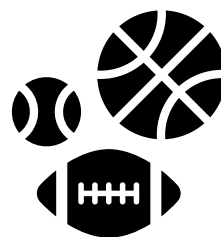




REGION



ONE



Academics – Athletics
2024-25 Handbook



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REGION ONE MEMBER SCHOOLS

Davis High School		
Principal	Address	Contact
Lori Hawthorne	325 Main Street	801-402-8800
Lhawthorne@dsdmail.net	Kaysville, UT 84037	801-402-8801 FAX
Farmington High School		
Principal	Address	Contact
Justin Whittaker	548 West Glovers Lane	801-402-9050
JuWhittaker@dsdmail.net	Farmington, UT 84025-0588	801-402-9051 FAX
Fremont High School		
Principal	Address	Contact
Alicia Mitchell	1900 N 4700 West	801-452-4000
Almitchell@wsd.net	Plain City, UT 84404	801-452-4049 FAX
Layton High School		
Principal	Address	Contact
Brock Jackman	440 Wasatch Dr	801-402-4800
BJackman@dsdmail.net	Layton, UT 84041	801-402-4801 FAX
Syracuse High School		
Principal	Address	Contact
Jed Johansen**	665 S 2000 W	801-402-7900
jjohansen@dsdmail.net	Syracuse, UT 84075	801-402-7901 FAX
Weber High School		
Principal	Address	Contact
Ryan Kachold	430 West Weber High Drive	801-476-3700
RyKachold@wsd.net	Pleasant View, UT 84414	801-476-3799 FAX

**** Region Chair**

Davis High School

Address: 325 Main Street
Kaysville, UT 84037
Phone: 801-402-8800
Mascot: Darts
Colors: Brown & Gold



Administration	Name	Contact Phone
Principal	Lori Hawthorne	801-510-2768
Assistant Principal	Todd Hammond	801-725-1847
Assistant Principal	Stacey Jackson	801-232-6464
Assistant Principal	Doug Peterson	801-402-8810
Athletic Director	Bo Roundy	435-881-7616
Assistant Athletic Director	Megan Tarbet	801-866-3069
Fall Sports		
Golf, Boys	Josh Roberts	801-721-2217
Cross Country – Boys	Paul Timothy	801-628-5076
Cross Country – Girls	Jami Caldwell	801-787-5479
Football	Scott Peery	801-850-7379
Girls Soccer	Dillon Richens	801-678-7546
Girls Tennis	Lexi Frey	801-419-2333
Girls Volleyball	McKay Barker	801-721-3379
Winter Sports		
Boys Basketball	Chad Sims	801-668-8859
Cheerleading	Whitney Hammond	801-824-3248
Drill	Kira Mortenson	801-529-3403
Girls Basketball	Nicole Waddoups	801-671-4596
Swimming	Kit Barker	801-543-9635
Wrestling – Boys	Bo Roundy	435-881-7616
Wrestling – Girls	Malia Roundy	801-510-5511
Spring Sports		
Baseball	Josh Godfrey	801-430-0561
Boys Soccer	Dillon Richens	801-678-7546
Boys Tennis	Ron Hubrich	801-549-8250
Boys Volleyball	McKay Barker	801-721-3379
Girls Golf	Mikey Jerman	775-340-8113
Lacrosse – Boys	Trevor Yocom	603-769-0540
Lacrosse - Girls	Devin Williams	801-989-2303
Softball	Todd Street	801-725-1046
Track & Field – Boys	Markham Hyde	801-721-9157
Track & Field – Girls	Jeff Agnello	801-529-8694
Activities		
Drama	Michael Wright	760-333-6582
Forensics/Debate	Natalie Leavitt	801-628-7543
Music, Instrumental	Mike Crookston	801-513-8920
Music, Vocal	Marci May	801-510-0913

Farmington High School

Address: 548 West Glovers Land
Farmington, UT 84025-0588
Phone: 801-402-9050
Mascot: Phoenix
Colors: Teal/Silver/White/Black



Administration	Name	Contact Phone
Principal	Justin Whittaker	801-698-5885
Assistant Principal	Tim Allen	801-513-0376
Assistant Principal	Ross Harris	801-381-7429
Assistant Principal	Mylei Zachman	801-699-1827
Athletic Director	Kasey Walkenhurst	801-671-9006
Fall Sports		
Golf, Boys	Eric Bumstead	801-725-0564
Boys Cross Country	Ben Jacobsen	385-887-1853
Football	Daniel Coats	801-318-9457
Girls Cross Country	Ben Jacobsen	385-887-1853
Girls Soccer	Sarah Beecher	801-721-7473
Girls Tennis	Donna Perry	801-699-9576
Girls Volleyball	Kate Hawkes	801-540-1037
Winter Sports		
Boys Basketball	Kasey Walkenhurst	801-671-9006
Cheerleading	Kelli Ellis	801-907-5184
Drill	Shalice Larsen	801-706-7690
Girls Basketball	Tara Ferrin	801-927-7600
Swimming	Stacy Edholm	562-832-7549
Wrestling – Boys	Luis Cruz	413-417-4955
Wrestling – Girls	Matt Kartchner	801-300-3573
Spring Sports		
Baseball	Sam Marx	801-702-9685
Boys Soccer	Britain Thomas	801-808-3827
Boys Tennis	Maren Sanders	801-648-4207
Boys Volleyball	Fermin Soriano Bautista	385-313-7742
Girls Golf	Stephanie Belnap	801-726-7366
Lacrosse – Boys	Christian Taylor	801-510-5166
Lacrosse - Girls	Chris Macauley	707-592-6538
Softball	Haleigh Mortensen	801-675-7798
Track & Field – Boys & Girls	Ben Jacobsen	385-887-1853
Activities		
Drama	Ethan Blair	801-510-0610
Forensics/Debate	Brooklyn Davis	916-547-9379
Music, Instrumental	Brek Mangelson	801-787-8368
Music, Vocal	Becca Rhodes	801-557-0479

Fremont High School

Address: 1900 N 4700 W
Plain City, UT 84404
Phone: 801-452-4000
Mascot: Silverwolves
Colors: Royal Blue/Silver



Administration	Name	Contact Phone
Principal	Alicia Mitchell	801-512-5116
Assistant Principal	Hal Raymond	801-430-8113
Assistant Principal	Shane Denton	801-698-6132
Assistant Principal Intern	Tyler Dunyon	801-499-7099
Athletic Director	Corey Melaney	801-589-8275
Fall Sports		
Golf, Boys	Jordan Watson	801-644-7701
Boys Cross Country	Nate Hill	208-589-8489
Football	Nate Tuatagaloa	801-710-4068
Girls Cross Country	Heidi Aschliman	801-644-0233
Girls Soccer	Alain Reyes	619-642-7561
Girls Tennis	Kristi Hall	801-360-3326
Girls Volleyball	Analaine Mailoto	435-238-0710
Winter Sports		
Boys Basketball	Corey Melaney	801-589-8275
Cheerleading	Brandi Rich	801-648-0780
Drill	Sarah Hagadorn	269-235-0076
Girls Basketball	Lisa Dalebout	801-430-0278
Swimming	Timothy Shupe	801-941-2647
Wrestling – Boys	Cody Storey	801-644-6407
Wrestling – Girls	Dallin Denton	801-648-8641
Spring Sports		
Baseball	Garrett Clark	801-336-6927
Boys Soccer	Darren Erwin	801-510-6461
Boys Tennis	Kristi Hall	801-360-3326
Boys Volleyball	Analaine Mailoto	435-238-0710
Girls Golf	Kip VanDyke	801-430-8290
Lacrosse – Boys	Brad Searle	801-362-7778
Lacrosse - Girls	Seth Jones	505-507-5306
Softball	Ryley Buttars	801-668-2077
Track & Field – Boys	Nate Hill	208-589-8489
Track & Field – Girls	Ladale Jackson	702-443-6837
Activities		
Drama	Aubrey O Bray	801-644-2020
Forensics/Debate	David Mildon	801-989-4646
Music, Instrumental	Tristan Reeder	801-391-9313
Music, Vocal	Josh Musselman	801-845-8171

Layton High School

Address: 440 Wasatch Dr
Layton, UT 84041

Phone: 801-402-4800

Mascot: Lancers

Colors: Navy Blue/Columbia Blue



Administration	Name	Contact Phone
Principal	Brock Jackman	801-513-0531
Assistant Principal	Eric Castro	801-425-8173
Assistant Principal	Camille Krum	801-390-8522
Assistant Principal	Adam King	801-513-6205
Assistant Principal	Angela Stuart	801-599-2465
Athletic Director	Brian Berrong	801-726-3208
Fall Sports		
Golf, Boys	GT Luna	385-212-7335
Boys Cross Country	Carrie Fredin	801-540-2726
Football	Trevor Thomas	801-726-7717
Girls Cross Country	Carrie Fredin	801-540-2726
Girls Soccer	Tara Ferrin	801-927-7600
Girls Tennis		
Girls Volleyball	Hannah DeYoung	801-643-5650
Winter Sports		
Boys Basketball	Kelby Miller	801-979-6947
Cheerleading	Mandolin Martini	801-388-5789
Drill	Michelle Reed	801-336-6117
Girls Basketball	Jerrell Stewart	801-628-0096
Swimming	Rachelle Woodbury	801-836-4594
Wrestling - Boys	Adam Fager	801-808-8818
Wrestling – Girls	Marc Fenwick	801-200-5079
Spring Sports		
Baseball	Robert Ferneau	801-698-1924
Boys Soccer	Rick Talamentez	801-628-9053
Boys Tennis		
Boys Volleyball	Bonnie Riley	801-698-3577
Girls Golf	Casandra Singleton	801-510-2091
Lacrosse – Boys	Tim Richards	801-520-7333
Lacrosse - Girls	Nate Soriano	801-690-0392
Softball	Kiley Crocket	801-644-4022
Track & Field – Boys & Girls	Aaron Bell	801-626-1725
Activities		
Drama	Rachel Helwig	801-510-7262
Forensics/Debate	Nathan Gillman	352-322-5462
Music, Instrumental	Jim Follett	801-657-7261
Music, Vocal	Angie Petty	801-564-5003

Syracuse High School

Address: 665 S 2000 W
Syracuse, UT 84075
Phone: 801-402-7900
Mascot: Titans
Colors: Navy Blue/Green



Administration	Name	Contact Phone
Principal	Jed Johansen	801-678-2509
Assistant Principal	Erin Stumo	612-597-3034
Assistant Principal	Katie Federiksen	801-425-6337
Assistant Principal	Steve Loveland	801-643-2833
Assistant Principal Intern	Jake Taylor	435-512-0743
Athletic Director	Troy Brown	801-645-8578
Fall Sports		
Golf, Boys	Mike Smith	801-309-6780
Boys Cross Country	Stephanie Chambers	385-384-7111
Football	Mitch Tulane	801-390-6384
Girls Cross Country	Stephanie Chambers	385-384-7111
Girls Soccer	Jason Steiner	801-391-6610
Girls Tennis	Heidi Brophy	801-645-6716
Girls Volleyball	Megan Allred	801-989-7673
Winter Sports		
Boys Basketball	Greg Godderidge	801-209-4676
Cheerleading	Sienna Gibson	801-643-8262
Drill	Rylee Moon	801-200-5883
Girls Basketball	Braden Hamblin	801-660-5381
Swimming	Kari Cunningham	801-510-7985
Wrestling (Boys & Girls)	Troy Brown	801-645-8578
Spring Sports		
Baseball	Derrick Thomas	801-725-4926
Boys Soccer	Josh Kealamakia	801-425-6427
Boys Tennis	Steve Vorasane	801-721-5489
Boys Volleyball	Corrie Vigil	801-513-0447
Girls Golf	Tony Wilson	801-425-4226
Lacrosse – Boys	Jonah Warnick	385-231-3372
Lacrosse - Girls	Ashtyn Stoor	801-927-8437
Softball	Kelly Anderson	801-628-4639
Track & Field - Boys	Randy Wheeler	801-390-1037
Track & Field – Girls	Randy Wheeler	801-390-1037
Activities		
Drama	Christine Detweiler	703-868-1403
Forensics/Debate	John Garofalo	801-643-9770
Music, Instrumental	Wyatt Gilles	
Music, Vocal	Nathan Egan	541-231-1058

Weber High School

Address: 430 W Weber High Drive
Ogden, UT 84414
Phone 801-476-3700
Mascot: Warriors
Colors: Red & Black



Administration	Name	Contact Phone
Principal	Ryan Kachold	661-878-3219
Assistant Principal	Taylor Allen	801-643-3931
Assistant Principal	Brook Young	385-333-5840
Assistant Principal Intern	Ryan Gross	801-814-9419
Athletic Director	Trevor Howell	801-644-1232
Fall Sports	Name	Contact Phone
Golf, Boys	Kory Woodland	801-985-3011
Boys Cross Country	David Joy	801-781-0616
Football	Mo Cannon	801-589-1595
Girls Cross Country	David Joy	801-781-0616
Girls Soccer	Heather Carter	801-864-5503
Girls Tennis	Kaitlan Toole	435-764-4804
Girls Volleyball	Renae Davis	801-564-5125
Winter Sports	Name	Contact Phone
Boys Basketball	Landon Cosby	801-695-5005
Cheerleading	Rylee Seamons	801-389-8082
Drill	Shelbee Lawson	801-458-6091
Girls Basketball	Trevor Howell	801-644-1232
Swimming	Henderson Bird	385-439-8079
Wrestling (Boys & Girls)	Brad Hess	801-698-8770
Spring Sports	Name	Contact Phone
Baseball	Shawn Steele	801-452-3343
Boys Soccer		
Boys Tennis		
Boys Volleyball	Derek Bowles	801-791-2316
Girls Golf	Kory Woodland	801-985-3011
Lacrosse – Boys	Randy Allred	801-643-1339
Lacrosse - Girls	Krista Call	801-690-6940
Softball		
Track & Field - Boys		
Track & Field – Girls		
Activities	Name	Contact Phone
Drama	Mark Daniels	801-644-7695
Forensics/Debate	Adam Webster	801-897-8338
Music, Instrumental	Taylor Van Bibber	801-791-1809
Music, Vocal	Caleb Saunders	385-250-7906

PRINCIPALS' ASSIGNMENTS

REGION CHAIR:
Jed Johansen, Syracuse High School

FALL SPORTS	School in Charge	Principal
Boys Golf	Farmington	Justin Whittaker
Cross Country – Boys & Girls	Farmington	Justin Whittaker
Football	Davis	Lori Hawthorne
Girls Soccer	Layton	Brock Jackman
Girls Tennis	Fremont	Alicia Mitchell
Girls Volleyball	Layton	Brock Jackman
WINTER SPORTS	School in Charge	Principal
Basketball – Boys & Girls	Fremont	Alicia Mitchell
Cheer	Farmington	Justin Whittaker
Drill	Weber	Ryan Kachold
Swimming	Syracuse	Jed Johansen
Wrestling	Layton	Brock Jackman
SPRING SPORTS	School in Charge	Principal
Baseball	Layton	Brock Jackman
Boys Soccer	Layton	Brock Jackman
Boys Tennis	Fremont	Alicia Mitchell
Boys Volleyball	Davis	Lori Hawthorne
Girls Golf	Syracuse	Jed Johansen
Lacrosse – Boys & Girls	Weber	Ryan Kachold
Softball	Syracuse	Jed Johansen
Track & Field – Boys & Girls	Davis	Lori Hawthorne
OTHER ACTIVITIES	School in Charge	Principal
Theater	Fremont	Alicia Mitchell
Forensics/Debate	Farmington	Justin Whittaker
Music	Davis	Lori Hawthorne

POLICIES REGULATING REGION I ACTIVITIES

AWARDS:

1. A region trophy will be awarded for each activity.
2. Medals will be awarded as listed for the specific event.
3. Region certificate nominated by principal.

BANDS AND DRUMS:

1. The host school may have its band or pep band play for home games.
2. State policy will be followed in terms of noise makers. (see page 17). Air horns and sirens are not permitted at any event.
3. Drums are to be used to play with the band, to play as part of an organized cheer, and to play for the pep club's marching activities. **DRUMS ARE NOT TO BE USED INDISCRIMINATELY AS NOISE!!** Drums will not be used while play is in progress.

BANNERS, SIGNS AND FLAGS:

1. The host school may have an appropriate welcome sign posted in the gym or stadium. No banner or signs will be permitted other than the welcome sign.
2. Signs indicating cheers may be used by the cheerleaders.
3. School flags and emblems are allowed only at home games and only on the home side. Students are not allowed to parade emblems or flags on the playing field or on the opposite side of the field.
4. Home team may have a run-through banner for homecoming game only.

BLUETOOTH SPEAKERS:

1. Visiting teams ARE NOT allowed to bring and use Bluetooth speakers to region games and events.

CHEERLEADERS:

1. Cheerleaders of the host school should initiate a meeting with the guest cheerleaders. The two (2) groups should work cooperatively together during the game.
2. Cheers and songs which are derogatory or insulting should not be used by either school.
3. Cheering contests, screaming indiscriminately for more than thirty (30) seconds should be discouraged. Organized cheers are more effective.
4. Cheerleaders should do everything they can to stop the booing or shouting of small groups.
5. NO STOMP CHEERS!!
6. Cheerleaders should encourage good sportsmanship at all times. No artificial noises especially when a free throw is in process.
7. Cheerleaders are to remain away from the extended foul lane under the basket during free throws. When the official hands ball to the shooter, the cheerleaders remain still to model respect to all players.
8. Cheerleaders WILL NOT attend away Basketball games and will only cheer at Home Basketball games.
9. No megaphones, miniature balls, Frisbees', or candy are allowed to be thrown out to spectators at Basketball games.
10. Soccer horns may not be blown at games.

DRILL TEAM

1. The half-time performance should not exceed seven (7) minutes in basketball and ten (10) minutes in football.

Exception: Home team may ask for additional time at half for a special occasion. Home team will notify visiting team coach of the extended half-time prior to the game.

ELIGIBILITY LISTS:

A copy of eligibility list must be submitted to the Utah High School Activities Association through Register My Athlete prior to students participating in any sponsored activity. All additional lists must be filed prior to the seeding program

FEE SCHEDULE:

Football and Special Region Activities

\$5.00 – Senior Citizens & Students

\$10.00 – Adults

FREE - Cheerleaders in uniform and accompanied by their advisor

FREE - Admit properly identified student body officers only

Boys & Girls Basketball

\$5.00 for Adults, Students, & Senior Citizens - Sales will begin at 4:30 p.m. for each game

**** All Ticket Sales will be exclusively ONLINE, except for Senior Citizens which each school will determine how these tickets are purchased and obtained**

Region Tournament Pricing will follow UHSAA State Tourney Prices

FOOD:

Any food for home or away MUST be a grab n' go sack type item. NO warmers or crock pots, griddles, etc. If people are found violating this it will be at \$100 fine which will come out of the budget of the team.

FRONT ROW SEATING:

1. The front row of basketball bleachers should be left vacant if possible. Students may stand on the front row but may not sit there.

FINES FOR VIOLATIONS:

1. The Region I Board of Managers for flagrant violations of the rules regulating student behavior may do one or more of the following:
 - a. Up to a \$1000 fine
 - b. Time changes for future games
 - c. Not allowing certain fans or groups of fans to attend Region I events
 - d. Other necessary action that the Region I Board of Managers is appropriate.

MASCOTS:

1. Mascots will be allowed at all Region games. Mascots must stay on their sideline.

PASSES HONORED:

- Utah High School Activities Association
- Region I Passes & Press Passes

SENIORS & JV SPORTS:

Seniors ARE NOT ALLOWED TO PLAY JV in any of the following cut sports: Baseball, Softball, Lacrosse, Soccer, Volleyball, Basketball. If a situation arises where a senior needs to play due to injury or lack of participation from that school then it needs to be agreed upon with the coaches and the AD's.

STADIUM/GYM EVENTS:

For any events in a stadium (Football, Lacrosse, Soccer, etc.) fans must sit on opposite sides of the field. For events in a gym, fans need to sit in the correctly labeled areas for their school.

STUDENT BEHAVIOR AT GAMES:

1. Students are encouraged to participate in organized cheers and show good sportsmanship at all events.
2. Students will not participate in organized, obscene or derogatory cheers, organized cheers directed at an individual player, organized back turning or other unsportsmanlike conduct.
3. Fans are required to wear shirts.
4. Only coaches, administrators, officials, and press are allowed on sidelines.
5. Per decision of Region Board of Managers on January 22, 2014, should a student body enter the playing surface (field, court, etc.) prior to competing teams shaking hands and leaving the playing area, a \$200 fine will be imposed to the school(s) in violation. This action is to prevent possible confrontation between schools at the conclusion of the contest.

OFFICIATING

1. A current employee of a Region 1 school may not officiate in any varsity region game involving their school or a school in which their children attend.
2. Region 1 school employees will be allowed to officiate varsity pre-season games.

PRE-GAME

1. All pre-game activities will conclude in sufficient time to commence the official play at the official starting time.

PUBLIC ADDRESS SYSTEM:

1. Public address systems should not be used as a cheerleading instrument.
2. Game announcers should be as objective as possible.

Principals Are Instructed To Make The Rules And Policies Known To Student Leaders, Cheerleaders, Drill Teams And Other Parties At The Beginning Of Each School Year.

REGION 1 STUDENT AND SPECTATOR SPORT ITEMS & SPORTSMANSHIP

In the chart below, **ONLY** those items marked “Yes” will be allowed as support items at UHSAA state tournaments and meets. It is recommended that schools follow these same regulations during regular season and region tournament play. Sportsmanlike vocal cheering and support from team bench area are encouraged. One school flag designated and controlled by school administration, will be allowed at State. At indoor venues, the school flag must remain stationary; at outdoor venues, it may be mobile if it does not disrupt spectators & remains on the sidelines nearest the school’s section.

LEGEND:

BB -Baseball	DR -Drill Team	SC -Soccer	TE -Tennis	WR -Wrestling
BSK -Basketball	FB -Football	SB -Softball	TR -Track & Field	LAX - Lacrosse
CC -Cross Country	GO-Golf	SW -Swimming	VB -Volleyball	

	BB	BSK	CC	DR	FB	GO	LAX	SC	SB	SW	TE	TR	VB	WR
Practice of competition at state site 2 weeks prior	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	Yes
Balloons	Yes	No	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No
Poms	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No
Megaphones (non-electric)	Yes	No	Yes	No	Yes	No	Yes	Yes	Yes	No	No	Yes	No	No
School bands (including drums)	No	Yes	No	No	Yes	No	No	No	No	No	No	No	No	No
Shirts on fans; spectator faces must be identifiable	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Recorded music over PA system by approval only	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Rally Towels	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Artificial noise makers (shakers, clickers, bells, cowbells, buzzers, thundersticks, drums)	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Airhorns, sirens, electronic bull horns, horns, vuvuzelas	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Banners on wall except Welcome of corporate sponsor	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Handheld sign of any kind	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Banners for teams to run through, handheld signs of any kind	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Cannons/muskets, whistles	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Drones	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Confetti/shredded paper	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Powdery and/or airborne substances of any kind	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Laser light/pointer	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Miniature sports balls thrown into crowd	No	No	No	No	No	No	No	No	No	No	No	No	No	No

REGION 1 TROPHIES AND AWARDS

BOYS & GIRLS SPORTS		BOYS SPORTS	
CROSS COUNTRY	One (1) region meet trophy Medals for places 1 through 12	FOOTBALL	One (1) championship trophy
BASKETBALL	One (1) championship trophy	BASEBALL	One (1) championship trophy
WRESTLING	One (1) region meet trophy	GIRLS SPORTS	
	One (1) region meet trophy	DRILL TEAM	Number of awards will align with the number of teams going to state. One (1) region meet trophy for the Region Champion Three (3) plaques, or trophies, for overall 2nd, 3rd, and 4th place winners Plaques for each category winner (1st - 4th place): Military, Dance, and Kick/Character Medallions for top three (3) in the Drill Down Certificates for All-Region Team (three from each school)
SWIMMING	Medals for places 1 through 6 Medals for first place relay team		
TENNIS	One (1) region trophy		
TRACK & FIELD	One (1) region meet trophy Medals for places 1 through 6 Medals for first place relay team		
	One (1) region meet trophy One (1) marked medal for low medalist	SOFTBALL	One (1) championship trophy
GOLF	Medals for the next ten (12) all-region	OTHER COMPETITIONS	
LACROSSE	One (1) Region Championship Trophy	FORENSIC (Speech)	One (1) region meet trophy Medals for individual events 1 through 5 in the following categories: National Extemporaneous, Impromptu Extemporaneous, Impromptu, Oratory, Lincoln Douglas, Student Congress (30 medals) Medals for team debate (2 in each place) 1 through 5
SOCCER	One (1) championship trophy	DRAMA	Medals
VOLLEYBALL	One (1) championship trophy	MUSIC	Certificates--Solo and Ensemble Instrumental Certificates--Solo and Ensemble Vocal Certificates--Individuals receiving Superior

** In the case of a tie, trophies will be awarded to all champions

Schedule Information

- Schedules are binding contracts between the schools involved.
- Any changes to region schedule(s) (date or times) must first be agreed to by the Athletic Directors of the schools involved. This does not apply to rainouts.
- Flagrant violations could result in a fine up to \$250.00.
- In the interest of sportsmanship, any lack of honest effort (in the hopes of gaining a favorable seed in state competition) will face consequences determined by the Board of Managers. (i.e. playing non-starters in varsity competition)

Protests

“All protests concerning the outcome of a Region I game or contest must be made and concluded by appropriate officials and school leaders prior to the end of each game or contest. After a game or contest has been completed protests regarding the outcome are not allowed.” [Refer to UHSAA by-laws, Article III, Section 2]

If the contest is under protest the school and game officials must be notified immediately at the end of the game or contest before they leave that site.

REGION SPORT/ACTIVITY ROTATION

1. On the realignment years, the order teams play each other will be redrawn which will then be the order for the next two years, just flip flopping the home and home.

CONTEST LIMITATIONS

Any meet in which one (1) or more students participate counts as a meet for that school in individual/team sports of cross country, golf, gymnastics, swimming, tennis, and track. The following contest limitations apply to sophomore, junior varsity, and varsity level competition from the starting date until one (1) week prior to the state meet or tournament.

1. BASEBALL: Twenty-five (25) games. Each game played counts as one game
2. BASKETBALL: Twenty (23) games if no-region post-season tournament is held. 21 games, at all levels, if post-season tournament is held. **Each game played counts as one game.**
3. COMPETITIVE CHEER: Teams may only compete in a TOTAL of four (4) competitions prior to the divisional and state competition. Participation in a UHSAA Live Judging Practicum does not count towards the contest limitations. Team are limited to (1) entry per category. Competitive Cheer teams may only participate in UHSAA sanctioned competitions.
4. CROSS COUNTRY: Ten (10) meets. The UHSAA Cross Country Meet DOES NOT count toward the contest limitations.
5. DRILL TEAM: Four (4) qualifying competitions (Region counts as a qualifying). The live practicum does not count toward the contest limitations.
6. FOOTBALL: Nine (9) games + Endowment Game but schools may not play alumni teams in an endowment game. **Each game played counts as one game.**
7. GOLF: Ten (10) matches (Boys and Girls). One (1) multi-day event may count as (1) meet.
8. LACROSSE: Sixteen (16) games. **Each game played counts as one game.**
 - a. Each team can attend one tournament where they may choose one of two options:
 - i. Team may play tournaments where two regulation-length games count as (1) game, 2-for-1, with each game afterwards counting as one game or
 - ii. Teams may play tournaments where up to six (6) shortened-length games count as two (2) games, (6-for-2), with each game afterwards counting as one (1) game. Teams may only use one of these tournament exemptions in each season.
9. GIRLS SOCCER: Sixteen (16) matches. **Each game played counts as one game.** Each team is allowed to attend one tournament where they may play up to three games and count it as two contests toward the contest limit. A tournament must be sanctioned as per UHSAA guidelines and occur on consecutive days (excluding Sunday). If the tournament exceeds three games, any additional games would count “one for one” against contest limitations.


10. **BOYS SOCCER:** Fourteen (14) matches (until further notice). **Each game played counts as one game.** Each team is allowed to attend one tournament where they may play up to three games and count it as two contests toward the contest limit. A tournament must be sanctioned as per UHSAA guidelines and occur on consecutive days (excluding Sunday). If the tournament exceeds three games, any additional games would count “one for one” against contest limitations.
11. **SOFTBALL:** Twenty-two (22) games. **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). If the maximum number of games is exceeded, in either tournament, each additional game would count “one for one” against contest limitations.
12. **SWIMMING:** Fourteen (14) regular meets per individual. Region & State Championships do not count as part of the 14-meet limit.
13. **TENNIS:** Sixteen (16) meets.
 - a. The number of meets counted for a tennis tournament (competition among four or more schools) shall be equal to the number of days scheduled for the tournament, e.g. a one (1) day tournament shall count as one (1) meet, and a two (2) day tournament shall count as two (2) meets, etc.
14. **TRACK:** Twelve (12) meets per individual. An individual may participate in no more than eight (8) qualifying meets in addition to the region meet.
15. **GIRLS & BOYS VOLLEYBALL:** 28 Matches. Each match played counts as one match. The following guidelines pertain to Varsity tournaments:
 - i. No more than 8 total matches in a tournament and no more than 4 matches in a single day. Guidelines for sub-varsity tournament: (2 out of 3 matches): No more than 9 total matches in a tournament and no more than 7 matches in a single day. Tournaments may not exceed 3 days in length.
16. **WRESTLING:** Each high school team will be able to utilize (16) contact points.
 - a. Each dual will count as one
 - b. Each tournament will count as one contact point.
 - c. Teams will not be able to compete in more than 6 tournaments before the post-season qualifying and state tournaments.
 - d. Team may not compete in more than 3 dual meet style tournaments
17. **MUSIC:** Three (3) contests
18. **SPEECH:** 10 meets per individual

Per UHSAA Executive Committee Ruling, team must participate in a determined MINIMUM number of contents to be eligible for postseason.

- Baseball (15)
- Basketball (12)
- Football (6)
- Lacrosse (10)
- Soccer (10)
- Softball (13)
- Volleyball (11)

AKTIVATE REGISTRATION



Formerly  REGISTER MY ATHLETE.COM

Go to activate.com and click Log In in the top right corner

IF YOU ALREADY HAVE AN RMA PARENT ACCOUNT DO NOT CREATE A NEW ACCOUNT. LOGIN AND FOLLOW STEPS b-i BELOW TO REGISTER YOUR ATHLETE(S) FOR A SPORT. IF YOU HAVE PREVIOUSLY ADDED AN ATHLETE THAT ATHLETE WILL APPEAR AS YOU REGISTER FOR A SPORT. IF YOU NEED ASSISTANCE CONTACT SUPPORT AT 435-213-1601 OR SUPPORT@REGISTERMYATHLETE.COM


If you have never created an account:

1. **Create an account:** Go to <https://www.registermyathlete.com> and then select "Create Account." The "Account Creation" will appear where you will enter in the information asked for. At the bottom of this page, be sure to select "parent" from the options of the type of user you will be. Select the "Create Account" button when you have completed the form.
 - a. Your account has now been created. You will be able to see a page called "Parent Register My Athlete Portal." Click on the large button called "Parent" and you will be directed to a "Terms of Use" page. Complete the page and select "Submit."
 - i. Register My Athlete Page Tutorial: A grey box will appear that says "Welcome to your Register My Athlete landing page. We would love to show you around!" Please select the button "Ok Let's Go!" to receive a tutorial on how to navigate the page to complete your athlete's registration.
 - b. Click on "Register for a Sport" and then "Select a School."
 - c. Click on "Select an Athlete" and choose "Add an Athlete" from the pop-up box. Fill in the required information and press Submit. (If you already added athletes, you can select their names here)
 - d. Click on "Select Year/Sport," and select the correct year and sport the athlete is registering for. A pop-up box will appear with the information you have selected, then press "I have selected the correct information."
 - e. Click on "Guardian Info," fill in required information and press Save.
 - f. Click on "Insurance Info," fill in required information and press Save.
 - g. Click on "Medical Infor," fill in required information and press Save.
 - h. Click on "Additional Opportunities," answer question(s) and press Continue.
 - i. Click on "School Requirements," this will take you to your student's Registration Checklist. Complete the checklist to finish registering your athlete for their sport.
2. **Follow Steps above to add any additional athletes.**

Register My Athlete Tech Support
support@registermyathlete.com
435-213-1601
Monday-Friday 8:00am-5:00pm

REGISTER MY COACH



Formerly  REGISTER MY ATHLETE.COM

Coaches Instruction Sheet - Coach Management

IF YOU **ALREADY HAVE AN RMA ACCOUNT OR COACH MANAGEMENT ACCOUNT DO NOT CREATE A NEW ACCOUNT.** LOGIN WITH YOUR RMA **OR** COACH MANAGEMENT ACCOUNT AND CLICK **MERGE ANOTHER ACCOUNT.** OUR NEW LOGIN SYSTEM IS DESIGNED TO MERGE ALL ACCOUNTS SO YOU ONLY HAVE TO KEEP TRACK OF ONE LOGIN. IF YOU NEED ASSISTANCE CONTACT SUPPORT AT 435-213-1601 OR SUPPORT@REGISTERMYATHLETE.COM

Create an account

- Go to www.registermyathlete.com and click Login found in the right side of the page.
- Click Create an Account and fill out the form.
- The email address you supply will be your user name. Please remember this email and password, as this is what you will use to log-in each time.
- Please be careful at the bottom and be sure to choose that you are a **coach** who needs to be **certified**. Type your school, click on it, and then then click Create an Account. See visual.



- Click Go to Portal.
- Choose your Role and Click Finished.
- Click Start a Coach Registration
- Choose the sport and to the right a drop down box will appear. Choose Head/Asst. Coach, etc.
- Click on the sport to finish requirements
- Complete the Registration Checklist.
 - Scroll down the page to see all you need to complete to finish your registration.
 - Complete each requirement by uploading your completion certificates. The files must be PDF or JPEG. Requirements uploaded will require verification by the school Athletic Director to be marked complete.



CROSS COUNTRY (BOYS & GIRLS) RULES 2024-25

RESPONSIBLE SCHOOL: FARMINGTON HIGH SCHOOL

1. All schools are invited to the Open Region meets. It is not mandatory that a school attends all meets. However, it is required that all schools notify the host school of their intentions at least one week prior to the scheduled meet.
2. All Open Region meets will begin at 3:30 p.m. unless there are extenuating circumstances and a mutual agreement between coaches (for that meet).
3. Directions to the meet site and a map of the course must be sent to the visiting coaches prior to the meet date. Courses should be well marked and should range from 2.5-3.1 miles.
4. Suggested order of races is girls, then boys. In meets with less than five schools, the races do not need to be divided into varsity and JV divisions.
5. It is recommended that host schools provide a copy of all results by the same day as the meet.
6. The winner of the region trophy will be determined by the team scores at the region meet.
7. Medals will be awarded to the top 10 finishers in the Region meet in both the boys and girls varsity races.
8. Three paid officials will be arranged to start, score and referee the Region meet. Each school will provide two (2) volunteers for the Region meet.
9. Schools may enter ten (10) runners in the Region Championship Varsity races but must designate the seven (7) scoring runners. Non-scoring runners must have a non-scoring tag and may not wear their normal team uniform.
10. In order to participate in the Region Championship meet, a runner must participate in at least two (2) previous meets. Exceptions will be made for illness and injuries. Each coach will be expected to police his/her own team.
11. In addition to the members of the qualifying teams, the top three individual runners who are not members of one of the qualifying teams will advance to the State Championships.
12. Any individual who is not on a qualifying team and who did not qualify through item 11 who finishes in the top 10 overall at the region meet will advance to the State Championships.
13. Each team may compete in a maximum of ten (10) meets excluding the Region and State Championships.

CROSS COUNTRY SCHEDULE 2024-25

Meet Limit: Ten (10) See Page 16 for more specifics

First Contest Allowed: August 12, 2024

Wednesday, August 21st

Pre-Region @ Layton City Park

Saturday, August 24th

Freber Classic @ Fremont

Wednesday, September 11 & 25th

Dual/Tri Meets

Wednesday, September 18th

Davis District Championship @ Layton City Park

Wednesday, October 2nd

Ogden City/Weber County @ Weber County Fairgrounds

Wednesday, October 9th

Region Championships @ Layton City Park

Tuesday, October 15th

Divisionals @ Lakeside Park in Orem

Wednesday, October 29th

State Championships @ Regional Athletic Complex

REGION 1 COACHES CONTACT LIST

<u>School</u>	<u>Coach</u>	<u>E-mail</u>
Davis	Paul Timothy	ptimothy@dsdmail.net
	Markham Hyde	mhyde@dsdmail.net
Farmington	Ben Jacobsen	bjacobson@dsdmail.net
Fremont	Heidi Aschliman	heaschliman@wsd.net
	Nate Hill	NaHill@wsd.net
Layton	Aaron Bell	abell@dsdmail.net
	Carrie Fredin	carriefredin@gmail.com
Syracuse	Stephanie Chambers	Chambers.steph@gmail.com
Weber	David Joy	dajoy@wsd.net

FOOTBALL RULES 2024-25
RESPONSIBLE SCHOOL: DAVIS HIGH SCHOOL

1. Beginning Practice Date: July 29, 2024
2. Varsity Endowment Game: August 16 & 17, 2024
First JV/Sophomore Games: August 21, 2024
3. All varsity games will start at 7:00 p.m.
4. Each region school will play a full schedule of Sophomore and JV games. Coaches need to let other coaches in the region know by July 15th if there is no Sophomore or JV Teams so coaches can schedule appropriately. Any cancelled games after July 15th will result in a \$250 fine per game. All games will start at 3:30pm. NO EVENING games unless approved by the principals.
5. JV & Sophomore games will be played at the opposite location as the Varsity. JV play will begin at 4 p.m. and Sophomore games at 6:00 p.m. (Sophomore game begins 30 minutes after the conclusion of the JV game)
6. Home team wears dark jerseys. Visiting team wears light or white jerseys.
7. All schools are required to use adults on the chain and down marker. (Varsity Only)
8. In case of a tie game, the tiebreaker 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 games.
10. It is the responsibility of the home team school to keep the field sidelines clear.
11. Home team is responsible for emergency medical care.
12. Head coaches (or assistant coaches) will have until Saturday 9:00 a.m. (or unless otherwise arranged by both coaches) to exchange the two most recent films. Region 1 Games; practice, league, and post-season games, 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 to be exchanged in Region 1 will be through HUDL and filmed by a responsible adult.** The two coaches will coordinate first film exchange. Films should include: **Pre-snap set wide angle, scoreboard by quarter, and each scoring play. Film all plays.** Exchange film can be a copy of the original game film.
13. Home teams will film the Sophomore and JV games and exchange film through HUDL with the visiting teams the night of those sub-varsity games.
14. For Varsity games, the home school will provide dressing facilities upon request of visiting school. Chalkboard/whiteboard will be available. Each school will provide their

own towels. Home school will clear visiting locker room 1 ½ hours before games and provide a guide for the visiting team, i.e., meet the bus, show locker room, etc. (JV and Sophomores will dress at their own school)

15. Visiting team spotters/coaches (2 coaches maximum) will be allowed on the press box on the home team side of the stadium. *Visiting team coaches at Davis County schools will be assigned to the perch on the visitor's side bleachers if there is not sufficient room in the press box.*
16. The visiting team filmer (1) and staticians will be allowed on the press box on the home side of the stadium.
17. All Region 1 teams are eligible for the state tournament and the Max Preps Rating Percentage Index (RPI) will decide the seeding process.
18. Coaches will communicate with one another on at least two occasions:
 - a. Schedule and team rosters are to be mailed by the A.D. and postmarked to each A.D. by Monday following the season's **first pre-season game, Friday August 11, 2023**. The roster shall contain at least the name, grade, and number of each athlete.
 - b. The coaches **will meet after the last region game** for the purpose of selecting the **All-Region 1 Team**.
19. Any current employee of a school may not officiate in any varsity game in which that school is participating.
20. At the conclusion of the Varsity, JV, or Sophomore games and after the traditional "handshake" visiting teams will not participate in any post game activities. They are to gather up their gear and load the bus.
21. In cases where applicable, ties between football teams for first place in region play will result in co-champions or tri-champions being declared and trophies will be awarded to all teams involved.

Football Coaches Cell Numbers & Email

School	Head Coach	Cell	E-Mail
Davis High	Scott Peery	801-850-7379	speery@dsdmail.net
Farmington High	Daniel Coats	801-318-9457	dcoats@dsdmail.net
Fremont High	Nate Tuatagaloa	801-710-4068	naTuatagaloa@wsd.net
Layton High	Trevor Thomas	801-726-7717	tthomas@dsdmail.net
Syracuse High	Mitch Tulane	801-390-6384	mitulane@dsdmail.net
Weber High	Mo Cannon	801-589-1595	mocannon@wsd.net

Football Schedule – 2024-25

Date	Davis	Farmington	Fremont	Layton	Syracuse	Weber
Friday, August 16 th	@ Lehi	Roy	Mtn. Ridge	Westfield	@ Riverton	@ Westlake
Friday, August 23 rd	Copper Hills	@ Bountiful	@ Roy	Northridge	Brighton	Pleasant Grove
Friday, August 30 th	Mountain Ridge	Orem	Bonneville	@ Skyline	@ Herriman	@ Roy
Friday, Sept. 6 th	Kearns	@ Corner Canyon	Hunter	@ Taylorville	BYE	Wasatch
Friday, Sept. 13 th	Taylorville	Mountain Ridge	@ Cyprus	West Jordan	Bingham	@ Granger
Friday, Sept. 20 th	@ Weber	@ Syracuse	@ Layton	Fremont	Farmington	Davis
Friday, Sept. 27 th	@ Fremont	Layton	Davis	@ Farmington	@ Weber	Syracuse
Friday, Oct. 4 th	Layton	@ Weber	Syracuse	@ Davis	@ Fremont	Farmington
Thurs., Oct 10 th	Farmington	@ Davis	Weber	@ Syracuse	Layton	@ Fremont
Wed., Oct. 16 th	@ Syracuse	Fremont	@ Farmington	Weber	Davis	@ Layton

**** BOLD INDICATES REGION GAME**

BOYS GOLF RULES 2024-25
RESPONSIBLE SCHOOL – FARMINGTON HIGH SCHOOL

1. Home school/coach will act as tournament director.
2. Each school(coach) will be required to conduct a rules clinic. All players need to have a general knowledge of the rules of golf.
3. Region meets will be scored as follows for teams:
 - a. 1st = 7 points 2nd = 5 3rd = 4 4th = 3 5th = 2 6th = 1
 - b. Shared points will be awarded for ties.
4. Region meets - Top 10 and ties will be announced and recognized.
5. The end of the season region tournament will be scored as follows:
 - a. 14-10-8-6-4-2
 - b. There will be shared points awarded for ties.
 - c. If there is a tie for the Region Championship or State Qualification, there will be a team sudden death play-off. Coaches involved will pick their 4-man play-off team.
6. The Region Tournament will be a 2-day tournament.
7. Each player will be required to have a score card. Players will exchange score cards on the first tee. The exchange will be in a circle not one to one.
8. Each team will consist of 8 players, of which the best 4 scores will be counted.
9. No caddies will be allowed any meets.
10. Appropriate attire is encouraged at all region meets. Shorts (subject to local course rules) are allowed. NO DENIM (jeans or shorts).
11. Play will be from the tees stipulated by the tournament director.
12. Meets will be shotgun starts unless otherwise designated.
13. In case of bad weather or darkness, the coaches will make judgment to continue or postpone. Player safety needs to be central to the decision. Error on the side of safety.
14. Rained out, canceled, or postponed matches will be re-scheduled at the convenience of the golf course. If weather occurs during a region match and play cannot finish, if there are 9 holes that the entire field has completed, then the tournament will revert to a 9-hole tournament (must be 9 holes that each golfer has in common. Example: the front 9 has been completed by all golfers in the field)
15. The tournament committee in making all weather and rule decisions will consist of the Tournament Director, Region 1 Coaches, and Golf Course Personnel (the Head Pro if available).
16. All region teams are based on stroke average, but lowest 2 scores or tournaments where the athlete didn't play are removed. All scores at the 2-day region tournament must be counted towards their stroke

average. Those who don't play at the region tournament cannot be on an all-region team. Coaches discretion on any special circumstances.

17. A region trophy will be awarded to the Region Champion. Twelve **(12)** medals will be awarded to the region low medalist and all-region team.
18. Starting tee times will be by the “rule of golf” and State meet rules—2 strokes for being 5 minutes late. Later than 5 minutes – is disqualified.
19. Play to be governed by the USGA rules, stroke play and local course rules. Proper golf conduct and etiquette is not only expected, but required.
20. Checking of score cards after rounds will be done by region coaches only and appropriate golf course personnel.
21. Total match limit is 10, excluding the state meet.
22. Coaches will be limited to 2 coaches per school. Only 2 coaches can coach and assist kids. However, each school is limited to 1 complimentary cart. A 2nd cart must be rented through the golf course. Expectation is for coaches to assist and coach players on their teams, as well as assist groups in rules and conduct issues.
23. Spectators are expected to adhere to the 50-foot rule. Warnings and penalties will be assessed by coaches and tournament committee members.

Boys Golf Schedule 2024-25

August 5th - Start Date/Tryouts

August 12th – First Contest Allowed

October 8th – State Tournament Entry Deadline

Date	Place	Host School	Time **	Players
Monday, August 12 th	Valley View**	Layton	8 a.m.	8 Varsity
Thursday, August 15 th	Remuda**	Fremont	8 a.m.	8 Varsity
Monday, August 19 th	Lakeside**	Neutral	8 a.m.	8 Varsity
Tuesday, August 27 th	Davis Park**	Davis	7:30 a.m.	8 Varsity
Monday, September 9 th	Glen Eagle	Syracuse	7:30 a.m.	8 Varsity
Monday, September 16 th	The Barn**	Weber	2 p.m.	8 Varsity
Monday, September 23 rd	Bountiful Ridge**	Farmington	8 a.m.	8 Varsity
Tuesday, October 1 st	The Bluff (Region Championship)		9 a.m.	8 Varsity
Thursday, October 3 rd	Riverbend (Region Championship)		9 a.m.	8 Varsity
Monday, October 14 th & Tuesday, October 15 th	Riverbend	STATE	TBA	

*All start times are Shotgun starts with the exception of the State Tournament

** JV 18 Holes

GIRLS SOCCER RULES 2024-25

RESPONSIBLE SCHOOL – LAYTON HIGH

1. Play will begin on a region basis on August 24, 2023. All varsity games will be played at 3:30 p.m. Junior Varsity (reserve) games will be played the same day following the varsity game at same site.
2. If a game ends in a tie the teams will play up to two (2) ten-minute overtime periods in a sudden death format (first team to score wins). If there is no scoring in the overtimes, the game will go to a shootout.
3. In cases where applicable, ties between soccer teams for first place in region play will result in co-champions or tri-champions being declared and trophies will be awarded to all teams involved. Seeding for state tournament play will be determined by the RPI system.
 - a. In the event the RPI system is no longer in use, seeding will be determined by reverting to the region tiebreaker rule.
4. Seniors will not be allowed to play Junior Varsity unless prior discussion by the head coaches.
5. In the event of a postponement, it will be the responsibility of the home team athletic director to notify the visiting school and the officials. Visiting school and officials should be notified as soon as possible.
6. If played on Grass field, teams will sit on one side of the field. Spectators will sit on the opposite side of the field. If games are played on turf, teams will sit on opposite sides of the field and spectators will on the same side of their team.
7. Any necessary changes to these arrangements will be determined between the two principals involved.
8. A \$100.00 fine will be assessed if a coach plays an athlete who has been red carded and turned into the State. Athletes will not be allowed to participate in the succeeding varsity game. Fines payable to Region 1.
9. Junior Varsity games will consist of two 40-minute halves, weather and light permitting.
10. Teams will play their region games as agreed upon (region planning meeting) as the schedule dictates.
11. According to Federation Rules, the Home Team will wear their **DARK** jerseys while the visiting team will wear their **WHITE**.
12. An all-region team will be selected in the following format:
 - a. 1st place will select 4 players
 - b. 2nd place will select 3 players
 - c. 3rd place will select 2 players
 - d. The 4 remaining teams will select 1 player

Girls Soccer Schedule 2024-25

Thursday, August 29

Fremont @ Layton
Syracuse @ Farmington
Davis @ Weber

Thursday, September 5

Weber @ Farmington
Davis @ Fremont
Layton @ Syracuse

Tuesday, September 10

Farmington @ Layton
Syracuse @ Davis
Weber @ Fremont

Thursday, September 12

Weber @ Syracuse
Fremont @ Farmington
Davis @ Layton

Tuesday, September 17

Davis @ Farmington
Layton @ Weber
Syracuse @ Fremont

Thursday, September 19

Layton @ Fremont
Farmington @ Syracuse
Weber @ Davis

Tuesday, September 24

Farmington @ Weber
Fremont @ Davis
Syracuse @ Layton

Thursday, September 26

Layton @ Farmington
Davis @ Syracuse
Fremont @ Weber

Tuesday, October 1

Syracuse @ Weber
Farmington @ Fremont
Layton @ Davis

Thursday, October 3

Farmington @ Davis
Weber @ Layton
Fremont @ Syracuse

State Tournament:

RPI Reveal – October 5th at 10 a.m.

First Round – October 10th (Home Site)

Second Round – October 15th (Home Site)

Quarterfinals – October 17th (Home Site)

Semifinals – October 22nd @ Zions Bank Stadium

Finals – October 25th @ Rio Tinto Stadium

GIRLS TENNIS RULES 2024-25

RESPONSIBLE SCHOOL: FREMONT HIGH

1. Play will begin on a region basis beginning on Tuesday, August 15th
2. Schools may have Varsity and JV level teams. Teams will consist of 7 players--3 singles players and doubles teams.
3. A maximum of 16 matches may be played plus region and state meets.
4. Region matches are scheduled to begin by 3:30 p.m. If teams arrive early may start at 3:00 pm
5. Matches to be played according to the schedule (subject to weather and court conditions). Host coach will be responsible to contact the visiting coach regarding the number of players for that day, court location, and/or cancellation and rescheduling plans by 1:00 p.m.
6. Matches and court conduct are to be governed by USTA rules, i.e. (Racket, verbal abuse, and foot faults).
7. Matches will consist of two out of three sets--12-point tie break at 6-6. If coaches agree, 3rd set will be the super tie breaker (10 pt), in case of darkness or weather conditions the super tie breaker (10 pt), in case of darkness or weather conditions.
8. Home team furnishes the balls (high altitude).
9. Players will be required to wear school color shirts with school logo and school color shorts. Warm-ups may be worn during inclement weather.
10. Players are limited to a 5-minute warm-up period with practice serves being taken during this time. Coaches should control the warm-up time.
11. Coaches will play their best players in rank order in singles and the doubles should be in ranked as a team.
12. A coach may move players from singles to doubles and vice versa. However, the players must be ranked according to ability in either position.

13. A player/doubles team must play 50% of the region matches to qualify for state tournaments.
14. The region team championship will be determined as follows:
 - a. 1 point for each region dual meet won.
 - b. Finish of each player/team in region tournament.
 - c. 6 points for 1st--5 points for 2nd, etc.
 - d. If 5th & 6th are not played then scoring will be 4, 3, 2, 1
15. Coaching will be allowed after third game and on odd game changeovers and on mandatory 3-minute break between sets. No rest period or coaching between the 1st and 2nd game. Rest periods begin on the 3rd game changeover.
16. Bathroom breaks are permissible if taken within the allotted 3 minutes or a reasonable amount of time.
17. *All coaches must wear UHSAA Coaches Credential ID at Divisional and State Tennis Tournament.*

Girls Tennis Schedule 2024-25

Tryouts may begin: August 5, 2024

First Contest Allowed: August 12, 2024

State Meet: First Rounds: October 5th, 10th, and 12th

Tuesday, August 15

Farmington @ Weber
Fremont @ Davis
Syracuse @ Layton

Thursday, August 20

Layton @ Farmington
Davis @ Syracuse
Fremont @ Weber

Thursday, August 22

Syracuse @ Weber
Farmington @ Fremont
Layton @ Davis

Tuesday, August 27

Farmington @ Davis
Weber @ Layton
Fremont @ Syracuse

Tuesday, August 29

Fremont @ Layton
Syracuse @ Farmington
Davis @ Weber

Thursday, September 5

Weber @ Farmington
Davis @ Fremont
Layton @ Syracuse

Tuesday, September 10

Farmington @ Layton
Syracuse @ Davis
Weber @ Fremont

Thursday, September 12

Weber @ Syracuse
Fremont @ Farmington
Davis @ Layton

Tuesday, September 17

Davis @ Farmington
Layton @ Weber
Syracuse @ Fremont

Thursday, September 19

Layton @ Fremont
Farmington @ Syracuse
Weber @ Davis

**Thursday, September 26th &
Friday, September 27th**
Region Tournament @
Ogden High & Mount Ogden Park

GIRLS VOLLEYBALL RULES 2024-25

RESPONSIBLE SCHOOL – LAYTON HIGH SCHOOL

1. All varsity matches will be best three out of five sets. Sets 1-4 played to 25 points with no cap with a fifth and deciding set, if necessary, which will be played to 15 points with no cap. Varsity matches have two timeouts in each set.
2. Schedule will be as follows:
 - a. 3:30 p.m. Sophomore – Best of 3 Format
 - b. 5:00 p.m. Varsity – Best 3 of 5 with Sets 1-4 to 25 and Set 5 to 15
 - c. 6:30 p.m. or after Varsity Best of 5 with games 3-5 to 15
3. Warm up time will be 4-4-2. Four minutes for visitors, four minutes for home team, and two minutes shared serving.
4. Region Play will begin on August 30, 2022
5. Seeding for the State Tournament will be determined by the UHSAA RPI System.
6. 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. Teams may play 15 matches and one tournament, or 16 matches with no tournaments.
7. Home team will:
 - a. Provide two-line judges, a score keeper, a libero tracker, and a score board operator for all three matches – please make sure they are trained.
 - b. Have the net setup up by 3:00 pm.
 - c. Provide people to run a 3-ball rotation during all matches and provide 3 game balls.
 - d. Call in the score and highlights after the match.
8. Before leaving the gym, the visiting team will:
 - a. Give the home coach stats/highlights they want reported to news media and MaxPreps.
 - b. Clean up the bench area they last occupied.
 - c. No outside food in the gym!
9. Seniors will NOT be allowed to play Junior Varsity unless agreed upon by both Head Coaches.
10. The coaches will have a meeting at a date to be announced to select the All-Region teams.
11. Senior night recognition kept to a 10-15 minute maximum
12. Visiting team sack lunch ONLY! Home team will not ALLOW any warm food set up!

Volleyball Schedule 2024-25

Thursday, September 19

Layton @ Fremont
Farmington @ Syracuse
Weber @ Davis

Tuesday, September 24

Farmington @ Weber
Fremont @ Davis
Syracuse @ Layton

Thursday, September 26

Layton @ Farmington
Davis @ Syracuse
Fremont @ Weber

Tuesday, October 1

Syracuse @ Weber
Farmington @ Fremont
Layton @ Davis

Thursday, October 3

Farmington @ Davis
Weber @ Layton
Fremont @ Syracuse

Tuesday, October 8

Fremont @ Layton
Syracuse @ Farmington
Davis @ Weber

Tuesday, October 15

Weber @ Farmington
Davis @ Fremont
Layton @ Syracuse

Tuesday, October 22

Farmington @ Layton
Syracuse @ Davis
Weber @ Fremont

Thursday, October 24

Weber @ Syracuse
Fremont @ Farmington
Davis @ Layton

Tuesday, October 29

Davis @ Farmington
Layton @ Weber
Syracuse @ Fremont

October 31, 2024 – State Tourney Bracket Reveal

November 5, 2024 – State Tournament First Round @ Home Sties

November 7-9th – State Tournament @ UVU

BASKETBALL (BOYS & GIRLS) RULES 2024-25

RESPONSIBLE SCHOOL – FREMONT HIGH SCHOOL

1. Beginning practice date: Monday, November 11, 2024
2. Schedules and team rosters are to be e-mailed by athletic directors to region athletic directors. Region athletic directors are responsible for making sure copies are redistributed to their individual coaches.
3. **First Contest Allowed:** Tuesday, November 19th

Moratorium dates: June 28-July 4; August 5-18; Oct 20-Nov 10 (Two weeks prior); Nov 28-Dec 1; Dec 22-26; Jan 1; Mar 2-Mar 16; June 28-July 4

6A Tournament Bracket Reveal – Saturday, February 15th

State 6A Boys Basketball Tournament @ Home Sites – February 19 & 21; Feb 25 & 27 @ TBD
State 6A Girls Basketball Tournament @ Home Sites – February 18 & 20; Feb 25 & 27 @ TBD
4. Both Girls and Boys Basketball will play same night/same site.
 - a. Schedule will be as follows: Soph Girls & Soph Boys @ 3:30; Varsity Girls & JV Boys at 5:15; Varsity Boys and JV Girls at 7 p.m.
 - i. **First Half of Region:** The Tuesday game at 3:30 p.m. in the Larger Gym will be the GIRLS and on Friday at 3:30 it will be the BOYS
 - ii. **Second Half of Region:** The Tuesday game at 3:30 p.m. in the Larger Gym will be the BOYS and on Friday at 3:30 it will be the GIRLS
5. 15-minute warm up guaranteed for both Girls and Boys Basketball Varsity games.
6. Home team wears white jersey. Visiting team wears dark jersey.
7. All schools are required to use adults on the clock, shot clock, and score book (varsity only).
8. The shot clock WILL BE used at all levels.
9. Scouting is to be done from the spectator stands and no video filming of future opponents will be allowed at varsity, J.V., or sophomore levels.
10. It is the responsibility of the home team to keep the court sidelines clear. Home team is responsible for emergency medical care.
11. Varsity home school will provide dressing facilities for visiting school. Whiteboard and marker will be available. Each school will provide their own towels. Locker rooms will be available as close to 2:45 as possible.
12. In cases where applicable, ties between teams for first place in region play will result in co-champions or tri-champions with trophies being awarded to all teams involved.
13. A boy's all-region team will be selected by the region coaches via email. A girl's all-region team will be selected by the region coaches via email. DO NOT VOTE for you own player with 1 MVP, 5 First Team and 5 Second Team Selections
14. Visiting team sack lunch ONLY! Home team will not ALLOW any warm food to set up!

Boys & Girls Basketball Schedule 2024-25

Friday, January 10

Syracuse @ Layton
Fremont @ Davis
Weber @ Farmington

Tuesday, January 14

Farmington @ Fremont
Syracuse @ Weber
Davis @ Layton

Friday, January 17

Davis @ Syracuse
Layton @ Farmington
Weber @ Fremont

Tuesday, January 21

Layton @ Weber
Fremont @ Syracuse
Farmington @ Davis

Friday, January 24

Syracuse @ Farmington
Weber @ Davis
Fremont @ Layton

Friday, January 31

Layton @ Syracuse
Davis @ Fremont
Farmington @ Weber

Tuesday, February 4

Fremont @ Farmington
Weber @ Syracuse
Layton @ Davis

Friday, February 7

Syracuse @ Davis
Farmington @ Layton
Fremont @ Weber

Tuesday, February 11

Weber @ Layton
Syracuse @ Fremont
Davis @ Farmington

Friday, February 14

Farmington @ Syracuse
Davis @ Weber
Layton @ Fremont

CHEERLEADING 2024-25
RESPONSIBLE SCHOOL – FARMINGTON HIGH

1. Competitive Cheer Season: November 1 through the state championships in January.
 - a. Dates for Events are:
 - i. All Class Norther Divisional @ SLCC – January 11th
 - ii. State Tournament @ UVU – January 23rd & 24th
2. Competitive Cheer will be a winter sport.
3. Contest Limitations:
 - a. A maximum of 4 contests, in addition to a qualifying and state finals competition will be allowed during the competition season. Competitive cheer teams may only participate in UHSAA sanctioned competitions.
4. The Arbiter system will be used to assign and pay for all qualifying and state competitions.
5. Utah State Risk Management will continue to safety certify coaches and cheer athletes.
6. A coaches' annual rules clinic will be held in JUNE 17th. A judges' annual clinic will be held in September 2024
7. Schools must declare if they will sponsor a cheer competition team by April 15, 2022. This declaration form will help determine how many classifications of competitive cheer UHSAA will sponsor.
8. How to qualify for the UHSAA Competitive Cheer Championships:
 - a. Teams will compete in one of three geographically assigned qualifying competitions (North, Central, South).
 - b. 70% of teams will move on to the state finals, which will be held by classification.
9. All competitive cheer athletes must register in RegisterMyAthlete.
10. Sideline and Competitive Cheer Coaches must be certified through RegisterMyCoach.
11. Tryouts may be held beginning March of 2025 for the following year.
12. There will be no UHSAA governance for sideline/spirit cheer teams, except teams and coaches must safety certify through Utah State Risk Management, follow their cheer guidelines, coaches must certify through RegisterMyCoach, and comply with UHSAA tournament guidelines for post season events.
13. UHSAA transfers for competition team members will begin in March of 2022.

14. There will be a 12-hour practice rule per week for competition routines beginning August 1 through the state championships.
15. Budget Declarations will be required by the 2nd Monday in February (\$800 per individual athlete) beginning in 2023.
16. A Sport Specific Moratorium (2-2 weeks selected by school) will begin in 2023.
17. 2022-2023 Competition Cheer Categories:
 - a. All-girl Show/Co-ed Show (70% of overall score) Teams may enter one (1) show category. Co-ed designation will be for teams with 1 or more male participants on their competition team.
 - b. Game Day: (30% of score).
18. Schools will compete in either an all-girl or co-ed division. Each school may only compete in one division. One state championship trophy will be awarded to each division per classification.
19. School competition teams must receive independent status if not participating in UHSAA qualifying and championship events.
20. There will not be a “two weeks prior” requirement for competitive cheer.
21. There is no restriction to dual participation for junior high sideline cheer and high school competitive cheer.
22. A high school competitive cheerleader may compete in up to two national qualifying competitions, not sponsored by his or her school, with a private cheer organization. The cheer athlete must gain approval after completing an online form on the UHSAA website to participate in these events.
23. Competitive Cheer will follow all UHSAA Policies and By-laws which can be found at <https://www.uhsaa.org/Publications/Handbook/SportSections/CompCheer.pdf>

DRILL TEAM 2024-25
RESPONSIBLE SCHOOL – WEBER HIGH SCHOOL

Meet Limit:

Three (3) competitions/invitationals will be assigned by the state so you will see all of the drill teams in 6A before your Region meet and before State.

Region Practice:

TBA

Region:

Saturday, January 18, 2025 @ Weber High School

State:

January 22, 2025	State Tournament Bracket Revealed
January 25, 2025	State Drill Quarterfinals @ TBA
January 28 th & February 1 st	Drill Team State Championships @ UVU

Moratoriums: No Practices, competitions, meetings or travel

June 28-July 4
November 27- December 1
December 22-26th
January 1st

Other Dates of Interest:

March 17, 2025	First day of tryouts are allowed
September 14 th	Drill Coaches Rules' Clinic

SWIMMING RULES – 2024-25
RESPONSIBLE SCHOOL – SYRACUSE HIGH SCHOOL

1. Beginning practice and team selection date for swimming September 30th
2. The first meet may be held November 1st
3. All meets will commence at 3:00-3:45 (depending upon pool requirements) or 20 minutes after bus arrival.
4. The maximum number of swim meets is 14, which includes the Region meet but does not include the State Meet.
5. Lanes will be assigned according by time by computer.
6. Region 1 Championships:
 - a. Entries: Individuals – Unlimited; Relays – 2 teams per event
 - b. Scoring: 1-16 individuals (4 per team), 1-7 relays (1 relay team per school scores – **only the A Relay can score points**)
 - c. Awards: Region Championship Trophy (1 boys & 1 girls), 48 individual medals (1-6 place, 8 events each for boys and girls, 24 relay medals (3 relays, 4-person teams each for boys and girls).
7. Trophies – See awards above
8. Region Meet entries are due on January 23, 2025 by 7 p.m. to the Syracuse Head Coach
9. State 6A swimming entries are due February 5th
10. See UHSAA Calendar of Events for Moratorium dates.

Swimming Schedule 2024-25

****Swim meet start times at 3:30pm unless otherwise noted.**

Saturday, December 7

Davis District Meet
Ogden City/Count Meet

Tuesday, December 10

Weber @ Farmington
Syracuse @ Davis
Layton @ Fremont

Thursday, December 19

Weber @ Syracuse
Layton @ Davis

Thursday, January 9

Fremont @ Weber

Tuesday, January 14

Davis @ Weber
Fremont @ Syracuse

Thursday, January 16

Layton & Davis @ Farmington

Tuesday, January 16

Syracuse @ Layton

Friday, January 17

Farmington/Fremont @ Syracuse

Thursday, January 30

Weber @ Layton
Davis @ Fremont

Saturday, February 1

Region 1 Championships @ South Davis Recreation Center
Time: 2 p.m.

Feb 14th & 15th

6A State Swim Meet @ BYU

Location of home swim meets

Layton & Davis - Layton Surf-n-Swim
Weber – Ben Lomond High School
Fremont - Ogden High School
Syracuse - Clearfield Aquatic and Fitness Center
Farmington - South Davis Recreation Center

WRESTLING RULES – 2024-25
RESPONSIBLE SCHOOL – LAYTON HIGH SCHOOL

Practice Begins	November 11 th
First match may be held	November 26 th
Moratorium	June 28 th – July 4 th August 1 st – 25 th October 21 st – November 4 th November 28 th – December 1 st
Body Fat and Hydration	November 20 th – 23 rd
6A Divisional Tournament	Girls – January 31 st & February 1 st Boys – January 29 th & 30 th
6A State Classification Tournament	Girls – February 14 th & 15 th Boys – February 12 th & 13 th ; Both at UVU

- All scales used in an official weigh-in will be certified annually. Each school is responsible to notify the Utah State Dept. of Weights and Measures to have this done prior to the beginning of competition. The home management is responsible to provide a certified scale for weigh – in and a trainer for skin checks at all Region 1 Wrestling Meets.
- All weigh-ins for Region 1 Duals will start at 4:30 p.m.
- **Home team is responsible to put dual meet results on Trackwrestling within the next day!!**
- Skin Checks will be conducted for all wrestlers during the varsity weigh in.
- Weigh-ins for boys and girls will be done at the same time with all wrestlers weighing in with a singlet or fight short and rash guard.
- All weigh-ins for Varsity, JV, and extras will be done at the same time.
- Wrestling will start at 6:00 pm for both Varsity Girls & JV Girls and Boys will wrestle on the 2nd mat. Varsity boys will follow the varsity girls.
- Host Team may request to change the schedule of the Dual IF considered a rivalry match and change is agreed upon between both coaches and also approved by the Region 1 BOM. Coaches will be responsible to exchange line ups via email the day before the dual to allow for adequate time for the program.
- Region Team Trophy will be awarded based upon region dual record
- Co-Champions will receive a region trophy

Boys Head Coaches Contact Information

Davis	Bo Roundy	435-881-7616	boroundy@dsdmail.net
Fremont	Cody Storey	801-644-6407	cstorey@wsd.net
Layton	Adam Fager	801-808-8818	afager@dsdmail.net
Farmington	Gentry Gasser	435-406-9941	GGasser@dsdmail.net
Syracuse	Troy Brown	801-645-8578	Twbrown@dsdmail.net
Weber	Brad Hess	801-698-8770	Brhess1@wsd.net

Girls Head Coaches Contact Information

Davis	Malia Roundy	801-510-5511	maroundy@dsdmail.net
Fremont	Dallin Denton	801-648-8641	dadenton@wsd.net
Layton	Marc Fenwick	801-200-5079	mfenwick@dsdmail.net
Farmington	Matt Kartchner	801-300-3573	MattKartc@gmail.com
Syracuse	Troy Brown	801-645-8578	Twbrown@dsdmail.net
Weber	Brad Hess	801-698-8770	Brhess1@wsd.net

Region Wrestling Duel Meets Schedule

Wednesday, January 8

Syracuse @ Layton
Fremont @ Davis
Farmington @ Weber

Wednesday, January 15

Farmington @ Fremont
Syracuse @ Weber
Davis @ Layton

Thursday, January 16

Davis @ Syracuse
Layton @ Farmington
Weber @ Fremont

Wednesday, January 22

Layton @ Weber
Fremont @ Syracuse
Farmington @ Davis

Thursday, January 23

Syracuse @ Farmington
Weber @ Davis
Fremont @ Layton

BASEBALL RULES 2024-25
RESPONSIBLE SCHOOL: LAYTON HIGH SCHOOL

1. The 2023 Baseball Season Selection of teams may begin February 24th
 - a. Games may begin on March 3rd with Region games beginning on April 8th
 - b. Region season will consist of 15 games (3 games series against each region team)
 - c. Games will alternate between Tuesday, Wednesday, & Friday for 5 weeks.
 - d. No Region games over Spring Break
 - e. If (due to game cancellations caused by inclement weather) the 18-game schedule cannot be completed, won/loss records of the previous 12 game schedule will be used to determine standing for Region Champion.
 - f. Game limit for the seasons is **twenty-five (25)** games.
 - g. State Tournament starts TBA at home sites
2. Region games will begin at 3:30 p.m. unless previous arrangements have been made with the 2 principals of the schools involved.
3. Postponement or suspension of league games due to inclement weather or field conditions **will be made up in the order of postponement**. Games need to be made up the first available day that fields can be prepared. Saturdays are optional. Home team will determine the day the game is played. Region games take precedence over pre-season, practice, junior varsity or sophomore games. For traveling purposes, coaches may agree to play games at an earlier date. Coaches will be responsible for making sure athletic directors are notified in the event of a cancellation or make-up.
4. Principals will make final decisions to play make-up/suspended games if a time cannot be agreed upon by coaches.
5. The home team will be responsible for having an official ADULT scorekeeper & SCOREBOOK! It must be a hardcopy book. Gamechanger DOES NOT count as a scorebook.
6. Line Up Cards need to have First and Last names, numbers, and positions.
7. In the event of a cancelled game, notification of officials and the visiting school will be the responsibility of the home team coach and/or athletic director. Visiting schools and officials will be notified as soon as possible.
8. The junior varsity game limit is **twenty- five (25)** games. The sophomore game limit is **twenty-five (25)** games.
9. The winning team is responsible for notifying the local news media to report game scores and statistics.
10. Teams will play region games (as agreed up at the region-planning meeting) and as the schedule dictates. For weather changes, refer to rule #3.
11. Games may be played at alternate sites if agreed upon by the principals of the participating schools.
12. Suspended games may be made up at the alternative sites if agreed upon by the principals of the participating schools (i.e. site of next scheduled game between those teams involved in the suspended game).
13. Games may be played at alternate sites if agreed upon by the principals of the participating schools.

Baseball Schedule 2024-25

Tuesday, April 8

Davis @ Syracuse
Layton @ Weber
Farmington @ Fremont

Wednesday, April 9

Syracuse @ Davis
Weber @ Layton
Fremont @ Farmington

Friday, April 11

Davis @ Syracuse
Layton @ Weber
Farmington @ Fremont

Tuesday, April 15

Weber @ Farmington
Fremont @ Davis
Syracuse @ Layton

Wednesday, April 16

Farmington @ Weber
Davis @ Fremont
Layton @ Syracuse

Friday, April 18

Weber @ Farmington
Fremont @ Davis
Syracuse @ Layton

Tuesday, April 22

Layton @ Davis
Syracuse @ Farmington
Weber @ Fremont

Wednesday, April 23

Davis @ Layton
Farmington @ Syracuse
Fremont @ Weber

Friday, April 25

Layton @ Davis
Syracuse @ Farmington
Weber @ Fremont

Tuesday, April 30

Fremont @ Syracuse
Davis @ Weber
Farmington @ Layton

Wednesday, May 2

Syracuse @ Fremont
Weber @ Davis
Layton @ Farmington

Friday, May 3

Fremont @ Syracuse
Davis @ Weber
Farmington @ Layton

Monday, May 5

Farmington @ Davis
Layton @ Fremont
Weber @ Syracuse

Tuesday, May 6

Davis @ Farmington
Fremont @ Layton
Syracuse @ Weber

Wednesday, May 7

Farmington @ Davis
Layton @ Fremont
Weber @ Syracuse

GOLF (GIRLS) RULES 2024-25

RESPONSIBLE SCHOOL: SYRACUSE HIGH SCHOOL

1. **Tournaments** – All tournaments will be 18 holes. Each school in the region will host one 18-hole tournament. We will plan on 12:00pm shotgun starts for all region events
2. **Scoring System** – Maximum Stroke Play (Scoring Format)
 - a. All UHSAA Golf Championships (boys & girls) Stroke Play Scoring System, Contestants will PICK UP after reaching a maximum score of nine (9) strokes on any hole of a competition.
 - b. Markers will record a 9 on any hole where the maximum score is scored and then it will be circled on the scorecard for easy identification of that score.
 - c. All designated region events should also use this scoring system. This will provide consistent and fair qualification for the State competitions and All-State considerations.
 - d. Advantages of using this system are increased speed of play and less pressure to finish a very bad hole. This system will also use the modification for Penalties and Disqualification Penalties that are listed under USGA Rules of Golf; Rule 21.2
3. **Varsity Team Scoring** – Each school will play 8 varsity girls each event. The top four scores will count toward the team score.
 - a. The highest number of points totaled of the top four scores on a team would win the team medal(1st)
 - i. **Scoring Team Points is as follows:**
 1. 1st place team will receive 7 points
 2. 2nd place team will receive 6 points
 3. 3rd place team will receive 5 points
 4. 4th place team will receive 4 points
 5. 5th place team will receive 3 points
 6. 6th place team will receive 2 points
 7. 7th place team will receive 1 point
 - b. In the case of a tie, the teams involved with the tie will take the point totals between the places, combine them, then divide them by the number of ties involved in order to get their point totals.
4. **Individual Scoring** – The highest number of points totaled after using the Modified Stableford point system would win the individual medalist and receive 12 points.
 - a. The top 12 individual performers at an event will receive the points as follows:
 - i. 1st place individual will receive 12 points
 - ii. 2nd place individual will receive 11 points
 - iii. 3rd place individual will receive 10 points
 - iv. 4th place individual will receive 9 points
 - v. 5th place individual will receive 8 points
 - vi. 6th place individual will receive 7 points
 - vii. 7th place individual will receive 6 points
 - viii. 8th place individual will receive 5 points
 - ix. 9th place individual will receive 4 points
 - x. 10th place individual will receive 3 points
 - xi. 11th place individual will receive 2 points
 - xii. 12th place individual will receive 1 point
 - b. In the case of a tie, individuals involved with the tie will take the point totals between the places, combine them, then divide them by the number of ties involved in order to get their point totals.

5. Region Tournament

- a. The region school in charge of girls golf (SHS) will be in charge of organizing a final Region event (2 days) at a neutral course at the end of the regular season just before state.

6. Qualifying for State

- a. At the end of the Region Tournament all points from the regular season as well as the Region Tournament will be combined and then the team and individual places will be determined.
- b. All team qualify for state
- c. Top 12 individual performers qualify for state

7. JV Tournaments

- a. Each team can bring 4 JV players to each regular season event for a JV tournament that is scored the same way as the Varsity tournament except they are only 9 holes and have no influence on state qualifications.

8. Paying for Region events

- a. Each school is responsible for their own green fees for both varsity and junior varsity events
- b. During the Region Tournament the Region will pay for all schools Varsity green fees (pending approval)
- c. Each school is responsible for their own JV green fees during all tournaments

Girls Golf Schedule

Golf Practice/Tryout begins February 24th
First Contest Allowed March 3rd
Roster on Register My Athlete March 14th

Date	Place	School	Time	Players
Thursday, March 20 th	Glen Eagle	Syracuse	12 p.m.	8 V; 4 JV
Wednesday, March 26 th	Remuda	Fremont	12 p.m.	8 V; 4 JV
Thursday, April 10 th	Davis Park	Davis	12 p.m.	8 V; 4 JV
Monday, April 14 th	The Barn	Weber	12 p.m.	8 V; 4 JV
Thursday, April 17 th	Davis	Farmington	12 p.m.	8 V; 4 JV
Thursday, April 24 th	Valley View	Layton	1 p.m.	8 V; 4 JV
May 1 st & May 6 th	The Bluff & State Site TBD	REGION	1 p.m.	8 Varsity Only
May 19 th & 20 th	TBA	STATE	TBD	

BOYS VOLLEYBALL RULES 2024-25

RESPONSIBLE SCHOOL – DAVIS HIGH SCHOOL

1. All varsity matches will be best three out of five sets. Sets 1-4 played to 25 points with no cap with a fifth and deciding set, if necessary, which will be played to 15 points with no cap. Varsity matches have two timeouts in each set.
2. Schedule will be as follows:

a. 3:30 p.m.	Sophomore – Best of 3 Format
b. 5:00 p.m.	Varsity – Best 3 of 5 with Sets 1-4 to 25 and Set 5 to 15
c. 6:30 p.m. or after Varsity	Best of 5 with games 3-5 to 15
3. Warm up time will be 4-4-2. Four minutes for visitors, four minutes for home team, and two minutes shared serving.
4. Region Play will begin on March 28, 2024
5. Seeding for the State Tournament will be determined by the UHSAA RPI System.
6. 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. Teams may play 15 matches and one tournament, or 16 matches with no tournaments.
7. Home team will:
 - a. Provide two-line judges, a score keeper, a libero tracker, and a score board operator for all three matches – please make sure they are trained.
 - b. Have the net setup up by 3:00 pm.
 - c. Provide people to run a 3-ball rotation during all matches and provide 3 game balls.
 - d. Call in the score and highlights after the match.
8. Before leaving the gym, the visiting team will:
 - a. Give the home coach stats/highlights they want reported to news media and MaxPreps.
 - b. Clean up the bench area they last occupied.
 - c. No outside food in the gym!
9. Seniors will NOT be allowed to play Junior Varsity unless agreed upon by both Head Coaches.
10. The coaches will have a meeting at a date to be announced to select the All-Region teams.
11. Senior night recognition kept to a 10-15 minute maximum
12. Visiting team sack lunch ONLY! Home team will not ALLOW any warm food set up!

Boys Volleyball Schedule 2024-25

Thursday, March 27

Farmington @ Davis
Layton @ Fremont
Weber @ Syracuse

Tuesday, April 22

Davis @ Farmington
Fremont @ Layton
Syracuse @ Weber

Tuesday, April 8

Syracuse @ Davis
Weber @ Layton
Fremont @ Farmington

Thursday, April 24

Davis @ Syracuse
Layton @ Weber
Farmington @ Fremont

Thursday, April 10

Farmington @ Weber
Davis @ Fremont
Layton @ Syracuse

Tuesday, April 29

Weber @ Farmington
Fremont @ Davis
Syracuse @ Layton

Tuesday, April 15

Davis @ Layton
Farmington @ Syracuse
Fremont @ Weber

Thursday, May 1

Layton @ Davis
Syracuse @ Farmington
Weber @ Fremont

Thursday, April 17

Syracuse @ Fremont
Weber @ Davis
Layton @ Farmington

Tuesday, May 6

Fremont @ Syracuse
Davis @ Weber
Farmington @ Layton

BOYS SOCCER RULES 2024-25
RESPONSIBLE SCHOOL – LAYTON HIGH SCHOOL

1. Play will begin on a region basis on March 26, 2025. All varsity games will be played at 3:30 p.m. Junior Varsity (reserve) games will be played the same day following the varsity game at same site.
2. If a game ends in a tie the teams will play up to two (2) ten-minute overtime periods in a sudden death format (first team to score wins). If there is no scoring in the overtimes, the game will end in a shootout.
3. In cases where applicable, ties between soccer teams for first place in region play will result in co-champions or tri-champions being declared and trophies will be awarded to all teams involved. Seeding for state tournament play will be determined by the RPI system.
 - a. In the event the RPI system is no longer in use, seeding will be determined by reverting to the region tiebreaker rule.
4. Seniors will not be allowed to play Junior Varsity unless prior discussion by the head coaches.
5. In the event of a postponement, it will be the responsibility of the home team athletic director to notify the visiting school and the officials. Visiting school and officials should be notified as soon as possible.
6. If played on Grass field, teams will sit on one side of the field. Spectators will sit on the opposite side of the field. If games are played on turf, teams will sit on opposite sides of the field and spectators will on the same side of their team.
7. Any necessary changes to these arrangements will be determined between the two principals involved.
8. A \$100.00 fine will be assessed if a coach plays an athlete who has been red carded and turned into the State. Athletes must not be allowed to participate in the succeeding varsity game. Fines payable to Region 1.
9. Junior Varsity games will consist of two 40-minute halves, weather and light permitting.
10. Teams will play their region games as agreed upon (region planning meeting) as the schedule dictates.
11. According to Federation Rules, the Home Team will wear their **DARK** jerseys while the visiting team will wear their **WHITE**.
12. An all-region team will be selected in the following format:
 - a. 1st place will select 4 players
 - b. 2nd place will select 3 players
 - c. 3rd place will select 2 players
 - d. The 5 remaining teams will select 1 player.

Boys Soccer Schedule 2024-25

Wednesday, March 26

Syracuse @ Fremont
Weber @ Davis
Layton @ Farmington

Friday, March 28

Davis @ Farmington
Fremont @ Layton
Syracuse @ Weber

Wednesday, April 9

Davis @ Syracuse
Layton @ Weber
Farmington @ Fremont

Friday, April 11

Weber @ Farmington
Fremont @ Davis
Syracuse @ Layton

Wednesday, April 16

Layton @ Davis
Syracuse @ Farmington
Weber @ Fremont

Friday, April 18

Fremont @ Syracuse
Davis @ Weber
Farmington @ Layton

Wednesday, April 23

Farmington @ Davis
Layton @ Fremont
Weber @ Syracuse

Friday, April 25

Syracuse @ Davis
Weber @ Layton
Fremont @ Farmington

Wednesday, April 30

Farmington @ Weber
Davis @ Fremont
Layton @ Syracuse

Friday, May 2

Davis @ Layton
Farmington @ Syracuse
Fremont @ Weber

Dates of Note

February 24	Tryouts
March 3	Games Begin
May 6	Season Ends
May 7	Bracket Reveal @ 10 a.m.
May 9	First Round Playoffs @ Home Sites
May 13	Second Round Playoffs @ Home Sites
May 15	Quarterfinal @ Home Sites
May 20	Semi-Finals @ Zions Bank
May 22	Championship @ Rio Tinto

SOFTBALL RULES 2024-25
RESPONSIBLE SCHOOL – SYRACUSE HIGH SCHOOL

Softball Start Date:	February 24, 2025
First Game:	March 3, 2025
Softball End Date:	May 13, 2025
Bracket Reveal:	May 14, 2025
State Super Regional:	May 15 th & 16 th , 2025
State Tournament Bracket Play	May 20 th & 21 st , 2025
State Tournament Final Series	May 22 nd & 23 rd , 2025

1. No team may play more than twenty-two (22) games during the entire season.
 - a. A single day tournament will count as one game with a maximum of four (4) games.
 - b. A multiple day tournament (2-3 days) will count as two (2) games towards contest limitations.
 - c. A maximum of eight (8) games may be played in a multiple day tournament.
2. All region varsity games shall begin at 3:30 p.m. Games will be a full seven (7) innings. If the score is tied at the end of 7 innings, the international tie-breaker rule will be in effect.
 - a. The 10-run rule will be in effect after the fifth inning.
 - b. The 15-run rule will be in effect after the third inning.
3. All JV 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 JV play will be agreed upon by the region in order to provide developmental atmosphere and to accommodate facility conflicts.
4. The visiting team will take the field at 3:00 pm; the home team will take the field at 3:15 pm.
5. The home team will be responsible for:
 - a. Providing an official scorekeeper (a responsible adult) and SCOREBOOK! It must be a hardcopy book. Gamechangers DOES NOT count as a scorebook!
 - 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 games results
6. Line Up Cards need to have First and Last names, numbers, and positions.
7. Postponed games will follow the UHSAA suspended game procedures.
 - a. The home team will call their opponent and the officials by 12:00 noon.
 - b. Game will be rescheduled on the first available weekday as agreed upon by the involved coaches and approved by the involved principals.
 - c. Priority should be given to 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.
8. Teams agree to accept all National Federation Rules.

9. Music will be provided by the home, as per the coaches agreeing to this at the Region Meeting in March.
10. Videotaping of games is by playing teams only.
11. One region trophy will be awarded to the first place team.
12. All seniors nominated for Academic All-State will receive Academic All-Region.
13. Coaches meeting to select All-Region teams will be held (TBA)
14. Pitching distance will be 43 feet.
15. Senior recognition day will be kept to a ten (10) minute maximum according to general policy.
16. Region Administration representative will be responsible for producing and awarding All-Region awards.

Softball Schedule 2024-25

Tuesday, April 8

Davis @ Syracuse
Layton @ Weber
Farmington @ Fremont

Thursday, April 24

Syracuse @ Davis
Weber @ Layton
Fremont @ Farmington

Thursday, April 10

Weber @ Farmington
Fremont @ Davis
Syracuse @ Layton

Tuesday, April 29

Farmington @ Weber
Davis @ Fremont
Layton @ Syracuse

Tuesday, April 15

Layton @ Davis
Syracuse @ Farmington
Weber @ Fremont

Thursday, May 1

Davis @ Layton
Farmington @ Syracuse
Fremont @ Weber

Thursday, April 17

Fremont @ Syracuse
Davis @ Weber
Farmington @ Layton

Tuesday, May 6

Syracuse @ Fremont
Weber @ Davis
Layton @ Farmington

Tuesday, April 22

Farmington @ Davis
Layton @ Fremont
Weber @ Syracuse

Thursday, May 8

Davis @ Farmington
Fremont @ Layton
Syracuse @ Weber

BOYS TENNIS RULES 2024-25
RESPONSIBLE SCHOOL: FREMONT HIGH SCHOOL

1. Play will begin on a region basis beginning on Tuesday, March 11, 2025
2. Schools may have Varsity and JV level teams. Teams will consist of 7 players-3 singles players and 2 doubles teams
3. A maximum of 14 matches may be played in addition to region and state meets.
4. Region matches are scheduled to begin by 3:30 p.m. or if teams arrive early start at 3:00 pm
5. Matches to be played according to the schedule (subject to weather and court conditions). Host coach will be responsible to contact the visiting coach regarding the number of players for that day, court location, and/or cancellation and rescheduling plans by 1:00 p.m.
6. Matches and court conduct are to be governed by USTA rules, i.e. (Racket, verbal abuse, and foot faults).
7. Matches will consist of two out of three sets- 12-point tie break at 6-6. If coaches agree, 3rd set will be the super tie breaker (10 pt.), in case of darkness or weather conditions.
8. Home team furnishes the balls (high altitude).
9. Players will be required to wear school color shirts and school color shorts. Sweats may be worn during inclement weather.
10. Players are limited to 5-minute warm-up period with practice serves being taken during this time. Coaches should control the warm-up time.
11. Coaches will play their best players in rank order in singles and the doubles should be in ranked as a team.
12. A coach may move players from singles to doubles. However, the players must be ranked according to ability at that position.

13. Region Qualifying/Seeding
 - a. A player/doubles team must play 50% of the **region matches** to qualify for the state tournament.
14. The region team championship will be determined as follows:
 - a. 1 point for each region dual meet won.
 - b. Finish of each player/team in region tournament
 - c. 6 points for 1st- 5 points for 2nd, etc.
 - d. If 5th & 6th are not played then scoring will be 4, 3, 2, 1
15. The region will furnish the balls for the region meet.
16. The format for the Region Tournament will be determined by the coaches upon notification as to how many players will be entered in the state meet from this region (refer to tie breaker regulations).
17. A player will not be required to play an opponent more than once in the region meet.
18. Coaching will be allowed after third game and on odd game changeovers and on mandatory 3 minute break between sets. No rest period or coaching between the 1st and 2nd game. Rest periods begin on the 3rd game changeover.
19. Bathroom breaks are permissible if taken within reasonable amount of time.
20. **All coaches must wear UHSAA Coaches Credential ID at Divisional and State Tennis Tournaments.**

Boys Tennis Schedule 2024-25

Tryouts may begin: February 24th

First Contest allowed: March 3rd

State Meet: First Round: May 10th; May 15 & 17 State Tournament @ Liberty Park

Thursday, March 13

Farmington @ Weber

Davis @ Fremont

Layton @ Syracuse

Thursday, March 20

Davis @ Layton

Farmington @ Syracuse

Fremont @ Weber

Tuesday, March 25

Syracuse @ Fremont

Weber @ Davis

Layton @ Farmington

Thursday, March 27

Davis @ Farmington

Fremont @ Layton

Syracuse @ Weber

Tuesday, April 8

Davis @ Syracuse

Layton @ Weber

Farmington @ Fremont

Thursday, April 10

Weber @ Farmington

Fremont @ Davis

Syracuse @ Layton

Tuesday, April 15

Layton @ Davis

Syracuse @ Farmington

Weber @ Fremont

Thursday, April 17

Fremont @ Syracuse

Davis @ Weber

Farmington @ Layton

Tuesday, April 22

Farmington @ Davis

Layton @ Fremont

Weber @ Syracuse

Thursday, April 24 &

Friday, April 25

Region Tournament @

Ogden High & Mt. Ogden

BOYS & GIRLS TRACK AND FIELD RULES 2024-25

RESPONSIBLE SCHOOL: DAVIS HIGH SCHOOL

IMPORTANT DATES 2024-25

First Practice Meets:	February 24 th
Region Meets Begin:	March 12 th
Region Meets End:	Wednesday, April 23 rd
Region Championships:	Wednesday & Thursday, May 7-8
State Championship	Thursday & Saturday, 15/17

1. All Region track meets will be held on Wednesdays with the exception of shortened weeks for school breaks.
2. It is recommended that each host school provide a minimum of five paid qualified adults (suggested pay is \$25 each) to help officiate the meet.
3. Dual/Tri meets will start at 3:00 p.m. The field events will begin at 3:00pm and the track events will start at 3:15 with the 4x800m relay. If agreed upon by all coaches involved in the meet, the girls 3200-meter run may be run with the boys 3200 meter run as well as the 4x800 relay. It is suggested that all schools follow procedure to provide consistency with the administration of dual/tri meets.
4. In dual/tri meets, athletes are limited to four (4) events. Field event participants will have four (4) throws or four (4) jumps only. Top 3 places will score in dual meets (5-3-1; relays 5-0) and the top 4 places will score in tri-meets (5-3-2-1; relays 5-3).
5. If a track meet is not held because of inclement weather or field conditions, rescheduling will be decided by the coaches, principals, and athletic directors of the schools involved. Cancellation must be approved by the principals and athletic directors of the schools involved. The host school should notify other participating schools of a cancellation by 12:00pm.
6. The Region I Championships will be held at Davis High on Wednesday, May 4th and Thursday, May 5th.
7. 70 entries per gender per school. Entries can be split up between all events. Each school will be allowed to enter one (1) relay team per relay event.
8. The top eight (8) times for lane events (regardless of heat placing) and the top nine (9) marks for field events will advance to the finals at the region championships. Top 8 places will score in each event.
9. Medals will be awarded to the top six (6) finishers in each individual event and the first-place relay teams for the Region Championships, with a trophy awarded to the first-place team.
10. Each school will be responsible for staffing/running one (1) field event for the Region Championships and the Sophomore Region Meet.
11. Schools are limited to twelve (12) total meets excluding the Region and State Championships. An individual athlete is limited to participating in eight (8) State Qualifying meets.

Track & Field Schedule 2024-25

Wednesday, March 12

Davis & Farmington @ Fremont

Weber & Layton @ Syracuse

Wednesday, March 19

Farmington Super Meet

Tuesday/Wed, March 25/26

Ogden/Weber City County & Davis Championships

Wednesday, April 9

Weber & Syracuse @ Davis

Fremont & Layton @ Farmington

Wednesday, April 16

Farmington & Davis @ Weber

Fremont & Layton @ Syracuse

Wednesday, April 23

Fremont & Davis @ Layton

Farmington & Syracuse @ Weber

Wednesday, April 30th

Syracuse & Davis @ Layton

Weber & Fremont @ Farmington

Wednesday, May 7 & Thursday, May 8

Region Championship @ Davis High School

Region Track & Field Suggested Time Schedule

3:00	Girls Discus	Boys to follow
	Girls High Jump	Boys to follow
	Girls Pole Vault	Boys to follow
	Boys Javelin	Girls to follow
	Boys Shot Put	Girls to follow
	Boys Long Jump	Girls to follow
3:15	*Girls and Boys 4x800 Relay (Combined)	
3:25	Girls 100 M Hurdles	
3:30	Boys 110 M Hurdles	
3:35	Girls 100 M Dash	
3:45	Boys 100 M Dash	
3:55	Girls 4x200 Relay	
4:00	Boys 4x200 Relay	
4:05	Girls 1600 M Run	
4:15	Boys 1600 M Run	
4:25	Girls 4 x 100 M Relay	
4:30	Boys 4 x 100 M Relay	
4:35	Girls 400 M Dash	
4:40	Boys 400 M Dash	
4:45	Girls 300 M Hurdles	
4:50	Boys 300 M Hurdles	
4:55	Girls 800 M Run	
5:10	Boys 800 M Run	
5:25	Girls 200 M Dash	
5:35	Boys 200 M Dash	
5:45	*Girls & Boys 3200 M Run (Combined)	
6:00	Girls 4 x 400 M Relay	
6:10	Boys 4 x 400 M Relay	

Events will be moved ahead of time schedule if possible. Athletes should report to the starting line or their respective field events areas by second call or they will be scratched from the event.

*Girls and boys 3200m run and 4x800 relay can be separated if there are enough participants.

BOYS & GIRLS LACROSSE RULES 2024-25

RESPONSIBLE SCHOOL: WEBER HIGH SCHOOL

IMPORTANT DATES

Team Practice/Team Selection	February 24, 2025
First Contest Allowed	March 3, 2025

1. Games

- a. Boys and Girls Varsity will on the **same day at opposite sites**. Varsity games will start at 4:30 p.m. with JV to be played at the conclusion of the varsity game.
 - b. Sixteen (16) games
 - i. Each team can attend one tournament where they may choose one of two options:
 1. Team may play tournaments where two regulation-length games count as (1) game, 2-for-1, with each game afterwards counting as one game or
 2. Teams may play tournaments where up to six (6) shortened-length games count as two (2) games, (6-for-2), with each game afterwards counting as one (1) game. Teams may only use one of these tournament exemptions in each season.
2. The UHSAA allows school discretion to use any NFHS-approved lines, per the NFHS rule book. However, the Association supports the usage of the NFHS-approved modified lines as schools add facilities that don't have preexisting lines.
 3. The UHSAA does not have an official game ball in lacrosse in the regular season. However, the ball must meet the NCAA/NOCSAE standard, designated by a stamp of approval on the ball.
 4. All uniforms and equipment will have to meet the NFHS standards for high school play. Officials will verify equipment compliance as per NFHS rules. NOCSAE standards should be used where prescribed in the NFHS rules.
 5. State tournament placements will be based upon final RPI rankings. There is no points system that will be used for seeding. The top 16 teams based upon RPI will be seeded into "Division A" while the remaining teams will be seeded into "Division B" for state tournament competition.
 6. The ejection policy for lacrosse will follow existing UHSAA ejection policies. Officials will be encouraged to fill out ejection reports for lacrosse, but it will be the responsibility of a program's coaches and administrators to ensure that the UHSAA ejection protocol is followed according to the rule. Fouling out will not qualify as an ejection.
 7. The UHSAA will follow all NFHS clock protocol rules, including the mercy rule. The UHSAA will follow NFHS procedures for overtimes. The Association will use a golden goal in overtimes to determine a winner.

State Tournament Bracket Reveal May 10, 2025 @ 9:00 a.m.

State Tournament

May 13, 2025 – State Tournament First Round @ Home Sites
May 15, 2025 – State Tournament Second Round @ Home Sites
May 17, 2025 – State Tournament Quarterfinals @ Home Sites
May 20, 2025 – State Tournament Semifinals @ Westminster College
May 22, 2025 – State Finals @ Zions Bank Stadium

Girls Lacrosse Schedule 2024-25

Tuesday, April 8

Davis @ Syracuse
Layton @ Weber
Farmington @ Fremont

Thursday, April 24

Syracuse @ Davis
Weber @ Layton
Fremont @ Farmington

Thursday, April 10

Weber @ Farmington
Fremont @ Davis
Syracuse @ Layton

Tuesday, April 29

Farmington @ Weber
Davis @ Fremont
Layton @ Syracuse

Tuesday, April 15

Layton @ Davis
Syracuse @ Farmington
Weber @ Fremont

Thursday, May 1

Davis @ Layton
Farmington @ Syracuse
Fremont @ Weber

Thursday, April 17

Fremont @ Syracuse
Davis @ Weber
Farmington @ Layton

Tuesday, May 6

Syracuse @ Fremont
Weber @ Davis
Layton @ Farmington

Tuesday, April 22

Farmington @ Davis
Layton @ Fremont
Weber @ Syracuse

Thursday, May 8

Davis @ Farmington
Fremont @ Layton
Syracuse @ Weber

Boys Lacrosse Schedule 2024-25

Tuesday, April 8

Syracuse @ Davis
Weber @ Layton
Fremont @ Farmington

Thursday, April 10

Farmington @ Weber
Davis @ Fremont
Layton @ Syracuse

Tuesday, April 15

Davis @ Layton
Farmington @ Syracuse
Fremont @ Weber

Thursday, April 17

Syracuse @ Fremont
Weber @ Davis
Layton @ Farmington

Tuesday, April 22

Davis @ Farmington
Fremont @ Layton
Syracuse @ Weber

Thursday, April 24

Davis @ Syracuse
Layton @ Weber
Farmington @ Fremont

Tuesday, April 29

Weber @ Farmington
Fremont @ Davis
Syracuse @ Layton

Thursday, May 1

Layton @ Davis
Syracuse @ Farmington
Weber @ Fremont

Tuesday, May 6

Fremont @ Syracuse
Davis @ Weber
Farmington @ Layton

Thursday, May 8

Farmington @ Davis
Layton @ Fremont
Weber @ Syracuse

THEATRE GUIDELINES 2024-25

RESPONSIBLE SCHOOL: FREMONT HIGH SCHOOL

1. Dates and location for the Region Competition plays and individual events will be determined at the annual spring planning meeting held the preceding year. Tradition dictates that the competition plays, and the individual events are held during the first week of April or the end of March. State drama competition is always held at a predetermined high school on the third weekend of April.
2. Thirty-five individual event judges at \$50.00 each for three round and trophy round. Three competition play judges at \$150.00 each plus 20¢ per mile.
3. The competition play and individual event competition will follow the state rules that are printed in the current edition of the UHSAA handbook.

HOW DOES A PLAY OR INDIVIDUAL PERFORMANCE QUALIFY FOR STATE?

- For 3A, 4A, 5A & 6A, at the region level, competitors receiving 60 points or higher, qualify to move on to state competition regardless of their rankings.
- At the region level, all performances that advance to the final medals round will automatically qualify for state, even if they did not receive 60 or more points from their previous rounds.
- At the region level, the top 3 ranked play entries will qualify for state regardless of their cumulative points. In addition, for 3A, 4A, 5A, 6A, if there are any other plays that received a total of 120 points, they will also advance to state. For 1A and 2A, if there are any other plays that received a total of 110 points, they will also advance to state.

JUDGING INDIVIDUAL EVENTS AT UHSAA REGION AND STATE DRAMA

- A judge CANNOT be any individual who has previously worked with any participant in a theatre coaching capacity. In addition, relatives of any participant, coach, student teacher or teacher may not judge the competition in any capacity, even if they do not judge the student they are related to. If they are related to any one of the participants in the competition, they are ineligible to judge the entire competition.
- All judges must be out of high school for at least 3 years before judging.
- Any contestant who knowingly allows themselves to be judged by any of the ineligible judges listed above, without informing the meet directors shall be ruled ineligible.
- A judges meeting will be held prior to each meet where rules and regulations will be reviewed with ALL participating judges by the meet director ONLY. The format and content of this meeting MUST follow the agenda found on the UHSAA website.
- All individual event pieces will be performed for three different judges in three different rounds of approximately 6 (but no less than 4) pieces per round. Judges will rank pieces 1-4 (any piece lower than 4 also receives a 4). If there are not enough entries to slate pieces in 3 rounds, you may put them all in one.

- Individual event judges may not be paid at any meet more than \$50.00 for a full day.
- At the region level, it is suggested that the 3 One-Act judges be acquired by 3 different schools. A One-Act judge is not allowed to judge in the same region 2 years in a row.
- A judge's final score must be whole numbers up to 25 points per round for individual events and up to 50 points per judge for the One Act plays.
- The top 5-8 ranked pieces in each individual event will participate in a final medals round. This will be determined in the following manner: a performance's 3 rankings will be totaled and the 5-8 pieces with the smallest total ranking are chosen for the final medals round. If a clear break cannot be determined to separate 5-8 pieces that will advance based solely on rank, the highest numerical scores can then be used as a tiebreaker. Meet director will determine that number in advance.
- In the final medals round, 3 judges watch all 5-8 performances together. When all have performed, each judge, without consulting with the other judges, ranks the pieces 1-6 (any piece lower than 6 also receives a 6)
- In the medals round, 1st, 2nd, and 3rd Place in each individual event will be determined by adding up the rankings given from all three judges in the medals round. The lowest cumulative ranking wins 1st Place, second lowest, 2nd Place, third lowest, 3rd Place. "In the event of a tie, the meet director will return to the highest cumulative scores given on the medals round ballots and add those numerical scores as an additional level of evidence for placing. Highest scores will break the tie. Ties will be rare, but can happen.
- Any school that does not provide the specified number of judges for the State meet will be fined. It is highly recommended that regions follow this guideline as well.
- If one-acts and individual events are held on separate dates, you must not reveal any results until after all results are in. For example, don't announce who won the one-act competition until you can announce who won sweepstakes.
- In all drama meets, a judge must never be alone with a competitor and must always have another competitor, performer, judge, time keeper, parent or observer present in the room for protection of both the judge and the student.
- Adherence to the time limits and subsequent consequences for time violations shall be followed. Time limits and procedures are posted on individual ballots and will be dealt with in the tabulation room by the meet director.
- Clerical errors in results may be corrected up to 72 hours after the conclusion of the meet. A team must file a written protest on behalf of an entry to the UHSAA within that time period. 72 hours after the conclusion of the meet, results will stand.
- All judging exceptions may be made in extenuating circumstances by consensus of meet directors.

4. Alumni less than 3 years, or student teachers from any of the seven Region I schools will not be used as judges for any portion of the competition or individual event competition.
5. All Region drama advisors will meet one month prior to the region competitions to discuss judges, starting times, qualifying and any other business deemed necessary before the region tournaments.
6. Each school will send complete teams to events.
7. Theater coaches have responsibility for supervision of their students at the Region and State competition and cannot send them with parents or individually.
8. 2024-25 Region Representative – Ashley Patterson (aspatterson@wsd.net)

Theater Schedule 2024-25

Region

March 14th – Region One-Act Play Competition
at Fremont – 9 am – 4 pm

March 15 – Region Individual Event Theatre Competition
at Farmington High School – 8 am – 7 p.m.

State

April 17-19 – 6A State Festival @ TBA

FORENSICS/DEBATE GUIDELINES 2024-25

RESPONSIBLE SCHOOL – FARMINGTON HIGH

***** UHSAA has updated the rules, this is being worked on by Debate coaches in the region. It will be updated as the changes are passed to me!**

No forensics meet(s) may be held prior to the UHSAA Forensics season beginning date.

Region 1 Forensics Meet during the coming season:

TBD 2024 @ Farmington High

Entry Deadline: TBD

The deadline for State participant entries being returned to the Region Representative will be TBD, after which the Region Representative will submit them to the UHSAA and State Forensics Representative.

2024-25 Region Representative: Brooklyn Hansen, 916-547-9379, Farmington High

Participants: (All events will be single entry)

- Lincoln Douglas Debate Four (4) participants
- Policy Debate Four (4) teams
- Public Forum Four (4) teams
- Impromptu Four (4) participants
- Oratory Four (4) participants
- National Extemp Four (4) participants
- Foreign Extemp Four (4) participants
- Student Congress Four (4) participants

Judging Requirements:

- One judge for every four Lincoln Douglas participants
- One judge for every four Policy and Public Forum teams
- One judge for every four Individual Event participants
- One judge for Student Congress (if bringing participants in this event)
- Judges should be at least 2 years out of high school (no first year out judges), and parents should be entered as a judge in a different event from the one their student competes in.

Rounds: The Region Tournament will be four (4) rounds for all events beginning at 8:00 a.m. Congress will have two, 2 ½ hour sessions

Parings: Participants will be randomly placed in panels for their events.

Congress Pairings: Competitors will make up 1-2 Congressional houses of no more than 25 and a minimum of 13.

Quartiling:

- The 1st quartile of competitors will be awarded superior ratings (5 points).
- The 2nd quartile will be awarded excellence ratings (3 points).
- The 3rd quartile will be awarded good ratings (1 points).
- The 4th quartile will be awarded fair ratings (0 point).
- ALL events (including Policy and Public Forum) will be scored the same.

Reimbursement: The Utah High School Association will pay for Judges (\$10 per round) at the Region Tournament. Food will be arranged by the host school, Region representative and Tournament director.

Medals: 1st thru 5th place medallions will be awarded participants, and the Utah High School Association will pay for those.

Fines: Fines will be assessed to schools responsible to building damage

Topics:

All Debate (Lincoln Douglas, Policy and Public Forum) topics for Region will be the same as the State topics.

The Congress topics docket will be the same as the State docket if it has been released by the State tournament director two weeks prior to the Region tournament. If these topics have not been released the docket will be made up of 2 pieces of legislation chosen by each school from the state approved docket of legislation on or before Friday, February 1, 2022 to the Region Representative.

Oratories:

All coaches are responsible to check off their competitors' oratories. Quoted and paraphrased material must be highlighted and numbered (Only 10% may be quoted or paraphrased). Orators should have a copy of their script on hand at the tournament in case of any questions.

Sweepstakes:

- All sweepstake will be done using the State Quartiling method.
 - When Quartiling Sweepstakes points for Student Congress, high and low ballots will be dropped
- Sweepstakes points will be determined using the following scale:
 - 5 = Superior
 - 3 = Excellent
 - 1 = Good
 - 0 = Fair
- Any participant who misses a round or session of an event will not be eligible for a final rating or team sweepstakes points. (Chapter 3 Section 3 UHSAA Speech and Debate handbook)
- Tiebreaks at Region will mirror State.

- Team events are NOT doubled for sweepstakes points.
- Top 50% of teams that participated are eligible for a full slate at State.
- Individuals that place in the top 10 of an event will qualify for the State tournament.
- In the event that a dispute arises which is not covered by Region guidelines, State rules will be deferred to. In the event that disputes are not covered by Region or State guidelines, Coaches will determine, by a majority vote how to resolve the dispute.

MUSIC GUIDELINES 2024-25

RESPONSIBLE SCHOOL: DAVIS HIGH

Region 1 Music Events

2024-25

- All-State Choir October 10-12 @ Taylorsville/SLC Tabernacle
- Red Rocks/State Marching Band November 8 @ UTU
- All-State Band/Orchestra January 15-18 @ Abravanel Hall
- Men's & Women's State Honor Choir Festival January 24-25 @ Abravanel Hall
- UMEA Mid-Winter Professional Development Conference February 7-8 in St. George
- February 24 – Instrumental Region Solo and Ensemble entries submitted to Festival Host.
- February 28 – Vocal Region Solo and Ensemble entries submitted to Festival Host.
- Region Jazz Wednesday, February 26 @ Farmington 4:00
 - Sight Reading will be a part of this festival.
- Training Choir Festival Wednesday, March 5 @ Fremont 2:00
 - Each school may bring their training/non-auditioned choirs. Not a state qualifying event.
- Instrumental Solo and Ensemble Wednesday, March 12 @ Davis 4:00
 - Davis will be the permanent site for this event. All band/orchestra directors have agreed to rotate the duties of finding judges/scheduling this.
 - SYRACUSE will coordinate.
 - Directors should screen entries for quality control.
- Vocal/Piano Solo and Ensemble Tuesday, March 18 @ Farmington
 - Chamber/Madrigal–2:00, other Events 4:30
 - Entry guidelines below.
- State Jazz Band March 20-22 @ TBD
- Band Large Group Tuesday, March 26 @ Syracuse 2:00
- March 31- State Solo & Ensemble (Band, Choir and Orchestra) entries submitted to state.
- Choir Large Group Wednesday, April 16 @ Weber
 - SSAA/TTBB @ 2:00, SATB Groups @ 5:00
- Orchestra Large Group Thursday, April 17 @ Farmington 4:00
- State Solo & Ensemble April 26 @ Woods Cross HS
- State Band Large Group May 1-3 @ TBA
- State Choir Large Group May 8 -10 @ Libby Gardner Hall, U of U
- State Orchestra Large Group May 15 - 17 TBA

Vocal/Piano Solo and Ensemble Entry Guidelines:

Each school may bring:

- 1 Chamber Choir - SATB (not included in maximum number)
- 4 Piano (not included in maximum number)
- 28 maximum from the following categories: soprano solo, alto solo, tenor solo, bass solo, SSA ensembles, TTB ensembles, SATB ensembles
- 6 wildcard entries: no more than 2 per category and must fit within the 28 Max

- Harp solos (not counted as piano, but must fit within the 28 Max.) Do not send harp instrumental festival.

General Instructions:

- All large ensemble members are required to be audience participants.
- All schools participating in vocal music festivals must be members of the school's vocal music program. Piano students may be in ANY school music ensemble (band, choir or orchestra) – This is how I interpret the state festival rule (page 132 in UHSAA handbook – C2)
- All schools participating in instrumental music festivals must be members of the school's instrumental music program.
- Host must provide a seating chart for large group festivals. (I think this was a COVID addition – can we take it out?)
- Please refer to the UHSAA handbook for rules and regulations.
- Festival hosts are to ensure that adjudicators are paid within a week of the festival date. Is one week realistic??
- Instrumental Solo and Ensemble coordinators will oversee finding quality, certified adjudicators for the event. The host will communicate what judges are needed. Coordinators will make sure judging contracts and been provided and signed, have the schedule and turn in receipts for adjudicators to be paid. Coordinators will also arrange for hospitality (food) for adjudicators and directors. Host will create the schedule for the event and turn copied forms into the region chair for submission to the state.

* Each school may bring their training/non-auditioned choirs. Not a state qualifying event.

† Vocal/Piano Solo and Ensemble suggestions: Each school may bring up to 28 entries (4 per category [soprano solo, alto solo, tenor solo, bass solo, ladies ensembles, men's ensembles, mixed ensembles]), with up to an additional 6 wild card entries (no more than two per category). 4 Piano entries per school (not to be included in the total number of entries). One chamber choir (mixed) may also be entered. Harp solos should be a part of this festival.

‡ Davis will be the permanent site for this event. All band/orchestra directors have agreed to rotate the duties of finding judges/scheduling this.

Appendix

Fall Master Schedule 2024-25

FALL SPORTS – ORDER OF GAMES

Game 1

Layton @ Farmington
Davis @ Syracuse
Fremont @ Weber

Game 2

Syracuse @ Weber
Farmington @ Fremont
Layton @ Davis

Game 3

Farmington @ Davis
Weber @ Layton
Fremont @ Syracuse

Game 4

Fremont @ Layton
Syracuse @ Farmington
Davis @ Weber

Game 5

Weber @ Farmington
Davis @ Fremont
Layton @ Syracuse

Game 6

Farmington @ Layton
Syracuse @ Davis
Weber @ Fremont

Game 7

Weber @ Syracuse
Fremont @ Farmington
Davis @ Layton

Game 8

Davis @ Farmington
Layton @ Weber
Syracuse @ Fremont

Game 9

Layton @ Fremont
Farmington @ Syracuse
Weber @ Davis

Game 10

Farmington @ Weber
Fremont @ Davis
Syracuse @ Layton

Thursday, August 15

GIRLS TENNIS

Farmington @ Weber
Fremont @ Davis
Syracuse @ Layton

Tuesday, August 20

GIRLS TENNIS

Layton @ Farmington
Davis @ Syracuse
Fremont @ Weber

Thursday, August 22

GIRLS TENNIS

Syracuse @ Weber
Farmington @ Fremont
Layton @ Davis

Saturday, August 24

CROSS COUNTRY

Frederic Classic @ Fremont

Tuesday, August 27

GIRLS TENNIS

Farmington @ Davis
Weber @ Layton
Fremont @ Syracuse

Wednesday, August 28

CROSS COUNTRY

Pre-Region @ Layton Commons

Thursday, August 29

GIRLS TENNIS

GIRLS SOCCER

Fremont @ Layton
Syracuse @ Farmington
Davis @ Weber

BOYS GOLF

Remuda - Fremont

Thursday, September 5

GIRLS TENNIS

GIRLS SOCCER

Weber @ Farmington
Davis @ Fremont
Layton @ Syracuse

Tuesday, September 10

GIRLS TENNIS

GIRLS SOCCER

Farmington @ Layton
Syracuse @ Davis
Weber @ Fremont

BOYS GOLF

Davis Park - Davis

Wednesday, September 11

CROSS COUNTRY

Dual/Tri Meets

Thursday, September 12

GIRLS TENNIS

GIRLS SOCCER

Weber @ Syracuse
Fremont @ Farmington
Davis @ Layton

BOYS GOLF

The Bluff - Farmington

Monday, September 16

BOYS GOLF

The Barn - Weber

Tuesday, September 17

GIRLS TENNIS

GIRLS SOCCER

Davis @ Farmington
Layton @ Weber
Syracuse @ Fremont

Wednesday, September 18

CROSS COUNTRY

Dual/Tri Meets

Thursday, September 19

GIRLS TENNIS(ENDS)

GIRLS SOCCER

Layton @ Fremont

Farmington @ Syracuse

Weber @ Davis

BOYS GOLF

Glen Eagle - Syracuse

Friday, September 20

FOOTBALL

Davis @ Weber

Fremont @ Layton

Farmington @ Syracuse

Tuesday, September 24

GIRLS SOCCER

GIRLS VOLLEYBALL

Farmington @ Weber

Fremont @ Davis

Syracuse @ Layton

Wednesday, September 25

CROSS COUNTRY

Dual/Tri Meets

Thursday, September 26

GIRLS SOCCER

GIRLS VOLLEYBALL

Layton @ Farmington

Davis @ Syracuse

Fremont @ Weber

BOYS GOLF

Valley View - Layton

Friday, September 27

FOOTBALL

Davis @ Fremont

Layton @ Farmington

Syracuse @ Weber

Monday, September 30

BOYS GOLF

REGION

Tuesday, October 1

GIRLS SOCCER

GIRLS VOLLEYBALL

Syracuse @ Weber

Farmington @ Fremont

Layton @ Davis

BOYS GOLF (ENDS)

REGION

Wednesday, October 2

CROSS COUNTRY

Davis District Championships @ Layton
Park

Ogden City/County @ Weber County FG

Thursday, October 3

GIRLS SOCCER (ENDS)

GIRLS VOLLEYBALL

Farmington @ Davis

Weber @ Layton

Fremont @ Syracuse

Friday, October 5

FOOTBALL

Layton @ Davis

Syracuse Fremont

Farmington @ Weber

Tuesday, October 8

GIRLS VOLLEYBALL

Fremont @ Layton
Syracuse @ Farmington
Davis @ Weber

WEDNESDAY, October 9

CROSS COUNTRY

Region Championships @ Layton
Commons

Thursday, October 10

FOOTBALL

Farmington @ Davis
Weber @ Fremont
Layton @ Syracuse

FRIDAY, October 11

GIRLS VOLLEYBALL

Weber @ Farmington
Davis @ Fremont
Layton @ Syracuse

Tuesday, October 15

GIRLS VOLLEYBALL

Farmington @ Layton
Syracuse @ Davis
Weber @ Fremont

Wednesday, October 16

FOOTBALL (ENDS)

Fremont @ Farmington
Weber @ Layton
Davis @ Syracuse

Tuesday, October 22

GIRLS VOLLEYBALL

Weber @ Syracuse
Fremont @ Farmington
Davis @ Layton

Thursday, October 24

GIRLS VOLLEYBALL

Davis @ Farmington
Layton @ Weber
Syracuse @ Fremont

Tuesday, October 29

GIRLS VOLLEYBALL (ENDS)

Layton @ Fremont
Farmington @ Syracuse
Weber @ Davis

Winter Master Schedule 2024-25

WINTER SPORTS – ORDER OF GAMES

Game 1

Syracuse @ Layton
Fremont @ Davis
Weber @ Farmington

Game 2

Farmington @ Fremont
Syracuse @ Weber
Davis @ Layton

Game 3

Davis @ Syracuse
Layton @ Farmington
Weber @ Fremont

Game 4

Layton @ Weber
Fremont @ Syracuse
Farmington @ Davis

Game 5

Syracuse @ Farmington
Weber @ Davis
Fremont @ Layton

Game 6

Layton @ Syracuse
Davis @ Fremont
Farmington @ Weber

Game 7

Fremont @ Farmington
Weber @ Syracuse
Layton @ Davis

Game 8

Syracuse @ Davis
Farmington @ Layton
Fremont @ Weber

Game 9

Weber @ Layton
Syracuse @ Fremont
Davis @ Farmington

Game 10

Farmington @ Syracuse
Davis @ Weber
Layton @ Fremont

Saturday, December 7

SWIMMING

Davis District Meet
Ogden City/County Meet

Tuesday, December 10

SWIMMING

Farmington @ Weber
Davis @ Syracuse
Fremont @ Layton

Thursday, December 19

SWIMMING

Syracuse @ Weber
Davis @ Layton

Wednesday, January 8

WRESTLING

Syracuse @ Layton
Fremont @ Davis
Farmington @ Weber

Thursday, January 9

SWIMMING

Weber @ Fremont

Tuesday, January 14

SWIMMING

Weber @ Davis
Syracuse @ Fremont

Friday, January 10

BOYS BASKETBALL

GIRLS BASKETBALL

Syracuse @ Layton
Fremont @ Davis
Weber @ Farmington

Tuesday, January 14

BOYS BASKETBALL

GIRLS BASKETBALL

Farmington @ Fremont
Syracuse @ Weber
Davis @ Layton

SWIMMING

Layton @ Syracuse

Wednesday, January 15

WRESTLING

Farmington @ Fremont
Syracuse @ Weber
Davis @ Layton

Thursday, January 16

SWIMMING

Farmington @ Layton/Davis

WRESTLING

Davis @ Syracuse
Layton @ Farmington
Weber @ Fremont

Friday, January 17

BOYS BASKETBALL

GIRLS BASKETBALL

Davis @ Syracuse
Layton @ Farmington
Weber @ Fremont

SWIMMING

Syracuse/Fremont @ Farmington

Saturday, January 18

DRILL REGION @ Weber

Tuesday, January 21

BOYS BASKETBALL

GIRLS BASKETBALL

Layton @ Weber

Fremont @ Syracuse

Farmington @ Davi

Wednesday, January 22

WRESTLING

Layton @ Weber

Fremont @ Syracuse

Farmington @ Davis

Thursday, January 23

WRESTLING

Syracuse @ Farmington

Weber @ Davis

Fremont @ Layton

Friday, January 24

BOYS BASKETBALL

GIRLS BASKETBALL

Syracuse @ Farmington

Weber @ Davis

Fremont @ Layton

Thursday, January 30

SWIMMING

Layton @ Weber

Fremont @ Davis

Friday, January 31

BOYS BASKETBALL

GIRLS BASKETBALL

Layton @ Syracuse

Davis @ Fremont

Farmington @ Weber

Tuesday, February 4

BOYS BASKETBALL

GIRLS BASKETBALL

Fremont @ Farmington

Weber @ Syracuse

Layton @ Davis

Friday, February 7

BOYS BASKETBALL

GIRLS BASKETBALL

Syracuse @ Davis

Farmington @ Layton

Fremont @ Weber

Tuesday, February 11

BOYS BASKETBALL

GIRLS BASKETBALL

Weber @ Layton

Syracuse @ Fremont

Davis @ Farmington

Friday, February 14

BOYS BASKETBALL

GIRLS BASKETBALL

Farmington @ Syracuse

Davis @ Weber

Layton @ Fremont

Spring Master Schedule 2024-25

ALL SPORTS – ORDER OF GAMES

Game 1

Davis @ Syracuse
Layton @ Weber
Farmington @ Fremont

Game 2

Weber @ Farmington
Fremont @ Davis
Syracuse @ Layton

Game 3

Layton @ Davis
Syracuse @ Farmington
Weber @ Fremont

Game 4

Fremont @ Syracuse
Davis @ Weber
Farmington @ Layton

Game 5

Farmington @ Davis
Layton @ Fremont
Weber @ Syracuse

Game 6

Syracuse @ Davis
Weber @ Layton
Fremont @ Farmington

Game 7

Farmington @ Weber
Davis @ Fremont
Layton @ Syracuse

Game 8

Davis @ Layton
Farmington @ Syracuse
Fremont @ Weber

Game 9

Syracuse @ Fremont
Weber @ Davis
Layton @ Farmington

Game 10

Davis @ Farmington
Fremont @ Layton
Syracuse @ Weber

Tuesday, March 11

BOYS TENNIS

Syracuse @ Davis
Weber @ Layton
Fremont @ Farmington

Wednesday, March 12

TRACK

Davis/Farmington @ Fremont
Weber/Layton @ Syracuse

Thursday, March 13

BOYS TENNIS

Farmington @ Weber
Davis @ Fremont
Layton @ Syracuse

Wednesday, March 19

TRACK

FARMINGTON SUPER MEET

Thursday, March 20

BOYS TENNIS

Davis @ Layton
Farmington @ Syracuse
Fremont @ Weber

GIRLS GOLF

The Bluff -Farmington

Tuesday, March 25

BOYS TENNIS

Syracuse @ Fremont
Weber @ Davis
Layton @ Farmington

Tuesday/Wed, March 25/26

TRACK

Ogden Weber City County
Davis County Championships

Wednesday, March 26

BOYS SOCCER

Syracuse @ Fremont
Weber @ Davis
Layton @ Farmington

Thursday, March 27

BOYS TENNIS

GIRLS LACROSSE

Davis @ Farmington
Fremont @ Layton
Syracuse @ Weber

BOYS VOLLEYBALL

BOYS LACROSSE

Farmington @ Davis
Layton @ Fremont
Weber @ Syracuse

GIRLS GOLF

Remuda - Fremont

Friday, March 28

BOYS SOCCER

Davis @ Farmington
Fremont @ Layton
Syracuse @ Weber

Tuesday, April 8

BASEBALL

SOFTBALL

GIRLS LACROSSE

BOYS TENNIS

Davis @ Syracuse
Layton @ Weber
Farmington @ Fremont

BOYS VOLLEYBALL

BOYS LACROSSE

Syracuse @ Davis
Weber @ Layton
Fremont @ Farmington

Wednesday, April 9

BASEBALL

Syracuse @ Davis
Weber @ Layton
Fremont @ Farmington

BOYS SOCCER

Davis @ Syracuse
Layton @ Weber
Farmington @ Fremont

TRACK

Weber/Syracuse @ Davis
Fremont/Layton @ Farmington

Thursday, April 10

SOFTBALL

GIRLS LACROSSE

BOYS TENNIS

Weber @ Farmington
Fremont @ Davis
Syracuse @ Layton

BOYS VOLLEYBALL

BOYS LACROSSE

Farmington @ Weber
Davis @ Fremont
Layton @ Syracuse

GIRLS GOLF

Davis Park – Davis

Friday, April 11

BASEBALL

Davis @ Syracuse
Layton @ Weber
Farmington @ Fremont

BOYS SOCCER

Weber @ Farmington
Fremont @ Davis
Syracuse @ Layton

Monday, April 14

GIRLS GOLF

THE BARN -Weber

Tuesday, April 15

SOFTBALL

GIRLS LACROSSE

BOYS TENNIS

Layton @ Davis
Syracuse @ Farmington
Weber @ Fremont

BOYS VOLLEYBALL

BOYS LACROSSE

Davis @ Layton
Farmington @ Syracuse
Fremont @ Weber

BASEBALL

Weber @ Farmington
Fremont @ Davis
Syracuse @ Layton

Wednesday, April 16

BASEBALL

Farmington @ Weber
Davis @ Fremont
Layton @ Syracuse

BOYS SOCCER

Layton @ Davis
Syracuse @ Farmington
Weber @ Fremont

TRACK

Farmington/Davis @ Weber
Fremont/Layton @ Syracuse

Thursday, April 17

SOFTBALL

GIRLS LACROSSE

BOYS TENNIS

Fremont @ Syracuse

Davis @ Weber

Farmington @ Layton

BOYS VOLLEYBALL

BOYS LACROSSE

Syracuse @ Fremont

Weber @ Davis

Layton @ Farmington

GIRLS GOLF

Glenn Eagle - Syracuse

Friday, April 18

BASEBALL

Weber @ Farmington

Fremont @ Davis

Syracuse @ Layton

BOYS SOCCER

Fremont @ Syracuse

Davis @ Weber

Farmington @ Layton

Tuesday, April 22

SOFTBALL

GIRLS LACROSSE

BOYS TENNIS

Farmington @ Davis

Layton @ Fremont

Weber @ Syracuse

BOYS VOLLEYBALL

BOYS LACROSSE

Davis @ Farmington

Fremont @ Layton

Syracuse @ Weber

BASEBALL

Layton @ Davis

Syracuse @ Farmington

Weber @ Fremont

Wednesday, April 23

BASEBALL

Davis @ Layton

Farmington @ Syracuse

Fremont @ Weber

BOYS SOCCER

Farmington @ Davis

Layton @ Fremont

Weber @ Syracuse

TRACK

Fremont/Davis @ Layton

Farmington/Syracuse @ Weber

Thursday, April 24

SOFTBALL

GIRLS LACROSSE

Syracuse @ Davis
Weber @ Layton
Fremont @ Farmington

IRLS GOLF (ENDS)

Valley View - Layton

BOYS VOLLEYBALL

BOYS LACROSSE

Davis @ Syracuse
Layton @ Weber
Farmington @ Fremont

BOYS TENNIS

REGION TOURNAMENT

Friday, April 25

BASEBALL

Layton @ Davis
Syracuse @ Farmington
Weber @ Fremont

BOYS SOCCER

Syracuse @ Davis
Weber @ Layton
Fremont @ Farmington

BOYS TENNIS (ENDS)

REGION TOURNAMENT

Tuesday, April 29

SOFTBALL

GIRLS LACROSSE

Farmington @ Weber
Davis @ Fremont
Layton @ Syracuse

BOYS VOLLEYBALL

BOYS LACROSSE

Weber @ Farmington
Fremont @ Davis
Syracuse @ Layton

BASEBALL

Fremont @ Syracuse
Davis @ Weber
Farmington @ Layton

Wednesday, April 30

BASEBALL

Syracuse @ Fremont
Weber @ Davis
Layton @ Farmington

BOYS SOCCER

Farmington @ Weber
Davis @ Fremont
Layton @ Syracuse

TRACK (ENDS)

Syracuse / Davis @ Layton
Weber / Fremont @ Farmington

Thursday, May 1

SOFTBALL

GIRLS LACROSSE

Davis @ Layton
Farmington @ Syracuse
Fremont @ Weber

BOYS VOLLEYBALL

BOYS LACROSSE

Layton @ Davis
Syracuse @ Farmington
Weber @ Fremont

Friday, May 2

BASEBALL

Fremont @ Syracuse
Davis @ Weber
Farmington @ Layton

BOYS SOCCER (ENDS)

Davis @ Layton
Farmington @ Syracuse
Fremont @ Weber

Tuesday, May 6

SOFTBALL

***GIRLS LACROSSE* (ENDS)**

Syracuse @ Fremont
Weber @ Davis
Layton @ Farmington

***BOYS VOLLEYBALL* (ENDS)**

***BOYS LACROSSE* (ENDS)**

Fremont @ Syracuse
Davis @ Weber
Farmington @ Layton

BASEBALL

Farmington @ Davis
Layton @ Fremont
Weber @ Syracuse

Wednesday, May 7

BASEBALL

Davis @ Farmington
Fremont @ Layton
Syracuse @ Weber

Thursday, May 8

SOFTBALL

Davis @ Farmington
Fremont @ Layton
Syracuse @ Weber

Friday, May 9

BASEBALL (ENDS)

Farmington @ Davis
Layton @ Fremont
Weber @ Syracuse

OLD REGION TIE BREAKER RULE

1. Tournament entries will be determined by the win/loss record in region (league) play. In the event of a tie between teams/individuals qualified for region/state tournament positions, the seed will be determined by the win/loss record between the teams/individuals involved. If they split, the seed will be determined by head-to-head records against the team/individuals (region play) with the highest finish. If that does not break the tie, success against the next highest finisher will be compared. This process will continue down until the tie is broken. If a tie still exists, then the teams/individuals involved will flip a coin(s) with the winner going as the highest seed. A coin toss will determine subsequent seeding.

Examples:

- A. **Two basketball teams (A & B) tie for second place in region play.** The two teams split during region play and both teams lost twice to the region champion. Team A defeated the fourth-place team twice and team B split with the fourth-place team. Team A would go into the state tournament as the second seed and team B would go to the state tournament as the third seed team.
- B. **Three football teams (A, B & C) tie with identical records for 2nd, 3rd, and 4th place in region play.** The three teams both won one and lost one against each other. None of the teams beat the region champions, but two of the teams (A & B) beat the 5th place team and one team (C) lost to the 5th place team. In head-to-head play team A defeated team B. The order of finish would then be team A 2nd, team B 3rd, and team C 4th.
- C. **Three soccer teams tie for the region championship** with a 10-4 record. In head-to-head games involving the three teams, team A goes 3-1, team B goes 2-2 and team C goes 1-3. Team A will go into the state tournament as 1st, team B will go in as 2nd, and team C goes as 3rd. All three teams will be considered as tri-champions.

2. In the event of any tie that would determine entry or non-entry to the tournament, play-offs will be held.

Examples:

- A. If there is a **tie between two teams with one available tournament slot**, they will play each other at the site of the team that won the head-to-head regular season game(s). If teams split their home-and-home series, results against the highest seeded team(s) will be used to determine the playoff host. A coin flip will be the final option to determine host team.
- B. If there are **three teams tied for one available tournament entry slot** head-to-head will be looked at. The team with the better head-to-head record will get the bye while the other two teams will play in the first game/half. The winner will play the team that had the bye. If the tie can't be broken, then a coin flip will be used with the odd team out receiving the bye. All other sports will play FULL GAMES except for football who will only play halves. The winner of that game will play the bye team in the next full game (except football). The winner of the second game will then get the tournament entry slot.
 - a. Games will be played as a double header. The following sports will play in a double header: Softball, Baseball, and Volleyball. All other sports will play back-to-back days.
- C. If there are **three teams tied for two available spots**, head-to-head among each other will be used to break the tie with the best record getting the #3 seed. The other two seeds will play in for the final playoff spot. If it goes to a coin toss the winner of the coin toss gets the #3 seed while the other two will play for the final spot.

- D. If there are **four teams tied for the final spot**, the four teams will be seeded based on their record against the other three teams. #1 will play #4 and #2 will play #3. The winners of those games will then play each other for the final state position. Games will be played at the higher seed for all of the games.
 - E. If there are **four teams tied for the final 2 spots**
 - a. Head to head will be looked at to determine the 3rd seed and then the other 3 teams will defer to C to get the final playoff spot. IF the tie cannot be broken then go to next level.
 - b. The four teams will be seeded based on their record against the other three teams. #1 will play #4 and #2 will play #3. The winners will get the final 2 spots for the state tournament.
 - F. If **ties can't be broken** by using head to head or using top to bottom in region, the coin flip will be used.
3. A coaches (A.D./Principals) meeting will be held a week before the last season game for those schools affected by a possible tie or ties.