

REGION 10

Activities Handbook

2023-24



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Disclosure Statement

A local school board shall require the development of activity disclosure statements for each school-sponsored group, club or program which involves students and faculty in grades 9 through 12 in contests, performances, events or other activities that require them to miss normal class time or take place outside regular school time.

The activity disclosure statements shall be disseminated to the students desiring involvement in the specific activity or to the students' parents or legal guardians or to both students and their parents.

An activity disclosure statement shall contain the following information:

- The specific name of the club, team, group or activity
- The maximum number of students involved
- Whether or not tryouts are used to select students, specifying date and time requirements for tryouts, if applicable
- Beginning and ending dates of the activity
- A tentative schedule of the events, performances, games or the other activities with dates, times and places specified if available
- If applicable, designation of any non-season events or activities, including an indication of the status, required; expected, suggested or optional, with the dates, times and places specified if available
- Personal costs associated with the activity
- The name of the school employee responsible for the activity
- Any additional information considered important for the students and parents to know

Policies and Procedures for Athletic Contests

Administration

- Schools and individuals are subject to sanction by the Region 10 Board of Managers for any misconduct. The Region 10 Board of Managers reserves the right to discipline member schools and/or individuals according to the provisions of the current UHSAA handbook. (See Penalties)
- The principal or designee is responsible for the conduct and control of his/her school. The principal or designee should identify himself/herself to the host school prior to the start of the competition. Schools are advised to have adequate security for certain activities based on the needs of the school.
- Updated contact list of all coaches, administration, AD, etc. will be kept by individual schools and transferred to the Glide App used by Region.

- Failure to abide by Region rules and/or guidelines may result in the offending school, coach or advisor being disciplined. The Region 10 Board of Managers will determine the nature of the discipline. (See Penalties)
- All region schools declare which sports they are going to participate in at the beginning of the school year. No entry will be accepted after the starting of the sport. Unless there are more than 50% of Region 10 schools participating in UHSAA sanctioned activities, the Region will not sponsor that event.

- Moratorium: No practices or games may be scheduled during the officially established moratorium dates. A fine may be assessed to the offending school or directly to the coach if there is a violation as well as reported to the UHSAA. This fine is \$300.00 and is assessed to the coach of the sport in violation.(Reference the UHSAA Calendar for Moratorium Dates)
- The region will not financially support coaches meetings, unless previously approved.
- Individual coaches must contact their AD/Admin or Region Chairperson with specific questions. They can also reach out to the school overseeing the sport, but should not communicate with the region chair directly.

Region Chair Duties:

1. Conduct all meetings pertinent to respective activity.
2. Coordinate and manage all region competitions and tournaments of respective activity.
3. Select (through individual sports policy) and honor respective All-Region teams where applicable.
4. Be a direct liaison to the Region Board of Managers.
5. Be responsible for all awards, trophies, medals, etc. pertinent to respective activity.

Chair Person Assignments:

Activity	School	Email	Chairperson
Baseball	Tooele		
Boys Basketball	Jordan	jason.long@canyonsdistrict.org	Jason Long
Boys Golf	Park City	bedmiston@pcschoools.us	Bob Edmiston
Boys Soccer	Hillcrest	scott.carrell@canyonsdistrict.org	Scott Carrell
Boys Tennis	Murray	jjensen@murrayschools.org	Jon Jensen
Boys Volleyball	Park City		
Cheer	Stansbury	mbrunsdale@tooeleschools.org	Mark Brunsdale
Cross Country	Murray	tgillette@murrayschools.org	Tori Gillette
Debate	Cottonwood	jbrooks@graniteschools.org	Jeremy Brooks
Drama	Cottonwood	jgbates@graniteschools.org	Josh Bates
Drill	Jordan	roberto.jimenez@canyonsdistrict.org	Roberto Jimenez
Football	Stansbury	twilson@tooeleschools.org	Trever Wilson
Girls Basketball	Jordan	kelcey.kemp@canyonsdistrict.org	Kelcey Kemp
Girls Golf	Park City	jweekes@pcschoools.us	Jamie Weekes
Girls Soccer	Hillcrest	scott.carrell@canyonsdistrict.org	Scott Carrell
Girls Tennis	Hillcrest	dina.kohler@canyonsdistrict.org	Dina Kohler
Instrumental Music	Murray	ebird@murrayschools.org	Emily Bird

Softball	Murray	bsmith@murrayschools.org	Quinn Linde/Brady Smith
Swimming	Cottonwood	hsonne@graniteschools.org	Heather Sonne
Track and Field	Hillcrest	dina.kohler@canyonsdistrict.org	Dina Kohler
Vocal Music	Tooele		
Girls Volleyball	Park City	jsheetz@pcschools.us	Jamie Sheetz
Wrestling	Stansbury	cmohler@tooeleschools.org	Charlie Mohler

Supervision at Region Events

- It is the responsibility of the host school to provide adequate general supervision for the activity.
- Visiting schools will provide supervision for football, basketball, and soccer.
- Any school hosting a region tournament or dual competition, for varsity, is responsible for providing adequate administrative supervision of the activity. There must be administrative supervision from the opposing school if there is a sponsored group of students from their school attending the activity.
- School administrators who are present at games agree to take immediate, definitive action towards disruptive or unsportsmanlike students or fans.
- It is the responsibility of the chair of each individual activity to see that region tournaments and meets are planned and well organized with region admission charged where appropriate(See Region Chair Duties)
- Forfeitures are to be approved by the Region 10 Board of Managers. However, during a game the officials have that authority.

Failure to Participate:

The failure of a team to participate in a scheduled contest without prior mutual consent and board approval at all levels, including Basrity, J.V., Sophomore, Etc., will result in a fine of \$100.00 payable to the Region Board plus reimbursement for the cost of any officials.

Number of Games:

Teams which exceed the number of games allowed in any season will forfeit from their region schedule the number of games exceeding the limit, beginning with game number one and proceeding on until the excess number is equaled. The Region Board of Managers may impose a fine or written reprimand for first infractions of this policy. The Region Board of Managers may

also impose suspensions if warranted. These instances will be handled by the Region Board of Managers case by case. It is the duty of the member school to notify the Region Board of Managers when this infraction has occurred. (See Penalties)

Penalties:

Region 10 upon having knowledge of an infraction of a rule or policy in assessing penalties may initiate action. Region 10 Board of Managers may consider any of the following:

1. Forfeiture of contests of rules violations, etc.
2. Reprimand by official letter to individual(s) and/or school in regard to the offense committed with a warning to correct the situation(s).
3. Probation of individual(s) and/or school by official letter advising parties of the probationary status and the conditions of probation.
4. Restrictions which would restrict individual(s) and/or school in region, group of state activities.
5. Suspension would result in dropping the school from membership in region activities for a specified time period.
6. Fines to the coach, principal and/or school may be assessed.

All Penalties imposed by the Region 10 Board of Managers are final.

Trophies and Awards:

Baseball

One Region Trophy

Basketball (Boys and Girls)

One Region Trophy each

Cross Country (Boys and Girls)

One Region Meet Trophy each
10 Medals for places

1-10 Certificates for J.V. places
1-10

Drama

Six 4x6 Plaques - Outstanding
Performances in Region

One-Act Plays

100 Individual Superior Ranking
Medals

Drill Team

One Region Trophy
Plaques—1st, 2nd and 3rd place in
each category: dance, military,
and novelty or prop Three drill
down plaques for 1st, 2nd and 3rd
places Certificates for State
Qualifiers

Football

One Region Trophy

Forensics/Debate

One Region Trophy See page
45 for list of other awards

Boys and Girls Golf

One Region Trophy 10
Medals for 12 low
medalists

Music

Certificates for Superior (I)
Ratings in Orchestral, Large
Choir, Madrigals, Solo &
Ensemble, and Jazz Band
Festivals.

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

Soccer (Boys and Girls)

One Region Trophy each

Softball

One Region Trophy

Swimming (Boys and Girls)

One Region Trophy each

Six Medals for places 1st – 6th
individual and 1st and 2nd in
relays

Tennis (Boys and Girls)

One Region Trophy each 28
Medals for girls and 28 Medals for
boys

Medals:

1st – 4th place in 5 categories: 1st
singles; 2nd singles;

3rd singles; 1st doubles; 2nd
doubles

Track (Boys and Girls)

One region Meet Trophy each
Medals for places 1st – 6th
individual and 1st and 2nd relays

Certificates for Sophomore 1st
– 6th places individuals and 1st
place relays

Volleyball

One Region Trophy

Wrestling

One Region Trophy for Dual
Meet

JV Certificates 1st- 4th place,
Supplied by host school

***Divisional takes place of
Region Tournament. Medals
for 1st-8th place provided by
host school & 5A Regions.**

Contest Limitations:

A. Definitions:

1. Contest: Any meet, game or competitive activity (including practices and scrimmages) in which one or more students participate, and at least one of whom is not a member of the student-body or the school sponsored program, counts toward the contest limitations listed below for that activity.

2. Tournament: Competition among four or more schools. B. The following contest limitations apply from the starting date of competition until the first day of the state tournament in each classification. This applies to all levels of competition (i.e., varsity, j.v., sophomore and freshmen). State qualifying tournaments do NOT count in the contest limitation totals for cross country, golf, swimming, tennis, track, wrestling, and speech/debate (see Charity and drill team exceptions below).

3. Baseball: 25 games. Each game played counts as one game.

4. Basketball: 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.

5. Cross Country: 10 meets per individual. The UIAAA Cross Country Meet does not count toward the contest limitations.

6. Drill Team: 3 competitions and a region competition (total of four). The live practicum does not count toward the contest limitations.

7. Football: 9 games. One additional varsity contest is allowed for an approved endowment game but schools may not play alumni teams in a UHSAA endowment game. Each game played counts as one game.

8. Golf: 14 meets.

9. Lacrosse: 16 games. Each game played counts as one game. Each team can attend one tournament where they may choose one of two options: 1) Teams may play tournaments where two regulation-length games count as one (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 (1) of these tournament exemptions in each season.

10. Soccer: 16 games. 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: 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: 14 meets per individual.

13. Tennis: 16 matches per individual. The number of matches 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-day tournament shall count as one match, a two-day tournament shall count as two matches, etc.

14. Track: 12 meets per individual. An individual may participate in no more than eight (8) qualifying meets in addition to the region meet.

15. Volleyball: One of the following three options may be chosen: 16 matches and 0 tournaments; 15 matches and 1 tournament; or 14 matches and 2 tournaments. The following guidelines pertain to the tournaments: no more than 9 total matches in a tournament, no more than 7 matches in a given day; and tournaments may not exceed three days in length. If a region tournament is held it would have to be counted as one of the two tournaments allowed.

16. Wrestling: Each high school team will be able to utilize 16 contact points. Each dual meet will count as one contact point. Each tournament will count as one contact point. Teams will not be able to compete in more than 6 tournaments before the post-season qualifying and state tournaments. Teams may not compete in more than 3 dual meet style tournaments.

17. Music: 3 contests per category.

18. Speech: 10 meets per individual.

Athlete Eligibility

- Eligibility of participating students must follow guidelines of the current UHSAA handbook. Individual districts may add to the guidelines but may not subtract from them.
- Only full time students may be considered eligible to compete in interscholastic competition as deemed by the school district. Exceptions include alternative school eligibility and home/private school student participation.
- Students must earn a minimum of 2.0 GPA in the grading period previous to participation. Students also cannot fail more than one subject in the proceeding grading period.
- To establish academic eligibility for 1st term of a new school year, 4th term grade deficiencies must be made up in the same subject area by attending summer school, night school or by any other method acceptable to and by the deadline prior to the 1st term of the preceding year and shown on the student's transcript.

- During the school year (2nd, 3rd and 4th terms), make up can only be done during the next quarter. For example, a student who fails multiple classes 1st term cannot do alternative school to make up the class and become eligible prior to the end of 2nd term.
- Eligibility will be determined on the day grades are posted.
- An Incomplete (I), no grade (NG), and no credits (NC) are considered failures (F) until made up.

Activity guidelines

- For all varsity events, the host school will provide someone to meet the bus and direct the visiting team to the locker room. Schools should also inform bus drivers where visiting team buses are to park. Dressing rooms should be appropriately prepared for visiting teams with a clean area, lockers, showers, taping tables and whiteboard. A key or a representative with a key will be provided for the visiting team for access to the dressing room. If a key is issued, the visiting team must return it to the head coach or athletic director of the host school before departure.
- All students are expected to respect the facilities of the host school. Facilities will be opened to visiting schools one hour prior to the event start time. Flexibility is requested due to the distances we travel within the region. Visiting teams should quickly leave the court and field after each contest.
- Visiting Teams should respect the host school and stay in assigned areas. Please do not wander the halls and other areas.
- All schools must provide their own towels. Mat towels and first aid materials must be provided by the host school.
- All schools are responsible to bring their own locks and/or means of securing valuables. It is not the host school's responsibility to secure valuables. **Students are urged not to take excessive amounts of valuables with them in order to avoid potential problems.**
- All schools are expected to provide competent or adult scores, timers, chain crew for all varsity events. These personnel and all others who assist are officials and not spectators in their behaviors.
- Coaches should supervise locker rooms to ensure the safety, security and proper decorum. All dressing room facilities must be left in a clean and orderly manner. The visiting head coach will check facilities prior to departure of the visiting team and report violations to the host administrators.
- The host schools will provide an area from which to film and/or coach.
- All media needs to get prior approval from the principal or designee before broadcasting an event.
- The home team is responsible for score reporting, specifically MaxPreps.

Prohibitions

- We support the guidelines issued by UHSAA concerning support items, in the state handbook. Drums are to be used only as part of the pep band, before the game, at the end of each quarter, at half-time, and official time-outs.
- No physical contact is allowed between opposing schools' mascots.
- Fans in the student section are not allowed to sit on the front row or stand on the floor in the gymnasium.
- Shirts must be worn at all times.
- The use of laser pointers is forbidden at all region events. The laser pointer will be confiscated and the spectator will be ejected from the event.
- Spectators are not allowed on playing fields or courts at any time, including halftimes and before and between games. After the game, no one will be allowed on the floor or field until visiting teams and officials have safely exited.
- Children under high school age are discouraged from being on the sideline, court or playing field.
- No masks or mask-like paintings are allowed. We need to be able to identify individual students.
- No Cow-Bells, Speaker Phones, Megaphones or noise making machines are allowed at any contest.

Sportsmanship

- Each student body is to exhibit good sportsmanship. The administrators and advisors are, in the interest of proper education, to stress positive sportsmanship and do all in their power to eliminate booing, catcalls or unsportsmanlike behavior.
- Coaches are responsible for the conduct of their athletes. No team or individual activity will be conducted to belittle or humiliate opponents, including violating the warm up area of the opposing team, organized post-game demonstrations on an opponent's floor or field. Infractions will be referred to the Region 10 Board of Managers for appropriate action.
- Racism will not be tolerated by our Region. We will follow the UHSAA policy in regards to discipline for member schools whose students, fans/patrons or players engage in such behavior. The Region 10 Board of Managers expects that if racist or derogatory comments are being made that the host schools administration will stop the contest and make an announcement to the entire student section or crowd that this behavior won't be tolerated. Removal of fans, parents/patrons or players is at the discretion of the host administration/athletic director and should be considered if the situation warrants it.
- A well-planned flag ceremony should be encouraged prior to the start of the event.
- Schools are encouraged to read a sportsmanship statement at all varsity athletic activities (example below):

“Ladies and gentlemen, welcome to _____ High School for
(today’s event). We welcome our guests from _____ and

wish all players good luck in tonight's game. Both schools are members of the Utah High School Activities Association and support the statewide sportsmanship program **Raise-the-Bar**. Tonight's game features the _____ versus _____! The Utah High School Activities Association encourages respect for all fans and participants tonight. Take the time to respect all who are attending and participating in this education-based activity setting. Respect others and expect to receive respect from others. Be inclusive in your behavior and **Do Rowdy Right**. Thank you for your cooperation and enjoy the game."

It is recommended that a flag ceremony/National Anthem be conducted at each event where possible.

* Activity should remain suspended until the flag ceremony is over including ticket and concession sales and entry to the event.

- *Post-game celebrations on the court or field are discouraged in order to avoid conflict and to show respect and positive sportsmanlike conduct.*
- After contests, the visiting team should exit the floor or field immediately.
- Team post-game talks should be held in the locker room (but must be brief), or on the bus. For Football, teams may choose to come out of the locker room at half with all their gear. That way when the contest is over, team meetings can happen on the field, on the visitors side. This decision will be left up to individual schools/teams.
- Defacement or improper behavior may result in sanctions by the Region 10 Board of Managers in accordance with the UHSAA policies and procedures outlined in the current UHSAA handbook.

Scheduling

- A change of time or date of an activity may be affected only through inclement weather or unplayable fields or mutual agreement of **both schools' principals/athletic directors**. The host school must notify the arbiter of the change in time to notify officials.
- In case of calendar scheduling conflicts, region and varsity events take precedence over non-region events, non-varsity and practice in other activities.
- Spring Break Schedule Changes: Must be a mutual agreement of the schools' principals/athletic directors. Changes for spring break must be done before the sports – start date.
- All dates in this handbook are subject to change. Any date changes only require approval by the affected schools and do not need to be approved by the Board of Managers.
- Region schedules will be created with League Scheduler, at random, and given to member schools. There are some sports where League scheduler will not be used due to scheduling issues and region formats.

Officials

- UHSAA arbiter or an approved association will assign officials for league events. Encouragement is given to local qualified people to participate in officiating through their local approved association.
- UHSAA arbiter will be used to assign all VARSITY contests in football, girls' and boys' basketball, girls' and boys' soccer, baseball, softball and wrestling.
- Host schools will arrange for all officials.
- All officials will be paid according to rates established by the UHSAA office.
- Host schools will provide for someone to meet officials and show them to their dressing rooms both before and after any event. Any misconduct of officials, including failure to show up or tardiness, is to be reported to the region chairperson in charge of the involved activity. A detailed report including names and improper conduct shall be submitted in writing to the UHSAA office and to the arbiter involved.

DETERMINATION OF REGION CHAMPIONS AND PLACEMENT FOR STATE TOURNAMENT

Tie-Breaker Rule – The UHSAA RPI ratings will solve the majority of the tie-breaker situations as it relates to state tournament seeding. For those sports not using RPI, an established tie-breaker scenario is found in the sport specific guidelines.

- Ties in win-loss records between teams for first place will result in Region Co-Champions being declared and duplicate trophies will be awarded.
- Sports conducting a region tournament or meet will determine a region champion using established criteria found in the sport specific guidelines.

All Region and Academic All Region Awards

- All Region Awards will follow the guidelines set in the sport specific guidelines
 - MVP's are voted on by the coaches

- Academic All-Region selection will be varsity senior participants with a 3.75 or higher cumulative GPA that have been nominated for Academic All State. Schools will present their own awards. Region 10 Certificates are available for use by the schools.

Appeals Process

- The **Appeals Process** for perceived violations of Region rules, ethics or fairness is as follows:
 - a. Attempts to mutually resolve the issue between the involved schools' representatives.
 - b. Referral to the Region representative over the activity for mediation.
 - c. Referral to the Region Chair to facilitate a Region Board of Managers' resolution or decision.
 - d. If the above steps do not provide satisfactory results as deemed by the Region Board of Managers, UHSAA mediation and support will be sought to give judgment or direction regarding the matter.

Region Events

Schools hosting region events are responsible for all costs associated with the event including the payment of officials and judges. Schools will then submit reimbursement from the region with an itemized invoice detailing the expenses incurred. This will make sure that we are paying vendors and officials promptly.

Default start times for region events are 3:30 PM unless otherwise noted.

Region Revenues

- Region Dues: \$3,500
- Region Activity Admission Fee Schedule:

\$ 7.00 = per ticket including transaction fees

Free = Senior Citizens 62 and over and children 5 and under when accompanied by an adult = free

- Tickets will be sold at varsity football; all levels of volleyball; basketball; wrestling matches and region drill at the above region prices.
- Money for state playoff games will follow state guidelines.
- During region tournaments, all admissions will be by ticket only. Team members, managers, bus drivers, cheerleaders, and coaches will be admitted free into region tournaments. Drill team members and band members will be admitted with a uniform only.
- There will be a limit of 50 Region Activity passes issued to each school. The region chair should give region passes to the district administration, transportation department, junior high principals, maintenance department and others deemed necessary.
- Student Government Officers with sweater or jacket with ID will be allowed into region contests free.

Baseball

Games will be played on Tuesdays, Wednesdays, and Fridays

Tuesdays will be a Varsity/ JV DH at Team #1

Wednesdays will be a Varsity game at Team #2 and a Frosh DH at Team #1
(Varsity could start at 4:00 PM)

Fridays will be a Varsity/ JV DH at Team #1

In the 2nd year of the region, we would switch it so Team #2 will be the host site for 2 of the 3 varsity games

All Region Team will be based on the following:

1. All Region 1st Team – 1st place team would get 4 picks (including the MVP); 2nd place team – 3 picks; 3rd place – 2 picks; 4th-6th place teams would get 1 pick each
2. All Region 2nd Team – each school would get 2 picks
3. Honorable Mention – each school would get 2 picks

Academic All-Region: Any SENIOR player with a cumulative GPA of 3.75 or higher will be named academic All-Region.

Baseball Schedule 2023-2024

Basketball (Boys and Girls)

Region Chairs:

Boys Basketball - Jason Long, Jordan High, jason.long@canyonsdistrict.org / 801.856.2434

Girls Basketball - Kelcey Kemp, Jordan High, kelcey.kemp@canyonsdistrict.org / 801.557.9199

Gameday expectations:

- 20 min warm-up for Varsity
- 15 min warm-up for sub varsity games;
- Home Team provides water
- Home team must provide white board in visitor locker room

All-Region Team selection process

- All teams will submit up to 3 nominations to Region Chairs
- Region Chairs will create a ballot and send to coaches for voting
- Coaches will vote for 10 student athletes, ranked. Top choice will receive 10 points and so on, the 10th choice will receive 1 point. Coaches will not vote for their own players.
- Top Vote Getter will be named Region MVP
- Next 5 student athletes will be named All-Region 10 1st Team
- Next 5 student athletes will be named All-Region 10 2nd Team
- Any remaining student athletes that were nominated will be named Honorable Mention

Academic All-Region

- Any **senior, varsity eligible** player with a cumulative GPA of 3.75 or higher will be named academic All-Region.

Schedule Notes (Team-by-Team Schedules Available below)

- UHSAA has changed the 4A 1st Contest Date to November 14, 2023
- Last Contest Date is Feb 16, 2024
- State Tournament Bracket Reveal - Feb 17 @ 9:00 AM
- State Tournament: First Round Feb 21 @ Home Sites / Second Round Feb 23 @ Home Sites
- State Tournament will be at UVU: Feb 26-28 at Utah Valley University UCCU Center
- Hillcrest, Jordan, Murray, and Park City will play at the same site/same night when they play each other. (Tue/Fri)
- All games involving Cottonwood, Stansbury, or Tooele will follow the Tue/Thu or Wed/Fri schedule.
- Region Schedule: Nights and Times will flip for 2024-2025 schedule.

Dec 19 - Jan 26

- Boys will play Tue/Thu at 7:00 PM OR
- Boys will play at 5:30 PM in case of same site/same night
- Girls will play Wed/Fri at 7:00 PM OR
- Girls will play at 7:00 PM in case of same site/same night

Jan 30 - Feb 16

- Boys will play Wed/Fri at 7:00 PM OR
- Boys will play at 7:00 PM in case of same site/same night
- Girls will play Tue/Thu at 7:00 PM OR
- Girls will play at 5:30 PM in case of same site/same night

- Game Times: (note: Same Site/Same Night will be responsible to schedule their own freshman games with one another)

Same Site/Same Night - Dec 19, '23 - Jan 26, '24

Main Gym	Aux Gym
4:00 PM - JV Boys	Soph Girls
5:30 PM - Varsity Boys	JV Girls
7:00 PM - Varsity Girls	Soph Boys

Same Site / Same Night - Jan 30 - Feb 16, 2024

Main Gym	Aux Gym
4:00 PM - JV Girls	Soph Boys
5:30 PM - Varsity Girls	JV Boys
7:00 PM - Varsity Boys	Soph Girl

Standard Times

Main Gym	Aux Gym
4:00 PM - Sophomore	n/a
5:30 PM - JV	Freshman
7:00 PM - Varsity	

Team-by-Team Schedule Dates,

- Times are listed for Varsity
- **Home Games are in Bold**
- *Indicates Same Site/Same Night

Cottonwood Colts

Boys

Tue Dec 19 @ Jordan, 7:00 PM
Thu Jan 4 vs Murray, 7:00 PM
Tue Jan 9 vs Tooele, 7:00 PM
Thu Jan 11 @ Hillcrest, 7:00 PM
Tue Jan 16 - BYE
Thu Jan 18 vs Stansbury, 7:00 PM
Tue Jan 23 @ Park City, 7:00 PM
Thu Jan 25 vs Jordan, 7:00 PM

Wed Jan 31 @ Murray, 7:00 PM
Fri Feb 2 @ Tooele, 7:00 PM
Wed Feb 7 vs Hillcrest, 7:00 PM
Fri Feb 9- BYE
Wed Feb 14 @ Stansbury, 7:00 PM
Fri Feb 16 vs Park City, 7:00 PM

Girls

Wed Dec 20 @ Jordan, 7:00 PM
Fri Jan 5 vs Murray, 7:00 PM
Wed Jan 10 vs Tooele, 7:00 PM
Fri, Jan 12 @ Hillcrest, 7:00 PM
Wed Jan 17 - BYE
Fri Jan 19 vs Stansbury, 7:00 PM
Wed Jan 24 @ Park City, 7:00 PM
Fri Jan 26 vs Jordan, 7:00 PM

Tue Jan 30 @ Murray, 7:00 PM
Thu Feb 1 @ Tooele, 7:00 PM
Tue Feb 6 vs Hillcrest, 7:00 PM
Thu Feb 8 - BYE
Tue Feb 13 @ Stansbury, 7:00 PM
Thu Feb 15 vs Park City, 7:00 PM

Hillcrest Huskies

Boys

Tue Dec 19 vs Stansbury, 7:00 PM
*Fri Jan 5 @ Park City, 5:30 PM
*Tue Jan 9 @ Jordan, 5:30 PM
Thu Jan 11 vs Cottonwood, 7:00 PM
Tue Jan 16 @ Tooele, 7:00 PM
***Fri Jan 19 vs Murray, 5:30 PM**
Tue Jan 23 - BYE
Thu Jan 25 @ Stansbury, 7:00 PM

*Tue Jan 30 vs Park City, 7:00 PM
***Fri Feb 2 vs Jordan, 7:00 PM**
Wed Feb 7 @ Cottonwood, 7:00 PM
Fri Feb 9 vs Tooele, 7:00 PM
*Tue Feb 13 @ Murray, 7:00 PM
Fri Feb 16 - BYE

Girls

Wed Dec 20 vs Stansbury, 7:00 PM
*Fri Jan 5 @ Park City, 7:00 PM
*Tue Jan 9 @ Jordan, 7:00 PM
Fri Jan 12 vs Cottonwood, 7:00 PM
Wed Jan 17 @ Tooele, 7:00 PM
***Fri Jan 19 vs Murray, 7:00 PM**
Wed Jan 24 - BYE
Fri Jan 26 @ Stansbury, 7:00 PM

*Tue Jan 30 vs Park City, 5:30 PM
***Fri Feb 2 vs Jordan, 5:30 PM**
Tue Feb 6 @ Cottonwood, 7:00 PM
Thu Feb 9 vs Tooele, 7:00 PM
*Tue Feb 13 @ Murray, 5:30 PM
Fri Feb 16 - BYE

Team-by-Team Schedule Dates,

- Times are listed for Varsity
- **Home Games are in Bold**
- *Indicates Same Site/Same Night

Jordan Beetdiggers

Boys

Tue Dec 19 vs Cottonwood, 7:00 PM

Thu Jan 4 @ Tooele, 7:00 PM

***Tue Jan 9 vs Hillcrest, 5:30 PM**

Thu Jan 11 - BYE

Tue Jan 16 @ Stansbury, 7:00 PM

***Fri Jan 19 vs Park City, 5:30 PM**

*Tue Jan 23 @ Murray, 5:30 PM

Thu Jan 25 @ Cottonwood, 7:00 PM

Wed Jan 31 vs Tooele, 7:00 PM

*Fri Feb 2 @ Hillcrest, 7:00 PM

Wed Feb 7 vs - BYE

Fri Feb 9 vs Stansbury, 7:00 PM

*Tue Feb 13 @ Park City, 7:00 PM

***Fri Feb 16 vs Murray, 7:00 PM**

Girls

Wed Dec 20 vs Cottonwood, 7:00 PM

Fri Jan 5 @ Tooele, 7:00 PM

***Tue Jan 9 vs Hillcrest, 7:00 PM**

Fri Jan 12 - BYE

Wed Jan 17 @ Stansbury, 7:00 PM

***Fri Jan 19 vs Park City, 7:00 PM**

*Tue Jan 23 @ Murray, 7:00 PM

Fri Jan 26 @ Cottonwood, 7:00 PM

Tue Jan 30 vs Tooele, 7:00 PM

*Fri Feb 2 @ Hillcrest, 5:30 PM

Tue Feb 6 - BYE

Thu Feb 8 vs Stansbury, 7:00 PM

*Tue Feb 13 @ Park City, 5:30 PM

***Fri Feb 16 vs Murray, 5:30 PM**

Murray Spartans

Boys

Tue Dec 19 - BYE

Thu Jan 4 @ Cottonwood, 7:00 PM

Tue Jan 9 vs Stansbury, 7:00 PM

Thu Jan 11 @ Tooele, 7:00 PM

***Tue Jan 16 vs Park City, 5:30 PM**

*Fri Jan 19 @ Hillcrest, 5:30 PM

***Tue Jan 23 vs Jordan, 5:30 PM**

Thu Jan 25 - BYE

Wed Jan 31 vs Cottonwood, 7:00 PM

Fri Feb 2 @ Stansbury, 7:00 PM

Wed Feb 7 vs Tooele, 7:00 PM

*Fri Feb 9 @ Park City, 7:00 PM

***Tue Feb 13 vs Hillcrest, 7:00 PM**

*Fri Feb 16 @ Jordan, 7:00 PM

Girls

Wed Dec 20 - BYE

Fri Jan 5 @ Cottonwood, 7:00 PM

Wed Jan 10 vs Stansbury, 7:00 PM

Fri Jan 12 @ Tooele, 7:00 PM

***Tue Jan 16 vs Park City, 7:00 PM**

*Fri Jan 19 @ Hillcrest, 7:00 PM

***Tue Jan 23 vs Jordan, 7:00 PM**

Fri Jan 26 - BYE

Tue Jan 30 vs Cottonwood, 7:00 PM

Thu Feb 1 @ Stansbury, 7:00 PM

Tue Feb 6 vs Tooele, 7:00 PM

*Fri Feb 9 @ Park City, 5:30 PM

***Tue Feb 13 vs Hillcrest, 5:30 PM**

*Fri Feb 16 @ Jordan, 5:30 PM

Team-by-Team Schedule Dates,

- Times are listed for Varsity
- **Home Games are in Bold**
- *Indicates Same Site/Same Night

Park City Miners

Boys

Tue Dec 19 vs Tooele, 7:00 PM
***Fri Jan 5 vs Hillcrest, 5:30 PM**
Tue Jan 9 - BYE
Thu Jan 11 @ Stansbury, 7:00 PM
***Tue Jan 16 @ Murray, 5:30 PM**
***Fri Jan 19 @ Jordan, 5:30 PM**
Tue Jan 23 vs Cottonwood, 7:00 PM
Thu Jan 25 @ Tooele, 7:00 PM

*Tue Jan 30 @ Hillcrest, 7:00 PM
Fri Feb 2 - BYE
Wed Feb 7 vs Stansbury, 7:00 PM
***Fri Feb 9 vs Murray, 7:00 PM**
***Tue Feb 13 vs Jordan, 7:00 PM**
Fri Feb 16 @ Cottonwood, 7:00 PM

Girls

Wed Dec 20 vs Tooele, 7:00 PM
***Fri Jan 5 vs Hillcrest, 7:00 PM**
Wed Jan 10 - BYE
Fri Jan 12 @ Stansbury, 7:00 PM
***Tue Jan 16 @ Murray, 7:00 PM**
***Fri Jan 19 @ Jordan, 7:00 PM**
Wed Jan 24 vs Cottonwood, 7:00 PM
Fri Jan 26 @ Tooele, 7:00 PM

*Tue Jan 30 @ Hillcrest, 5:30 PM
Thu Feb 2 - BYE
Tue Feb 6 vs Stansbury, 7:00 PM
***Fri Feb 9 vs Murray, 5:30 PM**
***Tue Feb 13 vs Jordan, 5:30 PM**
Thu Feb 15 @ Cottonwood, 7:00 PM

Stansbury Stallions

Boys

Tue Dec 19 @ Hillcrest, 7:00 PM
Thu Jan 4 - BYE
Tue Jan 9 @ Murray, 7:00 PM
Thu Jan 11 vs Park City, 7:00 PM
Tue Jan 16 vs Jordan, 7:00 PM
Thu Jan 18 @ Cottonwood, 7:00 PM
Tue Jan 23 vs Tooele, 7:00 PM
Thu Jan 25 vs Hillcrest, 7:00 PM

Wed Jan 31 - BYE
Fri Feb 2 vs Murray, 7:00 PM
Wed Feb 7 @ Park City, 7:00 PM
Fri Feb 9 @ Jordan, 7:00 PM
Wed Feb 14 vs Cottonwood, 7:00 PM
Fri Feb 16 @ Tooele, 7:00 PM

Girls

Wed Dec 20 @ Hillcrest, 7:00 PM
Fri Jan 5 - BYE
Wed Jan 10 @ Murray, 7:00 PM
Fri Jan 12 vs Park City, 7:00 PM
Wed Jan 17 vs Jordan, 7:00 PM
Fri Jan 19 @ Cottonwood, 7:00 PM
Wed Jan 24 vs Tooele, 7:00 PM
Fri Jan 26 vs Hillcrest, 7:00 PM

Tue Jan 30 - BYE
Thu Feb 1 vs Murray, 7:00 PM
Tue Feb 6 @ Park City, 7:00 PM
Thu Feb 8 @ Jordan, 7:00 PM
Tue Feb 13 vs Cottonwood, 7:00 PM
Thu Feb 15 @ Tooele, 7:00 PM

Team-by-Team Schedule Dates,

- Times are listed for Varsity
- **Home Games are in Bold**
- *Indicates Same Site/Same Night

Tooele Buffaloes

Boys

Tue Dec 19 @ Park City, 7:00 PM
Thu Jan 4 vs Jordan, 7:00 PM
Tue Jan 9 @ Cottonwood, 7:00 PM
Thu Jan 11 vs Murray, 7:00 PM
Tue Jan 16 vs Hillcrest, 7:00 PM
Thu Jan 18 - BYE
Tue Jan 23 @ Stansbury, 7:00 PM
Thu Jan 25 vs Park City, 7:00 PM

Wed Jan 31 @ Jordan, 7:00 PM
Fri Feb 2 vs Cottonwood, 7:00 PM
Wed Feb 7 @ Murray, 7:00 PM
Fri Feb 9 @ Hillcrest, 7:00 PM
Wed Feb 14 - BYE
Fri Feb 16 vs Stansbury, 7:00 PM

Girls

Wed Dec 20 @ Park City, 7:00 PM
Fri Jan 5 vs Jordan, 7:00 PM
Wed Jan 10 @ Cottonwood, 7:00 PM
Fri Jan 12 vs Murray, 7:00 PM
Wed Jan 17 vs Hillcrest, 7:00 PM
Fri Jan 19 - BYE
Wed Jan 24 @ Stansbury, 7:00 PM
Fri Jan 26 vs Park City, 7:00 PM

Tue Jan 30 @ Jordan, 7:00 PM
Thu Feb 1 vs Cottonwood, 7:00 PM
Tue Feb 6 @ Murray, 7:00 PM
Thu Feb 8 @ Hillcrest, 7:00 PM
Tue Feb 13 - BYE
Thu Feb 15 vs Stansbury, 7:00 PM

Gameday expectations:

- 20 min warm-up for Varsity
- 15 min warm-up for sub varsity games;
- Home Team provides water
- Home team must provide white board in visitor locker room

All-Region Team selection process

- All teams will submit up to 3 nominations to Region Chairs
- Region Chairs will create a ballot and send to coaches for voting
- Coaches will vote for 10 student athletes, ranked. Top choice will receive 10 points and so on, the 10th choice will receive 1 point. Coaches will not vote for their own players.
- Top Vote Getter will be named Region MVP
- Next 5 student athletes will be named All-Region 10 1st Team
- Next 5 student athletes will be named All-Region 10 2nd Team
- Any remaining student athletes that were nominated will be named Honorable Mention

Academic All-Region

- Any **senior, varsity eligible** player with a cumulative GPA of 3.75 or higher will be named academic All-Region.

Cheer/Drill/Band

- Drill team members and cheerleaders in uniform with advisors will be admitted to the game without charge. Each group must have an advisor present during performances.
- Placement of Pep Squad, Cheerleaders and Drill Team and visiting fans is at the discretion of the host school. Schools should locate the cheerleaders in the safest, most practical areas of the court side. Shared time on the court needs to be coordinated between Captains prior to games. Cheerleaders may not be in the foul lanes extended under the basket and should stand outside the extended lines.
- Maximum number of cheerleaders(on the floor) for certain sports:
 - Basketball = 12
 - Volleyball = 8
 - Wrestling = 8
- There are to be **NO** derogatory/obscene signs or cheers. Region 10 supports cheering for your own team and not against the opposing team. No singling out individuals or heckling, etc., (including parents, referees, players, etc). Only constructive, positive signs and posters may be used.
- Megaphones are to be used only by official cheerleaders for communication with cheering sections **only** in football. There will not be megaphones allowed in the gymnasium during competition.
- Cheerleaders are to cheer only positive cheers during free throw shooting.
- Drill teams will not expect to march at visiting schools unless invited or by mutual agreement with the host school.
- Only cheerleaders are allowed on the court or field for cheers, activities or demonstrations unless specifically sponsored by the host school administration.
- Cheerleaders will observe all state or district guidelines for pyramids and stunting.
- Football half-time: Performing groups have ten (10) minutes which includes time to get on and off the field. Exceptions can be made by mutual agreement for special occasions.
- Basketball half-time: Maximum of seven (7) minutes for half-time entertainment which includes time to get on and off the floor. Exceptions can be made by mutual agreement for special occasions.
- Pep band will be provided by the host school only. Exceptions by mutual agreement. During basketball games, pep bands are to play during regulation time-outs, quarters and half-time only. An advisor must always be present if a band is to perform. Drums are to play only as part of the pep band or as accompaniment to a cheer by the cheerleaders.
- Host school will provide all music which includes, but is not limited to: pre-game, time outs, inning breaks, walk up music, etc. Visiting team will not bring music without prior approval.

Cross Country

Meets will start at 4pm unless otherwise noted.

- Hosting schools will have a designated team location for teams and restrooms readily available.
- Host schools will upload times into Athletic.net

Awards:

- Top 10 individual Awards Varsity for both boys and girls (medals)
- Schools can provide JV medals
- Trophy for team region champions for both boys and girls
- All region teams: First team is 1-7. Second team 8-14. (Might change this to first team 1-10, second team 11-20).

Region Tournament Criteria:

- 7 athletes in Varsity
- Everyone else will run JV

Placements at Divisionals determine your qualifying for the state championship race.

Cross Country Important dates:

Pre-State Meet Wednesday September 13, and Thursday September 14, 2023 (RAC)

Regional Athletic Complex, Rose Park, Utah

2280 N Rose Park Ln, Salt Lake City, UT 84116

(Schedule will be sent out as soon as it is known)

3 Region 10 Friday September 29, 2023, 8:00am)

Cottonwood Complex

4500 S 1300 E, Murray, UT 84117

Times are subject to change depending on how many other regions will run on the same day.

Time 8:00am Coaches Meeting

Time 8:30am Girls JV Race

Time 9:00am Boys JV Race

Time 9:30am Girls Varsity Race

Time 10:00am Boys Varsity Race

Time 10:45am Awards

**2023 Divisional Tuesday October 10 lakeside Park Orem, Utah. 400 S 1850 W, Orem, UT
84058**

JV meet. Murray PARK October 17th. Time TBD

**2023 Tues. 24th Oct. State XC Meet (RAC) Regional Athletic Complex, Rose Park, Utah
2280 N Rose Park Ln, Salt Lake City, UT 84116
(Schedule will be sent out as soon as it is known)**

Debate

Drama (Theater)

Region One-Acts - March 21st at Jordan High School - All Day

Region IEs - March 22nd at Stansbury High School - After school

Region Awards:

Festival Play: Seven plaques for “Outstanding Performance” will be awarded to performers.

Sweepstakes: 1st place and 2nd place region trophies will be provided. And a 3rd place plaque will be provided.

One-Act Plays: Three Plaques will be awarded. 1st place, 2nd place, 3rd place.

Individual Events: Medals will be given to the top three places in each individual event.

Contemporary Scenes: 9 medals

Classical Scenes: 9 medals

Pantomime: 6 medals

Musical Theatre: 12 medals

Dramatic Monologues: 3 medals

Humorous Monologues: 3 medals

Pantomime, and Musical Theatre may have more than one person in their event win.

Three certificates for 1st place, 2nd place, and 3rd place will be ordered in case more than one student wins.

Musical Theatre has the possibility of four winners per category. Each certificate will say the following information:

Contemporary Scenes – 1st, 2nd, and 3rd place

Classical Scenes – 1st, 2nd, and 3rd place

Pantomime – 1st, 2nd, and 3rd place

Musical Theatre – 1st, 2nd, and 3rd place

Dramatic Monologues – 1st, 2nd, and 3rd place

Humorous Monologues – 1st, 2nd, and 3rd place

Drill

Categories: Military-Dance-Show

- All Team Sports Moratorium July 4th-July 10th
- August 28th- Drill Team Competition Director Training 7:30-8:30am
- August 28th Drill Team Drill Judges Clinic (UHSAA)
- *September 11th Drill Team Drill Coaches' Rules Clinic*
- November 1st First Contest Allowed
- November 19th Drill Team Roster on Registermyathlete.com
- January 15th, 2024-Marking of the Floor @ Murray High School
- January 21st - Region Practice at Murray High School for Region Competition (morning)
- January 20th, 2024 12:00pm Region 10 Competition. Murray High School
- Feb. 1st & 2nd Drill State @ UVU

All-Region Team selection process:

- Each Team may select 3 team members per school

All-Region Academic:

- Senior Athletes with a GPA Average of 3.75 or higher.

Region Awards:

- Plaque for each first place team winners for each Category
- 1st - 3rd medals for drill down winners
- 1st Place Trophy for Region Champions

Football

Varsity: 7:00 PM

JV: 4:00 and Freshmen (Sophomore): 6:00 – Day before the Varsity, opposite site.

- 1. Home team wears dark jerseys, the visiting team wears light jerseys (all levels).**
- 2. All schools are required to use adults on chain and down markers (Varsity only).**
- 3. The host school should extend the same courtesy to the visiting film crew as to its own film crew.**
- 4. Use only one-person filming, and no video filming of future opponents will be allowed at Varsity, Junior Varsity, or sophomore games.**
- 5. It is the responsibility of the home team school to keep the sidelines clear.**
- 6. Home team is responsible for emergency medical care.**
- 7. Head coaches will arrange to exchange the two most recent films on Hudl. The home school will be responsible to initiate the exchange, and the exchange should be made no later than 7:00 am the following day. Films to be exchanged in Region 10 will be filmed by a responsible person to ensure quality. The tape must include: Pre-snap set wide angle, zoom to no tighter than defensive front (including all linebackers) and offensive front (including QB and tight ends, tight wings or slots). Before each down, the film should show down box and chain. Scoreboard by quarter and after each scoring play. Film all plays.**
- 8. Varsity home school is to provide dressing secure facilities for the visiting school. Chalkboard/Whiteboard will be available. Home school will clear the visiting locker room one and one-half hour before games and provide a guide for the visiting team, i.e., meet bus, show locker room, etc. (Junior Varsity and Freshmen will dress at their own school, but when conditions get bad, may need a locker room at half-time). Teams will exit the facility quickly at the conclusion of the games.**
- 9. Visiting team spotters/coaches must remain in the designated visitors box, unless an alternative location is provided by the home team.**
- 10. Region Trophy to first place in regular region play.**

All-Region voting – Stats used from Region Games only.

- 1. First place team: 8 players for all region**
- 2. Second place team: 7 players for all region**
- 3. Third place team: 6 players for all region**
- 4. Fourth place team: 5 players for all region**

5. **Fifth place team: 4 players for all region**
6. **Sixth place team: 3 players for all region**
7. **Seventh place team: 2 players for all region**

Each team will also choose 4 second team athletes and 4 honorable mention athletes.

Coaches will vote on the following all region players

1. **Special Teams**
2. **Offensive Lineman**
3. **Defensive Lineman**
4. **Offensive Player**
5. **Defensive Player**
6. **Region MVP**

Football Schedule 2023-2024

Stansbury High School (2023-24)

Football, Boys Varsity

Games

Fri 9/1/2023	Stansbury High School @ Cottonwood High School	Park City High School @ Hillcrest High School - UT	Murray High School @ Jordan High School	Bye Tooele High School
Fri 9/8/2023	Cottonwood High School @ Tooele High School	Jordan High School @ Stansbury High School	Murray High School @ Park City High School	Bye Hillcrest High School - UT
Fri 9/15/2023	Tooele High School @ Hillcrest High School - UT	Cottonwood High School @ Jordan High School	Stansbury High School @ Park City High School	Bye Murray High School
Fri 9/22/2023	Jordan High School @ Tooele High School	Hillcrest High School - UT @ Murray High School	Park City High School @ Cottonwood High School	Bye Stansbury High School
Fri 9/29/2023	Tooele High School @ Murray High School	Jordan High School @ Park City High School	Hillcrest High School - UT @ Stansbury High School	Bye Cottonwood High School
Thu 10/5/2023	Park City High School @ Tooele High School	Stansbury High School @ Murray High School	Cottonwood High School @ Hillcrest High School - UT	Bye Jordan High School
Wed 10/11/2023	Tooele High School @ Stansbury High School	Murray High School @ Cottonwood High School	Hillcrest High School - UT @ Jordan High School	Bye Park City High School

Season End = Oct 13

Golf (Boys and Girls)

Region 10 Boys Golf

Host Murray Wed. August 16 th (SQ) Meadowbrook GC 8:00 am Shotgun
Host Hillcrest Wed. August 23 rd (SQ) Riveroaks GC 8:30 am Shotgun
Host Tooele Tues. August 29 th (SQ) Oquirrh Hills GC 8:00 am Shotgun *
Host Cottonwood Wed. September 6 th (SQ) Murray Parkway GC 8:00 am Shotgun
Host Park City Thur. September 14 th Park City GC 9:00 am Shotgun
Host Jordan Wed. September 20 th (SQ) Mt View 8:00 am Shotgun
Host Stansbury Wed. September 27 th Overlake 9:00 am Shotgun (tentative)
Region Championship Mon. October 2 nd (SQ) The Ridge GC 8:00 am Shotgun
State Championship October 11 th and 12 th The Ridge GC

SQ =State-Qualifying Tournaments

* 8 Varsity 4 JV

Optional - JV Duels: Schedule on Tues. or Thurs. *Home Team First

Week 1 Bye Park City August 15th

Hillcrest vs Murray

Tooele vs Jordan

Cottonwood vs Stansbury

Week 2 Bye Murray August 22nd

Hillcrest vs Tooele

Stansbury vs Jordan

Cottonwood vs Park City

Week 3 Bye Cottonwood August 29th

Murray vs Park City

Hillcrest vs Jordan

Stansbury vs Tooele

Week 4 Bye Stansbury September 5th

Jordan vs Murray

Park City vs Hillcrest

Tooele vs Cottonwood

Week 5 Bye Hillcrest September 12th

Park City vs Stansbury

Jordan vs Cottonwood
Tooele vs Murray

Week 6 bye Jordan
Murray vs Stansbury
Cottonwood vs Hillcrest
Park City vs Tooele
September 19th

Week 7 Bye Tooele
Stansbury vs Hillcrest
Jordan vs Park City
Murray vs Cottonwood
September 26th

Region 10 Girls Golf

Host Murray	March 6 th	(SQ) Parkway GC
Host Hillcrest	March 13 th	(SQ) Riverbend GC
Host Stansbury	March 18 th	(SQ) Stansbury Park
Host Tooele	March 20th	(SQ) Oquirrh Hills GC
Host Jordan	April 8th	(SQ) Mt View
Host Cottonwood	April 10 th	(SQ) Meadowbrook GC
Host Park City	April 24th	Park City GC
Region Championship May 1 st TBD		
State Championship May 8 th and 9 th TBD		

Optional - JV Duels: Schedule on Tues. or Thurs. *Home Team First

Week 1 Bye Park City
Hillcrest vs Murray
Tooele vs Jordan
Cottonwood vs Stansbury
March 5th

Week 2 Bye Murray
Hillcrest vs Tooele
Stansbury vs Jordan
Cottonwood vs Park City
March 12th

Week 3 Bye Cottonwood
Murray vs Park City
Hillcrest vs Jordan
Stansbury vs Tooele
March 19th

Week 4 Bye Stansbury **March 26th**
Jordan vs Murray
Park City vs Hillcrest
Tooele vs Cottonwood

Week 5 Bye Hillcrest **April 7th**
Park City vs Stansbury
Jordan vs Cottonwood
Tooele vs Murray

Week 6 bye Jordan **April 12th**
Murray vs Stansbury
Cottonwood vs Hillcrest
Park City vs Tooele

Week 7 Bye Tooele **April 23th**
Stansbury vs Hillcrest
Jordan vs Park City
Murray vs Cottonwood

1. Each team will play eight players the total of the low four scores of those eight will be counted as the team score. After the completion of the final region match the team with the highest cumulative score (see “Scoring” above) will be declared the region champion. In the case of a tie there will be co-region champions. 1st tie breaker- total strokes for team scores during varsity tournaments played. 2nd a coin flip will determine who is entered in 1st place at State

2. Scoring: Points will be awarded to each school based on placing in each Region tournament. The school with the most accumulated points at the end of the season will be the Region VI Champion. Ties split points.

3. Each school will be responsible for green fees for their own players at each match. The host school will be in charge of having scorecards, hole assignments, and any other administrative duties necessary for the match completed before the designated start time.

4. **Region VI Tournament Scoring:**

1st *2ⁿ_d* *3^r_d* *4^t_h* *5^t_h* *6th* *7th*

7 6 5 5 3 2 1

5. The Final 18-Hole Championship:

<i>1st</i>	<i>2nd</i>	<i>3rd</i>	<i>4th</i>	<i>5th</i>	<i>6th</i>	<i>7th</i>
14	12	10	8	6	4	2

6. JV Duel Match Scoring is as follows: Each foursome is competing for 5 total points. There will be 4 foursomes in a match, 8 players per team. Individual Head to Head stroke Play = 1 Point (#1 v #1, #2 v #2, etc.) Individual Match Play = 1 Point (#1 v #1, #2 v #2, etc.) Team Match Play = 1 Point (#1 & #2 v #1 & #2, etc.) In case of a tie, points will be split among the teams.

7. Individual medals will be given to the 10 players with the lowest total score for 18-hole region tournaments played. A player must play in all region varsity events (can drop one low score or miss one) and the Region Championship to be eligible for top 10. All scores in the Region Championship will count (cannot be dropped). Awards will be given to all region medallists.

8. During a Region tournament, if JV players are allowed to complete, the pairings will strictly be JV or Varsity, no JV player will not be grouped or mark/score a Varsity group.

9. Electric carts are not to be used by the players. Exceptions will be made for ADA qualified players on a case by case basis.

10. Coaches are responsible to see that all players are dressed in appropriate golfing attire and comply with local course rules.

11. Play will be governed by USGA and any applicable local rules, UHSAA, and Region VI sportsmanship code.

12. Team shirts are highly recommended.

13. Meets canceled due to unplayable weather will be rescheduled based on course availability.

14. Parents may not give any advice to players while on the golf course. This means to keep a reasonable distance (30 feet) from players and have no private conversations with players during their round.

15. ALL UHSAA Golf Championships (boys and girls) will use a Maximum Stroke Play Scoring System. Contestants will PICK UP after reaching a maximum score of 9 strokes on any hole of a competition.

a. Markers will record a 9 on any hole where the maximum score is scored and then it will be circled on the card for easy identification of that score.

b. All designated or sanction Region Events should also use this scoring system. It will provide consistent and fair qualification for the state competitions and All-State considerations.

c. 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 32 Bogey, "Par and Stableford Competitions". Please review these prior to the start of the golf season.

1 Region Trophy

12 Medals for 12 Low Medalists

MUSIC:

INSTRUMENTAL

1. Adjudicators will be contracted for festivals as follows:

- a. Solo & Ensemble – 10 full-day adjudicators
 - b. Concert Band – 3 full-day adjudicators
 - c. Jazz Band – 3 full-day adjudicators
 - d. Orchestra – 3 full-day adjudicators

2. Each school may submit unlimited qualified entries to the Solo & Ensemble Festival; however, entries should be properly screened through a school-level festival or other vetting process to ensure that they can have a positive experience at the Region Level.

3. All students participating in instrumental music festivals must be members of the school's music program.

4. Regarding Region Jazz Festival – please refer to the UMEA Jazz Policy – <http://umea.us/pdfs/jazzpolicy.pdf>. Region VII will follow the same format/guidelines as the State Jazz Festival.

5. Regarding Region Concert Band Festival – please refer to the UMEA State Band Festival Requirements – <http://umea.us/stband.php> Region VII will follow the same format/guidelines as the State Concert Band Festival.

Region Jazz:

Hillcrest, March 3rd

Instrumental S&E Festival

Tooele, March 17th

Concert Band Festival

Cedar Valley, March 31

Orchestra Festival

Hillcrest, April 27

VOCAL GUIDELINES:

1. Adjudicators will be contracted for festivals as follows:
 - a. Solo & Ensemble – 10 half-day adjudicators or 6-7 full-day
 - b. Chamber Choir – 3 half-day adjudicators
 - c. Large Choir – 3 full-day adjudicators
 - d. Men's and Women's Choir - 3 half-day adjudicators
 - e. Training Choir – 2 half-day adjudicators
2. Each school may submit unlimited qualified entries to the Solo & Ensemble Festival; however, entries should be properly screened through a school-level festival or other vetting process to ensure that they can have a positive experience at the Region Level.
3. All students participating in vocal music festivals must be members of the school's music program.

4. Regarding Choir Festivals – please refer to the UHSAA handbook regarding performance length, group sizes, and other festival guidelines and rules.

Vocal Music Festival Schedule

**Vocal Solo and Ensemble @ Jordan HS
March 5, 2024**

**Training Choir Festival @ Cottonwood
Not a State Qualifier
March 13, 2024**

**Chamber Choir Festival @ Murray
March 18, 2024**

**Large Choir Festival (SATB, Men's and Women's) State Qualifier
Stansbury, April 10, 2024**

Soccer (Boys and Girls)

**Game Start Time (include all levels):
Varsity and JV (3:30/ 5:30)**

**Game day of the week (include all levels):
Girls: Monday and Wednesday
Boys: Wednesday and Friday**

Gameday expectations:

- **Host schools provide water - coaches will communicate any specifics or changes**

Sport Specific Guidelines:

- **Field set up will dictate where teams are set up, same side or opposite sides**
- **Field locations as follows (is it turf or grass):**
 - **Murray High School - Stadium Turf (Boys and Girls)**

Region Qualification Procedures (non-RPI sports/activities):

All-Region Team selection process

- 1. First place team: 4 players plus MVP**
- 2. Second place team: 4 players**
- 3. Third place team: 3 players**
- 4. Fourth place team: 2 players**
- 5. Fifth place team: 1 players**
- 6. Sixth place team: 1 player**
- 7. Seventh Place Team: 1 player**

Each team will choose 2 second team athletes and also 2 honorable mention athletes

- 1. Game Day Expectations:**
 - a. Home team will provide ball “shaggers” during varsity matches**
 - b. Teams choosing to play seniors at the JV level must disclose this prior to the games being played**
 - c. Host school will provide water- coaches will communicate any specifics or changes**
- 2. Sport Specific Guidelines**
 - a. Field set up will dictate where teams/fans sit**
 - i. Soccer field- teams on same side, fans sit directly across**
 - ii. Football Stadium- Teams on opposite sides of field, fans behind teams**
 - b. Field Location and type (Can be moved for Senior Night)**
 - i. Cottonwood. At School**
 - 1. Boys-Grass**
 - 2. Girls- Grass**
 - ii. Park City**
 - 1. Boys at School- Turf**
 - 2. Girls at Park City Sports- Grass**
 - iii. Jordan- At School**
 - 1. Girls- Grass**
 - 2. Boys Turf**
 - iv. Stansbury- At School**
 - 1. Boys- Grass**
 - 2. Girls- Grass**
 - v. Tooele- At School**
 - 1. Boys- Grass**
 - 2. Girls- Grass**
 - vi. Murray- At School**
 - 1. Boys- Turf**
 - 2. Girls- Turf**
 - vii. Hillcrest- At School**
 - 1. Boys- Grass**

2. Girls- Grass

Layton Christian Academy (Boys Only)

Girls Soccer Schedule 2023-2024

Stansbury High School (2023-24)

Soccer, Girls Varsity

Games

Mon 8/14/2023	Jordan High School @ Cottonwood High School	Murray High School @ Tooele High School	Park City High School @ Stansbury High School	Bye Hillcrest High School - UT
Wed 8/16/2023	Hillcrest High School - UT @ Jordan High School	Cottonwood High School @ Park City High School	Tooele High School @ Stansbury High School	Bye Murray High School
Mon 8/21/2023	Murray High School @ Hillcrest High School - UT	Park City High School @ Jordan High School	Tooele High School @ Cottonwood High School	Bye Stansbury High School
Wed 8/23/2023	Hillcrest High School - UT @ Park City High School	Stansbury High School @ Murray High School	Jordan High School @ Tooele High School	Bye Cottonwood High School
Mon 8/28/2023	Stansbury High School @ Hillcrest High School - UT	Tooele High School @ Park City High School	Cottonwood High School @ Murray High School	Bye Jordan High School
Wed 8/30/2023	Hillcrest High School - UT @ Tooele High School	Stansbury High School @ Cottonwood High School	Murray High School @ Jordan High School	Bye Park City High School
Tue 9/5/2023	Cottonwood High School @ Hillcrest High School - UT	Jordan High School @ Stansbury High School	Park City High School @ Murray High School	Bye Tooele High School
Thu 9/7/2023	Cottonwood High School @ Jordan High School	Tooele High School @ Murray High School	Stansbury High School @ Park City High School	Bye Hillcrest High School - UT
Mon 9/11/2023	Jordan High School @ Hillcrest High School - UT	Park City High School @ Cottonwood High School	Stansbury High School @ Tooele High School	Bye Murray High School
Wed 9/13/2023	Hillcrest High School - UT @ Murray High School	Jordan High School @ Park City High School	Cottonwood High School @ Tooele High School	Bye Stansbury High School
Mon 9/18/2023	Park City High School @ Hillcrest High School - UT	Murray High School @ Stansbury High School	Tooele High School @ Jordan High School	Bye Cottonwood High School
Wed 9/20/2023	Hillcrest High School - UT @ Stansbury High School	Park City High School @ Tooele High School	Murray High School @ Cottonwood High School	Bye Jordan High School
Mon 9/25/2023	Tooele High School @ Hillcrest High School - UT	Cottonwood High School @ Stansbury High School	Jordan High School @ Murray High School	Bye Park City High School
Wed 9/27/2023	Hillcrest High School - UT @ Cottonwood High School	Stansbury High School @ Jordan High School	Murray High School @ Park City High School	Bye Tooele High School

Season End = Sept 29th

Boys Soccer Schedule 2023-2024

Stansbury High School (2023-24)

Soccer, Boys Varsity

Games

Wed 3/20/2024	Tooele High School @ Park City High School	Cottonwood High School @ Murray High School	Hillcrest High School - UT @ Jordan High School	Stansbury High School @ Layton Christian Academy
Fri 3/22/2024	Stansbury High School @ Tooele High School	Park City High School @ Hillcrest High School - UT	Murray High School @ Jordan High School	Layton Christian Academy @ Cottonwood High School
Wed 3/27/2024	Cottonwood High School @ Stansbury High School	Hillcrest High School - UT @ Tooele High School	Murray High School @ Park City High School	Jordan High School @ Layton Christian Academy
Fri 3/29/2024	Stansbury High School @ Hillcrest High School - UT	Cottonwood High School @ Jordan High School	Tooele High School @ Murray High School	Park City High School @ Layton Christian Academy
Wed 4/3/2024	Jordan High School @ Stansbury High School	Murray High School @ Hillcrest High School - UT	Park City High School @ Cottonwood High School	Layton Christian Academy @ Tooele High School
Fri 4/5/2024	Stansbury High School @ Murray High School	Jordan High School @ Park City High School	Cottonwood High School @ Tooele High School	Hillcrest High School - UT @ Layton Christian Academy
Wed 4/10/2024	Park City High School @ Stansbury High School	Tooele High School @ Jordan High School	Hillcrest High School - UT @ Cottonwood High School	Layton Christian Academy @ Murray High School
Fri 4/12/2024	Park City High School @ Tooele High School	Murray High School @ Cottonwood High School	Jordan High School @ Hillcrest High School - UT	Layton Christian Academy @ Stansbury High School
Wed 4/17/2024	Tooele High School @ Stansbury High School	Jordan High School @ Murray High School	Hillcrest High School - UT @ Park City High School	Cottonwood High School @ Layton Christian Academy
Fri 4/19/2024	Stansbury High School @ Cottonwood High School	Tooele High School @ Hillcrest High School - UT	Park City High School @ Murray High School	Layton Christian Academy @ Jordan High School
Wed 4/24/2024	Hillcrest High School - UT @ Stansbury High School	Jordan High School @ Cottonwood High School	Murray High School @ Tooele High School	Layton Christian Academy @ Park City High School
Fri 4/26/2024	Stansbury High School @ Jordan High School	Hillcrest High School - UT @ Murray High School	Cottonwood High School @ Park City High School	Tooele High School @ Layton Christian Academy
Wed 5/1/2024	Murray High School @ Stansbury High School	Park City High School @ Jordan High School	Tooele High School @ Cottonwood High School	Layton Christian Academy @ Hillcrest High School - UT
Fri 5/3/2024	Stansbury High School @ Park City High School	Jordan High School @ Tooele High School	Cottonwood High School @ Hillcrest High School - UT	Murray High School @ Layton Christian Academy

May 7th

Softball

Game Start Time (include all levels):

- Varsity: 3:30pm
- JV to follow immediately after
 - 1 ½ hour time limit

Game day of the week (include all levels):

- Tuesday and Friday

Gameday expectations :

- Visiting team will take the field at 3:00pm for infield
- Home team will take the field at 3:15pm for infield
- Please follow Region music guidelines

Sport Specific Guidelines :

- Varsity games are seven (7) inninings
 - Run rule: 15 runs after 3 inning or 10 runs after 5 innings
- If score is tied after 7 innings, international tiebreaker will go into effect
- JV games to follow immediately after varsity games
 - 1 ½ hour time limit. No new inning after 1 ½ hour
 - A team may only score 6 runs per half inning in a JV game
 - Rules for JV play will be agreed upon by the region in order to provide a developmental atmosphere and to accommodate facility conflicts
- Home team is responsible for:
 - An adult scorekeeper
 - Two new game balls
 - Paying for officials
 - Field markings, maintenance, and management
 - Reporting final scores to required media outlets
- Postponed games will follow UHSAA suspended game procedures
 - Home team will call their opponent and officials by noon (12:00pm)
 - Game will be rescheduled on the first available weekday as agreed upon by the involved coaches and approved by the involved principles
 - Priority should be given to region games
 - 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 will be reversed.
- Teams agree to accept all National Federation Rules
- All seniors nominated for Academic All-State will receive Academic All-region (3.75 or higher)
- Senior recognition day will be communicated between the two teams prior to the game.

Region Schedule:

- Coaches need to work together when making changes for spring breaks. All changes need to be approved by involved principals.

All-Region Team selection process:

- MVP needs to be voted on
 - Each school nominate one player with stats
 - Each school gets one vote but cannot vote their own player
 - Send nominations to Scott Carrell at scott.carrell@canyonsdistrict.org by May 11th
- All-Region (1st team and 2nd team)
 - 1st place = 5 players
 - 2nd place = 4 players
 - 3rd place = 3 players
 - 4th place = 2 players
 - 5th-7th place= 1 player

Region Champion Criteria including tiebreaker scenarios -

- One region trophy will be awarded to the first place team. In the event of a tie, we will award trophies to the co-champions.

Softball Schedule 2023-2024

Stansbury High School (2023-24)

Softball, Girls Varsity

Games

Tue 3/12/2024	Cottonwood High School @ Stansbury High School	Hillcrest High School - UT @ Park City High School	Jordan High School @ Murray High School	Bye Tooele High School
Fri 3/15/2024	Tooele High School @ Cottonwood High School	Stansbury High School @ Jordan High School	Park City High School @ Murray High School	Bye Hillcrest High School - UT
Tue 3/19/2024	Hillcrest High School - UT @ Tooele High School	Jordan High School @ Cottonwood High School	Park City High School @ Stansbury High School	Bye Murray High School
Fri 3/22/2024	Tooele High School @ Jordan High School	Murray High School @ Hillcrest High School - UT	Cottonwood High School @ Park City High School	Bye Stansbury High School
Tue 3/26/2024	Murray High School @ Tooele High School	Park City High School @ Jordan High School	Stansbury High School @ Hillcrest High School - UT	Bye Cottonwood High School
Fri 3/29/2024	Tooele High School @ Park City High School	Murray High School @ Stansbury High School	Hillcrest High School - UT @ Cottonwood High School	Bye Jordan High School
Tue 4/2/2024	Stansbury High School @ Tooele High School	Cottonwood High School @ Murray High School	Jordan High School @ Hillcrest High School - UT	Bye Park City High School
Fri 4/5/2024	Stansbury High School @ Cottonwood High School	Park City High School @ Hillcrest High School - UT	Murray High School @ Jordan High School	Bye Tooele High School
Tue 4/9/2024	Cottonwood High School @ Tooele High School	Jordan High School @ Stansbury High School	Murray High School @ Park City High School	Bye Hillcrest High School - UT
Fri 4/12/2024	Tooele High School @ Hillcrest High School - UT	Cottonwood High School @ Jordan High School	Stansbury High School @ Park City High School	Bye Murray High School
Tue 4/16/2024	Jordan High School @ Tooele High School	Hillcrest High School - UT @ Murray High School	Park City High School @ Cottonwood High School	Bye Stansbury High School
Fri 4/19/2024	Tooele High School @ Murray High School	Jordan High School @ Park City High School	Hillcrest High School - UT @ Stansbury High School	Bye Cottonwood High School
Tue 4/23/2024	Park City High School @ Tooele High School	Stansbury High School @ Murray High School	Cottonwood High School @ Hillcrest High School - UT	Bye Jordan High School
Fri 4/26/2024	Tooele High School @ Stansbury High School	Murray High School @ Cottonwood High School	Hillcrest High School - UT @ Jordan High School	Bye Park City High School

End of Season = April 30th

Swimming

1. A maximum of 14 meets/contests will be held.
2. All region meets will have a Start Time: 3:30 (Warm up starts at 2:30) Meets at Tooele or Stansbury will have a 3:00 pm start time with 2:00 pm warm-up.
3. Game day of the week (include all levels): Thursday
4. Home team will be in the odd lanes, the visiting team will be in the even lanes.
5. The Region Championships will be held January 27th, 2024 at the Wasatch Aquatic Center - gate will be charged at the Region Meet and will follow region pricing
6. The State Championships will be held, February 9th-10th, 2024 at BYU
7. Each School's entries for the Region Championship will be limited to all official entries in each event and each relay. All times must be the best time from meets during the current season.
 - a. All swimmers must meet eligibility requirements as per National Federation Rules.
 - b. The top four swimmers from each school may score towards the Region Championship.
 - c. Scoring format will be sixteen places.
 - d. Region Championship information will be sent out on January 10, 2022. This will include entry due dates and times. Entries will be sent to Ron Lockwood at RonLockwood@live.com.
 - e. Trophies and medals will be awarded as follows:
 - i. 1 Region Championship Trophy Each (Girls and Boys)
 - ii. Medals for Top 6 Individual and Top 3 relays. (Girls and Boys)
 - iii. Academic All Region recognition and certificate for all seniors with a cumulative 3.75 GPA and higher.
9. All Hosting of dual meets will have the following:

	Dual Meets	Region Championships
Starter	\$40.00	\$60.00
Referee	\$40.00	\$60.00
Stroke Judge	\$40.00	\$30.00 (10)
Head Timer	\$40.00	\$40.00 (2)
Announcer		\$30.00
Hospitality		\$30.00
Hospitality Budget		\$?????????
Meet Director		\$150.00

Tennis (Boys and Girls)

Game Start Time (include all levels): 3:30 PM

Gameday of the week (include all levels): T, TH

Gameday expectations:

**Provide water for visiting teams, bring own water bottles
Bring own warm-up tennis balls**

Sport Specific Guidelines:

**Three singles, three doubles at varsity and JV, but third doubles will not count for region scoring or championships
Continuous coaching is allowed at JV matches matches/duals**

Will qualify for state per UHSAA guidelines during the Region Meet

**In the case of a divisional tournament, a region tournament will still be played and will be used to seed the divisional tournament.
The players that qualify for state must go to state**

Region Champion Criteria including tiebreaker scenarios

One point per win in each dual meet (up to 5 points per match (3-2, 2-3, 4-1, etc.)

Region Meet

1st = 5

2nd = 3

3rd = 2

4th = 1

In the event of a team tie, teams will be co-champions and two trophies will be awarded

Region title is the culmination of points from region play and the region tournament.

Region Tournament Criteria

Girls Region Tournament - 9/27 (JV) 9/29-30 (Varsity)

Players must have played in a region match in order to participate in the region meet.

All placement matches will be played - For the final round of the region tournament, if competitors have already played each other in an earlier round, the result of that previous match stands, and the final match will not be played.

JV Tournament will be on the Monday before Varsity tourney @ Tooele/Stansbury hosts and runs tournament

Will attempt to reschedule JV tourney if time allows in case of inclement weather

Region Criteria for seeding tie breaker:

- 1. Head-to-head**
- 2. Fewest sets lost**
- 3. Fewest games lost/differential**

Boys Region matches will begin on March 21 to accommodate Spring Breaks and rescheduling due to weather.

Boys Region JV Tournament: April 26 @ Tooele/Stansbury

Boys Region Varsity Tournament: April 26-27 @ Tooele/Stansbury

Boys State Tournament:

Girls Tennis Schedule 2023-2024

Stansbury High School (2023-24)

Tennis, Girls Varsity

Games

Tue 8/15/2023	Murray High School @ Hillcrest High School - UT	Park City High School @ Cottonwood High School	Stansbury High School @ Tooele High School	Bye Jordan High School
Thu 8/17/2023	Jordan High School @ Murray High School	Hillcrest High School - UT @ Stansbury High School	Cottonwood High School @ Tooele High School	Bye Park City High School
Tue 8/22/2023	Park City High School @ Jordan High School	Stansbury High School @ Murray High School	Cottonwood High School @ Hillcrest High School - UT	Bye Tooele High School
Thu 8/24/2023	Jordan High School @ Stansbury High School	Tooele High School @ Park City High School	Murray High School @ Cottonwood High School	Bye Hillcrest High School - UT
Tue 8/29/2023	Tooele High School @ Jordan High School	Cottonwood High School @ Stansbury High School	Hillcrest High School - UT @ Park City High School	Bye Murray High School
Thu 8/31/2023	Jordan High School @ Cottonwood High School	Tooele High School @ Hillcrest High School - UT	Park City High School @ Murray High School	Bye Stansbury High School
Thu 9/7/2023	Hillcrest High School - UT @ Jordan High School	Murray High School @ Tooele High School	Stansbury High School @ Park City High School	Bye Cottonwood High School

Region = Sept 13 + 14
 Season End = Sept 20th
~~State Rd. #1~~ = Sept 23rd
 State = Sept 29 + 30

Boys Tennis Schedule 2023-2024

Stansbury High School (2023-24)

Tennis, Boys Varsity

Games

Thu 3/14/2024	Hillcrest High School - UT @ Tooele High School	Jordan High School @ Stansbury High School	Murray High School @ Park City High School	Bye Cottonwood High School
Tue 3/19/2024	Cottonwood High School @ Hillcrest High School - UT	Tooele High School @ Murray High School	Stansbury High School @ Park City High School	Bye Jordan High School
Thu 3/21/2024	Jordan High School @ Cottonwood High School	Murray High School @ Hillcrest High School - UT	Stansbury High School @ Tooele High School	Bye Park City High School
Tue 3/26/2024	Cottonwood High School @ Murray High School	Park City High School @ Jordan High School	Hillcrest High School - UT @ Stansbury High School	Bye Tooele High School
Tue 4/9/2024	Park City High School @ Cottonwood High School	Stansbury High School @ Murray High School	Tooele High School @ Jordan High School	Bye Hillcrest High School - UT
Thu 4/11/2024	Cottonwood High School @ Stansbury High School	Park City High School @ Tooele High School	Jordan High School @ Hillcrest High School - UT	Bye Murray High School
Tue 4/16/2024	Tooele High School @ Cottonwood High School	Hillcrest High School - UT @ Park City High School	Murray High School @ Jordan High School	Bye Stansbury High School

Region = April 24 + 25
 End of Season = May 1st
 State Rel 1 = May 4th
 State = May 10 + 11

TRACK & FIELD GUIDELINES

Regular Season Region Meets

1. Track & field meets will begin at 3:30.
2. Any changes in the region schedule (see below) must be approved by the administration and/or athletic director of the affected schools and communicated to the region chairperson over track and field. The host school's principal will determine whether a meet should be canceled.
3. At dual/tri region meets, the host school will be responsible to conduct and take care of all preparation and equipment needs.
4. Visiting schools will run assigned event(s) at region dual/tri meets.
5. Each school will furnish their own adhesive finish tags for region meets.
6. Athletes can participate in no more than 12 meets. Only 8 of the 12 can be qualifying meets, plus the region and state meet. (Consult the [UHSAA website](#) for any updates or changes.)
7. Order of events for one-day dual/tri meets is provided below.

Region Championship Meet

8. Qualifying for state through the Region Championship Meet will follow the state guidelines. Currently that means the top four (4) finishers in each individual event and the top four (4) finishers in each relay will qualify for the state meet. (Consult the [UHSAA website](#) for any updates or changes.)
9. Medals will be awarded to the top six (6) finishers at the Region Championship Meet in each individual event. One medal will be awarded to each member of the top three (3) relay teams for both girls and boys relay events.
10. Each school will provide two adult volunteers to help run events at the Region Meet.
11. The Region will pay for a head starter and four other officials at the Region Meet.
12. The winner of the region trophy will be determined by team scores at the Region Meet.
13. Scoring at the Region Championship Meet will be as follows: 10,8,6,5,4,3,2,1 points for individual events and 10,8,6,5,4,3 for relays.
14. Each school will be allowed five (5) individuals at the Region Championship Meet in each individual event, unless a school has more than five (5) individuals that are already qualified for State, in which case all qualified individuals may be entered. Each school will be allowed one (1) scoring relay team in each relay event.
15. Tie-breaking protocol will follow the NFHS rule book per the event. If, after applying the protocol, a tie still remains, the points will be divided between the tied athletes' teams. If a clear differentiation is required (like for a 4th place finish to determine state qualification), then a "run-off" or "jump-off" protocol will be used, and the points will be awarded to each team based on the athletes' final placement.

16. Order of events at the two-day Region Meet will follow the schedule outlined below (based largely on the state meet), unless otherwise agreed upon.
17. At the Region Championship Meet all athletes must be in uniform, which consists of a school-issued track and field top and bottom. (See federal handbook Rule 4, Section 3, Article 1-4)
18. The host school will act in the role of the meet director

All-Region Status

19. All-Region athletes will be recognized by each team at their own awards event (like a banquet) rather than at the region championship meet.
20. For Individual Events: *All-Region First Team* status will be awarded to the top four (4) finishers in each individual event at the Region Championship Meet. *All-Region Second Team* status will be awarded to the 5th and 6th place finishers in each individual event at the Region Championship Meet. And *All-Region Honorable Mention* status will be awarded to the 7th and 8th place finishers in each individual event at the Region Championship Meet.
21. For Relay Events: *All-Region First Team* status will be awarded to the first place team in each relay event. *All-Region Second Team* status will be awarded to the second place team in each relay event. *All-Region Honorable Mention* status will be awarded to the third & fourth place teams in each relay event.
22. For Academics: *Academic All-Region* status will be awarded to senior varsity athletes who have a cumulative GPA of 3.7 or higher.

Girls Volleyball

Game Start Time:

- 3:30 Sophomore
- 5:00 JV / 5:00 Freshman
- 6:30 Varsity

Game day of the week:

Tuesday / Thursday

Gameday expectations:

- Home team will provide warm-up balls, a ball cart, locker room, water jug (or convenient water bottle filling station) for the visiting team.
- Senior night activities will be kept to no longer than 15 minutes.
- Teams will stay on same side

Sport Specific Guidelines (i.e. pitch count in baseball)

Varsity matches will follow the UHSAA format.

All sub-varsity matches will follow the best of 5 games format:

Games 1 and 2 will go to 25, win by 2, cap at 27

Games 3, 4, 5, will go to 15 win by 2, cap at 17

Freshman games: No new set will begin after 6:00pm.

All-Region Team selection process

All-Region First Team (12 players)

- First, second, and third place teams: 2 players each
- Fourth, Fifth, Sixth, and Seventh place teams: 1 player each
- Two wildcard spots are available. Coaches may nominate a player for a wildcard spot. Coaches will vote and top two players will be added to the All-Region First Team.
- 1 MVP will be chosen from the 12 players nominated to the All-Region First Team. Coaches will vote for MVP (coaches may not vote for their own player in this vote).

All-Region Second Team (12 players)

- Follow the same format as All-Region First Team.

All-Region Honorable Mention (14 players)

- Each team will choose 2 players.

Academic All-Region - Certificate Awarded to senior members of the volleyball team with a cumulative 3.75 GPA or higher.

Region Champion Criteria including tiebreaker scenarios Head to Head W/L Match Record

- Teams with identical records are co-champions and receive a trophy

Girls Volleyball Schedule 2023-2024

Stansbury High School (2023-24)

Volleyball, Girls Varsity

Games

Thu 8/24/2023	Hillcrest High School - UT @ Tooele High School	Jordan High School @ Stansbury High School	Murray High School @ Park City High School	Bye Cottonwood High School
Tue 8/29/2023	Cottonwood High School @ Hillcrest High School - UT	Tooele High School @ Murray High School	Stansbury High School @ Park City High School	Bye Jordan High School
Thu 8/31/2023	Jordan High School @ Cottonwood High School	Murray High School @ Hillcrest High School - UT	Stansbury High School @ Tooele High School	Bye Park City High School
Tue 9/5/2023	Cottonwood High School @ Murray High School	Park City High School @ Jordan High School	Hillcrest High School - UT @ Stansbury High School	Bye Tooele High School
Thu 9/7/2023	Park City High School @ Cottonwood High School	Stansbury High School @ Murray High School	Tooele High School @ Jordan High School	Bye Hillcrest High School - UT
Tue 9/12/2023	Cottonwood High School @ Stansbury High School	Park City High School @ Tooele High School	Jordan High School @ Hillcrest High School - UT	Bye Murray High School
Thu 9/14/2023	Tooele High School @ Cottonwood High School	Hillcrest High School - UT @ Park City High School	Murray High School @ Jordan High School	Bye Stansbury High School
Tue 9/19/2023	Tooele High School @ Hillcrest High School - UT	Stansbury High School @ Jordan High School	Park City High School @ Murray High School	Bye Cottonwood High School
Thu 9/21/2023	Hillcrest High School - UT @ Cottonwood High School	Murray High School @ Tooele High School	Park City High School @ Stansbury High School	Bye Jordan High School
Tue 9/26/2023	Cottonwood High School @ Jordan High School	Hillcrest High School - UT @ Murray High School	Tooele High School @ Stansbury High School	Bye Park City High School
Thu 9/28/2023	Murray High School @ Cottonwood High School	Jordan High School @ Park City High School	Stansbury High School @ Hillcrest High School - UT	Bye Tooele High School
Tue 10/3/2023	Cottonwood High School @ Park City High School	Murray High School @ Stansbury High School	Jordan High School @ Tooele High School	Bye Hillcrest High School - UT
Thu 10/5/2023	Stansbury High School @ Cottonwood High School	Tooele High School @ Park City High School	Hillcrest High School - UT @ Jordan High School	Bye Murray High School
Tue 10/10/2023	Cottonwood High School @ Tooele High School	Park City High School @ Hillcrest High School - UT	Jordan High School @ Murray High School	Bye Stansbury High School

Season End = Oct 17

Boys Volleyball Schedule 2023-2024

Wrestling

Dual Weigh in 3:30

JV boys/Girls 4:30

Varsity boys/ girls 6:00

Tri dual weigh in at 2:30

Run on 2 mats JV on one and Varsity on the other.

First dual 3:30

Second dual 5:30

Third dual 7:00

- **Lineups need to be entered into trackwrestling by 12:00 PM the day of the match.**

Wrestling Schedule 2023-2024

Firefox

<https://www1.arbitersports.com/arbitergame/LeagueScheduling/printschedule?uniqueTeam...>

Stansbury High School (2023-24)

Wrestling, Boys Varsity

		Games	
Thu 12/7/2023	Tooele High School @ Jordan High School	Cottonwood High School @ Murray High School	Bye Stansbury High School
Thu 12/14/2023	^(12/13) Stansbury High School @ Park City High School	Bye Tooele High School	
Thu 1/4/2024	Tooele High School @ Stansbury High School	Bye Hillcrest High School - UT	
Thu 1/11/2024	Stansbury High School @ Cottonwood High School	Park City High School ^{or Jordan} @ Murray High School	Bye Jordan High School
Thu 1/18/2024	Jordan High School @ Cottonwood High School	Murray High School @ Tooele High School	Bye Park City High School
Thu 1/25/2024	Stansbury High School @ Jordan High School	Tooele High School ^{+ Park City} @ Cottonwood High School	Bye Park City High School
Thu 2/1/2024	Murray High School @ Stansbury High School	Bye Jordan High School	

