a berth is at stake, then the tied schools playoff. The teams play a full game. If there are three teams tied for a playoff spot, then two teams play determined by flip. Then winner plays bye team. Winner goes. If three teams tie for two places, then the same format is used. However, the winner of the first game is in and the loser plays the bye team. All games are played on a neutral site.

Region Soccer Schedule for Boys

1. American Fork High	2. Herriman High	3. Lehi High
4. Lone Peak High	5. Pleasant Grove High	6. Riverton High
7. Westlake High		

- Practice beginning date: February 24, 2014.
- First Contest may be held on March 3, 2014.
- All pre-season games are to be arranged by coaches. (Remember 16 game limit)
- Varsity games start at 5:15 pm, JV games start at 3:30 pm. Friday games can be scheduled to start at 7:00 pm with prior approval.
- Games are scheduled on Tuesday and Fridays.
- May 10, 2014 region playoffs or tiebreaker. (If necessary)
- State Playoff rounds are May 13, 2014 (first round), May 16, 2014 (Quarter Finals), May 20, 2014 (Semi Finals), May 22, 2014 (Finals).

March 18, 2014 Tuesday 5 @ 3 1 @ 4 2 @ 7 Bye - 6	March 21, 2014 Friday 1 @ 5 7 @ 4 6 @ 3 Bye - 2	March 25, 2014 Tuesday 4 @ 6 2 @ 3 7 @ 5 Bye - 1	March 28, 2014 Friday 5 @ 2 1 @ 6 3 @ 7 Bye - 4	April 1, 2014 Tuesday 3 @ 4 6 @ 5 2 @ 1 Bye - 7
April 4, 2014 Friday 1 @ 3 6 @ 7 4 @ 2 Bye - 5	April 7, 2014 Monday 6 @ 2	April 15, 2014 Tuesday 3 @ 5 4 @ 1 7 @ 2 Bye - 6	April 18, 2014 Friday 7 @ 1 4 @ 5 Bye - 3	April 23, 2014 Wednesday 4 @ 7 3 @ 6 5 @ 1 Bye - 2
April 25, 2014 Friday 6 @ 4 3 @ 2 5 @ 7 Bye - 1	April 29, 2014 Tuesday 6 @ 1 2 @ 5 7 @ 3 Bye - 4	May 2, 2014 Friday 1 @ 7 2 @ 6 5 @ 4 Bye - 3	May 6, 2014 Tuesday 2 @ 4 7 @ 6 3 @ 1 Bye - 5	May 9, 2014 Friday 5 @ 6 1 @ 2 4 @ 3 Bye - 7

- All-Region 4 Boys Soccer Team Selection Process
 - Each coach will select the following number of players from their team for 1st team, 2nd team, and honorable mention all-region. In addition, each can nominate a player from their own team to be a positional MVP. Each coach will vote for positional MVP's, obviously not voting for their own player. The region champion coach will be responsible for tallying all of the votes and for providing certificates for all of the players receiving any level of all-region. That coach will also be responsible for contacting the major newspapers with the all-region teams. This should be done in a meeting attended by all coaches or via e-mail the first Monday after region play concluded. In addition, there will be an Academic All-Region team, which will include any seniors that were nominated for Academic-All-State by

qualifying for those requirements or seniors that were selected to the Academic All-State team.

1 st place			
2 nd place			
3 rd place			
4 th place			
5 th place			
6 th & 7 th place			

MVP Forward	Academic All Region
MVP Midfielder	Academic All State
MVP Defender	
MVP Goalie	

- For questions please contact Kevin Barton, Assistant Principal at Riverton High School by phone (801-256-5816) or email (kevin.barton@jordandistrict.org)

GIRLS SOCCER POLICIES

Region Activity Chairperson: Aaron Barth, Lehi (801) 610-8805)

Coaches' Representative: Brett Bergholm, Lehi. (801) 610-8805

1. All general policies in the Region IV Activities Manual should be read and will apply to the sport of Soccer.
2. Each school has the option to play a maximum of 16 games for both Varsity and Junior Varsity as per instruction in the UHSAA Handbook. This total does not include playoff games.
3. Pre-season non-league games are to be scheduled as the schedule permits per UHSAA ruling if game imitation is changed.
4. Varsity and Junior Varsity games will be played on the same day, at the same site.
 - * Varsity game time is 3:30 p.m.
 - * Junior Varsity game time is 15 minutes after Varsity game is finished.
 - * Night games may be played, games will be negotiated between the two teams.
5. Changes in game time and/or site must be approved by the principals and coaches of both schools involved as well as the Region Chair which will notify all coaches.
6. Host schools are responsible for notifying officials in advance of any change in the schedule.
7. The winning coach will be responsible for calling the Varsity Team scores to the Deseret News (237-2162 after 4:00 p.m.)
8. The uniform sportsmanship policy (adopted August 30, 2010, by the UHSAA).
 - * Soccer will be administered according to the policy listed in the general policies.
 - * Any coach, player or bench personnel ejected by an official for unsportsmanlike behavior will be suspended from the next regularly scheduled game at that level of play and any intervening levels of play.
 - * Any participant involved in a second incident/ejection will be suspended for the next two (2) regularly scheduled games.
 - * A third ejection will result in suspension for the remainder of that season.
 - * The fighting rule is incorporated as part of the sportsmanship policy. Any bench personnel other than the head coach who leaves the confines of the bench area during a fight are disqualified from the game and must leave the field. A squad member or any team personnel who leaves the bench area during a fight or who participate in a fight during the season, will be ejected from that game
 - * Fans must be seated 10 feet from sideline - a painted white line must designate the fan seating area.
9. Home team must wear light jerseys and light socks; visiting team wears dark jerseys and dark socks.
10. Seating: the preferred seating arrangement is with both teams on one side of the field with fans seated on the opposite side of the field. When teams are seated on opposite sides of the field, fans must sit with their team on the appropriate sides.

11. Tie-Breaker: See Region Policy for all activities.
12. Each postponed game must be made up in the order of the postponement. During the first round of region play, a postponed game will be made up by “flip/flopping” the schedule and playing at the “visiting” team’s field, if it is playable. If both fields are unplayable, the postponed game will be made up on the first available date as stated in how a game is made up in the second round. The visiting team will reverse the schedule for the second round. During the second round, a postponed game will be made up on the first available date at the “home” field, or at either field as agreed mutually by the coaches. When making a decision to stick to the “home fields” consideration needs to be given to the visiting team’s predicament. In the event of a postponed game because of bad weather, it will be the responsibility of the home team coach to notify the visiting school and the officials. This should take place by 1:00 p.m. if possible
13. If there is a tie and a berth is at stake, then the tied schools playoff. The teams play a full game. If there are three teams tied for a playoff spot, then two teams play determined by flip. Then winner plays bye team. Winner goes. If three teams tie for two places, then the same format is used. However, the winner of the first game is in and the loser plays the bye team. All games are played on a neutral site.

Girls Soccer 2013-2014 Region 4 – Schedule

Varsity Start time 4:00 and JV 5:45

Tuesday, August 27th

Lehi @ PG
AF @ LP
Herriman @ Westlake
Riverton-Bye

Tuesday, September 3rd

LP @ Riverton
Herriman @ Lehi
Westlake @ PG
AF-Bye

Tuesday, September 10th

Westlake @ AF
Riverton @ Herriman
LP @ PG
Lehi-Bye

Tuesday, September 17th

Lehi @ LP
Riverton @ PG
Herriman @ AF
Westlake-Bye

Tuesday, September 24th

LP @ Westlake
Lehi @ Riverton
AF @ PG
Herriman-Bye

Tuesday, October 1st

Riverton @ AF
Herriman @ PG
Westlake @ Lehi
LP-Bye

Tuesday, October 8th

Herriman @ LP
Westlake @ Riverton
Lehi @ AF
PG-Bye

Thursday, August 29th

PG @ AF
Westlake @ LP
Riverton @ Lehi
Herriman-Bye

Thursday, September 5th

PG @ Herriman
AF @ Riverton
Lehi @ Westlake
LP- Bye

Thursday, September 12th

AF @ Lehi
Riverton @ Westlake
LP @ Herriman
PG-Bye

Thursday, September 19th

PG @ Lehi
LP @ AF
Westlake @ Herriman
Riverton-Bye

Thursday, September 26th

Riverton @ LP
Lehi @ Herriman
PG @ Westlake
AF-Bye

Thursday, October 3rd

AF @ Westlake
Herriman @ Riverton
PG @ LP
Lehi-Bye

Thursday, October 10th

PG @ Riverton
AF @ Herriman
LP @ Lehi
Westlake-Bye

Region Play in Game if necessary
Saturday October 12th
Inter-region Playoffs
Tuesday October 15th
State Quarter Finals

Thursday October 17th
State-Semi Finals
Tuesday October 22 @ TBA
Finals
Friday October 25th @ Rio Tinto

Region 4 Coaches Contact Information

Staci Hemingway	Herriman High School	(801) 808-1707	slhemingway@slco.org
Cristi Crane	American Fork High School	(801) 718-7922	cristycrane@alpinedistrict.org
Jim Clark	Pleasant Grove High School	(801) 717-7817	jpclark@alpinedistrict.org
Whitney Thomas	Lehi High School	(928) 242-3758	nix_whitney@hotmail.com
Emily Bateman	Riverton High School	(801) 864-4747	emily.bateman@jordandistrict.org
Janae Forsey	Lone Peak High School	(801) 787-3576	jforsey@alpinedistrict.org
Kim Jex	Westlake High School	(801) 360-8258	kjex@alpinedistrict.org

REGION 4 Softball Policies

Region Activity Chairperson: Kristin Packer, Westlake High (801) 835-7014

Coaches' Representative: Kim Jex, Westlake High (801) 360-8258

1. Monday, February 24, 2014 shall be the first day for team selection and/or team practice.
2. Monday, March 3, 2014 will be the first date for softball games.
3. No team may play more than twenty-two (22) games during the entire season
 - A single day tournament will count as one (1) game with a maximum of four (4) games.
 - A multiple day tournament (2-3 days) will count as two (2) games towards contest limitations.
 - A maximum of eight (8) games may be played in a multiple day tournament.
4. All region varsity games shall begin at 3:30 pm (region only)
 - a. Games will be a full seven (7) innings.
 - b. If the score is tied at the end of seven (7) innings, the international tiebreaker rule will be in effect.
 - c. The 10-run rule will be in effect after the fifth inning.
 - d. The 15-run rule will be in effect after the third inning.
5. All Junior Varsity games will immediately follow varsity games (same day/same site).
 - a. A team may only score six (6) runs an inning in a JV game.
 - b. Rules for junior varsity will be agreed upon by the region in order to provide a developmental atmosphere and to accommodate facility use conflicts.
 - c. There is a 1.5 hour time limit or 7 innings. No new inning will begin after 1.5 hours, but the teams will finish the inning. (No drop dead).
6. The visiting team will take the field at 3:00pm; the home team will take the field at 3:15pm.
7. The home team will be responsible for:
 - a. Providing an official scorekeeper (a responsible adult).
 - b. Providing two (2) new game balls (same ball as used in State).
 - c. Paying the Officials.

- d. Field management.
 - e. Calling the media with game results.
8. Postponed games will follow the UHSAA suspended game procedures.
- a. The **home** team will call their opponent and officials by 1:00 pm.
 - b. Game will be rescheduled on the first available weekday as agreed upon by the involved coaches and approved by the involved principals within a week.
 - c. Priority should be given to region games (over rescheduled non-region games).
 - d. In the first round of region play, the postponed game may be “flip-flopped” to the visiting field if it is deemed playable. The second round field will be reversed.
 - e. In the second round of region play, the game will be made up on the first available date at home field.
9. Teams agree to accept all National Federation Rules.
10. In the event of a tie in the standing, the region tie breaker rule will be in effect.
11. Video taping of games is by playing teams only.
12. One region trophy will be awarded to the first place team.

**Region 4
2013-14
Softball Schedule**

3/25 Tues	Lone Peak @ Westlake Pleasant Grove @ Riverton Herriman @ American Fork Lehi – BYE	4/15 Tues	Westlake @ Herriman Riverton @ Lehi Lone Peak @ Pleasant Grove American Fork – BYE
3/27 Thurs	Lehi @ American Fork Herriman @ Lone Peak Westlake @ Riverton Pleasant Grove – BYE	4/17 Thurs	Lone Peak @ American Fork Lehi @ Pleasant Grove Herriman – BYE Riverton - BYE Westlake – BYE
3/28 Tues	American Fork @ Lone Peak Pleasant Grove @ Lehi Riverton – BYE Herriman - BYE Westlake – BYE	4/22 Tues	Riverton @ American Fork Pleasant Grove @ Westlake Lehi @ Herriman Lone Peak –BYE
4/1 Tues	American Fork @ Pleasant Grove Riverton @ Lone Peak Lehi @ Westlake Herriman – BYE	4/24 Thurs	American Fork @ Herriman Westlake @ Lone Peak Riverton @ Pleasant Grove Lehi –BYE
4/3 Thurs	Westlake @ American Fork Pleasant Grove @ Herriman Lone Peak @ Lehi Riverton – BYE	4/29 Tues	Pleasant Grove @ American Fork Lone Peak @ Riverton Westlake @ Lehi Herriman – BYE
4/4 Thurs	American Fork @ Riverton Westlake @ Pleasant Grove Herriman @ Lehi Lone Peak – BYE	5/1 Thurs	American Fork @ Lehi Lone Peak @ Herriman Riverton @ Westlake Pleasant Grove – BYE
4/8 Tues	Riverton @ Herriman American Fork – BYE Lehi - BYE Lone Peak – BYE Pleasant Grove - BYE Westlake – BYE	5/6 Tues	American Fork @ Westlake Herriman @ Pleasant Grove Lehi @ Lone Peak Riverton – BYE

<p>4/10 Thur</p>	<p>Herriman @ Riverton American Fork – BYE Lehi - BYE Lone Peak – BYE Pleasant Grove - BYE Westlake – BYE</p>	<p>5/7 Thurs</p> <p>Herriman @ Westlake Lehi @ Riverton Pleasant Grove @ Lone Peak American Fork – BYE</p>
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SPIRIT GROUP PROCEDURES

1. Cheerleaders must follow the National Safety Guidelines in order to qualify for catastrophic insurance coverage.
2. All spirit safety rules are to be followed during practices, games and performances.
3. Cheerleaders in uniform and accompanied by an advisor will be admitted to the game without charge.
4. Cheerleaders may use hand held performance signs and pom poms at Region events. At football games, megaphone and a sign of a positive nature for the home teams to run through will be allowed. See chart of approved items and regulations on page 8.
5. Drums are to play only as part of the pep band or as accompaniment to a cheer by the cheerleaders.
6. Placement of the cheerleaders, drill team and general student body is at the discretion of the host school. Cheerleaders should encourage good sportsmanship at all times. Cheerleaders should refrain from conducting cheers during foul shots and must break behind the basket during the entire game. Cheerleaders will refrain from participating in any “in your face gestures” directed at the opposing spectators and finally, opposing cheer squads should not participate in competitive tumbling demonstrations.
7. Traveling cheerleaders, drill teams and pep clubs will be supervised by designated adult chaperones.
8. Only cheerleaders no spectators are allowed on the sideline, court or field for cheers, activities or demonstrations unless specifically sponsored by the host school administration.
9. Cheer squads and their advisor(s) must attend the UHSAA Safety Clinic in the spring prior to the new school year. Coaches are also encouraged to document stunt progression of each cheerleader.
10. Mascots will not display inappropriate movement nor will there be any physical confrontations or mock wrestling between opposing schools’ mascots. Mascots will stay in the area of their own cheer squads.
11. For safety reasons, the host and visiting administrations will keep other students out of the space provided for cheerleaders. It is strongly recommended that cheerleaders store their gear in a secure and consolidated space behind their team’s benches.
12. Because academics are a priority, it is recommended that a cheerleader not be required to attend activities more than three times a week.

Proposed Region IV Swimming Policies 2012-13 2013-14

Region Activity Chairperson: James Marsh 801-256-5817
Riverton High School – 256-5800 (Phone) – 256-5880 (Fax)
Coaches' Representative: Jared Huff, West Lake High School

1. Monday, October 7, 2013 is the first day of practice/team selection. Friday, November 8, 2013 is the first date a swimming meet may be held.
2. A maximum of fourteen (14) meets will be held ~~which includes state qualifying meets~~ including the region and state meets. All region meets will begin at 3:30 pm unless otherwise stated.
3. The Region Championship will be held on Saturday, February 1, 2014 at the South Davis Pool beginning at 3:30 pm.
4. The State Championship Meet will be held at Brigham Young University on February 13 & 14, 2014.
5. Each team in the region shall have a current version of Hy-Tek meet manager and team manager swimming software. ~~Home team will be in the odd lanes, visiting team in the even lanes.~~
6. Each school's entries for the Region Championship will be limited to all official entries in each individual event and two (2) entries in each relay event. Only "A" relay teams will be scored. All entry times must be the best time from meets during the current season. NT's will not be accepted as entry times.
 - All swimmers must meet eligibility requirements as per National Federation Rules.
 - No more than four swimmers from each school may receive a medal. No more than four swimmers from each school may be used to score towards the Region Championship and will be awarded medals.
 - Each school must submit their region entries as well as their Academic All-Region names (Seniors only, 3.75 or higher) at our Region Seeding Meeting. The meeting will be held on January 14, 2014 at the Thanksgiving Point Deli at 6:30 pm.
 - The scoring format will be ~~42~~ 16 places; 1 Region Trophy, 6 individual event medals, and ~~2~~ 3 relay team medals.
7. All hosting schools of dual meets will have the following:

	Dual Meets	Region Championship
Starter	\$40.00	\$60.00
Referee	\$40.00	\$60.00
Stroke Judge	\$30.00 (2)	\$30.00 (5)
Head Timer/Runner	\$30.00	\$40.00
Hospitality Coordinator		\$30.00
Meet Director		\$150.00 (Kathy King)
8. Academic All-Region names (seniors only, 3.75 overall GPA or higher) must be submitted at our seeding meeting.

Region IV 2013-14 Swimming Meet Schedule

(All Meets will begin at 3:30 pm, unless noted)

November 13 LP & PG @AF
November 15 Herriman @WL & Lehi
November 20 Herriman @PG
December 4 Riverton @PG
Dec 13 & 14 Alpine District Meet
December 18 AF & LP & Herriman @Riverton
January 8 WL & Lehi @PG
January 15 PG & AF @LP, Riverton @Herriman
January 21 Lehi & WL @Riverton
January 22 LP @Herriman
February 1 Region @South Davis @3:30pm
Feb 13 & 14 State Championships @BYU

BOYS TENNIS

Region Activity Chairperson: Ryan Nield, American Fork High (801) 756-8547

Coaches' Representative: Jason Herrud, American Fork (801) 756-8547

1. Region IV will adopt the USTA Code of Ethics and Rules. Coaches are encouraged to work with their individual players to ensure their compliance with code.
2. Each individual is allowed to play fourteen (14) matches plus the Region and State Tournaments. A one-day tournament will count as one meet and two-day tournament counts as two meets.
3. Tennis players must compete in a minimum of five Region IV matches during the high school season in order to compete at the region meet. This includes matches at the varsity or junior varsity level and in the singles or doubles category. Injury or special situations will be considered but must be approved by UHSAA staff prior to the student athlete participating in the region meet. The region tournament will determine state qualifiers and their positions.
4. Starting time for tennis matches will be 3:30pm unless otherwise agreed upon by coaches and principals.
5. Matches are to be played on the date scheduled (subject to weather and court conditions). The host coach will be responsible for contacting the visiting coach regarding court location, and/or cancellation and re-scheduling plans by 1:00pm.
6. Each team is expected to participate in a JV schedule. Where possible the matches will be held the same day and place as the varsity matches. The JV will play an 8 game pro-set.
7. Coaches will provide a written line-up of players by position as they arrive for all dual matches.
8. Each school's best player must play either #1 singles or #1 doubles. The #1 singles player must be better than the #2 singles player and so on. The same policy must be used for doubles; i.e., the best team must play first doubles.
9. Each team should have proper tennis attire. Teammates must wear the same style and color of shirt. For the duals, Region IV Tournament, and State Tournament, the rule states that proper and full team uniform is mandatory.
10. Varsity matches will consist of two (2) out of three (3) sets with a twelve (12) point tie break at 6-6. Junior varsity players will play a pro-set, and will use a 12 point tie break at 8-8.
11. Players are limited to a ten (10) minute warm-up period with practice serves being taken during this time. Coaches should enforce the practice time limit.
12. Coaching at matches and tournaments is permitted after each set for a maximum of two minutes. No one other than official team coaches may talk to players during matches. A maximum of two school-sponsored coaches, can coach the players. Players may leave the courts only during the five-minute time period unless an emergency is established.
13. A 90-second changeover time is allowed, including coaching, except after the first game of each set.
14. The Region IV Tournament will be a single elimination.
15. The region home team will furnish high altitude tennis balls for Region IV dual Meets.
16. The Region IV Championship will be determined by a combination of the dual matches and the Region IV Tournament. A team could receive 0,1,2,3,4 or

5 points per dual match. Scoring for the Region Tournament will be: first place in each category will receive five (5) points, second place three (3) points, third place two (2) points and fourth place one (1) point. In the event of a tie, co-championships will be awarded.

17. Seeding is by position: a tiebreaker is determined by 1) head to head, 2) number of sets lost, 3) number of games lost, 4) coin toss. In exceptional circumstances the seeding at a particular position will be based on the recommendations of the majority of the coaches at the seeding meeting, regardless of the number of wins.
18. In the event tournament is moved indoors due to inclement weather, no matches will begin after 8:00pm and play must conclude by 10:30 p.m.
19. Stacking concerns will be reported to region chair, and may be addressed at midway point or end of 1st round region play.
20. Trophies & Awards; one region trophy, 24 medals for girls and 24 medals for boys, medals: 1st-4th places in 6 categories-1st singles; 2nd singles; 3rd singles; 1st doubles; 2nd doubles; 3rd doubles.

2013-2014 Tennis Schedule - Boys

Beginning Practice/Team Selections:	<i>Wednesday, February 26, 2014</i>
First Games:	<i>Wednesday, March 5, 2014</i>
Online Rules Clinic:	<i>Monday, Feb. 10 – Wednesday, March 5</i>
Academic All-State Nominations	<i>Tuesday, March 18 – Tuesday April 8, 2014</i>
Eligibility List Due:	<i>Friday, March 14, 2014</i>
State Entry Deadline:	<i>Saturday, May 10, 2014</i>
Dead Time:	<i>Friday, Nov. 1 – Thursday, Jan. 23</i>

Tuesday, March 11, 2014

Lone Peak @ Westlake
Riverton @ AF
PG @ Herriman

Thursday, March 13, 2014

AF @ Lone Peak
Lehi @ Westlake
Herriman @ Riverton

Tuesday, March 18, 2014

Lone Peak @ Lehi
AF @ Herriman
Westlake @ PG

Thursday, March 20, 2014

Riverton @ Lone Peak
AF @ PG
Lehi @ Herriman

Tuesday, March 25, 2014

PG @ Riverton
Herriman @ Westlake
Lehi @ AF

Thursday, March 27, 2014

PG @ Lone Peak
Riverton @ Lehi
Westlake @ AF

Tuesday, April 1, 2014

Lone Peak @ Herriman
Lehi @ PG
Westlake @ Riverton

Thursday, April 3, 2014

Westlake @ Lone Peak
AF @ Riverton
Herriman @ PG

Tuesday, April 15, 2014

Lone Peak @ AF
Westlake @ Lehi
Riverton @ Herriman

Wednesday, April 16, 2014

Herriman @ AF

Thursday, April 17, 2014

PG @ Westlake
Lehi @ Lone Peak

Tuesday, April 22, 2014

Lone Peak @ Riverton
PG @ AF
Herriman @ Lehi

Thursday, April 24, 2014

Riverton @ PG
Westlake @ Herriman
AF @ Lehi

Tuesday, April 29, 2014

Lone Peak @ PG
Lehi @ Riverton
AF @ Westlake

Thursday, May 1, 2014

Herriman @ Lone Peak
PG @ Lehi
Riverton @ Westlake

Region Seeding Meeting

Friday, May 2, 2014 AF @ 5:00 pm

Varsity Region IV Meet

Tuesday-Wednesday, May 6-7 @ Lehi

Boys 5A State Tennis Tournament

Thursday, May 15 and Saturday, May 17

GIRLS TENNIS

Region Activity Chairperson: Dan Biolo, American Fork High (801) 756-8547

Coaches' Representative: John LaCognata, Lone Peak (801) 717-4568

1. Region IV will adopt the USTA Code of Ethics and Rules. Coaches are encouraged to work with their individual players to ensure their compliance with code.
2. Each individual is allowed to play fourteen (14) matches plus the Region and State Tournaments. A one-day tournament will count as one meet and two-day tournament counts as two meets.
3. Tennis players must compete in a minimum of five Region IV matches during the high school season in order to compete at the region meet. This includes matches at the varsity or junior varsity level and in the singles or doubles category. Injury or special situations will be considered but must be approved by UHSAA staff prior to the student athlete participating in the region meet. The region tournament will determine state qualifiers and their positions.
4. Starting time for tennis matches will be 3:30pm unless otherwise agreed upon by coaches and principals.
5. Matches are to be played on the date scheduled (subject to weather and court conditions). The host coach will be responsible for contacting the visiting coach regarding court location, and/or cancellation and re-scheduling plans by 1:00pm.
6. Each team is expected to participate in a JV schedule. The matches will be held the same day and place as the varsity matches. The JV will play an 8 game pro-set.
7. Coaches will provide a written line-up of players by position as they arrive for all dual matches.
8. Each school's best player must play either #1 singles or #1 doubles. The #1 singles player must be better than the #2 singles player and so on. The same policy must be used for doubles; i.e., the best team must play first doubles.
9. Each team should have proper tennis attire. Teammates must wear the same style and color of shirt. For the duals, Region IV Tournament, and State Tournament, the rule states that proper and full team uniform is mandatory.
10. Varsity matches will consist of two (2) out of three (3) sets with a twelve (12) point tie break at 6-6. Junior varsity players will play a pro-set, use no add scoring, and will use a tie break at 8-8.
11. Players are limited to a ten (10) minute warm-up period with practice serves being taken during this time. Coaches should enforce the practice time limit.
12. Coaching at matches and tournaments is permitted after each set for a maximum of two minutes. No one other than official team coaches may talk to players during matches. A

maximum of two school-sponsored coaches, can coach the players. Players may leave the courts only during the five-minute time period unless an emergency is established.

13. A 90-second changeover time is allowed, including coaching, except after the first game of each set.
14. The Region IV Tournament will be a single elimination.
15. The region home team will furnish high altitude tennis balls for Region IV dual Meets.
16. The Region IV Championship will be determined by a combination of the dual matches and the Region IV Tournament. A team could receive 0,1,2,3,4 or 5 points per dual match. Scoring for the Region Tournament will be: first place in each category will receive five (5) points, second place three (3) points, third place two (2) points and fourth place one (1) point. In the event of a tie, co-championships will be awarded.
17. Seeding is by position: a tiebreaker is determined by 1) head to head, 2) number of sets lost, 3) number of games lost, 4) coin toss. In exceptional circumstances the seeding at a particular position will be based on the recommendations of the majority of the coaches at the seeding meeting. Regardless of the number of wins.
18. In the event tournament is moved indoors due to inclement weather, no matches will begin after 8:00pm and play must conclude by 10:30 p.m.
19. Stacking concerns will be reported to region chair, and may be addressed at midway point or end of 1st round region play.
20. Trophies & Awards; one region trophy, 24 medals for girls and 24 medals for boys, medals: 1st-4th places in 6 categories-1st singles; 2nd singles; 3rd singles; 1st doubles; 2nd doubles; 3rd doubles.

Tennis Schedule – Girls

Beginning Practice/Team Selection:

First Games:

Online Rules Clinic:

Academic All –State Nominations:

Eligibility List Due:

State Entry Deadline:

Dead Time:

Monday August 5, 2013

Tuesday August 13, 2013

Thursday August 1-Thursday August 29

Tuesday August 27-Tuesday September 10

Friday August 30

Thursday October 3

Friday November 1-Thursday January 23

Tuesday, August 13

American Fork @ Riverton

Herriman @ Pleasant Grove

Lehi @ Lone Peak

Thursday, August 15

Lone Peak @ Herriman

Pleasant Grove @ American Fork

Riverton @ Westlake

Tuesday, August 20

Herriman @ Westlake

Lehi @ Riverton

Lone Peak @ Pleasant Grove

Thursday, August 22

Pleasant Grove @ Lehi

Riverton @ Herriman

Westlake @ American Fork

Tuesday August 27

Lehi @ American Fork

Lone Peak @ Westlake

Pleasant Grove @ Riverton

Thursday, August 29

Riverton @ Lone Peak

Lehi @ Westlake

American Fork @ Herriman

Tuesday September 3

Westlake @ Pleasant Grove

American Fork @ Lone Peak

Herriman @ Lehi

Thursday September 5

Riverton @ American Fork

Pleasant Grove @ Herriman

Lone Peak @ Lehi

Tuesday September 10

Herriman @ Lone Peak

American Fork @ Pleasant Grove

Westlake @ Riverton

Thursday, September 12

Westlake @ Herriman

Riverton @ Lehi

Pleasant Grove @ Lone Peak

Tuesday September 17

Lehi @ Pleasant Grove

Herriman @ Riverton

American Fork @ Westlake

Thursday, September 19

American Fork @ Lehi

Westlake @ Lone Peak

Riverton @ Pleasant Grove

Tuesday, September 24

Lone Peak @ Riverton

Westlake @ Lehi

Herriman @ American Fork

Thursday, September 26

Pleasant Grove @ Westlake

Lone Peak @ American Fork

Lehi @ Herriman

Region Seeding Meeting

Friday, September 27

American Fork High School @ 5:00pm

JV Region IV Meet

Saturday, September 28

Lone Peak High School @ 9:00am

Varsity Region IV Meet

Tuesday-Wednesday, October 1-2

Lehi High School @ 12:00pm

Wed & Sat October 9 & 12
Liberty Park, Salt Lake City

Girls 5A State Tennis Tournament

TRACK AND FIELD

Region Activity Chair: Gary Twitchell, Lone Peak High (801) 717-4568

Coaches' Representative: Chase Englestead (435) 817-3157

1. Athletes may participate in no more than 12 meets, not including Region and State as per UHSAA Rules. 6 of those meets may be State Qualifiers. There is NO starting date for practice.
2. Track meets for boys and girls are to be conducted concurrently.
3. The first meet may be held no earlier than March 5th, 2014.
4. Track meets, including the Region meet, will start at 3:30 pm.
5. Host schools must have at least 2 paid officials at the combined boys' and girls' track meets paid for by the host school. Host school will assign events to visiting school(s).
6. The Region will provide the following awards:
 - a. Region Championship Meets: Trophy for first place boys' team and first place girls' team; medals for first six places in individual events and first two places in relays.
 - b. Scoring for the region championships will be based on the 2012 NFHS rulebook for scoring to eight places in individual events, top six in relays.
 - c. Each school is allowed 5 competitors per event in the Region Championship Meet and one relay team.
7. Responsibility of deciding whether a meet should be cancelled (or postponed) due to weather rests with the host school. However, input from other participating schools should be obtained whenever possible. The final decision rests with the host school's principal. Schools who must cancel meets because of weather will not be required to reschedule them; however, they should make an effort to do so if possible. No decision will ever be finalized before noon.
8. The seeding meeting is the Monday of the week of the Region Meet.
9. It is the responsibility of each coach to submit the names of seniors with a 3.75 or above cumulative GPA at the seeding meeting for academic certificates.
10. The top 3 participants (designated 'varsity' scorers) in lane races and all distance competitors (800m and above) will be required to be 'stickered' with regular file folder labels at each meet in the Region including the Region Championship meet. Stickers are to be provided by each school's coaching staff. The host school will have the option to use Runner Card.
11. Visiting schools should provide one responsible helper at the finish line for away meets.
12. In the Region Meet, all athletes must be in uniform according to NFHS rules. Exceptions to this due to extraordinary circumstances must be approved in advance by the Region Chair.
13. A maximum budget of \$300 will be paid by the Region for the funding of Coaches Hospitality Area during the Region Championships. The region is also responsible for paying a starter and a head finish judge. Each school will be required to bring two adults and two student-athletes to help run their respective event

at the meet. Schools should arrive with the pertinent section of the rulebook in hand to run their event. Clipboards and event sheets will be provided by the host school and officials will bring their own tapes and field markers. These assignments will remain standard from year to year.

14. **Field Event Assignments:**

Herriman	Pole Vault
Lone Peak	Shot Put
Lehi	Discus
American Fork	Long Jump
Pleasant Grove	High Jump
Westlake	Javelin
All	Relay Exchanges and Hurdles

15. It is recommended that the site school for the Region Championships rotate among schools with sufficient lanes to run the event. The rotation for the Region Meet will be:

Region Championships

2014	Riverton
2015	Herriman

16. NFHS Rules will govern the Region Meet.

17. Region Entries become finalized at the close of the Region Seeding Meeting.

18. Academic All-State deadline date (to UHSAA) is Tuesday, April 22nd, 2014.

2014 REGION IV TRACK AND FIELD SCHEDULE

Wednesday, March 19th

AF @ Herriman
Lehi @ LP
PG & Riverton @ Westlake

Wednesday, March 26th

Herriman @ PG
AF & Lehi @ Riverton
Westlake @ LP

Wednesday, April 2nd

Herriman @ Westlake
Riverton @ PG
LP & AF @ Lehi

Wednesday, April 9th

Riverton @ Herriman

Wednesday, April 16th

Westlake & Lehi @ Herriman
PG @ AF
LP @ Riverton

Wednesday, April 23rd

Westlake @ AF
Lehi @ PG
Herriman @ LP

Wednesday, April 30th

Lehi @ Westlake
LP @ PG
AF @ Riverton

Wednesday, May 7th

Region IV Championships @ Riverton High School

Thursday, May 8th

Region IV Championships @ Riverton High School

Wednesday, May 13th

JV Championships @ Westlake High School

Friday, May 16th

State Championships @ BYU

Saturday, May 17th

State Championships @ BYU

Region IV Championships
Order of Events

Wednesday, May 7th

3:30 pm - Girls 100m Hurdles / Boys 110m Hurdles TRIALS
4:00 pm - Girls 100m Dash / Boys 100m Dash TRIALS
4:30 pm - Girls 1600m Run FINALS
4:45 pm - Girls 400m Dash / Boys 400m Dash TRIALS
5:15 pm - Girls 300m Hurdles / Boys 300m Hurdles TRIALS
5:45 pm - Boys 3200m Run FINALS
6:15 pm - Girls 200m Dash / Boys 200m Dash TRIALS
6:45 pm - Girls Medley Relay / Boys Medley Relay FINALS
3:30 pm - Boys Discus FINALS
 Girls Shot Put FINALS
 Girls High Jump FINALS
 Boys Long Jump FINALS
 Boys Pole Vault FINALS
4:00 pm - Girls Javelin FINALS

Thursday, May 8th

3:30 pm - Girls 100m Hurdles / Boys 110m Hurdles FINALS
3:40 pm - Girls 100m Dash / Boys 100m Dash FINALS
3:50 pm - Boys 1600m Run FINALS
4:10 pm - Girls 4x100m Relay / Boys 4x100m Relays FINALS
4:20 pm - Girls 400m Dash / Boys 400m Dash FINALS
4:30 pm - Girls 300m Hurdles / Boys 300m Hurdles FINALS
4:40 pm - Girls 800m Hurdles / Boys 300m Hurdles FINALS
5:00 pm - Girls 200m Dash / Boys 200m Dash FINALS
5:10 pm - Girls 3200m Run FINALS
5:30 pm - Girls 4x400m Relay / Boys 4x400m Relay FINALS
3:30 pm - Girls Discus FINALS
 Boys Shot Put FINALS
 Boys High Jump FINALS
 Girls Long Jump FINALS
4:00 pm - Boys Javelin FINALS

VOLLEYBALL POLICIES

Region Activity Chairperson:

Stacy Salmans (801) 610-8815 ext. 751 – sdsalmans@alpinedistrict.org

Coach Rep. – Deanna Meyer, Lone Peak (801) 717-4568 ext 224

Coaches:

American Fork – Stephanie Hodgman – 408-761-0663 – shodman@alpinedistrict.org

Herriman High School – Bryan Nicholson – 801-884-6149 – bryan.nicholson@jordandistrict.org

Lehi High School – Jamie Ingersoll – 801-372-2268 - jingersoll@alpinedistrict.org

Lone Peak High School – Deanna Meyer – 801-651-7794 - dmeyer@alpinedistrict.org

Pleasant Grove High School – Allyce Jones – 801-380-1280 – allycejones@alpinedistrict.org

Riverton High School – Lindsay Lind - 801-835-0006 - lindsvb3@hotmail.com

Westlake High School - Wayne Wood - 801-372-8636 - wwood@ussynthetic.com

1. We will follow National Federation rules. All varsity matches will be best of three (3) out of (5) games. Games 1-4 shall be played to 25 points (no cap), the fifth and deciding game shall be played to 15 points (no cap).
 - a. Sub-varsity matches: games 1 & 2 are to 25 points with games 3, 4, & 5 played to 15 points.
 - b. Sub-Varsity: games 1 & 2 are capped at 27 points, games 3, 4, & 5 are capped at 17.
 - c. Each team will be allowed two (2) timeouts per game.
 - d. Let serve shall be allowed.
 - e. The 3-ball system is mandated for ALL MATCHES.
2. Region Play will begin on Tuesday, September 03, 2013. All matches will be played on either Tuesdays or Thursdays unless determined in advance by coaches and set forth in the schedule. Game times will be Sophomores at 4:00 p.m., Junior Varsity at 5:15 p.m. and Varsity at 6:30 p.m.
3. Seeding for the State Tournament will be determined by the standing in region play. In the event of a tie, seeding will be determined by Region Record. If a tie exists see region rules.
4. The contest limitation for volleyball will be 14 matches and two (2) tournaments with the following guidelines for tournaments; no more than nine (9) total matches in a tournament, no more than seven (7) matches in a given day, and tournaments may not exceed three (3) days.
5. Courts will be available thirty (30) minutes prior to game time for warm-up.
6. Net time will be four (4) minutes for home team, four (4) minutes for visiting team and two (2) minutes shared serving.
7. The WINNING Coach is responsible for calling in scores to the Deseret News 801-237-2161 and Salt Lake Tribune 801-257-8900. Coaches will call in their own stats.
8. **All-Region** meeting will be held on the Monday before the state tournament at 8:00 pm. Location TBA.
9. **Academic All-Region**
Senior varsity players that hold a 3.75 cumulative GPA are eligible for Academic All-Region.

Region 4
2013-14
Volleyball Schedule

9/3 Lone Peak @ Westlake 9/3 Pleasant Grove @ Riverton 9/5 Thursday American Fork @ Herriman Lehi – BYE	10/1 Tuesday Herriman @ American Fork Westlake @ Lone Peak Riverton @ Pleasant Grove Lehi – BYE
9/10 Thursday American Fork @ Riverton Westlake @ Pleasant Grove Herriman @ Lehi Lone Peak – BYE	10/3 Thursday Riverton @ American Fork Pleasant Grove @ Westlake Lehi @ Herriman Lone Peak – BYE
9/12 Thursday American Fork @ Lone Peak Pleasant Grove @ Lehi Riverton @ Herriman Westlake – BYE	10/8 Tuesday Lone Peak @ American Fork Lehi @ Pleasant Grove Herriman @ Riverton Westlake – BYE
9/17 Tuesday Pleasant Grove @ American Fork Lone Peak @ Riverton Lehi @ Westlake Herriman – BYE	10/15 Tuesday American Fork @ Pleasant Grove Riverton @ Lone Peak Westlake @ Lehi Herriman – BYE
9/19 Tuesday Lehi @ American Fork Herriman @ Lone Peak Westlake @ Riverton Pleasant Grove – BYE	10/22 Tuesday American Fork @ Lehi Lone Peak @ Herriman Riverton @ Westlake Pleasant Grove – BYE
9/24 Tuesday American Fork @ Westlake Pleasant Grove @ Herriman Lone Peak @ Lehi Riverton - BYE	10/24 Thursday Westlake @ American Fork Herriman @ Pleasant Grove Lehi @ Lone Peak Riverton - BYE
9/26 Thursday Westlake @ Herriman Lehi @ Riverton Lone Peak @ Pleasant Grove American Fork - BYE	10/29 Tuesday Herriman @ Westlake Riverton @ Lehi Pleasant Grove @ Lone Peak American Fork - BYE

Open dates are Thursday Oct. 10th and 17th for district fall break dates.

WRESTLING

Region Activity Chairperson: Curtis Hagen, Riverton High (801) 256-5800
Coaches' Representative: Brock Moore, Pleasant Grove High (801) 610-8170

Start Date for practice is November 11, 2013

1. First match of the year cannot be held prior to November 26, 2013
2. Starting times for region matches will be as follows.
 - a. Weigh in: 4:00pm
 - b. JV matches: 5:00pm
 - c. Varsity matches: 7:00pm

The gym must be cleared of all other activities by 3:30pm so it can be set up for dual matches. A change in starting time will require mutual agreement between the coaches and principals of the two schools involved. Changes in dates of activities require the approval of the Region IV Board of Managers. Host schools are responsible to notify the arbiter of any time or date changes.

The NFHS rulebook will be followed for all rules, including weight classes, weight control, weigh-ins, tournament scoring and every other situation unless otherwise directed by the UHSAA.

4. There will be no weight allowance given unless there are back-to-back dual meets or tournaments. A coach must contact the opposing coach 24 hours in advance if this situation occurs. A one pound allowance per consecutive days of competition is the maximum authorized. No more than two pounds weight allowance will be allowed for consecutive days of competition.
5. To meet National Federation and State guidelines, a wrestler must certify at a specific weight class prior to his first wrestling match. Each wrestler is required to have at least one official weigh-in before being entered in the region tournament. Please refer to UHSAA website for complete information on wrestler weight certification found at www.uhsaa.org in the wrestling section.
6. Platform scales must be certified (by a government agency) by November 15, 2013.
7. Moratorium:
November 28-December 1, 2013
December 22-26, 2013
January 1, 2014
8. Coaches will exchange line-ups by email or fax by 10:00am to the opposing schools the day of the match. The line up should include Varsity, JV and Extras. Exception: Weigh in at home for Region Open JV tournament.
9. The state arbiter for Varsity, JV, will assign the officials for all Region and non-region matches and sophomore meets. All officials must be certified.

10. A maximum of 24 encounters will be allowed plus Region and State Meets. All tournaments will be counted as three (3) encounters. Dual Matches count as one (1) encounter.
11. Any school with a wrestler who is unable to compete in the State Meet must notify the Region Chairperson immediately and the replacement wrestler's coach. The Region Fifth place wrestler should be available to fill in a possible default in the tournament bracket at the State Meet.

Region Varsity Tournament

Each school may enter two wrestlers per weight division. The Region Wrestling Tournament will be a 16 man bracket that is scored according to NFHS rules.

- A. Wrestlers will be seeded into the tournament by criteria. Attempts will be made to seed all varsity wrestlers.
- B. All rounds will be scored in the tournament. No true 4th place matches will be scored.
- C. Weigh ins will be conducted as per state guidelines.
- D. Attempts will be made to separate wrestlers from the same schools into opposite halves of the bracket.
- E. The seeding meeting will be under the direction of the host school with the head coach and the Region Chair doing the pre-seeding. Byes will be drawn equally.
- F. We will seed the top 6 wrestlers
- G. Non-seeded wrestlers will be drawn with consideration to distribute seeds.
- H. Each coach will be required to bring to the JV tournament an up to date Alpha Master sheet for his team and a list of each wrestler's region win/loss record with the opponent's name and school. This should include all Region duals highlighted with the weight in which the wrestlers competed. The director of the Region Meet will submit the weigh in sheets to the state officials at the State Tournament.
- I. Wrestlers may not change weight class after the seeding meeting Any changes to seeding after the seeding meeting has been held must be put before a committee consisting of a representative head coach from each school and the region chair
- J. All wrestling results need to be entered into Track Wrestling by Monday, February 4 by Midnight. Failing to do so will result in your wrestlers not being seeded.
- K. Advancement points will be awarded retroactively to wrestlers who receive byes and then win their subsequent match. Match points and advancements point will be awarded on a single bye. 2 byes in a row will only be advancement points. Byes will be distributed equitably
- L. Fifth and Sixth place will be wrestled and scored.

Academic All-Region will be awarded before the finals of the Region Tournament. The criteria for the award is; any Senior wrestler who wrestles in the Region Tournament with a 3.7 GPA. Names must be submitted to the Region Tournament Director at the seeding meeting. The certificates will be prepared by the host school.

- M. Awards presented and provided by the Region Host School:
 - a. Outstanding coach
 - b. Dual Meet Champion Award
- N. Awards presented and provided by Region IV:
 - a. Region Tournament Trophy
 - b. Medals first-sixth place

- c. Outstanding Wrestler, Upper and Lower weighs
- O. Tournament times will be set by the Host School.
 - a. Weigh ins
 - b. 1st Round
 - c. 2nd round
 - d. Etc...
 - e. Finals starts (14 bouts)

- P. "Track Wrestling" will be used to seed and run the region meet at a cost of \$150.00, which will be subsidized by the region.

Open Tournament

1. Eligible wrestlers: extras
2. Region JV Tournament held at Bingham High Saturday February 2nd 8:00pm weigh ins, 10:00pm start time
3. The following criteria will be used for seeding wrestlers in the Region Wrestling Tournament on track wrestling:
 1. Head-to-head record in any competition
 2. Agreement among coaches who is the best wrestler. Must be a 4-2 vote.
 3. Varsity region record
 4. Varsity record
 5. Previous State finish
 6. Previous Region finish
 7. Common opponents
 8. Coin toss

Wrestling 2013-2014

Monday July 29 – Sunday Oct 20.	Dead Time
Tuesday Nov. 5	UHSAA Rules Clinic
Monday Nov. 11	Beginning Practices/Team Selection
Friday Nov. 15 & Thursday Nov. 16	Body Fat Testing
Tuesday Nov. 26	First Contests Allowed
Thursday Nov. 28 – Sunday Dec. 1	Moratorium
Sunday Dec. 22 – Thursday Dec 26	Moratorium
Wednesday Jan. 1	Moratorium
Wednesday Feb.5 & Thursday Feb. 6	Divisional Tournament

(This could be shifted to the previous Fri/Sat Jan 31 and Feb 1 pending UHSAA vote in April)
Wednesday Feb. 12 & Thursday Feb. 13 State Tournament

Thursday Dec. 5

AF @ Lehi
Herr @ WL
LP @ Riv
PG BYE

Thursday Dec 12

PG @ LP
WL @ AF
Lehi @ Herr
Riv BYE

Thursday Dec 19

AF @ Herr
Riv @ Lehi
WL @ PG
LP BYE

Thursday Jan 2 or 9

PG @ Herr
Riv @ AF

LP @ WL
Lehi BYE

Thursday Jan 9 or 16

PG @ Riv
Herr @ LP
WL @ Lehi
AF BYE

Thursday Jan 16 or 23

Lehi @ PG
Riv @ WL
AF @ LP
Herr BYE

Thursday Jan 23 or 30

PG @ AF
Herr @ Riv
Lehi @ LP
WL BYE

ALPINE SCHOOL DISTRICT
2013-14 TRADITIONAL SCHOOL YEAR CALENDAR

7th and 10th Grade Day (optional for schools) Monday, Aug. 19, 2013
 Official School Year Begins Tuesday, Aug. 20, 2013
 Official School Year Ends Friday, May 30, 2014

HOLIDAYS AND OTHER DAYS SCHOOL WILL BE CLOSED OR ALTERED

Labor Day Recess Monday, Sept. 2, 2013
 Minimal Day (Prof Development) Monday, Sept. 24, 2013
 Fall Break October 10 - 11, 2013
 Minimal Day (Prof Development) Monday, October 14, 2013
 Teacher Comp. Day Wednesday, November 27, 2013
 Thanksgiving Recess Thursday, Friday, Nov. 28-29, 2013
 Christmas Break Monday, Dec. 23, 2013 – Friday, Jan. 3, 2014
 Dr. Martin Luther King Jr. Day Recess Monday, Jan. 20, 2014
 Minimal Day (Prof. Development) Monday, February 4, 2014
 Washington and Lincoln Day Recess Monday, Feb.17, 2014
 Minimal Day (Prof. Development) Monday, March 10, 2014
 Snow Make-up Day Monday, April 7, 2014
 Teachers Comp Day Tuesday, April 8, 2014
 Spring Break April 9 - 11, 2014
 Memorial Day Monday, May 26, 2014

END OF TERM:

1st Term – Aug. 20, 2013 – October 25, 2013 2nd Term – Oct. 28, 2013 – Jan. 13, 2014
 3rd Term – Jan. 14, 2014 - March 21, 2014 4th Term - March 24, 2014 - May 30, 2014

**Jordan School District
2013-14 TRADITIONAL SCHOOL YEAR CALENDAR**

Induction Meetings for Elementary Teachers New to the District..... Monday, August 19, 2013
 Induction Meetings for Secondary Teachers New to the District..... Tuesday, August 20, 2013
 *All Teachers at Local Schools Wednesday, Thursday, Friday, August 21, 22, 23, 2013
Beginning of Classwork for StudentsMonday, August 26, 2013
Kindergarten Classwork BeginsWednesday, September 4, 2013
Close of Classwork for Students Friday, June 6, 2014
 *Check-out Day for Teachers Monday, June 9, 2014

HOLIDAYS AND OTHER DAYS SCHOOL WILL BE CLOSED

Labor Day Recess Monday, September 2, 2013
 **Compensatory Recess for Secondary Parent-Teacher Conferences Friday, October 4, 2013
 (see High School and Middle School Conference schedule below)
 Fall Recess Thursday, Friday, October 17-18, 2013
 All-Grade Transmittal Day (Students do not attend.) Friday, November 1, 2013
 **Compensatory Recess for Elementary Parent-Teacher Conferences.....Friday, November 8, 2013
 (see Elementary School Conference schedule below)
 Thanksgiving Recess Wednesday, Thursday, Friday, November 27, 28, 29, 2013
 Winter Recess Monday, December 23, 2013 – Friday, January 3, 2014
 School resumes on Monday, January 6, 2014
 Dr. Martin Luther King Jr. Day Recess Monday, January 20, 2014
 All-Grade Transmittal Day (Students do not attend.) Friday, January 24, 2014
 Washington and Lincoln Day Recess Monday, February 17, 2014
 **Compensatory Recess for Secondary Parent-Teacher Conferences Friday, March 7, 2014
 (see High School and Middle School Conference schedule below)
 Elementary Grade Transmittal Day (Students do not attend.) Friday, March 7, 2014
 **Compensatory Recess for Elementary Parent-Teacher Conferences Friday, March 14, 2014
 (see Elementary School Conference schedule below)
 Secondary Grade Transmittal Day (Students do not attend.) Monday, March 31, 2014
 Spring Recess Thursday, Friday and Monday, April 17, 18 & 21, 2014
 Kindergarten Testing – Individual Appts. Students do not attend Friday May 16-May 23, 2014
 Memorial Day Recess Monday, May 26, 2014
 Graduations Thursday, June 5, 2014
 Bingham, Copper Hills, Herriman, Riverton, South Valley, Valley, West Jordan

FALL PARENT-TEACHER CONFERENCE SCHEDULE

High School October 9, 2013
 Middle School Wednesday and Thursday, October 2 & 3, 2013
 Elementary School Wednesday and Thursday, November 6 & 7, 2013

SPRING PARENT-TEACHER CONFERENCE SCHEDULE

High SchoolFebruary 26, 2014
 Middle School Wednesday and Thursday March 5 & 6, 2014
 Elementary School Wednesday and Thursday, March 12 & 13, 2014

END OF QUARTERS

1st Quarter—Thursday, October. 31, 2013 ...46 Days 2nd Quarter—Thursday, Jan. 23, 2014.....45 Days
 3rd Quarter—Friday, March 28, 2014 44 Days 4th Quarter-Friday, June 6, 201445 Days

* 184 Contract Days (students are in school 180 days)

** Counted as Days in School

Emergency closures in traditional schools will be made up first on Washington and Lincoln Day, then on Spring Recess.