

REGION 12 HANDBOOK

OPERATING PROCEDURES FOR REGION 12

STATEMENT OF PHILOSOPHY

Region 12 operates under the philosophy that the academic life of a high school student is the primary responsibility of all educators; however, we also recognize that activities are the “other half of education” and as such, are extremely important to the building of well- rounded youth. Under this philosophy, we promote the idea that participation in the sponsored activities of Region 12 is a privilege earned by meeting or exceeding academic eligibility guidelines set by schools, the region, and the Utah High School Activities Association.

The purpose of the Region 12 Board of Directors is to cooperate with fellow educators (administrators, coaches, advisors, school boards) to promote the highest quality activities possible, to use the wisdom and input from those colleagues in setting schedules, guidelines and policies to govern those activities.

This handbook by no means covers every controversial situation that may arise. We would expect that by using rulebooks, the UHSAA handbook, input from concerned Region 12 members, and common sense, any problem encountered can be addressed and resolved. By striving for excellence, we will continue to represent our areas and schools in the highest fashion at the state level.

MEMBERSHIP

Membership on the Region Board of Directors shall be limited to the secondary principals of the schools within the region, superintendents, or their representatives. Representation will be limited to one voter per school. People that are eligible to serve as the officers of the Board of Directors shall be limited to its member schools.

Schools not assigned to Region XII by the UHSAA for normal region activities will be required to pay \$75 per activity to join the region for competitive purposes. Examples may include any 1A or 2A school playing up into the 3A classification and assigned by the UHSAA for competitive purposes in a specific sport or activity. This fee must be paid prior to scheduling the school into the region contests.

DUTIES OF OFFICERS AND MEMBERS

CHAIRMAN OF THE BOARD

1. General administration of board policies and decisions.
2. Prepare agenda and conduct board meetings.
3. Act as official representatives of the Region when appropriate.

MEMBERS

1. Member’s schools and districts are financially responsible for activities sponsored by the Region.
2. Members will individually support collective decisions made by the Region Board.
3. Will serve as activity chairman and committee members.
4. Member region schools will have annual membership dues in the amount of \$2,000, or as determined annually by the Board.

MEETINGS

Meeting sites and dates will be selected by the Board. It is recommended that meetings be held monthly. It is also recommended that meetings be held at a central location.

AGENDA

The agenda will follow the format below:

- A. Call to order

- B. Presentation of previous minutes for approval or discussion
- C. Presentation of the financial statement for approval or discussion
- D. Report from UHSAA Representatives: Board of Trustees; Executive Committee
- E. Action Items-Items that require either a general consensus or vote by the Board
- F. Discussion Items-Informational items that do not require action, to include Athletic Director's reports.
- G. Transfer of Students: This item will allow for Board Members to communicate names of transfer students to the Board as a professional courtesy. The approval or denial process will follow the UHSAA Transfer Policy.
- H. Member Concerns-Business that may be pertinent to an individual member as well as the board. By a vote of the board and a 2/3 majority, the item can be considered an Action Item.
- I. Handbook Review-A frequent review of items needing updating

ORGANIZATION OF THE ACTIVITIES

Each program's Activity Chairmen for the next year is responsible for presenting a proposed schedule for that activity early enough that changes may be made by the Board. Committee members may be appointed by the Board Chairman to assist when necessary. Activity Chairmen are responsible for all aspects of the activity they are selected to supervise. The chairman will report to the Board at the conclusion of the activity.

Activity Chairmen will evaluate the procedures and practices of the activity for which they are responsible. They may meet with coaches and advisors of those activities for the purpose of reviewing, revising, and setting new schedules. It is recommended that this meeting take place soon after the culminating State activity so that the Chairman can report to the Board at the next regularly scheduled meeting. Adjustments and improvements will be made as needed. Eligibility of participating students must follow the guidelines of the current UHSAA Handbook.

All schools are expected to provide competent, adult scorers, timers, line callers, chain crews, etc. for all varsity events; they are officials not spectators in behavior.

Schedule changes must be acceptable to both schools (ADs and principals). **Schools will develop plans for sportsmanship (Raise the Bar) and concussion training provided by the UHSAA.**

STUDENT CONDUCT

It is hoped that visiting students at another campus would have the same high expectations of themselves as they would of students visiting their own school. It is, however, the responsibility of the visiting advisor, coach or chaperone to see that student conduct is in the best interest of both schools. It is strongly recommended, therefore, that a coach, advisor, or chaperone continue supervision in the dressing room or competitive area with students until all students have vacated that area.

PEP BAND CONDUCT

1. Bands are encouraged to participate at home activities. They will not play as "visitors" unless invited by the host principal.
2. Bands are not to perform while the ball is in play during basketball games.
3. Bands should promote good musical manners-treating visiting pep bands with respect and to refrain from playing simultaneously.
4. When two bands are present, the "home" band should play during the first quarter break and the "visiting" band during the second quarter break.
5. Band directors are responsible for the band personally even when using student directors.
6. Noise makers of any type (including balloons) are not permitted in league or region events. UHSAA directives govern what may be used at state competitions. Megaphones are not permitted at indoor activities. Pom-poms shall be of non-shredding type. Posters and signs, other than for directions or welcome, may not be used at Region tournaments. Signs used at home events should be courteous and positive in nature, void of names or derogatory, slang words.
7. Cheers should imply good sportsmanship and courtesy.
8. Schools and individuals are subject to sanction by the Region 12 Board of Directors for any misconduct. The Region 12 Board reserves the right to discipline member schools and/or individuals according to the provisions of the current UHSAA Handbook.

VIDEO AND VENDING POLICY

Region 12 prohibits the use of filming and/or video taping of Region 12 sponsored activities for commercial purposes. Exchange of a standard football game tape by opposing schools will be done exactly one week before game time.

-Video taping or filming is allowed and encouraged by each school involved in a contest, but may not be used for scouting purposes during that contest.

-Video taping or filming of games and/or tournaments by other schools, coaches, or patrons for scouting purposes,

when not involved in that specific match or tournament is prohibited.
Region 12 *restricts* “special request” vending at activities unless approved by the Region Board. *An approved vendor requires a minimum of \$100/day or highest bid for service.*

PROTEST PROCEDURE

In the event that a school wishes to lodge a protest in connection with any activity, the procedures published in the current Utah High School Activities Association Handbook will be followed. A protest will be official when completed in writing and signed.

HOSPITALITY ROOM PROCEDURES

Region 12 does not require member schools hosting region tournaments to sponsor a hospitality room. That decision is left to the individual school administration; however, Region 12 will reimburse schools hosting tournaments for boys’ and girls’ basketball, and wrestling up to \$400 per day at the approved tournament. They will also reimburse all other region event hospitality rooms up to \$100. Funding for the hospitality room beyond that level shall be the responsibility of the host school. Use your resources and facilities to minimize costs of the hospitality room.

20 HOUR PRACTICE RULE

In order to protect study and recreational time for students and parents, Region 12 requires that no High School Athletic Association team may practice more than 20 hours per week. This includes chalk-time, film review, meetings, etc. If a school is in violation of this rule it can be fined and reprimanded according to region policy.

PARTICIPATION LEVEL OF PLAY

Region 12 supports that seniors not play in sub-varsity games; especially when the senior starts, or has game time with the varsity. On rare occasions a member school might have a senior with very little talent that will never see any varsity time. In this case, the member school and coach must obtain permission from the opposing school and coach prior to the start of the sub-varsity contest in order for a senior to play sub-varsity.

The Region also strongly suggests that freshmen, sophomores and juniors, who are regular varsity players, not play in sub-varsity games.

RACIAL & SEXUAL DISCRIMINATION

The Region 12 Board of Directors supports education-based programs that are productive and free of racial, sexual, or any form of discrimination in action or comment. At no time does any Region XII School support the idea or notion of discrimination. Schools are encouraged to have discussions with their programs, coaching staffs, and community about proper behaviors that do not support discrimination in any form. If a report of discrimination comes to the attention of the Region XII Board it will be handled by the school where the alleged allegations are made. The school will complete the investigation and report findings that are reportable to the Region XII Board of Managers. Federal, State, and Local Laws will be followed and everything will be handled in a professional manner.

BASEBALL

1. Utah High School Activities Association policies and guidelines will be strictly adhered to. Each athlete must comply with UHSAA guidelines regarding physical examinations. It is assumed by the UHSAA and Region 12 that coaches have taken the necessary precautions to ensure that physical examinations have been completed and records kept on all members of athletic teams. Record keeping of physical exams, eligibility, and any other UHSAA requirements for all participants are the responsibility of coaches at each school.
2. League games scheduled may be changed for the following reasons:
 - A. Inclement weather
 - B. Unplayable field conditions
 - C. Makeup games to accommodate play-off games.

*Any changes must be agreed upon by the principals of the schools and Approved by the Region Board; this includes game times as well.
3. Any game postponed must be made up at the first available date agreed upon by both principals.
4. All varsity games will begin at 3:00 PM, with double header starting at 2:00 p.m. NOTE: Teams may enter the playing field ONLY one hour and 15 minutes prior to the scheduled start time.
5. The varsity game shall consist of seven innings under normal conditions. JV games will be 5 innings.
6. Double Header games will start at 2:00 p.m. Both games will be 7 inning games. **The visiting school will be assigned as the home team for the first game. The second game will have assigned the host school as the home team.** The official umpire may call the game due to darkness after the 5th inning **in the second game.** If the game is called in the middle of an inning, the official score will go back to the previous completed inning.

- Games not reaching the 5th inning will be suspended and completed at another time. Please refer to items 2 and 3.
7. Sub-varsity will have a time limit. No new inning after two hours.
 8. The "Ten Run Rule" will be in effect per UHSAA Guidelines for all pre-season, season, and tournament games. Extra innings will be necessary in the event of a tie at the end of regulation play. Speed up rules with regard to pitchers and catchers will also be in effect.
 9. The UHSAA Pitch Count Rule is in effect. PENALTY: If the pitch count rule is exceeded, the first offense is a coach suspension for two games; second offense and subsequent offense is forfeiture of contest. If there is a postseason violation, it is a forfeit. The Region Board of Managers will handle violations of non-reporting of pitch counts. A full explanation is found on www.uhsaa.org under baseball pitch count rule.
 10. Only certified officials will be used.
 11. One trophy will be awarded to the region champion. In case of a tie, trophies will be awarded to co-champions.
 12. Schedules will be set annually by the Region 12 Board of Directors after input from the coaches. Scheduling will be two game series.

BASKETBALL

1. Utah High School Activities Association policies and guidelines will be strictly adhered to including beginning dates for games and practices. Each athlete must comply with UHSAA guidelines regarding physical examinations. It is assumed by the UHSAA and Region 12 that coaches have taken the necessary precautions to ensure that physical examinations have been completed and records kept on all members of athletic teams. Record keeping of physical exams, eligibility, and any other UHSAA requirements for all participants are the responsibility of coaches at each school.
2. It is recommended that Region 12 schools not attend basketball clinics after July 15. It is recommended that no player be coerced into attending basketball clinics during football conditioning.
3. **Game times: To accommodate long distance travel, all week day games with one gym or small squad will be Fr:3:45PM, JV 5:15, V 7PM; with two gyms or large squad times will be Fr & JV 5:15, V 7PM. (A minimum of twenty minutes' warm-up must be provided prior to the beginning of the varsity game.) Saturday basketball start times will be with one gym/small squad: Frosh @ 1:00PM, JV @ 2:15PM, Varsity @ 4:00PM. Saturday games with two gyms will be: Frosh and JV @ 2:15PM and Varsity @ 4:00PM. Game dates/times may be changed by mutual consent of the principals of the schools involved.**
Host AD is to notify the arbiter of changes.
4. Only certified officials will be used at Region 12 games.
5. Half-time activities are under the direction of the host schools.
6. Placement of the cheerleaders is at the discretion of the host school.
7. Performing groups i.e., pep bands, drill teams, etc.; will be allowed to perform as visitors only at the invitation of the host school.
8. Artificial noisemakers (including megaphones) are not allowed. The judgment for any of these items is to be made in the best interest of safety and sportsmanship.
9. It is strongly recommended that freshmen, sophomores and juniors, who are regular varsity players, not be regular junior varsity players.
10. UHSAA policies will supersede Region rulings.

CHEERLEADERS (AND OTHER PERFORMING GROUPS)

1. Utah High School Activities Association policies and guidelines will be strictly adhered to including beginning dates for games and practices-INCLUDING CHEERLEADER SAFETY GUIDELINES (per UHSAA Handbook). Each athlete must comply with UHSAA guidelines regarding physical examinations. It is assumed by the UHSAA and Region 12 that coaches have taken the necessary precautions to ensure that physical examinations have been completed and records kept on all members of athletic teams. Record keeping of physical exams, eligibility, and any other UHSAA requirements for all participants are the responsibility of coaches at each school.
2. No individuals or groups other than the regular school cheerleaders will be permitted to demonstrate on the playing floor or apron at any time. (The official mascot is considered a cheerleader).
3. Children under high school age may not participate with cheerleaders.

4. Megaphones may be used for outdoor sports, but may NOT be used for indoor sports.
5. Noise makers of any kind are prohibited, i.e., whistles, cow bells, horns, etc.
6. Placement of the cheerleaders and other performing groups will be at the discretion of the host school.
7. Signage may be displayed but not paraded by school-related groups or spectators. Constructive, positive signs and posters are encouraged, while derogatory, or suggestive signs are prohibited. Posters and signs, other than for directions or welcome, may not be used at Region tournaments. Signs used at home events should be courteous and positive in nature, void of names or derogatory, slang words. Principals are expected to police their own schools and students.
8. Performing groups such as bands, drill teams, etc. may only participate as a “visitor” at the invitation of the host principal.
9. The highest standards of sportsmanship are expected of all cheerleaders and performing groups.

CROSS-COUNTRY GUIDELINES (BOYS AND GIRLS)

1. Utah High School Activities Association policies and guidelines will be strictly adhered to including beginning dates of games and practices. Each athlete must comply with UHSAA guidelines regarding physical examinations. It is assumed by the UHSAA and Region 12 that coaches have taken the necessary precautions to ensure that physical exams have been completed and records kept on all members of athletic teams. Record keeping of physical exams, eligibility, and any other UHSAA requirements for all participants are the responsibility of coaches at each school.
2. Each varsity team will consist of seven runners; minimum of five.
3. The region schedule is designed to give all teams equal opportunities to compete at participating schools with meets beginning at 4:00pm or an agreed upon time.
4. Each time one or more participants from a school participate in a meet, that meet will count as one of the total allowable meets.
5. Annually the Region 12 Board of Directors will determine the site of the Region 12 Meet. The host school will lay out the course and be responsible to report the Region results to the state prior to the deadline.
6. **Coaches will not declare, prior to or during the race, their top seven runners. They may enter as many runners in each race for the boys and girls. There will be only one race for each gender at the qualifying region meet.**

Substitutions: Individuals not on qualified teams may NOT be substituted for. Once a team qualifies at Region, team substitutions may be made at State. Names of competitors in the State Meet should be entered on a school’s entry to the State Meet.

1. A team consists of a minimum of five runners and a maximum of seven runners.

DRILL TEAM GUIDELINES

Region drill teams come under the general policies of the UHSAA. For any information regarding the Drill Team, see the current UHSAA Handbook. The most current qualifying guidelines require any team entering the Region Qualifying Competition to enter all three categories (Dance, Military, and Show that now replaces Character and Kick categories will rotate). A team which chooses to compete in the Region Competition, but does not want to enter three categories, may enter up to two categories, but they must be in Dance and Military.

FOOTBALL GUIDELINES

1. All rules and guidelines of the Utah High School Activities Association will be closely followed to include beginning dates for practice and games and the rules governing pre-season conditioning programs. Each athlete must comply with the UHSAA guidelines regarding physical examinations. It is assumed by the UHSAA and Region 15 that coaches have taken the necessary precautions to ensure that physical exams have been completed and records kept on all members of athletic teams. Record keeping of physical exams, eligibility, and any other UHSAA requirements for all participants are the responsibility of coaches at each school.
3. The host school is responsible to ensure that the playing field is marked in accordance with National Federation Rules.
4. Football clinics will follow all current UHSAA policies and recommendations.
5. The host school is responsible for keeping spectators clear of the playing field on both sides.
6. The “Home” team will wear dark jerseys. The “Visitors” will wear light colored jerseys.
7. In accordance with UHSAA, only certified officials shall be used in all levels of football competition. It is recommended that there be five officials used at each game.
8. Game times are set by the Region 12 Board of Directors. Changes to the established schedule are allowed only

- through the agreement of both principals, and the Region Board. No games shall begin before 4:00 pm.
9. Any time extension to the half time shall be in accordance with the National Federation Rules and must be known to the visiting head coach and officials five days prior to the day of the game. Homecoming activities are understood to take a longer halftime period.
 10. The most current "35-point rule" will be observed as described in the UHSAA Handbook.
 11. Sub-varsity contests will have 10 minute quarters.
 12. Scheduling of sub-varsity contests will be at the discretion of each member school. There are no such mandatory region/division sub-varsity schedules matching those of the region/division varsity schedule.

GOLF GUIDELINES

1. 18-hole tournaments will be held course permitting. Score will be kept according to the medalist's play.
2. All Region matches and tournaments will begin at 12:00 pm or course discretion.
3. The host team will determine play from tees.
4. Boys and Girls will use the Maximum Stroke Play Scoring System. When a contestant reaches a score of ten (10) strokes on a hole they will pick up their ball and have a 10 marked on the scorecard for that hole.
5. Four (4) players are required to be classified as a team and compete for team honors.
6. The official rule of the UPGA will and must be enforced. Course professionals and/or the UHSAA Handbook will settle any question of rules of interpretation.
7. Teams may play **EIGHT** players in each regular season and region tournament PROVIDED THE COURSE IS WILLING TO ALLOW THE ADDITIONAL PLAYERS. Only the low four scores from the team will be counted. After completing their round, a player must turn in a scorecard previously assigned by his/her coach. Once a card is turned in, it becomes official and may not be changed. Team stroke scores will determine places.
8. Each Region will qualify teams in accordance with UHSAA guidelines for the State Golf Championship.
9. The top 12 finishers at the Region Tournament will qualify for the State Tournament.
10. Individuals that are tied in the top 12 after the Region XII Championship match will have the tie broken in the following manner.
 - a. player with the better Region XII Championship day score
 - b. better score on the highest handicap hole and move backwards until the tie is broken.
 - c.

From the UHSAA Handbook- **3A BOYS:** Any player in the region's top 12 individuals will qualify and play as an individual.

The Region Championship will count the same as a regular seasonal meet and the team with the overall lowest stroke average will be the region champion.

Individually a player may drop their highest score provided they have played all seven season matches. If a golfer plays less than seven scheduled matches all scores will count in the individual standings. The final region championship match score will count in the season total and will not be dropped if the highest score for an individual..

11. Dress: Appropriate attire will be required of all golfers. Male participants must wear long slacks, pants, or nice shorts and collared shirts. Females must wear long pants/slacks or golf shorts with collared shirts. Penalty for breach of rule: 2 strokes.
12. All coaches are encouraged to supervise the players on the course. No coach is allowed to play golf during the match. Ruling coaches for the meet will be the host school's coach and the following meet's coach.
13. Girls will play according to current established rules set by UHSAA and UPGA.

MUSIC ADJUDICATION

1. Adjudicators for the Festival will be selected from the approved state list. The Region 12 Music Chairperson will solicit the input of Region 12 music teachers in the selection of the adjudicators.
2. Two adjudicators will be used for band and orchestra, and two for choirs. One other adjudicator will be selected to judge orchestras and will be paid the current rate for one-half day only.
3. All adjudicators will be compensated for their time and mileage according to the current UHSAA rate. Those traveling more than three hours will be offered lodging and two meals.
4. The location of the Festival will be selected annually by the Region Board of Directors.
5. Individuals in each group (band, orchestra, and choir) will receive a certificate reflecting ratings of I- or better.
6. All other rules and guidelines will follow the current UHSAA Handbook.

SMALL GROUPS MUSIC FESTIVAL

1. Rules and guidelines of the Utah High Schools Activities Association as printed in the current UHSAA Handbook will be followed.
2. Entries must be submitted on the appropriate UHSAA forms. The information must be typed and signed. "FAX" copies are NOT acceptable.
3. Seven official categories will be recognized and judged: woodwinds, brass, strings, piano, vocal/choral, and jazz. Students wishing to perform in other categories may do so, but they will be judged by those chosen for the above-mentioned categories.
4. The Region Music Festival Chairperson will arrange for the adjudicators each year. The chairperson will ensure that the adjudicators have access to copies of the state published bulletin, "Better Adjudication in Utah."
5. Additional rules for the festival include:
 - A. All school entries must conform to UHSAA rules and guidelines.
 - B. Schools will have unlimited entries in each event.
6. AWARDS - Students earning an I-Rating or higher will receive a certificate reflecting that rating.

LARGE GROUP MUSIC FESTIVAL

In addition to the Rules and Regulations published by the UHSAA Handbook, the following guidelines will further give directions with regard to the Large Group Music Festival:

1. The large Group Music Festival will allow students to demonstrate experiences and skills learned throughout the course of the year. Students need to be motivated in such a way as to promote the Festival as the culminating activity of the year.
2. All participating orchestras, choirs, and bands must be regular classes in the school's curriculum. Split groups of choruses will not be accepted as participants.
3. A total band, choir, or orchestra may not participate as a group in both Small and Large Group Festivals.
4. The order of performance of bands, orchestras, and choirs will be determined by the Music Chairperson two weeks prior to the Festival.
5. All groups are encouraged to remain at the festival throughout. Adjudication sheets will be distributed after all groups have performed.
6. Schools are responsible for the behavior of their own students. Please ensure that they do not disturb host school classes, etc. Much can be gained from the performance of other schools; therefore, students are encouraged to be in attendance. While as a member of the audience, students may jeopardize their own school's ratings through inappropriate behavior.

SOFTBALL-GIRLS FAST PITCH

1. Utah State High School Activities policies and guidelines will be strictly adhered to. Each athlete must comply with UHSAA guidelines regarding physical examinations. It is assumed by the UHSAA and Region 12 that coaches have taken the necessary precautions to ensure that physical examinations have been completed and records kept on all members of athletic teams. Record keeping of physical exams, eligibility, and any other UHSAA requirements for all participants are the responsibility of coaches at each school.
2. League games scheduled may be changed for the following reasons:
 - A. Inclement weather
 - B. Unplayable field conditions
 - C. Makeup games to accommodate play-off games

Any changes must be agreed upon by the principals of the schools involved, as well as the Region Board. This includes game times also.

Schedules will be set annually by the Region 12 Board of Directors after input from the coaches. Scheduling will be two game series with some of them set as double headers.

3. Any game postponed must be made up at the first available date agreed upon by both principals.
4. Games will begin at 3:30PM. **Teams may enter the playing field only one hour and 15 minutes prior to game time.**
5. The varsity game shall consist of seven innings under normal conditions. JV games will be 5 innings
6. Double Header games will start at 2:00 p.m... Double Header games will start at 2:00 p.m. Both games will be 7 inning games. **The visiting school will be assigned as the home team for the first game. The second game will have assigned the host school as the home team.** The official umpire may call the game due to darkness

after the 5th inning **in the second game**. If the game is called in the middle of an inning, the official score will go back to the previous completed inning. Games not reaching the 5th inning will be suspended and completed at another time. School administrations will work together to decide the appropriate place and time. Refer to Item 2 and 3.

7. The “Ten Run Rule” will be in effect per UHSAA Guidelines after five innings or 15 runs after three innings. Extra innings will be necessary in the event of a tie at the end of regulation play and will follow the international tiebreaker format.
8. Only certified officials will be used.
9. One trophy will be awarded to the league champion. In case of a tie, trophies will be awarded to the co-champions.
10. Games will be 7 innings or after 5 innings of a suspended game due to weather conditions, darkness, or at the discretion of officials/administration. The Tie-Breaker system will remain in place as per UHSAA guidelines.

DRAMA: SPEECH AND FORENSICS GUIDELINES

1. Starting dates for Forensics and Drama will be set by the UHSAA.
2. In all events, the UHSAA Guidelines will be closely followed.
3. In 3A, no school may qualify more than 25 participants for the state forensic tournament. The allocation may not exceed 3 policy teams, 3 Lincoln-Douglas debaters, 3 public forum teams, 2 student congress participants, 2 original oratory participants, 2 impromptu speaking participants, 2 national extemporaneous speaking participants and 2 foreign extemporaneous speaking participants. The only exception is when a school uses the “substitution rule.” (Ch. 3, Art. 1. Sect. 17).
4. In 3A, all schools in the region shall be rank ordered based upon sweepstakes points at the region tournament. The top 50 percent will qualify a full slate (Full Slate is defined as all 25 participants allowed per the event limits described in Section 6). Regions with an uneven number should round up to determine the top 50%. These schools should list alternates in each event. Alternates will be allowed to compete only in the events they entered at region meet. All individuals or debate teams finishing in the top ten in their event at the region tournament will qualify for the state meet, unless the school exceeds the limitations set forth above. There may not be alternates for these individuals.
5. 3A: Impromptu, Original Oratory, Foreign Extemporaneous, National Extemporaneous, Congress, Lincoln Douglas Debate, Public Forum Debate, Policy (CX) Debate
6. 3A: No student may participate in more than one event at the State Tournament. It is recommended that all regional meets be conducted on the same basis.
7. ALL ELECTRONIC devices are banned from being in and used in any room where competition and judging is taking place.
8. Adjudicators should be selected after input from all Region 12 coaches. Care should be taken to select the best possible neutral judges for all these meets. Competition Play judges should be qualified adults with a connection to a University, College, and/or Community Theater. Each school has the opportunity to bring a minimum of two adult judges for IE Events.
9. The location of the Forensics meet and the Drama meet will be selected annually by the Region Board of Directors. It is suggested that the Play Competition and the IE Events be held back-to-back, with the plays performed and judged in an afternoon and evening, and the IE Events follow on the next day. The alternate suggestion is that the plays and the IE Events be held at least 5 days apart.
10. Coaches will be required to meet the deadline for registering students. No additions will be accepted after the deadline.
11. During registration of the Region Meet, coaches are responsible to check their contestant’s names and code numbers and notify the host school of any changes and/or misspelled names.
12. All drops the day of the meet present logistical challenges and should be avoided.
13. All coaches are welcome in the tabulation room; however, they are not to tally judging sheets. Also, they are not to communicate results or decisions to contestants between rounds prior to the awards assembly.
14. Scoring: The averaging of “Box” scores will determine the final rating on each individual event. Competition Play scores will be determined by totaling the average box scores on each of the three judge’s ballots. Box scores will be awarded as follows:

<u>IE EVENTS</u>	<u>COMPETITION PLAY</u>
Superior = 5 points	Superior: 10 points
Excellent = 3 points	Excellent: 6 points
Good = 1 point	Good: 3 points

14. UHSAA Certificates will be awarded to all participating contestants who receive Good, Excellent, or Superior ratings.

15. A Region Sweepstakes (Champion) Trophy will be awarded to the team scoring the most points based on both days of competition **in speech and debate.**
16. “Best in Region” **Medal Round:** The top 5 to 7 students in the Individual Events will compete for 1st, 2nd, and 3rd Place **medals** in the following categories of (1) Dramatic Interpretation, (2) Humorous Interpretation, (3) Pantomime, (4) Mono-Acting, and (5) Play Scenes.
17. “Best in Acting” will be chosen by the Competition Play Judges. Five individual plaques will be awarded in the following categories: (1) Best Actress, (2) Best Actor, (3) Best Supporting Actress, (4) Best Supporting Actor, (5) Best Character Acting,
18. **Debate Medals** will be awarded for 1st thru 3rd place in each of the eight (8) categories.
19. **Drama Certificates will be awarded for 1st thru 3rd in each individual event.**

TENNIS (BOYS AND GIRLS)

1. All rules and guidelines of the Utah High School Activities Association will be followed. This includes the beginning dates for practices and games and the rules governing pre-season conditioning programs. Each athlete must comply with UHSAA guidelines regarding physical examinations. It is assumed by the UHSAA and Region 12 that coaches have taken the necessary precautions to ensure that physical examinations have been completed and records kept on all members of athletic teams. Record keeping of physical exams, eligibility, and any other UHSAA requirements for all participants are the responsibility of coaches at each school.
2. U.S.T.A. rules will be used.
 - A. Each match will consist of the best two of three sets, unless both coaches agree to a “pro” set, i.e., eight games with a two game lead, and a tiebreak played if score reaches 8-8 as per USTA rule.
 - B. A 12-point tie-breaker will be in force.
 - C. **Called a 12-point tie-break:** the first player to reach 7 points, by a margin of 2 points, wins. It’s called a 12-point break because it could take exactly 12 points to win (7-5 = 12 points). What is called a 10-point tie break is **correctly called a match tie break** or sometimes **a super tiebreak:** the first player to reach 10 points, by a margin of two points wins. It is often used in lieu of a full third set, when each player has won one set. Shortens the match time and is easier on the players, especially when playing multiple matches on the same day, or when weather (extreme heat, threatening conditions, darkness, etc.) warrants.
3. There shall be five divisions of play. #1 Singles, #2 Singles, #3 Singles, #1 Doubles, and #2 Doubles.
4. Coaches are expected to honestly place players in the division of play that best reflects their playing level. For example, the best player for school A should be entered in the #1 singles division or as a member of the #1 doubles team.
5. Players will be given 15 minutes’ warm-up time prior to the first match. 10 minutes’ warm-up will be allowed for subsequent matches.
6. Once competition is underway, USTA rules allow coaching on all changeovers – when the total of games played is odd, except after the first game of a set.
7. New tennis balls may be requested after the 2nd set in tournament play.
8. A divisional tournament will determine places for state.
9. Points are awarded toward the team total for the region championship trophy in this order: 4pts for 1st, 3pts for 2nd, 2pts for 3rd, and 1pt for 4th. Only 4 places will be scored.
10. All other rules will be followed as set in the current UHSAA Handbook.

TRACK AND FIELD

1. All rules and guidelines of the UHSAA and the National High School Track Federation will be observed. This includes the beginning dates for practice and games and the rules governing preseason conditioning programs. Each athlete must comply with the UHSAA guidelines regarding physical examinations. It is assumed by the UHSAA and Region 12 that coaches have taken the necessary precautions to ensure that physical examinations have been completed and records kept on all members of athletic teams. Record keeping of physical exams, eligibility, and any other UHSAA requirements for all participants are the responsibility of coaches at each school.
2. Each school is to schedule its own dual-and tri-meets. Efforts will be made by the Region Board of Directors to coordinate dates and locations of meets held by Region 12 schools. It is recommended that meets involving more than three schools be held on Saturdays to limit the time out of school.
3. At the Region12 meet, schools are limited to 4 participants per event. All individuals are limited to 4 events.

4. Contestants will be seeded into flights and heats based upon their best performance during the current season.
5. The Region Board of Directors will select a Games Committee for the Region Meet. The Games Committee will be assigned the duties as outlined in the National Federation Rule Book. Those members of the Games Committee will be expected to know and carry out the duties as assigned. This committee will also be responsible to ensure that all equipment meets National Federation Standards.
6. The Games Committee will determine the starting heights of the high jump for boys and girls and the pole vault event at the Region Meet.
7. All disputes and protests must be in writing to be considered. They will be referred to and resolved by the Games Committee per Federation Guidelines. Protest forms will be included in the Region Track Meet Coaches' Packets.
8. Disputes and protests once lodged and heard will be made final by the Referee's decision.
9. Each Region qualifies four in individual events and three relays.
10. All other rules will be followed as set in the current UHSAA Handbook.

SOCCKER (BOYS & GIRLS)

1. Utah High School Activities Association policies and guidelines will be strictly adhered to. Each athlete must comply with UHSAA guidelines regarding physical examinations. It is assumed by the UHSAA and Region XII that coaches have taken the necessary precautions to ensure that physical examinations have been completed and records kept on all members of athletic teams. Record keeping of physical exams, eligibility, and any other UHSAA requirements for all participants are the responsibility of coaches at each school.
2. The host school is responsible to ensure that the playing field is marked in accordance with the National Federation Rules.
3. Soccer clinics will follow all current UHSAA policies and recommendations.
4. Participation rules will follow all current UHSAA policies and recommendations.
5. Spectators will be required to sit opposite of the team bench areas, marked similar to the press line established in football. The host school is responsible for keeping spectators clear of the playing field.
6. The home team will wear light colored jerseys and the visitors will wear dark colored jerseys.
7. In accordance with UHSAA, only certified officials shall be used in all levels of soccer competition. Three (3) officials are recommended for each game and two (2) can be used. If there is only one official, the game will have to be rescheduled.
8. Game times are set by the Region XII Board of Directors. Changes to the established schedule are allowed only through the agreement of both principals, and the Region Board. Varsity games will start at 4pm and JV will start at 5:30pm.
9. JV games will consist of an abbreviated time of 30 minute halves.
10. Overtime procedures will be followed according to current UHSAA and NFHS policies. Refer to the UHSAA yearbook soccer section and NFHS rule book.
11. **As per UHSAA rule: There will be an eight (8) goal differential mercy rule in effect.**
12. Game dates are under the direction of the Region XII Board of Directors working with UHSAA to help facilitate the use of officials
13. **Head and Assistant coaches are not required to facilitate the games by officiating.**
14. Each school is strongly encouraged to create their own pool of officials to facilitate games.
15. UHSAA policies will supersede Region 12 rulings.

VOLLEYBALL

1. All rules and guidelines of the Utah High School Activities and National Federation will be closely followed. This includes the beginning dates for practice and games and the rules governing pre-season conditioning programs. Each athlete must comply with UHSAA guidelines regarding physical examinations. It is assumed by the UHSAA and Region 15 that coaches have taken the necessary precautions to ensure that physical examinations have been completed and records kept on all members of athletic teams. Record-keeping of physical exams, eligibility, and any other UHSAA requirements for all participants are the responsibility of coaches at each school.
2. All officials will be certified under UHSAA guidelines.
3. The Region 12 Board of Directors will annually set the schedule of league matches based upon input from the region volleyball coaches. Individual schools will determine their own practice matches, not to exceed 14 matches and 2 tournaments total.
4. **Starting times for the Region matches Monday thru Thursday are:** (changed at board 3/31)

<u>3 sides due to size or gym restriction</u>	<u>4 sides</u>
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Frosh 4PM
JV 5:15PM
Varsity 6:30PM

Soph 4PM main gym
JV 5:15PM main gym
Frosh 5:15PM separate gym
Varsity 6:30PM

Note: On Friday's when a school is hosting volleyball and football the matches will start @ 3PM and push straight through.

All Saturday matches will start at 1PM and push through

5. Warm-up times will be the 4 – 4 - 2 format.
6. Each game will be played to 25 points. The winner must, by Federation Rules, win by 2 points and incorporate Rally scoring in the best three out of five games for all varsity and sub-varsity matches. In addition, games 1-4 shall be played to 25 points (no cap). A fifth and deciding game shall be played to 15 points (no cap); each team shall be allowed 2 timeouts per game. **Note: Sub-Varsity games will have a cap of 27 (games 1-2) and 17 (games 3, 4, 5) with one timeout.** The “let” serve shall be allowed. The UHSAA has issued a uniform starting time between all sub-varsity and varsity matches at 1 hour and 15 minutes.
7. Sub-varsity matches will play three out of five with restrictions outlined by the UHSAA rules.
8. A first-place trophy will be awarded to the region champion based upon the best win-loss record. In the event of a tie, co-champions will be awarded duplicate trophies.
9. Presentation of the region trophy and All-Region player medals will be made at the conclusion of the region championship game or at the conclusion of the region season.
10. For all varsity matches only adults with knowledge of the sport will be allowed to line judge.

WRESTLING Divisional

1. All rules and guidelines of the Utah High School Activities Association will be closely followed. This includes the beginning dates for practice and games and the rules governing pre-season conditioning programs. Each athlete must comply with the UHSAA guidelines regarding physical examinations. It is assumed by the UHSAA and Region 12 that coaches have taken the necessary precautions to ensure that physical examinations have been completed and records kept on all members of athletic teams. Record keeping of physical exams, eligibility, and any other UHSAA requirements for all participants are the responsibility of coaches at each school.
2. National Federation point scoring will be used in all meets to include points awarded for major and superior decisions.
3. Only certified officials will be used for Region 12 wrestling matches.
4. Tournament procedures and seeding methods will be taken directly from the UHSAA Wrestling Rules in the Handbook.
5. Weigh-in times for varsity matches will be done according to the UHSAA rules and guidelines in the current UHSAA Handbook. No exceptions for qualifying weights will be allowed. All junior varsity or exhibition matches involving both schools will take place prior to the varsity matches. Junior varsity or exhibition matches involving only the host school's wrestlers will take place after the varsity matches. Changes in dates and times or matches may only be changed upon mutual consent of both schools' principals, and the Region Board.
6. All schools involved in wrestling should forward their schedules and rosters to the region schools in advance of their prospective match.
7. Tournament procedures and guidelines will be forwarded to Region 12 schools two weeks prior to the tournament.
8. Students must certify for weight according to the current UHSAA handbook.

SWIMMING

1. All rules and guidelines of the Utah High School Activities Association will be closely followed. This includes the beginning dates for practice and games and the rules governing pre-season conditioning programs. Each athlete must comply with the UHSAA guidelines regarding physical examinations. It is assumed by the UHSAA and Region 12 that coaches have taken the necessary precautions to ensure that physical examinations have been completed and records kept on all members of athletic teams. Record keeping of physical exams, eligibility, and any other UHSAA requirements for all participants are the responsibility of coaches at each school.
2. National Federation point scoring will be used in all meets.

3. Only certified officials will be used for Region 12/divisional swimming meets.
5. Tournament procedures and seeding methods will be taken directly from the UHSAA Swimming Rules in the Handbook.
6. Warm up and meet start times will be the discretion of swimming facilities used, but should keep in mind to have warm up and meet start times as late as possible to ensure that students attend as much school as possible. Changes in dates and times or meets may only be changed upon mutual consent of both schools' principals, and the Region Board.
7. All schools involved in swimming should forward their schedules and rosters to the region schools in advance of their prospective match.
8. Tournament procedures and guidelines will be forwarded to Region 12 schools two weeks prior to the tournament.

REGION XII TROPHY & MEDAL ORDER 2020-21

****N. Sanpete will order all divisional trophies, medals and plaques and the cost will be split equally with all of the regions.**

****FOOTBALL**

****2 Trophies: one for each division for both the 2A and 3A classification**

- For the division/region:
 1. 1 MVP certificate
 2. 24 certificates all-region: 1st = 6, 2nd = 5, 3rd = 4, 4th – 6th = 3.

***DRILL TEAM**

***1 Trophy:**

***3 sets of Plaques: 1st & 2nd place in each category: Military, Dance, and Show.**

***3 Medals for drill down: 1st – 3rd place**

- For the region:
 1. 3 certificates for each team to be awarded for all-region teams

***SOCCER BOYS & GIRLS**

***2 Trophies: one for each gender**

- For the division/region:
 1. 1 MVP certificate
 2. 12 certificates all-region/division: 1st = 2, 2nd = 3, 3rd – 4th = 2, 5th – 7th = 1

****WRESTLING Divisional**

****2 Trophies: one for each division**

****168 Medals: 84 for each division placing 1st thru 6th place**

****2 Plaques for outstanding wrestler lower weights: one for each division**

****2 Plaques for outstanding wrestler upper weights: one for each division**

***TENNIS BOYS & GIRLS**

***2 Trophies: one for each gender**

***56 Medals: 28 for each placing 1st thru 4th for each gender**

***SWIMMING BOYS & GIRLS**

***2 Trophies: 1 for each gender**

***72 Relay medals: 36 for each event with 4 medals for each placing 1st thru 3rd in each gender**

- 200yd Medley * 200yd Freestyle * 400yd Freestyle
- *96 Individual medals: 48 for each event medaling 1st thru 6th place in each gender
- 200yd Freestyle * 200yd IM * 50yd Freestyle * 100yd Backstroke
 - 100yd Butterfly * 100yd Freestyle * 500yd Freestyle * 100yd Breaststroke

***BASEBALL**

*1 Trophy:

- For the region/division:
 1. 1 MVP certificate
 2. 21 all-region: 1st=5, 2nd=4, 3rd & 4th=3, 5th – 7th=2.

***SOFTBALL**

*1 Trophy:

- For the region/division:
 1. 1 MVP certificate
 2. 21 all-region: 1st=5, 2nd=4, 3rd & 4th=3, 5th – 7th=2.

REGION XII ONLY ORDER FOR AWARDS

BASKETBALL BOYS & GIRLS

2 Trophies: one each gender

2 MVP certificates: 1 boys & 1 girls

14 Certificates boys all-region: 1st=2, 2nd=3, 3rd & 4th=2, 5th – 7th=1

14 Certificates girls all-region: 1st=2, 2nd=3, 3rd & 4th=2, 5th – 7th=1

CROSS COUNTRY BOYS & GIRLS

2 Trophies: 1 each gender

20 Medals 1st thru 10th place: 10 boys & 10 girls

GOLF BOYS & GIRLS

2 Trophies: 1 boy and 1 girls

24 Medals: 1st thru 12th place: 12 each gender

TRACK BOYS & GIRLS

2 Trophies: 1 boys & 1 girls

72 Medals for relays: 1st thru 3rd place, 4 medals for each place, 36 boys & 36 girls

- 4 X 100 * 4 X 400 * Medley relay

156 Medals for individual events: 1st thru 6th place, 78 boys & 78 girls

- 100 M * 200 M * 400 M * 800 M * 1600 M
- 3200 M * 300 M Hurdle * 100 M Hurdle * Shot Put
- Long Jump * Discuss * Javelin * High Jump

VOLLEYBALL

1 Trophy

1 MVP certificate

12 Certificates all-region: 1st=2, 2nd=3, 3rd & 4th=2, 5th – 7th=1

REGION XII ORDER FOR ACTIVITIES
FORENSICS – DEBATE

1 Trophy

24 Medals for 1st thru 3rd in each IE category

- Public Forum * Lincoln Douglas * National Exempt
- Original Oratory * Congress * Extemporaneous Speaking
- Impromptu Speaking * Foreign Exempt

DRAMA

1 Trophy

1 Best Play plaque

5 Plaques: one for each category

- Best Actress * Best Supporting Actress
- Best Actor * Best Supporting Actor
- Best Character Acting

18 Medals for 1st thru 3rd in each IE category

- Classical Scenes * Contemporary Scenes * Pantomime
- Dramatic Monologue * Musical Theater * Humorous Monologue

REGION XII ADMISSION PRICES

All student athletic activities:

Adults.....	\$6.00
Visiting Students.....	\$5.00
Senior Citizens 65 and older.....	\$3.00
NOTE: Region JV football games (school discretion)	\$3.00

Freshmen Basketball: no charge if held at different site than Varsity

All other sports are school discretion to charge a gate

Tournaments:

Adults.....	\$10.00
Students.....	\$5.00
	(\$6.00 w/o card)

Region XII Complimentary Passes:

Eight (8) pass cards will be given annually to region schools to use at their discretion via Google drive. They should be printed by each school on card stock.

UHSAA Passes:

Good for name holder plus one (verified with a picture/driver's license ID)

(Updates: 1/09: 10/09: 11/09: 12/09: 1/10: 4/10: 9/11: 10/11: 3/12: 8/14: 9/14: 8/17/15: 7/23/16: 8/3/16: 9/3/17:9/4/18: 1/21/19: 1/25/19, 6/12/23)