

2023-2024 Region V ACTIVITIES MANUAL

 <p>Bonneville Lakers</p>	 <p>Bountiful RedHawks</p>	 <p>Box Elder Bees</p>
 <p>Clearfield Falcons</p>	 <p><u>REGION 5</u></p>	 <p>Northridge Knights</p>
 <p>Roy Royals</p>	 <p>Viewmont Vikings</p>	 <p>Woods Cross Wildcats</p>

“It has been said that athletics challenge the body, mind, and spirit. They bring out the best in people because athletic competition engenders characteristics, dedication, determination, awareness, self-confidence, cooperation, and sensitivity to self and others. In Region V, we believe the very same principles apply to academics. Learning requires the same degree of energy and commitment as competitive sports and yields comparable benefits for the individual. Because of this, we think athletics and learning go hand in hand to help the individual man or woman discover and realize their true potential in life.” –Anonymous

Contents

2023-2024 Region V	1
THE PURPOSE OF EDUCATION BASED ATHLETICS	4
THE ROLE OF THE ATHLETIC ADMINISTRATOR	5
NOTIFICATION OF THE PRESS:	7
BOARD OF MANAGERS.....	8
ACTIVITIES-CHAIRPERSONS - INDIVIDUAL SCHOOL RESPONSIBILITIES.....	10
GENERAL POLICIES	12
General Sportsmanship Guidelines.....	18
UHSAA 2023-24 CALENDAR OF STATE EVENTS.....	22
UHSAA 2023-24 HANDBOOK.....	22
CONTEST LIMITATIONS	23
BASEBALL GUIDELINES	26
BOYS BASKETBALL GUIDELINES & SCHEDULES	28
GIRLS BASKETBALL GUIDELINES & SCHEDULES.....	30
CHEER GUIDELINES & SCHEDULES	32
CROSS COUNTRY GUIDELINES & SCHEDULES	33
DRAMA/THEATRE GUIDELINES & SCHEDULES	35
DRILL GUIDELINES & SCHEDULES.....	36
FOOTBALL GUIDELINES & SCHEDULES.....	37
GOLF, BOYS GUIDELINES & SCHEDULES.....	41
GOLF, GIRLS GUIDELINES & SCHEDULES	43
LACROSSE, BOYS GUIDELINES & SCHEDULES.....	45
LACROSSE, GIRLS GUIDELINES & SCHEDULES	46
MUSIC GUIDELINES & SCHEDULES.....	48
BOYS SOCCER GUIDELINES & SCHEDULES.....	50
GIRLS SOCCER GUIDELINES & SCHEDULES.....	53
SOFTBALL GUIDELINES & SCHEDULES.....	56
SWIMMING/DIVING GUIDELINES & SCHEDULES	58
BOYS TENNIS GUIDELINES & SCHEDULES.....	59
GIRLS TENNIS GUIDELINES & SCHEDULES.....	62
TRACK & FIELD GUIDELINES & SCHEDULES.....	66
BOYS VOLLEYBALL GUIDELINES & SCHEDULES	68

GIRLS VOLLEYBALL GUIDELINES & SCHEDULES..... 69
WRESTLING GUIDELINES & SCHEDULES..... 71
Region V Expense Reimbursement Form..... 74
Region Trophies..... 75

THE PURPOSE OF EDUCATION BASED ATHLETICS

The high schools of **Region V** recognize the important role that co-curricular activities and athletics play in the full development of a young person. As in all areas of our schools, **Region V** high schools are committed to the equitable opportunities for all young men and young women in activities and athletic programs. Activities and athletic programs are designed to be a complement to the academic programs and pursuits of young people. We hope that the self-discipline, commitment, teamwork and training of the mind and body in the arenas of the playing field and stage will affect similar skill development and success in the classroom.

We believe that when structured and pursued with proper balance and perspective, athletics and activities can play a key and positive role in shaping the hearts and minds of our young people. Sports and activities, as much as any other single area of endeavor, hold great potential for bringing people together from diverse backgrounds to pursue shared ideals in a spirit of community.

Education-based athletics are often the fabric that endears a student, a family, and a community to the school. As an essential arm of education, athletic programs provided by the school serve to enhance learning as an extension of the classroom.

All school offerings combine to focus on development of the total student, and athletic programs in the school elevate compatibility with the academic mission of the school. An education-based athletic program must include, at its core offering, an avenue for student learning while stressing safety and well-being within all participation opportunities. This philosophy sets sport programs provided by schools apart from non-school programs by emphasizing positive student behavior, learning qualities of cooperativeness, and being a good teammate.

Floor burn earned diving for the ball, or a blister acquired from an uneven bar routine can be indicative of success toward adulthood, sacrifice, and industriousness and can often be as valuable as a classroom study session. School sport resembles life in a microcosm and student-athletes become immersed in goals that help them mature toward successful adulthood. Working together to overcome challenges, learning perseverance, loyalty toward others and team, accepting a loss graciously, and learning to win with humility are sought for outcomes of education-based athletics.

THE ROLE OF THE ATHLETIC ADMINISTRATOR

The following section comes from “**A Profile of Athletic Administration**” published by The National Interscholastic Athletic Administrators Association (NIAAA). Link to Publication – <https://s3-us-west-2.amazonaws.com/sportshub2-uploads-prod/files/sites/2192/2023/06/21140702/A-Profile-of-Athletic-Administration-1.pdf>

The interscholastic athletic program is vital to the positive social, physical, and educational development of students. The athletic administrator is responsible for ensuring that the athletic program functions as an integral part of school offerings. Athletics offer opportunities to serve others, develop good will, promote self-realization, and encourage the qualities of good citizenship. Annual participation in interscholastic athletics is approaching nine million students, and with it comes the need to ensure that the programs support the academic mission of the school. The programs are not a diversion, but rather, an extension of the regular classroom. Among the challenges facing an interscholastic school administrator is the planning, development, coordination, and supervision of extra-curricular programs.

The athletic administrator position requires a wide range of abilities to properly accomplish this role. The purpose of this document is to provide a clear description of athletic administration in today’s ever-changing school environment.

The basic role of the athletic administrator is to provide leadership to the overall athletic program, as well as to manage the details necessary for its successful day-to-day operation. The athletic administrator establishes the professional expectations based upon sound philosophy.

According to S. Rallis and M. Highsmith, “In a good school, management and leadership exist simultaneously. Management means keeping the nuts and bolts in place and the machinery running smoothly. Leadership means keeping sight of long-term goals and steering in their direction. If the machinery breaks down, the job of the leader – though perhaps not impossible—becomes vastly more complicated and difficult. On the other hand, a well-oiled machine can continue to operate without a leader, but it may never get anywhere—except by accident.” As Warren Bennis has well stated, “Managers are people who do things right; leaders are people who do the right thing.”

Good management skills yield efficient operations. The primary commitment of the athletic administrator as a skillful manager must be that of a facilitator. The athletic administrator attempts to ease the coaches’ load of administrative detail to allow each coach to focus his or her time and energy on guiding and motivating student-athletes and teams to achieve their potentials.

The management role of the athletic administrator may be the most varied of all school administrators. The on-going tasks of budgeting and procuring funds, contest management, hiring and evaluating personnel, facility management, conflict management and security of events; combined with the constant interruption characterized by the job demand that the athletic administrator possess a high degree of patience and multi-tasking skills. Management competency is a prerequisite in the attainment of the credibility necessary to be an effective leader.

As we move through the early years of the 21st century, the leadership phase of athletic administration becomes paramount. Issues such as athletic specialization, alcohol and substance abuse, performance enhancing drugs, and loss of academic perspective necessitate a strong leader to keep the athletic program forthright and educationally sound within the total school setting.

To be an effective leader the athletic administrator must have a vision for the total program, with a primary focus being the student's overall safety and development. The philosophy of the athletic

program should be in harmony with the mission of the National Interscholastic Athletic Administrators Association (NIAAA), National Federation of State High School Associations (NFHS), state athletic administrator associations, state athletic/activity associations, state and local boards of education, and the individual school. That vision must be translated by the athletic administrator into program goals and high expectations for coaches, student-athletes, and administrators. These must be articulated clearly and repeatedly to student-athletes, coaches, parents, and the school community.

The effective athletic administrator creates a climate that supports progress toward the established goals and expectations, continuously monitors and assesses progress, and intervenes in a supportive and corrective manner when necessary. Effective leaders transform vision into reality through daily practices in which their actions underscore their words.

Since the athletic administrator deals with a wide variety of people and situations in decision-making, he or she must be proficiently knowledgeable in varied leadership styles. It is the athletic administrator who must be the model in standing for what is right and making decisions in the best interest of student-athletes.

Recommendations and Qualifications

The position of athletic administrator is of paramount importance in ensuring that the activities are an extension of the regular school curriculum and provide a well-rounded and meaningful educational experience. **Therefore, the NIAAA strongly recommends this be a full-time administrative position.**

It is also recommended that the minimum qualifications for an athletic administrator should include:

- A task-oriented individual who is committed and dedicated to the education-based athletics for all students.
- A person with a varied knowledge of sports and some experience in coaching.
- An individual with an undergraduate degree in education, as well as some measure of administrative background.
- Certification from the NIAAA is highly recommended. This would include RAA, RMSAA, CAA, CIAA or CMAA designation (see Professional Development section).
- An individual that has coursework toward an advanced degree or academic certification in athletic administration, it would greatly enhance the position.
- An individual with experience in finance, budget preparation, and fund raising would be a great addition to any individual serving in this position.
- An individual with the ability to communicate effectively with wide variety of constituents.
- A person with NIAAA and state athletic administrator association membership.
- An individual well versed in appropriate safety and security planning.

An athletic administrator has the responsibility to provide positive direction to the athletic program, and thus should be a visionary who leads and does more than simply manage.

NOTIFICATION OF THE PRESS:

In all sports events and activities, both schools are required to report the final score to MaxPreps, and the **home school** is responsible to report the scores to local media.

1. MaxPreps - <https://www.maxpreps.com/>
2. Deseret News - prepstats@deseretnews.com
 - a. Prep phone line – 801-237-2161
3. Standard Examiner - sports@standard.net
 - a. Prep phone line – 801-625-4261
4. Salt Lake Tribune - avejar@sltrib.com
5. KSL – NBC - Channel 5 - news@ksl.com
6. KUTV – CBS - Channel 2 - newsdesk@kutv2.com
7. KTVX – ABC - Channel 4 - news@abc4.com
8. KSTU – FOX - Channel 13 - sports@fox13now.com

BOARD OF MANAGERS

Northridge

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Athletics Website: <https://northridgehighathletics.com/>
UHSAA Athletic Directory: <https://www.uhsaa.org/directory/schooldirectory.php?id=Northridge&Reg=5>

Bonneville

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Athletics Website: <https://bonnevillelakers.com/>
UHSAA Athletic Directory: <https://www.uhsaa.org/directory/schooldirectory.php?id=Bonneville&Reg=5>

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Athletics Website: <https://bhsredhawks.com/>
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Box Elder

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Box Elder High School – 380 South 600 West, Brigham City, Utah 84302 435-734-4840
Athletics Website: <https://boxelderathletics.com/>
UHSAA Athletic Directory: <https://www.uhsaa.org/directory/schooldirectory.php?id=Box%20Elder&Reg=5>

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Clearfield High School – 931 South 1000 East, Clearfield, Utah 84015 801-402-8200
Athletics Website: <https://clearfieldathletics.com/>
UHSAA Athletic Directory: <https://www.uhsaa.org/directory/schooldirectory.php?id=Clearfield&Reg=5>

Roy

Brenda Hart, Principal brhart@wsd.net
Natalie Cole, Secretary nacole@wsd.net
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Roy High School – 2150 West 4800 South, Roy, Utah 84067 801-476-3600
Athletics Website: <https://goroyalsgo.net/>
UHSAA Athletic Directory: <https://www.uhsaa.org/directory/schooldirectory.php?id=Roy&Reg=5>

Viewmont

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Viewmont High School – 120 west 1000 North, Bountiful, UT 84010 801-402-4200
Athletics Website: <https://goviewmont.com/>
UHSAA Athletic Directory: <https://www.uhsaa.org/directory/schooldirectory.php?id=Viewmont&Reg=5>

Woods Cross

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David Simon, Athletic Director dsimon@dsdmail.net
Woods Cross High School – 600 West 2200 South – Woods Cross, Utah 84087 801-402-4500
Athletics Website: <https://wxwildcats.com/>
UHSAA Athletic Directory: <https://www.uhsaa.org/directory/schooldirectory.php?id=Woods%20Cross&Reg=5>

ACTIVITIES-CHAIRPERSONS - INDIVIDUAL SCHOOL RESPONSIBILITIES

Baseball.....	Bountiful High School Clark Stringfellow, AD, Bountiful High School
Basketball, Boys & Girls	Box Elder High School Jesse Roberts, AD/Admin, Head Basketball Coaches, Box Elder
Cheerleading.....	Roy High School Mike Puzey, AD, Roy High School
Cross Country, Boys & Girls.....	Clearfield High School Curtis Hulse, AD, Head Cross Country Coaches, Clearfield High School
Drama.....	Box Elder High School Jesse Roberts, AD, & Melanie Day, Drama Advisor, Box Elder High School
Drill	Roy High School Mike Puzey, AD Roy High School
Football.....	Box Elder High School Robbie Gunter, Admin/Football Coach, Box Elder High School
Forensics/Debate	Northridge High School Thomas Zarate, AD, Debate Coach, Northridge High School
Golf, Boys	Viewmont High School Jeff Emery, AD, Viewmont High School
Golf, Girls.....	Viewmont High School Jeff Emery, AD, Nick O'Neal, Golf Coach, Viewmont High School
Lacrosse, Boys & Girls	Northridge High School Thomas Zarate, AD, Head Lacrosse Coaches, Northridge High School
Music	Viewmont High School Vocal Music, Kasey Bradbury, Viewmont High School Instrumental Music, Dan Chaston, Viewmont High School
Soccer, Boys & Girls	Woods Cross High School Dave Simon, AD, Head Soccer Coaches, Woods Cross High School
Softball.....	Bonneville High School Rick Corbridge, AD, Shelby Healy, Softball Coach, Bonneville High School
Swimming, Boys & Girls	Bountiful High School Clark Stringfellow, AD, Chad Reimschuessel, Swim Coach, Bountiful High School
Tennis, Boys & Girls	Woods Cross High School Dave Simon, AD, Head Tennis Coaches, Woods Cross High School

Track & Field, Boys & Girls Northridge High School
Thomas Zarate, AD, Head Track Coaches, Northridge High School

Volleyball, Boys & Girls Clearfield High School
Curtis Hulse, AD, Head Volleyball Coaches, Clearfield High School

Wrestling..... Bonneville High School
Rick Corbridge, AD, Head Wrestling Coaches, Bonneville High School

GENERAL POLICIES

The following regulations pertain to more than one activity, and therefore are included at the beginning of the *Region V Activity Manual*. Specific regulations for each sport or activity will be found with the Region V schedule for that activity. All statewide regulations can be found in the UHSAA Handbook, or on the UHSAA website (www.uhsaa.org). It is the responsibility of all principals, coaches, moderators and participants to become thoroughly familiar with these regulations. [click here](#)

1) Admission Fees and Tickets

- A. \$5.00 visiting high school students with activity cards and other school age children.
- B. \$5.00 senior citizens (60 and over, Military)
- C. \$8.00 adults and high school students without activity card.
- D. Pre-season games are the same as A, B, and C above.
- E. Schools have the option of issuing season passes to home games only at a discounted price.
- F. Region V home games are free to home students with activity card (pre-season games are up to each school).
- G. Free to holder of Region V and UHSAA (Utah High School Activities Association) passes only! A limited number of Region passes will be given to school in the Region. It is encouraged that Community members be issued a school created pass that allows access to home events only. Student Body Officers and Class Officers may be issued passes but must be wearing their sweater when using the pass.
- H. Free to cheerleaders and drill team members in uniform, and student body officers (student government only, not club or other officers) in sweaters.
- I. Free to children under five years of age, accompanied by a parent.
- J. No one will be admitted without a ticket or a pass.
- K. When admission is charged for **Region V** tournaments, the cost will match the UHSAA State Tournament pricing (\$5.00 for students [K-12] and senior citizens 65 years and older, \$10.00 for adults, and children 5 and under are free when accompanied by an adult). Region tournaments where admission is typically charged include drill, wrestling (if held by the region), swimming, and track.
- L. Online Ticket Sales are at the discretion of each region school.

2) Supervision of Region Activities, Tournaments and Meets

- A. Any school hosting a **Region V** tournament or dual competition activity is responsible for providing adequate administrative supervision for the activity.
- B. The host school must have two administrators at home varsity football and boys' varsity basketball games. Visiting team must have an administrator and one other school official at varsity football and varsity basketball. It is recommended that an administrator be present at all activities, whenever possible. The administration/supervisory people are to meet prior to the game and work out supervisory details. They are also to stay following the end of the event until the crowds have dispersed.
- C. It is the responsibility of the chairman of each individual activity to see that **Region V** tournaments and meets are planned and well organized. It is the responsibility of the host school to provide adequate general supervision for the activity. If the host school is not the school of the chairman, there should be a clear understanding between the activity chairman and the host principal regarding the activity. In any case, the host school must provide

general supervision for activities taking place in that school. Provide police and administrative supervision at the events and in the parking lots and possible trouble spots as identified by the local school plan.

- D. School administrators who are present at games agree to take immediate, definitive action towards disruptive or unsportsmanlike students or fans.
- E. No sitting on the front row or standing on the floor in basketball or in volleyball.
- F. The host school will clearly define seating areas for both home and visiting students. These areas should accommodate pep clubs as well as the general student body.
- G. If problems of a violent nature occur at any region site as a result of a school's failure to follow these recommended procedures or to provide proper supervision, the **Region V** Board of Managers will take restrictive action against the offending school.

3) *Accommodations for Visiting Teams*

Dressing rooms should be appropriately prepared for visiting teams with a clean area, lockers, showers, and whiteboards. Towels will not be furnished to visiting teams by the host school. Visiting teams must bring their own towels if they desire to use them. All dressing room facilities must be left clean and orderly. The visiting head coach will check facilities prior to departure. If a head coach receives a key to dressing room facilities from the home school, the key should be returned to the home school's head coach or designee. LOCKER ROOMS SHOULD BE SECURED AND LOCKED AT ALL TIMES.

As a Region Rule, food preparation materials are not allowed in any region gym. There are no tables, plug in items (warmers, crock pots, etc.) in the gym. Brown bag items will be allowed in.

4) *Rules for Region V Tournaments*

All **Region V** tournaments will follow the same rules as UHSAA state rules. [click here](#) Any and all tournament expenses must be pre-approved by the **Region V** Board of Managers for payment.

5) *Officials*

Host Schools should provide for someone to meet officials and show them to their dressing rooms both before and after any event (and during halftime). Any misconduct of officials, including failure to show or tardiness is to be reported to the Arbiter in charge of the involved activity. A detailed report including names and improper conduct shall be submitted in writing to the **Region V** Board of Managers, the UHSAA office, and the arbiter involved.

6) *Policies Relating to Student Behavior at Region V Activities*

7) *Music*

(1) Music through a loudspeaker, boombox, or music player may be provided by the host school only, NO PORTABLE MUSIC BY VISITING TEAMS, FANS, or SPIRIT SQUADS.

2) Bands & Drums:

- (2) A pep band may be provided by the host school only. During basketball games, pep bands are to play during regulation time-outs, quarters, and half-times only. An advisor must always be present if a band is to perform.
- (3) Drums are to be used only as part of an organized cheer or to be part of the pep club's marching activities. Drums and any other instruments are not to be used indiscriminately as noisemakers or for drum rolls or instrumental fanfare after each basket (please refer to UHSAA State Event Guidelines in the UHSAA Handbook for policies pertaining to allowed noisemakers).

3) Students Body Officers:

Student Body Officers are expected to demonstrate good sportsmanship and to welcome visiting officers to their school. Students Officers should be easily identifiable (sweaters, shirts, etc.) and available to help make interscholastic activities safe and successful.

4) Cheerleaders:

- (4) Cheerleaders of the host school should initiate a meeting with the guest cheerleaders immediately before the game. The two groups should work cooperatively together during the game. At basketball games only eight (8) visiting cheerleaders are allowed on the floor during competition and the home school will determine where cheerleaders are to cheer during games. Cheers or songs which are derogatory, or insulting are not allowed. Cheers must be under the direction of official school cheerleaders and song leaders.
- (5) All stunts and pyramids must be in accordance with risk management policies.
- (6) No children are to be used in cheerleading or pep club activities. Separate half-time activities are to be approved by the principal.
- (7) Cheerleaders should always encourage good sportsmanship. Each student body is to exhibit good sportsmanship. The administration 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. No cheering is to be derogatory or obscene.
- (8) Cheerleaders and/or mascots are to refrain from conducting cheers or stunts during free throws.
- (9) Megaphones may be used by cheerleaders at football games, and only for communicating with the cheering section. Megaphones may not be used at basketball games. "Refer to the UHSAA Handbook" for permitted noise makers (Region V follows UHSAA Spectator Support Guidelines).
- (10) No electronic cheering methods will be allowed at any Region V events.
- (11) No outside music from visiting teams, only the host school is allowed to play music at their venue.
- (12) A supervisor must be present when cheerleaders perform.
- (13) The cheerleading and team members must attend the Utah School Board's Risk Management Clinic in the spring.

- (14) For all events in the gymnasium, the number of visiting cheerleaders allowed on the floor at one time is eight.

5) Pre-game, Half-time, and Post-game Activities:

- (15) Pre-Game, In-Between Game, Post-Game Music including Walk-Up Music may only be played at the Host Venue for the Host Venue. NO OUTSIDE MUSIC DEVICES BY VISITING TEAMS FOR ANY REASON FOR ALL REGION 5 SPORTS AND ACTIVITIES.**
- (16) The starting line-up may be introduced prior to the activity. A well-planned flag ceremony may be presented.
- (17) All activities should come to a halt immediately when the flag ceremony begins. Head gear should be removed. Activity should remain suspended until flag ceremony is over. Starting line-ups may be introduced following the flag ceremony. All pre-game activities must be concluded before the official time of the event.
- (18) The announcer should call everyone to attention as the flag enters. The announcer should be objective and impartial announcing a game.
- (19) Football half-time: Half-time entertainment has ten minutes which includes time to get on and off the field. Exceptions can be made by mutual agreement for special occasions.
- (20) Basketball half-time: Maximum of seven minutes for half-time entertainment which includes time to get on and off the floor. Exceptions can be made for special occasions.
- (21) The host school pep club or drill team may use pom-poms if the floor is swept after each use, or at the earliest convenient time.
- (22) A supervisor must be present when student groups perform.
- (23) Coaches are responsible for the conduct of their athletes. No activity will be conducted to belittle or humiliate opponents, including organized post-game demonstrations on the floor, field or in the stands.
 - A. Visiting teams will leave the field or floor immediately after the game ends.
 - B. Visiting teams (basketball) will leave the team locker room within 20 minutes after the game ends.
- (24) No outside vendors selling at Region contests.
- (25) No gum, sunflower seeds, candy, or sugar drinks will be allowed on turf fields.**
- (26) Any senior recognition at end of season cannot delay start of game.
- (27) There should be no post-game demonstrations by either team on the floor/field at the end of the game until the visiting team has left the floor/field. Any and all activities must have the approval of the school administration.

6) Spectator Conduct/Sportsmanship:

- (28) Encourage student groups to initiate sportsmanlike activities during the season.
- (29) Other than authorized spirit groups (cheerleaders and drill team), no spectators will be allowed on the field or floor during game time, between quarters, half-time or post game. (Until visiting team exits the floor/field).
- (30) The throwing of any objects, including confetti, torn paper scraps, crepe paper, toilet tissue, powders or powder materials, etc., is not allowed.
- (31) Visiting schools are not to conduct any type of post-game activities.
- (32) The use of negative or insulting chants is not to be used.

- (33) For reasons of student safety and I.D. purposes, students will not be allowed to have any body paint on any area of the body except on the face. All other body painting is prohibited. The school administration is responsible to enforce this rule.
- (34) All laser pens are prohibited.
- (35) “**Region V** Spectator Support Items” – Refer to the UHSAA Handbook pg 69 (under Information – Spectator Support Items). [click here](#)

7) *Banners and Signs:*

- (36) No negative banners, pictures or posters of any nature will be displayed in the area of competition. A sign welcoming the visiting team is encouraged.
- (37) One sign of a positive nature is allowed. A banner or sign on the football field at the beginning of a game and/or at half-time for the home teams to run though will be allowed.
- (38) All banners will be used by the cheerleaders only.
- (39) No spectator banners or signs, with the only exception being banners used to honor seniors on senior night.
- (40) Each school may have 1 (one) flag either on the sideline or in the student section during football only. No flags for other sports.
- (41) Each school may have one school banner at the **Region V** Championship Meet. The maximum size for this banner being 5’ X 8’. No other signs or banners will be allowed at region site.

8) *UHSAA Sportsmanship Policy*

1) *Sportsmanship Conduct:*

- (1) INTRODUCTION – The effective Utah secondary school should support both an academic program and an activities program. The programs should do more than merely coexist, they should be integrated and support each other in “different” arenas. The concept of “sportsmanship” should be taught, modeled, expected, and reinforced in the classroom and in all competitive activities.
- (2) PHILOSOPHY – Activities are an important aspect of the total education process in Utah schools. They provide an arena for participants to grow, to excel, to understand and to value the concepts of SPORTSMANSHIP and teamwork. They are an opportunity for coaches and school staff to teach and model SPORTSMANSHIP, to build school pride, and to increase student/community involvement, which ultimately translates into improved academic performance. Activities are also an opportunity for the community to demonstrate its support for the participants and the school, and to model the concepts of SPORTSMANSHIP for our youth as respected representatives of society. SPORTSMANSHIP is good citizenship in action!
- (3) **REGION V SPORTSMANSHIP CODE OF CONDUCT**
(This statement should be read prior to every varsity **Region V** event where there is a public address system available)

Ladies and gentlemen, welcome to (home high school) for tonight’s/today’s athletic contest. We welcome our guests from (Visiting High School) and wish

all players good luck in tonight's/today's game. Both schools are members of the Utah High School Activities Association and support the new statewide sportsmanship program Raise-the-Bar. Sportsmanship does matter and we ask for your support in demonstrating respect for the game and all the participants by refraining from negative cheers, chants or behavior. Do Rowdy Right

UHSAA policies will be followed for all events as listed below, unless otherwise noted in Region Manual:

UHSAA STATE EVENT GUIDELINES

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

LEGEND:

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

	BB	BSK	CC	DR	FB	GO	SC	SB	SW	TE	TR	VB	WR
Practice or competition at state site 2 weeks prior	NO	NO	NO	NO	NO	YES	NO	NO	NO	YES	NO	NO	YES
Balloons	YES	NO	YES	NO	YES	YES	YES	YES	NO	YES	YES	NO	NO
Poms	YES	YES	YES	NO	YES	YES	YES	YES	NO	YES	YES	NO	NO
Artificial noise makers (shakers, clickers, horns, bells, cow bells, buzzers, thundersticks)	NO	NO	YES	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO
Megaphones (non-electronic)	YES	NO	YES	NO	YES	NO	YES	YES	NO	NO	YES	NO	NO
School bands (including drums)	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO
Shirts on fans; spectator faces must be identifiable	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Recorded music over PA system by approval only	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Rally towels	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Air horns/sirens/electronic bull horns	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Banners on wall except welcome or corporate sponsor	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Hand held signs of any kind	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cannons/muskets, whistles, vuvuzelas	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Drones	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Confetti/shredded paper	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Banners for teams to run Through	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Laser light/pointer	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Miniature sports balls thrown into crowd	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO

General Sportsmanship Guidelines

SPORTSMANSHIP is a way of thinking and behaving. The following SPORTSMANSHIP policy items are listed below for clarification:

- (1) Be courteous to all participants, coaches, officials, staff, and fans.
- (2) Know the rules. Abide by and respect officials' decisions.
- (3) Win with character and lose with dignity.
- (4) Display appreciation for good performance regardless of the team.
- (5) Exercise self-control and reflect positively upon yourself, the team and the school.
- (6) Permit only positive sportsmanlike behavior to reflect on your school or its activities.
- (7) If flagrant violence occurs in any event in which a **Region V** school is participating, the Region Board of Managers (Principals) will review the incident upon request and on a case-by-case basis determine possible consequences to participant(s) that are involved. These consequences may result in, but not be limited to, suspension from event(s), suspension for the entire season, and/or may include other consequences as determined by the Region Board of Managers.

C. *Unsportsmanlike Ejections and Fighting Policy – Appeals Process*

- (1) See the Utah High School Activities Association handbook. [click here](#)

9) *Events Schedules*

- (1) All **Region V** regularly scheduled events constitute a contract between schools. Honest and persistent effort must be made by all region schools to field all levels of teams for each sport. (i.e., Sophomore, JV and Varsity in applicable sports). The failure of a team to participate in a scheduled contest without prior mutual consent and Board of Managers approval at all levels, including varsity, junior varsity, and sophomore, may result in a fine and forfeit assessed by the Board of Managers, plus the cost of any officials etc. to the affected schools.
- (2) Both principals are to agree to the change before a change will be sent to the Board of Managers for approval. If the Board of Managers agrees on a change of time and date of an activity, the host school must notify the arbiter of the change in time for him/her to notify the officials. All officials (Varsity, J.V., Sophomore, and Freshman) will be arbitrated by UHSAA. Call changes to UHSAA offices. All costs associated with changing the time and date will be incurred by the school requesting the change.
- (3) All invitational meets, matches, or tournaments must be approved by the UHSAA thirty days prior to the activity. Appropriate fines will be assessed against a host school and others who participate in unsanctioned events.

10) *Miscellaneous*

- (1) Awards are to be given according to the published **Region V** format. No additional awards will be allowed unless pre-approved by the Board of Managers. (Sophomore and JV Volleyball Tournaments may award t-shirts rather than trophies.)
- (2) All personnel on the sidelines will be monitored and controlled by each school administration. Non-approved sideline personnel will be removed by the school administration, if necessary.

11) *Game Starting Times and Participant Regulations*

No sports activity may begin before 3:30 p.m., unless approved by the Board of Managers. However, varsity football may not start before 4:00 p.m. until Day Light Savings. Thereafter, games may start at 3:30 p.m.

12) *Ties of Standing*

The tie-breaking procedure will be used for all athletic activities except Drill Team.

- 1) In the event of a tie between teams qualified for state tournament positions, the seed will be determined by the win/loss records in region play of the teams involved in the tie (head-to-head among tied teams).
- 2) If the tie still exists, the seed will be determined by comparing each team's record against the team with the highest region finish or next highest, etc. until the tie is resolved.
- 3) Once a team has been awarded a seed, they are no longer part of the tie-breaking scenario. After this process, if only two teams remain the remaining two teams will be seeded based on head-to-head competition. If a tie still exists, a coin flip will be conducted under the direction of the Region Activity Chairperson. Coin flips will be conducted in person whenever possible. In the event of multiple teams tied that cannot be resolved as described above, all teams will flip coins with the team flipping the "odd coin" receiving the higher seed. The coin flip procedure will only be used as a last resort.
- 4) In the event of multiple teams tied for fewer playoff berths than teams tied, the tie-breaking procedure as described above will be used until only two teams remain. The final two teams will play off in a game to determine entry into the State Tournament.
- 5) If multiple teams tie for one playoff spot, all teams will play in a format that best suits the specific sport. *Refer the individual sport to the multiple team playoff guidelines and procedures.*
- 6) In the event the above process fails to resolve a tie, region principals will convene for the purpose of a coin flip to determine seed. The winner of the coin flip will take the higher seed.
- 7) No tied team will be eliminated from state playoff participation without the opportunity of a playoff game.

The tie-breaking procedure will be used for the following team sports: baseball, boys basketball, girls basketball, football, boys soccer, girls soccer, softball, and volleyball.

If the tie does not involve a berth in the state tournament play-offs, but involves only seeding in the playoffs between two or more teams, the tie will be broken in the following manner:

- A. Head-to-head league competition among the tied teams will be the first criteria used to determine seeding for the state tournament playoffs.
- B. If the tie or seeding cannot be resolved using the above method, the seed will be determined by the tied teams' record against teams with the highest finish in the region. This process will continue down through the Region V standings until the tie is broken and seeding is determined.
- C. If a tie still exists, a coin flip will determine placement/seeding.

If a tie occurs among teams involving a berth in the state tournament play-offs, the tie will be broken by a play-off between the tied teams. The play-off will be played at the site of the team with the highest ranking based on the tie breaker criteria at a day and time agreed upon by both teams. If a tie breaker does not determine a home team, a coin flip will determine the home site. Board of Managers will make final decision on day and time if both teams do not agree.

If the tie is among more than two schools involving a berth in the state tournament play-offs, the following procedure will occur. An odd-man-out coin flip will determine which schools will draw the bye, the odd man having the bye. The other two teams will play; the loser being eliminated and the winner going on to play the team that drew the bye. The winner of that game earns the first vacant berth. The play-off games for football will be half the length of a regular game.

13) *Moratorium*

A fine to be determined by the Board of Managers, which is paid by the coach, may be assessed to the coach of any team that is in violation of the designated days for moratorium of practice and play. This is in addition to the UHSAA sanctions.

14) *Fine for Violations*

A fine may be assessed for a violation of region rules as determined by the **Region V** Board of Managers.

15) *Seeding Meetings or Other Meetings*

Any expenses that are expected to be paid by **Region V** should be pre-approved by the Board of Managers.

16) *Eligibility*

Eligibility rules for **Region V** will be determined by the Utah High School Activities Association By-Laws.

17) *Coaches*

- 1) Coaching behavior on the bench is reflected in student behavior. It is the responsibility of the principal to direct the coaching staff to be examples of good sportsmanship at all times.
- 2) Coaches are not to exert undue influence on officials before, during or after any contest. Any complaints or protests are to be made through the principal of the school.

18) *Number of Games*

Region V follows UHSAA guidelines for contest limitations. [click here](#) Teams which exceed the number of games allowed in any season may forfeit from their region schedule the number of games exceeding the limit. Forfeited game(s) may be subtracted from the region win/loss record of the offending school. For each extra game, one win may be subtracted from record and one loss may be added. Other sanctions may be taken by the **Region V** Board of Managers.

19) *Duties of Region Chairpersons*

- 1) Conduct all meetings pertinent to respective activity.

- 2) Coordinate and manage all **Region V** competitions and tournaments of respective activity.
- 3) Be direct liaison to **Region V** Board of Managers.
- 4) Be responsible for all awards, trophies, medals, etc., pertinent to respective activity.
- 5) The **All-Region V** teams should be selected by the coaches within two weeks of the conclusion of the activity where applicable.

20) *Undue Influence Rule, Violation*

- 1) If there is clear evidence that a coach has violated Article 1, Section 9 of the UHSAA bylaws or interpretations he/she will appear before the **Region V** Board of Managers and may be under the direction of the UHSAA to receive any or all of the following for the first violation:
 - (1) A letter of reprimand
 - (2) Suspension
 - (3) Fine
- 2) If it is determined a coach has violated the undue influence rule a second time, the coach may be suspended a minimum of three contests or one-half of the remaining **Region V** schedule (whichever is greater).
- 3) A third violation may mean suspension for the remainder of the current season.

21) *Penalties*

Upon having knowledge of an infraction of a rule or policy, **Region V** may initiate action in accordance with UHSAA policies.

21. *Region Finances*

Expenses for Region activities and competitions can be reimbursed from Region funds by submitting a copy of the reimbursement form located on the last page of this manual. Receipts for expenditures should be included with the form. Forms should be signed by the **Region V** Chairman and submitted to Jason Smith or Cheri Slager at Northridge High School.

22. *Duties of Region V Chairs Academic All-Region Certificates*

Duties of Region V Chairs & Academic All-Region Certificates

- A. Select and honor respective All Region V teams where applicable.
- B. Be responsible for all awards, trophies, medals, etc., pertinent to respective activity
- C. Will assist in All-Region and Academic All-Region selection meetings. Academic All-Region minimal

GPA will be a 3.75 on a 4-point scale. Academic All-Region Certificates will be presented to student-

athletes at Region events and tournaments, whenever possible and applicable (i.e. Drill, Cross

Country, Track, Swimming). Region Activities Chairperson is responsible to see that Academic

All-Region names are submitted from each school and certificates are prepared for presentation.

23. Region Realignment

When region realignment occurs and results in region changes, all remaining region account funds will be distributed to region schools at the conclusion of the current region cycle.

UHSAA 2023-24 CALENDAR OF STATE EVENTS

The UHSAA calendar of state events can be located at the following link:

<https://uhsaa.org/calendar/>

UHSAA 2023-24 HANDBOOK

<https://uhsaa.org/Publications/Handbook/Handbook.pdf>

CONTEST LIMITATIONS

The playing or competition season shall end with the last state meet for any of the classifications or tournament in that activity. UHSAA jurisdiction for seniors shall end at that time. No meets nor competitions will be sanctioned after the UHSAA state championships. Exceptions: All-Star games sponsored by coaches' associations for seniors only may be sanctioned upon request.

The alumni are to be considered as an outside team. Alumni games may be played against only the member school's alumni. The game must count towards the contest limitations for that sport and certified officials must be used. Schools may not play their alumni in a UHSAA endowment game. Statistics from alumni games will not be accepted as UHSAA state records.

- BASEBALL.....Twenty-five (25) Each game played counts as one game.
- BASKETBALL (Boys & Girls)Twenty-three (23) Each game played counts as one game. The endowment game for boys and girls has been eliminated by the UHSAA.
- COMPETITIVE CHEER.....Teams may only compete in a TOTAL of four (4) competitions prior to the divisional and state competition. Participation in a UHSAA Live Judging Practicum does not count towards the limitations. Teams are limited to one (1) entry per category. Competitive Cheer teams may only participate in UHSAA Sanctioned competitions.
- CROSS COUNTRYTen (10) meets per individual. The UIAAA Cross Country Meet does not count toward the contest limitations.
- DRILL TEAMFour (4) qualifying competitions. The four competitions include a region competition if held. The live practicum does not count toward the contest limitations.
- FOOTBALL.....Nine (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.
- GOLF (Boys & Girls)Ten (10) meets. One (1) multi-day event may count as one (1) meet.
- LACROSSE (Boys & Girls)Sixteen (16) games. Each game played counts as one game. Each team can attend one tournament where they may choose one of three 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 either four, five or six (4-6) shortened-length games count as two (2) games, (6-for-2), with each game afterwards counting as one (1) game. 3) Teams may play in a tournament where they play up to three

shortened length games that count as a (3-for-1, with each game afterwards counting as one (1) game. Teams may only use one (1) of the tournament exemptions in each season.

SOCCKER (Girls)Sixteen (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 will count “one for one” against contest limitations.

SOCCKER (Boys)Fourteen (14) games (until further notice). Each game played counts as one game. Each team is allowed to attend one tournament and 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 will count “one for one” against contest limitations.

SOFTBALL.....Twenty-two (22) games. Each game played counts as one game, except for the games played under the two tournament exemption rule which allows schools two tournaments, at least one must be a non-school single day tournament, where all games played count as a single game (a maximum of four games may be played) and one multi-day tournament, where all games played count as two games (a maximum of eight games may be played in a multiple day tournament). If the maximum number of games is exceeded, in either tournament, each additional game would count “one for one” against contest limitations.

SWIMMING (Boys & Girls).....Fourteen (14) meets per individual. Region and State Championships do not count as part of the 14-meet limit.

TENNIS (Boys & Girls)Sixteen (16) matches per individua. The number of matches counted for a tennis tournament (competition among four or more schools) shall equal 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.

TRACK (Boys & Girls)Twelve (12) meets State Qualifying meets (6)

VOLLEYBALL (Girls)(For Fall 2023 Only) One of the following three options may be chosen: 18 matches and 0 tournaments, 17 matches and 1

tournament, 16 matches and 2 tournaments. The following guidelines pertain to Varsity tournaments: No more than 8 total matches in a tournament and no more than 4 matches in a single day. Guidelines for Sub-Varsity Tournaments: (2 out of 3 matches): No more than 9 total matches in a tournament and no more than 7 matches in a single day. Tournaments may not exceed three days in length.

VOLLEYBALL (Boys).....(Beginning Spring of 2024) Twenty-eight (28) matches. The following guidelines pertain to Varsity tournaments: No more than 8 total matches in a tournament and no more than 4 matches in a single day. Guidelines for Sub-Varsity Tournaments: (2 out of 3 matches): No more than 9 total matches in a tournament and no more than 7 matches in a single day. Tournaments may not exceed three (3) days in length.

WRESTLINGEach 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.

MUSIC.....Three (3) contests per category

SPEECH/DEBATE.....Ten (10) meets per individual.

BASEBALL GUIDELINES

Region Chairman: Travis Warnick, Principal, Bountiful High School

Telephone: 801-402-3900

Activity Chairman: Clark Stringfellow, Athletic Director, Bountiful High School

UHSAA Baseball Link: <https://www.uhsaa.org/baseball/>

UHSAA Baseball Calendar Link: <https://uhsaa.org/calendar/Baseball.php>

- 1) The first official day for team selection is – February 26, 2024
- 2) The first official day for games to be played is – March 4, 2024
- 3) Baseball: 25 games for 5A Schools on each level (Varsity, JV, and Sophomore). **Each game played counts as one game.**
- 4) All region Varsity/JV DH's will begin with the first game at 3:30 p.m. All region Sophomore DH's will begin at 11 am and 1 pm on Saturdays unless otherwise noted.
- 5) Each team will be allowed no more than 10 minutes for pre-game infield practice. All teams MUST stretch and warmup closest to their foul line. No circling up in centerfield.
- 6) All league games (Varsity and JV) will be played on the date and time scheduled, depending upon weather and field conditions. If a team is traveling to non-region tournament during region play and needs to reschedule a game(s), then it is the responsibility of both coaches to mutually agree on the dates and rescheduled date, to be played before the next regularly scheduled region game, and then report that to the region chairman. The scheduling for this must be done before the beginning of the regular region season. East Postponed game must be made up in the order of postponement. A Postponed game will be made up on the first available date, including Saturday. A postponed game can be made up by "flip flopping" the schedule and playing at the visiting team's field if that field is playable and if district bus transportation is available. The visiting team will reverse the schedule for that game during the second round. No team shall ever be obligated to not have at least 1 game at their home field. In the event of bad weather, it will be the responsibility of the home team coach to notify the visiting team's coach and the assigned officials. This should take place by 12:00 p.m. It is the responsibility of both coaches to communicate with each other in the process of rescheduling games for the next available date.
- 7) Any Game(s) that are not made up on the next available date could result in a forfeit for one or both teams, depending on the offending teams. It is the sole discretion of the school's head coach and/or athletic director to decide if their field is playable (due to weather conditions or safety conditions) on the scheduled date. The "flip flop" rule could then be used only if the criteria are met, otherwise the next available date for reschedule must be considered. The region board of managers (school principals and AD's) and both school's coaches and athletic directors will be consulted to determine the outcome of the situation. No team will be made to play five (4) region games in a week unless they choose to do so.
- 8) In baseball and softball, if 4 ½ innings are complete (and the home team is ahead in the score) or 5 innings are complete (and the visiting team is ahead in the score) and suspension occurs, then the game is considered complete. If the game is tied or if the game has not completed the required number of innings, then the "suspended game" rule will apply.
- 9) Seeding for the state tournament will be based on final UHSAA 5A Baseball RPI results.
- 10) A region trophy to the first placed team(s) in regular region play. No medals. Seeding will be based on how the league finishes in that order. Final UHSAA RPI results will help determine region placement for ties.
- 11) All games must be completed by – May 9, 2024
- 12) 5A Baseball RPI Reveal on – May 10, 2024, at 9:00 a.m.

- 13) An all-region team will be selected on the last Saturday before the state play-offs begin to be determined by the region baseball chairman. Coaches present will be allowed to select players for all-region teams.
- 14) Please refer to the “General Policies” in the Region V Handbook for all other Region V Rules and the UHSAA handbook or website for all UHSAA Rules.
- 15) See UHSAA Pitch Count Rule:

UHSAA Pitch Count Rule

Approved Nov 9, 2016

Effective Spring 2017 Baseball Season

The revised pitching policy in Rule 6-2-6 for 2016 from the NFHS requires state associations to adopt a pitch count rule instead of the existing 14 maximum innings per calendar week.

Pitching Limits

All-Levels

Pitches	Required Rest
86-110	3 days
61-85	2 days
36-60	1 day
1-35	0 days*

More info

- * - Additionally, no pitcher may throw more than 75 pitches over two days. If they throw 75 pitches in two days, there will be one day of required rest.
- A pitcher will be allowed to finish a batter if they hit the limit of 110 pitches during an at-bat but must exit the game after the hitter.
- Each contest must be recorded with the opposing team, noting the names of each pitcher and how many pitches that pitcher threw in the game. This information must be recorded in MaxPreps, along with the result of the contest, within 24 hours of the game. Note: The UHSAA recommends using Game Changer, as it is a free app for Apple products and can be easily exported into MaxPreps.

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 post-season violation, it is a forfeit.

The Region Board of Managers will handle violations of non-reporting of pitch counts.

NOTE: Umpires will NOT mediate pitch counts. All concerns about pitch counts need to be addressed by the Athletic Director or UHSAA.

2024 Region 5 Baseball Varsity/JV Schedule

April 1 - 6	SPRING BREAK			
April 8	Woods Cross @ Clearfield	Box Elder @ Viewmont	Bountiful @ Roy	Bonneville @ Northridge
April 10	Clearfield @ Wood Cross	Viewmont @ Box Elder	Roy @ Bountiful (at Viewmont HS)	Northridge @ Bonneville
April 12	Roy @ Woods Cross	Northridge @ Viewmont	Bonneville @ Clearfield	Bountiful @ Box Elder
April 15	Woods Cross @ Roy	Viewmont @ Northridge	Clearfield @ Bonneville	Box Elder @ Bountiful (at WX HS)
April 17	Bonneville @ Woods Cross	Bountiful @ Northridge	Box Elder @ Roy	Clearfield @ Viewmont
April 19	Woods Cross @ Bonneville	Northridge @ Bountiful (at WX HS)	Roy @ Box Elder	Viewmont @ Clearfield
April 22	Box Elder @ Woods Cross	Clearfield @ Bountiful (at Clearfield HS)	Viewmont @ Bonneville	Roy @ Northridge
April 24	Woods Cross @ Box Elder	Bountiful @ Clearfield	Bonneville @ Viewmont	Northridge @ Roy
April 26	Viewmont @ Woods Cross	Roy @ Clearfield	Northridge @ Box Elder	Bonneville @ Bountiful (at Viewmont HS)
April 29	Woods Cross @ Viewmont	Clearfield @ Roy	Box Elder @ Northridge	Bountiful @ Bonneville
May 1	Northridge @ Wood Cross	Bonneville @ Roy	Bountiful @ Viewmont	Box Elder @ Clearfield
May 3	Woods Cross @ Northridge	Roy @ Bonneville	Viewmont @ Bountiful (at Viewmont HS)	Clearfield @ Box Elder
May 6	Bountiful @ Woods Cross	Box Elder @ Bonneville	Clearfield @ Northridge	Viewmont @ Roy
May 8	Woods Cross @ Bountiful (at WX HS)	Bonneville @ Box Elder	Northridge @ Clearfield	Roy @ Viewmont

Varsity Games begin at 3:30 p.m. / JV After

Bountiful will not have a HOME field in 2024 and will play all home games either at the Opponents Field or at another local high school's field. Bountiful will still be home team, pay officials, and provide baseballs.

2024 Region 5 Baseball Sophomore Schedule

Saturday, March 23	Clearfield @ Woods Cross	Viewmont @ Box Elder	Bountiful @ Roy	Northridge @ Bonneville
Saturday, March 30	Woods Cross @ Roy	Viewmont @ Northridge	Bonneville @ Clearfield	Bountiful @ Box Elder
Saturday, April 6	Spring Break			
Saturday, April 13	Bonneville @ Woods Cross	Bountiful @ Northridge	Roy @ Box Elder	Clearfield @ Viewmont
Saturday, April 20	Woods Cross @ Box Elder	Bountiful @ Clearfield	Bonneville @ Viewmont	Northridge @ Roy
Saturday, April 27	Woods Cross @ Viewmont	Roy @ Clearfield	Box Elder @ Northridge	Bountiful @ Bonneville
Saturday, May 4	Woods Cross @ Northridge	Roy @ Bonneville	Bountiful @ Viewmont	Box Elder @ Clearfield
Wednesday, May 8	Bountiful @ Woods Cross	Box Elder @ Bonneville	Clearfield @ Northridge	Viewmont @ Roy

Sophomore Home Games: Bonneville (4); Bountiful (4); Box Elder (3); Clearfield (4); Northridge (4); Roy (3); Viewmont (3); Woods Cross (3)

Bountiful will not be playing HOME in 2024 due to field construction. All Home Games will be at the Opponents Field/Venue. A Mutual decision by coaches will be made in regard to who is home and who is away for the scorebook, officials etc.

2024 Region 5 Baseball Coach Contact Information

School	Head Coach	Email	Phone Number
Bonneville High School	Ryan Shaffer	ryanshaffer1711@gmail.com	801-391-1988
Bountiful High School	Aaron Everett	bhsredhawkbsbl@outlook.com	801-719-9453
Box Elder High School	Travis Mumford	travis.mumford@besd.net	435-881-7753
Clearfield High School	Steve Ross	stross@dsdmail.net	801-721-9147
Northridge High School	Blake Redd	bredd@superior-roof.com	801-644-1949
Roy High School	Monty Vorwaller	movorwaller@wsd.net	801-935-0116
Viewmont High School	Hunter Roybal	HunterJRoybal@gmail.com	385-515-8535
Woods Cross High School	Paul Ayala	yally3@yahoo.com	801-541-4988

All region varsity games will begin at 3:30pm. JV games will follow immediately after the varsity games. Sophomore doubleheaders will be played on Saturdays at 11:00AM and 1:00PM.

BOYS BASKETBALL GUIDELINES & SCHEDULES

Region Chairman: Gary Allen, Box Elder High School

Telephone: 435-734-4840

Activity Chairman: Head Boys Coach, Box Elder High School

UHSAA Boys Basketball Link: <https://www.uhsaa.org/bbasketball/>

UHSAA Boys Basketball Calendar Link: <https://www.uhsaa.org/calendar/BBasketball.php>

- 1) Both Boys and Girls Games will be played on the same day at the same site at the following times:

Boys Soph / Girls JV	3:30 p.m.
Girls Varsity/ Boys JV	5:15 p.m.
Boys Varsity/ Girls Soph	7:00 p.m.
- 2) Girls Varsity and Boys Varsity Games will always be played in the Main Gym
- 3) A roster and schedule will be sent to all schools prior to the first pre-season game.
- 4) Region Trophy to first place in regular region play. No medals.
- 5) Each school is responsible for posting scores at their respective MaxPreps Team Site.
- 6) Please refer to "General Policies" in the **Region V** Handbook for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules.
- 7) Game Schedule on Following Page

BOYS BASKETBALL SCHEDULE 2023-24

Wed 1/3/2024	Woods Cross @ Bonneville	Box Elder @ Bountiful	Clearfield @ Northridge	Viewmont @ Roy
Fri 1/5/2024	Box Elder @ Woods Cross	Bonneville @ Clearfield	Bountiful @ Viewmont	Northridge @ Roy
Wed 1/10/2024	Clearfield @ Woods Cross	Viewmont @ Box Elder	Roy @ Bonneville	Northridge @ Bountiful
Fri 1/12/2024	Woods Cross @ Viewmont	Clearfield @ Roy	Box Elder @ Northridge	Bonneville @ Bountiful
Wed 1/17/2024	Roy @ Woods Cross	Northridge @ Viewmont	Bountiful @ Clearfield	Bonneville @ Box Elder
Fri 1/19/2024	Northridge @ Woods Cross	Roy @ Bountiful	Viewmont @ Bonneville	Clearfield @ Box Elder
Wed 1/24/2024	Woods Cross @ Bountiful	Bonneville @ Northridge	Box Elder @ Roy	Clearfield @ Viewmont
Fri 1/26/2024	Bonneville @ Woods Cross	Bountiful @ Box Elder	Northridge @ Clearfield	Roy @ Viewmont
Wed 1/31/2024	Woods Cross @ Box Elder	Clearfield @ Bonneville	Viewmont @ Bountiful	Roy @ Northridge
Fri 2/2/2024	Woods Cross @ Clearfield	Box Elder @ Viewmont	Bonneville @ Roy	Bountiful @ Northridge
Wed 2/7/2024	Viewmont @ Woods Cross	Roy @ Clearfield	Northridge @ Box Elder	Bountiful @ Bonneville
Fri 2/9/2024	Woods Cross @ Roy	Viewmont @ Northridge	Clearfield @ Bountiful	Box Elder @ Bonneville
Wed 2/14/2024	Woods Cross @ Northridge	Bountiful @ Roy	Bonneville @ Viewmont	Box Elder @ Clearfield
Fri 2/16/2024	Bountiful @ Woods Cross	Northridge @ Bonneville	Roy @ Box Elder	Viewmont @ Clearfield

GIRLS BASKETBALL GUIDELINES & SCHEDULES

Region Chairman: Gary Allen, Box Elder High School

Telephone: 435-734-4840

Activity Chairman: Aaron Dooley, Box Elder High School

UHSAA Girls Basketball Link: <https://www.uhsaa.org/gbasketball/>

UHSAA Girls Basketball Calendar Link: <https://www.uhsaa.org/calendar/GBasketball.php>

- 1) Both Boys and Girls Games will be played on the same day at the same site at the following times:

Boys Soph / Girls JV	3:30 p.m.
Girls Varsity/ Boys JV	5:15 p.m.
Boys Varsity/ Girls Soph	7:00 p.m.
- 2) Girls Varsity and Boys Varsity Games will always be played in the Main Gym
- 3) A roster and schedule will be sent to all schools prior to the first pre-season game.
- 4) Region Trophy to first place in regular region play. No medals.
- 5) Each school is responsible for posting scores at their respective MaxPreps Team Site.
- 6) Please refer to "General Policies" in the **Region V** Handbook for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules.
- 7) Game Schedule on Following Page

GIRLS BASKETBALL SCHEDULE 2023-24

Wed 1/3/2024	Woods Cross @ Bonneville	Box Elder @ Bountiful	Clearfield @ Northridge	Viewmont @ Roy
Fri 1/5/2024	Box Elder @ Woods Cross	Bonneville @ Clearfield	Bountiful @ Viewmont	Northridge @ Roy
Wed 1/10/2024	Clearfield @ Woods Cross	Viewmont @ Box Elder	Roy @ Bonneville	Northridge @ Bountiful
Fri 1/12/2024	Woods Cross @ Viewmont	Clearfield @ Roy	Box Elder @ Northridge	Bonneville @ Bountiful
Wed 1/17/2024	Roy @ Woods Cross	Northridge @ Viewmont	Bountiful @ Clearfield	Bonneville @ Box Elder
Fri 1/19/2024	Northridge @ Woods Cross	Roy @ Bountiful	Viewmont @ Bonneville	Clearfield @ Box Elder
Wed 1/24/2024	Woods Cross @ Bountiful	Bonneville @ Northridge	Box Elder @ Roy	Clearfield @ Viewmont
Fri 1/26/2024	Bonneville @ Woods Cross	Bountiful @ Box Elder	Northridge @ Clearfield	Roy @ Viewmont
Wed 1/31/2024	Woods Cross @ Box Elder	Clearfield @ Bonneville	Viewmont @ Bountiful	Roy @ Northridge
Fri 2/2/2024	Woods Cross @ Clearfield	Box Elder @ Viewmont	Bonneville @ Roy	Bountiful @ Northridge
Wed 2/7/2024	Viewmont @ Woods Cross	Roy @ Clearfield	Northridge @ Box Elder	Bountiful @ Bonneville
Fri 2/9/2024	Woods Cross @ Roy	Viewmont @ Northridge	Clearfield @ Bountiful	Box Elder @ Bonneville
Wed 2/14/2024	Woods Cross @ Northridge	Bountiful @ Roy	Bonneville @ Viewmont	Box Elder @ Clearfield
Fri 2/16/2024	Bountiful @ Woods Cross	Northridge @ Bonneville	Roy @ Box Elder	Viewmont @ Clearfield

CHEER GUIDELINES & SCHEDULES

Region Chairman: Brenda, Hart, Principal, Roy High School

Telephone: 801-476-3600

Activity Chairman: Mike Puzey, AD, Roy High School

UHSAA Cheer Link: <https://www.uhsaa.org/cheer/>

UHSAA Cheer Calendar Link: <https://www.uhsaa.org/calendar/Cheer.php>

INSERT SCHEDULE HERE]

CROSS COUNTRY GUIDELINES & SCHEDULES

Region Chairman: Gary Allen, Box Elder High School

Telephone: 435-734-4840

Activity Chair: Jeff Rawlins, Box Elder High School

UHSAA Cross Country Link: <https://www.uhsaa.org/xc/>

UHSAA Cross Country Calendar Link: <https://www.uhsaa.org/calendar/XC.php>

2023-2024 Region 5 Cross Country Guidelines

- 1) The Pre-Region Meet will start at 8:30 a.m. and open Region meets will begin at 3:30 p.m. unless there are extenuating circumstances and a mutual agreement between coaches (for that meet). The Region Championship race will begin at 3:00 pm. Each team may compete in a maximum of ten (10) meets excluding Region and State Championships. The time schedule for Pre-Region will be 8:30 am for girls' race and 9:15 am for the boys' race. The time schedule for the Region Championship Meet will be as follows: 3:00 pm Girls JV, 3:40 pm Boys JV, 4:20 pm Girls Varsity, 5:00 pm Boys Varsity.
- 2) The host school of open region meets will designate a well-marked course. Distances for quad meet courses will range from 3,000 to 5,000 meters. The Pre-Region and Region Championship course will be of the length from 3.0 – 3.1 miles and will be the same course.
- 3) Qualification for State finishers will qualify with UHSAA yearbook.
- 4) The winner of the region trophy will be determined by the team scores at the Region Meet.
- 5) Medals will be awarded to the top 10 finishers in the Region Meet in both the boys and girls varsity division. Medals will be awarded to the first 10 finishers in the boys and girls Junior Varsity division. Additional medals may be awarded by the coaches.
- 6) Coaches may run 9 runners in the "Varsity" Region Championship race if desired, but the scoring 7 must be clearly designated on the tag prior to the beginning of the race. Failure to do so disqualifies athletes from the top finisher of that school down, one for one over the limit of 7. These non-scoring individuals are NOT eligible for individual awards (top 10 medals). It is understood the reason for the option to race an extra individual (or more) is to determine positions for the state meet only.
- 7) Two paid officials will be arranged to start, score, and referee the region meet.
- 8) Each school will provide two adult volunteers for the Pre-Region and region meet.
- 9) At all meets, girls will run first, then boys, unless agreed upon ahead of time by all coaches involved.
- 10) Please refer to "General Policies" in the Region V Handbook for all other Region V rules, and the UHSAA Handbook for all UHSAA rules.
- 11) All schools are invited to the Open Region meets. It is not mandatory that a school attend all meets. However, it is highly recommended that all schools notify the host school of their intentions at least one week prior to the scheduled meet. Pre-Region and Region will be hosted by Box Elder High School.
- 12) It is recommended that host schools provide a copy of all results by the day following the meet at noon.
- 13) To participate in the Region Championship varsity race, a runner must participate in at least one (1) previous meet. Exceptions can be made for illness, injuries, and new move-ins. Each coach will be expected to police their own team.

Region V Cross Country Venues:

Bonneville High School	Friendship Park – (Next to South Ogden Junior High) 5500 South 650 East, Ogden, UT 84405
Bountiful High School	Mills Park 1850 South 1200 West, Woods Cross, Utah 84087
Box Elder High School	Box Elder High School 380 South 600 West, Brigham City, UT 84302
Clearfield High School	TBA
Northridge High School	TBA
Roy High School	Roy High School & Sand Ridge Park, 2150 W 4800 S, Roy, UT 84067
Viewmont High School	South Davis Recreation Center 550 North 200 West, Bountiful, UT 84010
Woods Cross High School	Mills Park 1850 South 1200 West, Woods Cross, Utah 84087

[INSERT CROSS COUNTRY SCHEDULE HERE]

DRAMA/THEATRE GUIDELINES & SCHEDULES

Region Chairman: Gary Allen, Box Elder High School

Telephone: 435-734-4840

Activity Chairman: Melanie Day, Box Elder High School

UHSAA Drama/Theatre Link: <https://www.uhsaa.org/theatre/>

UHSAA Drama/Theatre Calendar Link: <https://www.uhsaa.org/calendar/Theatre.php>

- 1) Date and location for the Region Festival plays and the individual events will be determined at the annual spring planning meeting held in the preceding year. Festival plays and individual events are held during the month of March and April. State Drama Festival is usually held at a pre-determined high school on the third weekend of April.
- 2) 132 individual events, judges at \$50.00 each for three rounds. Three competition play judges at \$150.00 each plus 35 cents per mile.
- 3) The two schools hosting competition will each be paid \$150.00 to cover the cost of lamps, gels, custodial services, materials, and printing.
- 4) AWARDS:
 - A. The following plaques will be awarded to performers in the Festival Play:
 - (1) Best Actor
 - (2) Best Actress
 - (3) Best Supporting Actor
 - (4) Best Supporting Actress
 - (5) Best Character Actor
 - (6) Best Character Actress
 - (7) Best Ensemble

Sweepstakes: A 1st place and 2nd place region trophy will be provided. A third-place certificate 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. Scenes, Pantomime, and Musical Theatre may have more than one person in their event win. Three medals 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 medal will be engraved on the back with 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

- 5) **TEACHERS MEETING:** All Region drama coaches may want to meet prior to the Region Festivals to discuss any business deemed necessary before the Region Tournaments being.
- 6) **DOUBLE ENTERING:** A participant may compete in one Individual Event (Classical Scenes, Contemporary Scenes, Pantomime, Humorous Monologues, Dramatic Monologues, Musical Theatre) and the Festival play and may therefore qualify for State in the Festival play and on Individual Event.
- 7) Please refer to “General Policies” in the **Region V** Handbook for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules.

[INSERT SCHEDULE HERE]

DRILL GUIDELINES & SCHEDULES

Region Chairman: Brenda Hart, Principal, Roy High School

Activity Chairman: Mike Puzey, Athletic Director, Roy High School

UHSAA Drill Link: <https://www.uhsaa.org/drill/>

UHSAA Drill Calendar Link: <https://www.uhsaa.org/calendar/Drill.php>

Region V Drill Championship: Roy HS, Smith (Main) Gym on Sat January 20th, 2024 at 10:00 a.m.

AWARDS - **One (1) Region Trophy**

First – Third Place Plaques in each category

Three “drill down” Medals for places 1-3

One Plaque for Sportsmanship

[INSERT SCHEDULE HERE]

FOOTBALL GUIDELINES & SCHEDULES

Region Chairman: Jamie Kent, Box Elder High School

Telephone: 435-734-4840

Activity Chairman: Carson Mund, Box Elder High School

UHSAA Football Link: <https://www.uhsaa.org/football/>

UHSAA Football Calendar Link: <https://www.uhsaa.org/calendar/Football.php>

- 1) All Varsity Region games will start at 7:00 p.m.
- 2) Sub-Varsity Games will be played on Thursdays, opposite of Varsity location with JV beginning at 4:00 p.m. followed by Soph/Frosh at 6:00 p.m. All Sub-varsity games will be played as double headers to accommodate shortage of qualified officials.
- 3) Home teams wears dark jerseys, visiting team wears light jerseys (all levels).
- 4) All schools are required to use adults on chain and down marker (Varsity only).
- 5) Scouting is to be done from the spectator stands or a specific location set up (if available) by the home team.
- 6) The host school should extend courtesy to the visiting photographer as to its' own photographer.
- 7) Use only one person filming, and no video filming of future opponents will be allowed at Varsity, Junior Varsity, or Sophomore games.
- 8) It is the responsibility of the home team school to keep the sidelines clear.
- 9) Home team is responsible for emergency medical care.
- 10) **Video Exchange will be done on Hudl. Film exchange is to include: Each region team will exchange all region games with all region teams. The morning after each region game, each school will exchange that game with each of the other region schools. 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. Score board by quarter and after each scoring play. Film all plays.**
- 11) Varsity home school is to provide dressing facilities for the visiting school. Chalkboard/Whiteboard will be available. Home school will clear 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 Sophomore will dress at their own school, but when conditions get bad, may need locker room at half time).
- 12) Visiting team spotters/coaches must remain on the visiting team's side/section of the stadium, unless are provided by home team is elsewhere.
- 13) Coaches will communicate with each other on at least the following two occasions:
 - A. Schedule and team rosters are to be emailed to each coach in August. Rosters shall contain players name, number, grade level, and position of each player.
 - B. The coaches will meet after quarter finals for the purpose of selecting the All-Region V Team.
- 14) Region Trophy to first place in regular region play.
- 15) Please refer to "General Policies" in the **Region V** Handbook for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules. [click here](#)

FOOTBALL SCHEDULE 2023-24

Fri 9/1/2023	Northridge @ Box Elder (Played at Weber HS)	Roy @ Clearfield	Viewmont @ Bountiful (Played at WX)	Woods Cross @ Bonneville
Fri 9/8/2023	Box Elder @ Roy (Thur Sept 7 for Live TV Game)	Viewmont @ Northridge	Clearfield @ Woods Cross	Bonneville @ Bountiful (Played at Viewmont)
Fri 9/15/2023	Box Elder @ Clearfield	Bountiful @Northridge	Bonneville @ Roy	Woods Cross @ Viewmont
Fri 9/22/2023	Box Elder @ Viewmont	Roy @ Woods Cross	Northridge @ Bonneville	Clearfield @ Bountiful
Fri 9/29/2023	Bountiful @ Box Elder	Bonneville @ Clearfield	Woods Cross @ Northridge	Viewmont @ Roy
Fri 10/6/2023	Box Elder @ Woods Cross	Viewmont @ Bonneville	Roy @ Bountiful	Clearfield @ Northridge
Fri 10/13/2023	Bonneville @ Box Elder	Bountiful @ Woods Cross (Thur Oct 12 for Live TV Game)	Clearfield @ Viewmont	Northridge @ Roy

*Start Time for all Varsity Games – 7:00 pm

**Start Time for Region “Double Header Sub-Varsity” on Thursday
(opposite site of Varsity) is 4:00 for JV and 6:00 p.m. for Sophomore.

SPEECH/DEBATE GUIDELINES & SCHEDULES



Region Chairman: Jason Smith, Principal, Northridge High School Telephone: 801-402-8500

Activity Chairman: Shannon Chamberlin, Northridge High School

UHSAA Speech/Debate Link: <https://www.uhsaa.org/speech/>

UHSAA Speech/Debate Calendar Link: <https://www.uhsaa.org/calendar/Forensics.php>

- 1) Region Format:
 - a. Number of Contestants:
 - b. Policy Debate Four Teams
 - c. Lincoln-Douglas Four Contestants
 - d. Public Forum Four Teams
 - e. U.S. Extemp. Three Contestants
 - f. Original Oratory Three Contestants
 - g. Impromptu Three Contestants
 - h. Congress Three Contestants
 - i. Foreign Extemp Three Contestants

All events will count toward the region trophies. There will be no Interps at region unless they become state events. There will be two separate region trophies awarded at the Region Debate Tournament, one First place Debate Trophy and one Second Place Debate Trophy.

- j. **Speech/Forensic Events:** Oratory, Impromptu, National Extemp., Foreign Extemp.,
- k. **Debate Events:** Policy, Lincoln Douglas, Public Forum, Congress.

- 2) Judges Requirements:
 - a. Schools must bring one qualified judge per two debate (cx) entries, one qualified judge per four PF/LD entries, one qualified judge per five IE entries, and one Congress judge for any Congress entries. Schools that do not fulfill their judging requirement will have entries dropped from competition.
 - b. The qualified judges for Congress rounds will be confirmed by coaches at the Region Pairing meeting.
- 3) Region Meet Parings:
 - a. All schools competing at region have to attend the Pairings Meeting for Region. All schools must send a coach or a coach designee to pairings. They will not be allowed to participate in the region meet if not represented.
- 4) Debate Parings:
 - a. The intent is to have each school meet every school in the Region, if that can't happen, the pairings will be made within reason.
 - b. Individual teams must not meet the same team more than once.
- 5) Medals: Each medal will say the event name and "Superior" and will be given to the top five finishers in each event. The following number of medals will be needed: Public Forum – 10 medals; LD – 5 medals; Policy – 10 medals; National Extemp. – 5 medals; Foreign Extemp. – 5 medals; Oratory – 5 medals; Impromptu – 5 medals; Congress – 5 medals. 10 blank Superior medals in case of ties.
- 6) General Guidelines:
 - a. In forensics and debate competition, each individual is limited to ten meets per year, excluding region, state and national competitions.

- b. Region will pay for judges at the Region Meet; \$35 for each judge who judges for Friday, and \$50 for each judge who judges for Saturday (as per new UHSAA guidelines).
 - c. March/April LD topic and March PF topic will be used for the Region Meet.
 - d. In the event a student misses a round, his/her points will still count toward sweepstakes.
 - e. Please refer to "General Policies" in the Region V Handbook for all other Region V Rules, and the UHSAA Handbook for all UHSAA Rules. [click here](#)
 - f. Sweepstakes points will be calculated as follows:
 1. The top $\frac{1}{4}$ of contestants will be given superior (5 points). Ten (10) points for PF & CX.
 2. The next $\frac{1}{4}$ of contestants will be given excellent (3 points). Six (6) points for PF & CX.
 3. The next $\frac{1}{4}$ of contestants will be given good (1 point). Two (2) points for PF & CX.
- 7) Ties will not be broken; each quartile will be chosen by marking the number which least skews all brackets.
 - 8) The top 3 schools in total sweepstakes points will qualify their entire team for the state tournament.
 - 9) All students qualifying in the top ten of their events (with a winning record in debate events) will qualify individually outright (or top half of the entries, whichever is more).
 - 10) Day-of drops will be counted in the quartiling.
 - 11) Deliberate no-shows to rounds will disqualify students from the State Tournament.
 - 12) To earn quartile points, teams must debate even if the school team must debate itself.
 - 13) All speech events will be held to NSDA standards. Oratories must have a script. A file check will be conducted in extemp.
 - 14) No emailed evidence chains PF, LD or CX

[INSERT SCHEDULE HERE]

GOLF, BOYS GUIDELINES & SCHEDULES

2023-2024 BOYS GOLF GUIDELINES & SCHEDULE

Region Chairman: Travis Lund, Principal, Viewmont High School

Activity Chairman: Jeff Emery, Athletic Director, Viewmont High School

UHSAA Boys Golf Link: <https://www.uhsaa.org/bgolf/>

UHSAA Boys Golf Calendar Link: <https://www.uhsaa.org/calendar/BGolf.php>

- 1) Region play will consist of (9) 18-hole tournaments: (6) hosted tournaments, (2) neutral tournaments, and (1) region championship. Each school will be responsible for hosting one tournament.
- 2) Each school will be responsible for their own green fees (**payment should be made to the course prior to the start of the match**). The host school will oversee the match, and will have scorecards, hole assignments, and any other administrative duties necessary for the match completed before the designated start time. Neutral matches will be set up and prepared by Viewmont High, with help as needed from the other region coaches.
- 3) Each team will play eight players and 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 point total will be declared the region champion. **In the case of a tie there will be co-region champions. A playoff will determine who is entered in 1st and 2nd place at State. Ties for a state qualifier will be settled by a team playoff like the state playoffs for team tie- breakers.** Team standings in Region will be determined on a point system for each match:

1st – 5 points 2nd – 4 points 3rd – 3 points 4th – 2 points 5th – 1 point 6th – 0 points

For the end of season Region Championship Match team points will be double.

- 4) Tiebreaker for region champions is the same as written. Ties for state qualifier would have to be settled by a team playoff like the state playoffs for team tiebreakers.
- 5) Extra invitational tournaments will be up to each school to arrange.
- 6) Individual medals will be given to the top region golfer plus the ten players with the highest point totals for all the Region 5 golf Matches. The top individual golfer in the region will receive a medal as the top golfer.
1st – 10 points 2nd - 9 points 3rd – 8 points 4th – 7th points 5th – 6 points 6th – 5 points
7th – 4 points 8th – 3 points 9th – 2 points 10th – 1 point
- 7) Varsity golfers will play 18 holes with 8 varsity golfers playing, scoring 4. Shotgun starts when possible.
- 8) JV will play 9 holes with up to 4 players. (Exceptions can be made if the course allows for more than 4).
- 9) The number of coaches allowed to coach during the match for Varsity will be two (2). Schools may also have up to two (2) Junior Varsity coaches who are allowed to coach JV players only. Coaches are not allowed to be on the green with a player, per state tournament rules.
- 10) Range finders will be allowed. No caddie may be used by golfers.
- 11) Electric carts are not to be used by the players. Exceptions will be made for ADA qualified plyers on a case-by-case basis.

- 12) Coaches are responsible to see that all players are dressed in appropriate golfing attire and comply with local course rules.
- 13) Play will be governed by USGA and any applicable local rules, UHSAA and Region V sportsmanship code.
- 14) Each school will be responsible for their own rules' clinic.
- 15) Play will be from the blue tees.
- 16) Team shirts are highly recommended. Meets canceled due to unplayable weather will be rescheduled based on course availability.
- 17) Parents may not give advice to players while on the golf course. This means keep a reasonable distance from players and have no private conversations with players during their round.
- 18) At each tournament every school will provide at least one coach to help with checking scorecards and scoring. Contestants will PICK UP after reaching a maximum score of nine (9) strokes on any hole of a competition. 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.
- 19) The top school (1) in each Region (five (5) schools total) will qualify. The next eleven (11) schools will qualify by an overall average TEAM score. A TEAM TOTAL will be submitted with scores for four players at six matches. The team averages will be determined using the official course rating for the tees played. Matches must be declared before the season begins. The declared matches must be the same for every school within the Region. Individuals: Individuals who do not otherwise qualify through a team but are in the top twelve (12) individuals for the Region.

AWARDS:

1 Region Trophy

1 Medal for the Top Golfer in the Region

10 Medals for 10 Low Medalists

2023-2024 Boys Golf Match Schedule

<u>DATE</u>	<u>LOCATION</u>	<u>HOST</u>	<u>TIME</u>
Aug 14	Bountiful Ridge GC	Bountiful HS	10:30 a.m.
Aug 21	Schneider's Riverside GC	Bonneville HS	8:00 a.m.
Aug 22	Eaglewood GC	Woods Cross HS	7:30 a.m.
Aug 28	Eagle Mountain GC	Box Elder HS	2:00 p.m.
Sept 7	Lakeside GC	Viewmont HS	8:00 a.m.
Sept 11	Sun Hills GC	Northridge HS	8:00 a.m.
Sept 14	Schneider's Bluff GC	Clearfield HS	7:30 a.m.
Sept 18	Cranefield GC	Roy HS	8:00 a.m.
Sept 25	TBA	Region 5 Championship	TBA
Oct 9-10	Fox Hollow GC	UHSAA 5A State Championship	All Day

GOLF, GIRLS GUIDELINES & SCHEDULES

Region Chairman: Travis Lund, Principal, Viewmont High School

Telephone: 801-402-4202

Activity Chairman: Nick O'Neal, Viewmont High School

UHSAA Girls Golf Link: <https://www.uhsaa.org/ggolf/>

UHSAA Girls Golf Calendar Link: <https://www.uhsaa.org/calendar/GGolf.php>

- 1) Region play will consist of eight 18-hole tournaments. Each school will be responsible for hosting one home tournament, and one tournament to be hosted by the region.
- 2) Each school will be responsible for green fees for their own players at each match. The host school will oversee having scorecards, hole assignments, and any other administrative duties necessary for the match completed before the designated start time.
 - Each team will play six players, the total of the low four scores of those six will be counted as the team score. After the completion of the final region match the team with the lowest cumulative score will be declared the region champion. In the case of a tie there will be co-region champions. A coin flip will determine who is entered in 1st and 2nd place at State.
 - Team standings will be on a point system:
 - 1st- 4 2nd-3 3rd -2 4th -1 5th -0
 - Any ties will be settled by the 3rd score and then 4th score and then 5th score.
 - For the end of year region match the team points will double.
 - Tie breaker for region champion is the same as written. Ties for state qualifier will be settled by a team playoff similar to the state playoffs for team tie breakers.
- 3) Extra tournaments will be up to individual schools to arrange.
- 4) Range finders may be used. No caddie may be used by golfers.
- 5) Individual medals will be given to the ten players with the lowest total score (or highest Stableford score) for 7 of 8 18-hole region matches.
- 6) Top region golfer will be a medalist as well as the ten players with the lowest score (Top golfer plus 10 next lowest).
- 7) Girls will only have 8 matches and will drop the worst score for individual rankings.
- 8) The number of coaches allowed to coach during the match for Varsity will be three (3). Schools may also have up to two (2) Junior Varsity (JV) coaches who are allowed to coach JV players only. Coaches will be limited to only one coach on the green with players at one time.
- 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 [click here](#) and Region V sportsmanship code.
- 12) Each school will be responsible for their own rules clinic.
- 13) Play will be from the red tees.
- 14) Team shirts are highly recommended.
- 15) Meets canceled due to unplayable weather will be rescheduled or canceled based on course availability.
- 16) Parents may not give any advice to players while on the golf course. This means keep a reasonable distance from players and have no private conversations with players during their round.
- 17) Player will pick up their ball after 5 strokes over par. Five over par will be the highest score recorded using the Modified Stableford System.
- 18) Local rules for hazards.
- 19) Each school is responsible for their team's green fees.

AWARDS

1 Region Trophy, 10 Medals for low region medalists, 1 medal for regions' top golfer.

2023-2024 GIRLS GOLF SCHEDULE – TBA

[INSERT SCHEDULE HERE]

LACROSSE, BOYS GUIDELINES & SCHEDULES

Region Chairman: Jason Smith, Principal, Northridge High School

Activity Chairman: Boys Lacrosse Coach, Northridge High School

UHSAA Boys Lacrosse Link: <https://www.uhsaa.org/blacrosse/>

UHSAA Boys Lacrosse Calendar Link: <https://www.uhsaa.org/calendar/BLacrosse.php>

1st Region Game on April 16 – Only play each team once.

Tue 4/16/2024	Bonneville High School @ Woods Cross High School	Bountiful High School @ Viewmont High School	Box Elder High School @ Roy High School	Clearfield High School @ Northridge High School
Fri 4/19/2024	Viewmont @ Bonneville	Roy High School @ Woods Cross High School	Northridge @ Bountiful	Clearfield @ Box Elder
Tue 4/23/2024	Roy High School @ Bonneville High School	Northridge High School @ Viewmont High School	Clearfield High School @ Woods Cross High School	Box Elder High School @ Bountiful High School
Thu 4/25/2024	Bonneville High School @ Northridge High School	Roy High School @ Clearfield High School	Viewmont High School @ Box Elder High School	Woods Cross High School @ Bountiful High School
Tue 4/30/2024	Clearfield High School @ Bonneville High School	Box Elder High School @ Northridge High School	Bountiful High School @ Roy High School	Woods Cross High School @ Viewmont High School
Thu 5/2/2024	Bonneville High School @ Box Elder High School	Clearfield High School @ Bountiful High School	Northridge High School @ Woods Cross High School	Roy High School @ Viewmont High School
Tue 5/7/2024	Bountiful High School @ Bonneville High School	Woods Cross High School @ Box Elder High School	Viewmont High School @ Clearfield High School	Northridge High School @ Roy High School

LACROSSE, GIRLS GUIDELINES & SCHEDULES

Region Chairman: Jason Smith, Principal, Northridge High School

Activity Chairman: Girls Lacrosse Coach, Northridge High School

UHSAA Boys Lacrosse Link: <https://www.uhsaa.org/glacrosse/>

UHSAA Boys Lacrosse Calendar Link: <https://www.uhsaa.org/calendar/GLacrosse.php>

REGION 5 (2023-24)

Lacrosse - Girls, Girls Varsity

Games - Page 1

Fri 3/15/2024	Bonneville High School @ Woods Cross High School	Bountiful High School @ Viewmont High School	Box Elder High School @ Roy High School	Clearfield High School @ Northridge High School
Wed 3/20/2024	Viewmont High School @ Bonneville High School	Roy High School @ Woods Cross High School	Northridge High School @ Bountiful High School	Clearfield High School @ Box Elder High School
Fri 3/22/2024	Bonneville High School @ Roy High School	Viewmont High School @ Northridge High School	Woods Cross High School @ Clearfield High School	Bountiful High School @ Box Elder High School
Wed 3/27/2024	Northridge High School @ Bonneville High School	Clearfield High School @ Roy High School	Box Elder High School @ Viewmont High School	Bountiful High School @ Woods Cross High School
Fri 3/29/2024	Bonneville High School @ Clearfield High School	Northridge High School @ Box Elder High School	Roy High School @ Bountiful High School	Viewmont High School @ Woods Cross High School
Wed 4/10/2024	Box Elder High School @ Bonneville High School	Bountiful High School @ Clearfield High School	Woods Cross High School @ Northridge High School	Viewmont High School @ Roy High School
Fri 4/12/2024	Bonneville High School @ Bountiful High School	Box Elder High School @ Woods Cross High School	Clearfield High School @ Viewmont High School	Roy High School @ Northridge High School
Wed 4/17/2024	Woods Cross High School @ Bonneville High School	Viewmont High School @ Bountiful High School	Roy High School @ Box Elder High School	Northridge High School @ Clearfield High School
Fri 4/19/2024	Bonneville @ Viewmont	Woods Cross High School @ Roy High School	Bountiful @ Northridge	Box Elder @ Clearfield

Games - Page 2

Wed 4/24/2024	Roy High School @ Bonneville High School	Northridge High School @ Viewmont High School	Clearfield High School @ Woods Cross High School	Box Elder High School @ Bountiful High School
Fri 4/26/2024	Bonneville High School @ Northridge High School	Roy High School @ Clearfield High School	Viewmont High School @ Box Elder High School	Woods Cross High School @ Bountiful High School
Wed 5/1/2024	Clearfield High School @ Bonneville High School	Box Elder High School @ Northridge High School	Bountiful High School @ Roy High School	Woods Cross High School @ Viewmont High School
Fri 5/3/2024	Bonneville High School @ Box Elder High School	Clearfield High School @ Bountiful High School	Northridge High School @ Woods Cross High School	Roy High School @ Viewmont High School
Wed 5/8/2024	Bountiful High School @ Bonneville High School	Woods Cross High School @ Box Elder High School	Viewmont High School @ Clearfield High School	Northridge High School @ Roy High School

MUSIC GUIDELINES & SCHEDULES

Region Chairman: Travis Lund, Principal, Viewmont High School Telephone: 801-402-3902

Activity Chairman, Vocal Music: Kasey Bradbury, Viewmont High School

Activity Chairman, Instrumental Music: Dan Chaston, Viewmont High School

UHSAA Music Link: <https://www.uhsaa.org/music/>

UHSAA Music Calendar Link: <https://www.uhsaa.org/calendar/Music.php>

INSTRUMENTAL

1) Adjudicators will be contracted for festivals as follows:

- | | |
|---|--|
| A. Solo and Ensemble – a maximum of 10 Adjudicators | B. Concert Band – 3 adjudicators, plus 1 clinician for sight reading(optional) |
| C. Jazz Bands – 3 adjudicators, plus 1 clinician for sight reading (required) | D. Orchestras – 3 adjudicators, plus 1 clinician for sight reading (optional) |

Clinicians may work with each band/orchestra following its performance at the discretion of the festival host. Clinic sessions will not be adjudicated and will not be rated. Sight Reading is required for jazz ensemble. Jazz bands whose festival performance qualifies for state must also receive a I- Sight Reading rating. Sight reading for concert bands and orchestras is optional at the discretion of the festival host. Adjudicators will be paid as per the UHSAA standard adjudicatory pay scale.

- 2) All large ensemble members are expected to be audience participants for at least two performances before or after their own performance. Music educators are encouraged to enforce this guideline through their own policies.
- 3) Each school may submit unlimited entries to the Solo and Ensemble Festival. However, entries beyond twenty (20) should be prioritized to allow each school adequate representation.
- 4) Certificates supplied by the Region will be awarded for all "Superior" ratings at all festivals. Additional Certificates/Awards may be presented to outstanding groups, sections, or individuals at the discretion of the festival adjudicators (i.e. outstanding rhythm section or soloist for Jazz Band Festival).

VOCAL

1) Adjudicators will be contracted for festivals as follows:

- | | |
|--|-------------------------------------|
| A. Solo and Ensemble – A maximum of 8 Adjudicators | B. Madrigals – 3 Adjudicators |
| C. Concert Choirs – 3 Adjudicators | D. Training Choirs – 2 Adjudicators |

- 2) Ratings will be given at all festivals except the Training Choir Festival. At the Training Choir Festival, only comments will be given.
- 3) Certificates will be given for all ratings in all festivals, with the exception of the Training Choirs, as previously outlined. Training Choirs will be given a certificate of participation.
- 4) All students participating in vocal music festivals must be members of the school's music program.
- 5) Each school may submit unlimited entries to the Solo and Ensemble Festival; however, directors are encouraged to submit only the names of those students who exhibit superior quality.

- 6) Concert Choirs may perform 3 selections for adjudication. One additional selection may be performed without adjudication while adjudicators complete comments.
- 7) Madrigal Choirs will be limited to performance of 15 minutes.
- 8) Training Choirs may perform 3 selections if only one group is entered by a school.
- 9) Please refer to “General Policies” in the **Region V** Handbook for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules. [click here](#)

2023-2024 MUSIC (INSTRUMENTAL and VOCAL) SCHEDULE OF EVENTS

[INSERT SCHEDULE HERE]

BOYS SOCCER GUIDELINES & SCHEDULES

Region Chairman: Deann Kapetanov, Principal, Woods Cross High School Telephone: 801-402-4502
Activity Chair: David Newman, Head Boys Coach Woods Cross High School
UHSAA Boys Soccer Link: <https://www.uhsaa.org/bsoccer/>
UHSAA Boys Soccer Calendar Link: <https://www.uhsaa.org/calendar/BSoccer.php>

Because of UHSAA Sanctions, only 14 games are allowed, therefore there will be no pre-season games for the 2024 Boys Soccer Schedule. All games played will be region 5 games and all region games will begin for Varsity at 3:30 p.m. and Junior Varsity at 5:30 p.m.

- 1) Region Trophy to first place in regular region play.
- 2) Please refer to "General Policies" in the **Region V** Handbook for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules. [click here](#)
- 3) Night games are at the discretion of the school due to facilities scheduling (track, lacrosse, construction, etc). Please make every effort to ensure that both schools agree with the proposed start times. Region board approval is required before game times can be altered unless changed due to weather conditions.
- 4) Game Field Locations for each school (all schools except for Bountiful are on campus. Bountiful field is at Millcreek Jr. High, 245 East 1000 South, Bountiful)
- 5) See Game Schedule on next 2 pages.

Region 5 (2023-24)

Soccer, Boys Varsity

Games - Page 1

Fri 3/15/2024	Woods Cross High School @ Bonneville High School	Viewmont High School @ Bountiful High School	Roy High School @ Box Elder High School	Northridge High School @ Clearfield High School
Tue 3/19/2024	Bonneville High School @ Viewmont High School	Woods Cross High School @ Roy High School	Bountiful High School @ Northridge High School	Box Elder High School @ Clearfield High School
Fri 3/22/2024	Roy High School @ Bonneville High School	Northridge High School @ Viewmont High School	Clearfield High School @ Woods Cross High School	Box Elder High School @ Bountiful High School
Tue 3/26/2024	Bonneville High School @ Northridge High School	Roy High School @ Clearfield High School	Viewmont High School @ Box Elder High School	Woods Cross High School @ Bountiful High School
Fri 3/29/2024	Clearfield High School @ Bonneville High School	Box Elder High School @ Northridge High School	Bountiful High School @ Roy High School	Woods Cross High School @ Viewmont High School
Tue 4/9/2024	Bonneville High School @ Box Elder High School	Clearfield High School @ Bountiful High School	Northridge High School @ Woods Cross High School	Roy High School @ Viewmont High School
Fri 4/12/2024	Bountiful High School @ Bonneville High School	Woods Cross High School @ Box Elder High School	Viewmont High School @ Clearfield High School	Northridge High School @ Roy High School
Tue 4/16/2024	Bonneville High School @ Woods Cross High School	Bountiful High School @ Viewmont High School	Box Elder High School @ Roy High School	Clearfield High School @ Northridge High School
Fri 4/19/2024	Viewmont @ Bonneville	Roy High School @ Woods Cross High School	Northridge @ Bountiful	Clearfield @ Box Elder

Games - Page 2

Tue 4/23/2024	Bonneville High School @ Roy High School	Viewmont High School @ Northridge High School	Woods Cross High School @ Clearfield High School	Bountiful High School @ Box Elder High School
Fri 4/26/2024	Northridge High School @ Bonneville High School	Clearfield High School @ Roy High School	Box Elder High School @ Viewmont High School	Bountiful High School @ Woods Cross High School
Tue 4/30/2024	Bonneville High School @ Clearfield High School	Northridge High School @ Box Elder High School	Roy High School @ Bountiful High School	Viewmont High School @ Woods Cross High School
Fri 5/3/2024	Box Elder High School @ Bonneville High School	Bountiful High School @ Clearfield High School	Woods Cross High School @ Northridge High School	Viewmont High School @ Roy High School
Tue 5/7/2024	Bonneville High School @ Bountiful High School	Box Elder High School @ Woods Cross High School	Clearfield High School @ Viewmont High School	Roy High School @ Northridge High School

All Varsity games start @ 3:30 pm

GIRLS SOCCER GUIDELINES & SCHEDULES

Region Chairman: Deanne Kapetanov, Woods Cross High School

Telephone: 801-402-4502

Activity Chair: Soccer Coach, Woods Cross High School

UHSAA Girls Soccer Link: <https://www.uhsaa.org/gsoccer/>

UHSAA Girls Soccer Calendar Link: <https://www.uhsaa.org/calendar/GSoccer.php>

- 1) League Games will begin for Varsity at 3:30 p.m. and for Junior Varsity at 5:15 p.m.
- 2) Region Trophy to first place in regular region play.
- 3) Please refer to “General Policies” in the **Region V** Handbook for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules. [click here](#)
- 4) Region games must begin at 3:30 pm. Evening soccer games are encouraged as only “senior night”, last region contests of the year, but other night contests may be scheduled if the principals, athletic directors, and coaches from both schools involved agree to a later start time. In addition, if a school desires to begin a region soccer game after 3:30 pm for a “senior night” celebration, the coaches, athletic directors, and the principals from both schools involved must agree to the change in start time.
- 6) Game Field Locations for each school (all schools except for Bountiful are on campus. Bountiful field is at Millcreek Jr. High, 245 East 1000 South, Bountiful)
- 7) UPDATED Schedule on following page
- 8) All Matches have a default start time of 3:30 p.m. unless otherwise decided mutually by both schools and field availability.

7/10/23, 11:10 AM

Region 5 Girls Soccer Schedule 2023-24.html

Box Elder High School (2023-24)

Soccer, Girls Varsity

Games

Tue 8/8/2023	Bonneville High School @ Box Elder High School	Woods Cross High School @ Bountiful High School	Clearfield High School @ Viewmont High School	Roy High School @ Northridge High School
Thu 8/10/2023	Box Elder High School @ Roy High School	Northridge High School @ Viewmont High School	Woods Cross High School @ Clearfield High School	Bountiful High School @ Bonneville High School
Tue 8/15/2023	Box Elder High School @ Woods Cross High School	Bonneville High School @ Viewmont High School	Bountiful High School @ Roy High School	Clearfield High School @ Northridge High School
Thu 8/17/2023	Clearfield High School @ Box Elder High School	Northridge High School @ Bountiful High School	Roy High School @ Bonneville High School	Viewmont High School @ Woods Cross High School
Tue 8/22/2023	Box Elder High School @ Northridge High School	Roy High School @ Clearfield High School	Woods Cross High School @ Bonneville High School	Viewmont High School @ Bountiful High School
Thu 8/24/2023	Viewmont High School @ Box Elder High School	Woods Cross High School @ Roy High School	Bonneville High School @ Northridge High School	Bountiful High School @ Clearfield High School
Tue 8/29/2023	Bountiful High School @ Box Elder High School	Clearfield High School @ Bonneville High School	Northridge High School @ Woods Cross High School	Roy High School @ Viewmont High School
Tue 9/5/2023	Box Elder High School @ Bonneville High School	Bountiful High School @ Woods Cross High School	Viewmont High School @ Clearfield High School	Northridge High School @ Roy High School
Thu 9/7/2023	Roy High School @ Box Elder High School	Viewmont High School @ Northridge High School	Clearfield High School @ Woods Cross High School	Bonneville High School @ Bountiful High School
Tue 9/12/2023	Woods Cross High School @ Box Elder High School	Viewmont High School @ Bonneville High School	Roy High School @ Bountiful High School	Northridge High School @ Clearfield High School
Thu 9/14/2023	Box Elder High School @ Clearfield High School	Bountiful High School @ Northridge High School	Bonneville High School @ Roy High School	Woods Cross High School @ Viewmont High School
Tue 9/19/2023	Northridge High School @ Box Elder High School	Clearfield High School @ Roy High School	Bonneville High School @ Woods Cross High School	Bountiful High School @ Viewmont High School

7/10/23, 11:10 AM

Region 5 Girls Soccer Schedule 2023-24.html

**Thu
9/21/2023**

**Box Elder High School
@ Viewmont High
School**

**Roy High School
@ Woods Cross High
School**

**Northridge High School
@ Bonneville High
School**

**Clearfield High School
@ Bountiful High
School**

**Tue
9/26/2023**

**Box Elder High School
@ Bountiful High
School**

**Bonneville High School
@ Clearfield High
School**

**Woods Cross High
School
@ Northridge High
School**

**Viewmont High School
@ Roy High School**

SOFTBALL GUIDELINES & SCHEDULES

Region Chairman: Rich Murray, Principal, Bonneville High School Telephone:

Activity Chairman: Shelby Healy, Head Coach, Bonneville High School

UHSAA Softball Link: <https://www.uhsaa.org/softball/>

UHSAA Softball Calendar Link: <https://www.uhsaa.org/calendar/Softball.php>

VARSITY SOFTBALL GUIDELINES

- 1) No time limit will be used.
- 2) Home team infield time is 30 minutes prior to game time. Visiting team infield time is 15 minutes prior to game time.
- 3) Rain-out games will be played on the next available date. Home team will call opponent and officials by 12:00 p.m. if the game is a "rain-out".
- 4) The run rule will be in effect for all region games. Explanation: If after three (3) innings a team is ahead by 15 runs or 10 runs after the 5th inning, the game will be called.
- 5) Home team is responsible for proper chalk markings and proper field maintenance. Home team will provide two new game balls to the officials.
- 6) Home team scorekeeper will be official scorekeeper. Scorekeeper should be an adult.
- 7) All game times will begin at 3:30 p.m.
- 8) Region will use the optic yellow softball and the double first base, if available.
- 9) Region Trophy to first place in regular region play. Tie breaker see region policy.
- 10) Tie break rules for determining region championship will follow Region V tie breaker guidelines.
- 11) In baseball and softball, if five innings are completed and suspension occurs, the game is considered complete unless the game is tied. At that time the suspended game rule will apply.
- 12) Please refer to "General Policies" in the **Region V Handbook** for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules. [click here](#)

JUNIOR VARSITY SOFTBALL GUIDELINES

- 1) Junior Varsity teams may not compete in varsity tournaments without prior approval from Region V Chairman and the UHSAA.
- 2) The use of the six run rule except for the last inning will be used. Each team will decide whether or not teams will be allowed to bat their entire roster.
- 3) Junior Varsity games have an hour and a half time limit (may be shortened).
- 4) The Junior Varsity game will follow the Varsity game. Time limit on fields.

- 5) No Starting Varsity player that is a senior will be eligible to play Junior Varsity, unless agreed upon before the J.V. game between the two coaches involved.
- 6) If a Junior Varsity game cannot be played after the varsity game, on the day scheduled, there is no obligation to make it up.

Revised Schedule as of Dec 5, 2024

Thur 3/14/2024	Bonneville @ Woods Cross	Bountiful @ Viewmont	Box Elder @ Roy	Clearfield @ Northridge
Thur 3/19/2024	Viewmont @ Bonneville	Woods Cross @ Roy	Northridge @ Bountiful	Box Elder @ Clearfield
Thur 3/21/2024	Roy @ Bonneville	Northridge @ Viewmont	Clearfield @ Woods Cross	Bountiful @ Box Elder
Tue 3/26/2024	Bonneville @ Northridge	Roy @ Clearfield	Viewmont @ Box Elder	Woods Cross @ Bountiful
Thur 3/28/2024	Clearfield @ Bonneville	Box Elder @ Northridge	Bountiful @ Roy	Woods Cross @ Viewmont
Tue 4/9/2024	Bonneville @ Box Elder	Clearfield @ Bountiful	Northridge @ Woods Cross	Roy @ Viewmont
Thur 4/11/2024	Bountiful @ Bonneville	Woods Cross @ Box Elder	Viewmont @ Clearfield	Roy @ Northridge
Tue 4/16/2024	Woods Cross @ Bonneville	Viewmont @ Bountiful	Roy @ Box Elder	Northridge @ Clearfield
Thur 4/18/2024	Bonneville @ Viewmont	Roy @ Woods Cross	Bountiful @ Northridge	Clearfield @ Box Elder
Tue 4/23/2024	Bonneville @ Roy	Viewmont @ Northridge	Woods Cross @ Clearfield	Box Elder @ Bountiful
Thur 4/25/2024	Northridge @ Bonneville	Clearfield @ Roy	Box Elder @ Viewmont	Bountiful @ Woods Cross
Tue 4/30/2024	Bonneville @ Clearfield	Northridge @ Box Elder	Roy @ Bountiful	Viewmont @ Woods Cross
Thur 5/2/2024	Box Elder @ Bonneville	Bountiful @ Clearfield	Woods Cross @ Northridge	Viewmont @ Roy
Tue 5/7/2024	Bonneville @ Bountiful	Box Elder @ Woods Cross	Clearfield @ Viewmont	Northridge @ Roy

All Varsity games begin at 3:30

SWIMMING/DIVING GUIDELINES & SCHEDULES

Region Chairman: Travis Warnick, Principal, Bountiful High School Telephone: 801-402-3900
Activity Chairman: Chad Reimschuessel, Swimming Coach, Bountiful High School
UHSAA Swimming Link: <https://www.uhsaa.org/swim/>
UHSAA Swimming Calendar Link: <https://www.uhsaa.org/calendar/Swimming.php>

- 1) Home team has odd lanes, visitors have even lanes.
- 2) Official starter - \$40.00 for dual meet.
- 3) Official starter and referee – Region Championships - \$50.00.
- 4) Stroke judge - \$30.00 for dual meets. Region Championships will require three (3) stroke judges.
- 5) Head timer - \$30.00 for dual meets, \$30.00 for Region Championships.
- 6) Scorer - \$50.00 for the Region championships. For dual meets \$30.00.
- 7) Scoring Region Meet – 16 places.
- 8) Region meets will precede the state meet by two weeks.
- 9) Region entries will be due by
- 10) Please refer to “General Policies” in the **Region V** Handbook for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules.

SWIMMING AWARDS:

1 Region Trophy – Boys & Girls
48 Medals each (boys & girls) for Places 1-6 in Individual Events (Total 96 medals w/Lanyards)
200 yd. Free Style 100 yd. Free Style
200 yd. Ind. Med. 500 yd. Free Style
50 yd. Free Style 100 yd. Back Stroke
100 yd. Butterfly 100 yd. Breast Stroke
36 Medals each (boys & girls) for 1st place, 2nd place, 3rd place Relays (Total 72 medals w/Lanyards)
200 yd. Med. Relay
200 yd. Free Relay
400 yd. Free Relay

SITE LOCATIONS FOR MEETS:

Bonneville	Ogden HS Pool
Bountiful/Viewmont/Woods Cross	South Davis Recreation Center*
Box Elder	Box Elder Natatorium 160 South 600 West, Brigham City
Clearfield	TBA
Northridge	TBA
Roy	TBA

[INSERT SCHEDULE HERE]

BOYS TENNIS GUIDELINES & SCHEDULES

Region Chairman: Deanne Kapetanov, Principal, Woods Cross High School Telephone: 801-402-4500

Activity Chairman: Boys Tennis Coach, Woods Cross High School

UHSAA Boys Tennis Link: <https://www.uhsaa.org/btennis/>

UHSAA Boys Tennis Calendar Link: <https://www.uhsaa.org/calendar/BTennis.php>

Revised Tournament Update

The Varsity Region Tournament will be Wednesday, May 1 (all day, matches start 8:30 am) AND Thursday, May 2 (afternoon, matches begin 1:00).

JV Region Tournament will be one day only, Wednesday, May 1 (all day, matches start at 8:30 am).

Varsity region tournament plays best of 3 sets, regular scoring. JV region tournament plays pro-sets, regular scoring.

The location is not yet finalized, we are considering Box Elder High and/or south end at 5-points or Woods Cross High.

REGION DUAL MATCH PLAY:

- 1) All Region Dual Matches will be played on the date scheduled; of course, this will depend upon weather and court conditions. Host coach will be responsible for contacting visiting coach by 1:30 p.m. if conditions are insufferable.
- 2) All region dual matches will begin at 3:30 p.m.; however, coaches may agree to begin at a later time depending upon the circumstances.
- 3) Each team is expected to have a Junior Varsity contingent. A school's Junior Varsity contingent will travel with the school's varsity team to the host school and play their matches on the day of the scheduled varsity matches. The coach of the visiting team will call the host coach in advance and ascertain the number of Junior Varsity matches to be played. Junior Varsity players will play at least a pro-set.
- 4) Varsity matches will consist of 2 out of 3 sets, 7 point tie-breaker, regular scoring.
- 5) Both coaches at a dual match will provide a written line-up of players by positions to the opposing coach.
- 6) Players are limited to ten minute warm-up; the warm-up does include practice serves.
- 7) A player who is slated to play, but who arrives late; i.e., during the ten minute warm-up, may be inserted into his position; however, the player will not receive the allotted ten minutes to warm up. The tardy player will receive the balance of the team minutes to warm up. Tardy players will be penalized according to the rules beginning at 4:00 p.m. at dual meets. The only exception is if both coaches agree to a later time after being made aware of extenuating circumstances. This exception applies at Region if other players can be assigned to available courts for that round. If a player arrives after the match he was slated to play has begun, the tardy player will default the match.

- 8) The home team will furnish 3 balls for each varsity match; a three-set match will receive three new balls at the beginning or the third set.
- 9) A coach may move a singles player to doubles and vice-versa; however, the players must be ranked according to ability in both singles and doubles.
- 10) Coaching on change overs can only be part of the 90 seconds slowed. Coaching is allowed for only two minutes between sets; however, during the first and second set, players may not leave the court; between the second and third sets, the players have ten minutes, and players may leave the court. (Players are allowed to leave the court for bathroom break within a reasonable time)
- 11) Please refer to "General Policies" in the **Region V** Handbook for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules. [click here](#)
- 12) Region Dual match champion will be awarded to the team based upon the team that has accrued the highest point total based upon each individual varsity match victory given one point. A dual match has the maximum point total of 5 points.

REGION TOURNAMENT PLAY:

- 1) To qualify for the Region Tournament at a particular position, a player must have played at least five varsity dual region matches. If extenuating circumstances preclude this from happening, then a majority of the coaches would have to agree on any exceptions at the pre-region tournament seeding meeting.
- 2) Seeding of the Region Tournament will be conducted by the region coaches prior to the Region Tournament. Seeds will be based on Region dual matches results at a particular position. The most recent rankings by the Utah Tennis Association may be used as a secondary source for seeding. Matches start at 9:00 a.m. on the day of the Region Tournament. Must have a minimum of two referees/U.T.A. 268-0505.
- 3) Players who have played at the #1 or #2 singles position three or more times during region dual matches are not eligible to play at the #2 doubles position at Region Tournament.
- 4) J.V. Tournament: Schools can enter 3 singles and 2 doubles. All matches, except the finals, will be 8 game pro set 8 games with 12 point tie breaker at 8 all. Championship matches will be 2 out of 3 sets with regular scoring.
- 5) Stacking is not permissible and could result in UHSAA sanctions. In an effort to promote fair play and wholesome team competition thereby fostering a healthy educational environment, the Utah High School Activities Association offers the following guidelines in regards to stacking:
 - a. Legitimate and ethical "placing of players". Any lineup which places a better skilled player above a lesser skilled player or a better skilled doubles team above a lesser skilled doubles team is legal.
 - b. Legitimate lineups according to skill ability: Skill ability shall be defined as the number one singles player shall be better than the number two singles player who shall be better than the number three singles player. The number one doubles team shall be better than the number two doubles team.

Coaches should enter players at the positions which their skill dictates. Juggling or shuffling the positions to gain an advantage is unsportsmanlike and creates an unhealthy educational environment. In the event of

an injury during any course of the season the next best player would move up to fill the spot vacated by the injured player. (USHAA Yearbook pg. 50)

- 6) The region championship tournament trophy will be awarded to the team which has accrued the highest point total based upon the following schedule:
 - A. Region Tournament where 4 qualify for State:
 - 1st Place: 4 points
 - 2nd Place: 3 points
 - 3rd Place: 2 points
 - 4th Place: 1 point
 - B. Medals will be awarded to individual places 1-4

- 7) No more than fourteen (14) matches will be played by team players during the course of the UHSAA tennis season. This restriction does not apply to those matches played either at the Region, Divisional, or State Tournaments. To qualify for state a player must have played 5 of those Varsity matches at the particular position.

- 8) All Players in Region Tournament shall wear a team uniform shirt.

Boys Tennis 2023-24 (revised)

Thu 3/28/2024	Bonneville @ Bountiful	Box Elder @ Woods Cross	Viewmont @ Clearfield	Roy @ Northridge
Tue 4/9/2024	Bonneville @ Woods Cross	Viewmont @ Bountiful	Box Elder @ Roy	Northridge @ Clearfield
Thu 4/11/2024	Viewmont @ Bonneville	Woods Cross @ Roy	Northridge @ Bountiful	Clearfield @ Box Elder
Tue 4/16/2024	Roy @ Bonneville	Viewmont @ Northridge	Clearfield @ Woods Cross	Bountiful @ Box Elder
Thu 4/18/2024	Bonneville @ Northridge	Roy @ Clearfield	Box Elder @ Viewmont	Bountiful @ Woods Cross
Tue 4/23/2024	Bonneville @ Clearfield	Northridge @ Box Elder	Bountiful @ Roy	Wood Cross @ Viewmont
Thu 4/25/2024	Box Elder @ Bonneville	Clearfield @ Bountiful	Woods Cross @ Northridge	Roy @ Viewmont

GIRLS TENNIS GUIDELINES & SCHEDULES

Region Chairman: Deane Kapetanov, Principal, Woods Cross HS

Phone: 801-402-4500

Activity Chairman: Girls Tennis Coach, Woods Cross HS

UHSAA Girls Tennis Link: <https://www.uhsaa.org/gtennis/>

UHSAA Girls Tennis Calendar Link: <https://www.uhsaa.org/calendar/GTennis.php>

REGION DUAL MATCH PLAY: (2023 additions in Red)

1. All Region Dual Matches will be played on the date scheduled; of course, this will depend upon weather and court conditions. Host coach will be responsible for contacting visiting coach by 1:30 p.m. if conditions are insufferable.
2. All region dual matches will begin at 3:30 p.m.; however, coaches may agree to begin at an earlier or later time depending upon the circumstances.
3. Each team is expected to have a Junior Varsity contingent. A school's Junior Varsity contingent will travel with the school's varsity team to the host school and play their matches on the day of the scheduled varsity matches. The coach of the visiting team will call the host coach in advance and ascertain the number of Junior Varsity matches to be played. Junior Varsity players will play at least an 8 game pro-set.
4. Varsity matches will consist of 2 out of 3 sets, 7-point win by 2 tiebreaker, regular scoring. 10-point tiebreaker can be used in lieu of 3rd set if both coaches and all players agree.
5. Both coaches at a dual match will provide a written line-up of players by positions to the opposing coach.
6. Players are limited to ten-minute warm-up; the warm-up does include practice serves.
7. A player who is slated to play, but who arrives late, i.e., during the ten-minute warm-up, may be inserted into his position; however, the player will not receive the allotted ten minutes to warm up. The tardy player will receive the balance of the team minutes to warm up. Tardy players will be penalized according to the rules beginning at 3:30 p.m. at dual meets. The only exception is if both coaches agree to a later time after being made aware of extenuating circumstances. This exception applies at Region if other players can be assigned to available courts for that round. If a player arrives after the match for which she was slated to play has begun, she will be defaulted.
8. The home team will furnish three balls for each varsity match; a three-set match will receive three new balls at the beginning or the third set.
9. A coach may move a singles player to doubles and vice-versa; however, the players must be ranked according to ability in both singles and doubles and having the best player in singles play #1 singles position and the best doubles team play # 1 double.
10. Coaching on changeovers can only be part of the 90 seconds slowed. Coaching is allowed for only two minutes between sets; however, during the first and second set, players may not leave the court. Between the second and third sets, the players have ten minutes, and players may leave the court. (Players are allowed to leave the court for bathroom break within a reasonable time).

11. Please refer to “General Policies” in the Region V Handbook for all other Region V rules, and the UHSAA Handbook for all UHSAA rules. Region 5 Handbook - <https://s3-us-west-2.amazonaws.com/sportshub2-uploads-prod/files/sites/2192/2023/07/24192621/2023-24-Region-5-Manual-working-copy-B1.pdf>

12. Region Dual match champion will be awarded to the team based upon the team that has accrued the highest point total based upon each individual varsity match victory given one point. A dual match has the maximum point total of 5 points.

REGION TOURNAMENT PLAY

1. To qualify for the region tournament at a particular position, a player must have played at least five varsity dual region matches. If extenuating circumstances preclude this from happening, then a majority of the coaches would have to agree on any exceptions at the pre-region tournament seeding meeting.
2. Seeding of the region tournament will be conducted by the region coaches prior to the Region Tournament. Seeds will be based on Region dual matches results at a particular position. The most recent rankings by the Utah Tennis Association may be used as a secondary source for seeding. Matches start at 9:00 a.m. on the day of the Region Tournament. Must have a minimum of two referees/U.T.A. 268-0505.
3. Players who have played at the #1 or #2 singles position three or more times during region dual matches are not eligible to play at the #2 doubles position at Region Tournament.
4. Stacking is not permissible and could result in UHSAA sanctions. To promote fair play and wholesome team competition thereby fostering a healthy educational environment, the Utah High School Activities Association offers the following guidelines in regard to stacking: a. Legitimate and ethical “placing of players”. Any lineup which places a better skilled player above a lesser skilled player or a better skilled doubles team above a lesser skilled doubles team is legal. b. Legitimate lineups according to skill ability: Skill ability shall be defined as the number one singles player shall be better than the number two singles player who shall be better than the number three singles player. The number one doubles team shall be better than the number two doubles team. Coaches should enter players at the positions which their skill dictates. Juggling or shuffling the positions to gain an advantage is unsportsmanlike and creates an unhealthy educational environment. In the event of an injury during any course of the season the next best player would move up to fill the spot vacated by the injured player. (USHAA Handbook pg. 50)
5. J.V. Tournament: Schools can enter 3 singles and 2 doubles. All matches, except the finals, will be 8 game pro set 8 games with **7-point tiebreaker win by 2** at 8 all. ~~Championship matches will be 2 out of 3 sets with regular scoring.~~
6. The region championship tournament trophy will be awarded to the team which has accrued the highest point total based upon the following schedule: A. Region Tournament where 4 qualify for State: 1st Place: 4 points 2nd Place: 3 points 3rd Place: 2 points 4th Place: 1 point B. Medals will be awarded to individual places 14.
7. No more than **sixteen (16)** matches will be played by team players during the UHSAA tennis season. **Multiple matches on the same day count as (1) match (ex: tournaments).**

This restriction does not apply to those matches played either at the region, divisional, or state tournaments. To qualify for state a player must have played 5 of those varsity matches at the particular position.

8. All Players in region tournament shall wear a team uniform shirt.

JUNIOR VARSITY REGION TOURNAMENT PLAY:

1. 1 day – an entry for each position, 3 singles & 2 doubles.
2. Game Pro-sets ~~until final – 2 out of 3 sets regular scoring.~~
3. Seeds will be drawn randomly.

2023 Region 5 Girls Tennis Schedule

Tues. Aug. 15th Mini Tournament (official region matches are the first match played between schools)

@ Box Elder: Box Elder, Bonneville, Roy, Northridge- Box Elder hosts

- BE vs. Bonneville 8 am
- Bonneville vs. Roy 10 am
- Roy vs. NHS 12 pm
- NHS vs BE 2 pm

@ Bountiful: BHS, Viewmont, Clearfield – Bountiful hosts

- BHS vs Viewmont 9 am
- Viewmont vs CHS 11 am
- CHS vs BHS 1 pm

Tuesday, August 22 (Region Begins)

- Viewmont @ Bonneville
- WX @ Roy
- Northridge @ BHS
- BE @ Clearfield

Thursday, August 24

- Roy @ Bonneville
- Northridge @ Viewmont
- Clearfield @ WX
- BHS @ BE

Tuesday, August 29

- Bonneville @ Northridge
- Roy @ Clearfield
- Viewmont @ BE
- WX @ BHS

Thursday, August 31

- Clearfield @ Bonneville
- BE @ Northridge
- BHS @ Roy
- WX @ Viewmont

Tuesday, September 5

- Bonneville @ BE
- Clearfield @ BHS
- Northridge @ WX
- Roy @ Viewmont

Thursday, September 7

- BHS @ Bonneville
- WX @ BE
- Viewmont @ Clearfield
- Roy @ Northridge

Tuesday, September 12

- Bonneville @ WX
- BHS @ Viewmont
- BE @ Roy
- Clearfield @ Northridge

Thursday September 14, 19 and 21 have non-region matches scheduled that do not count towards region championship seeding.

Region Tournament @ Box Elder: Tuesday, Sept 26

1st round of state: Saturday Sept. 30

State Tournament: Oct 5 & 7

TRACK & FIELD GUIDELINES & SCHEDULES

Region Chairman: Jason Smith, Principal, Northridge High School Telephone: 801-402-4502

Activity Chairman: Boys & Girls Track & Field Coaches, Northridge High School

UHSAA Track & Field Link: <https://www.uhsaa.org/track/>

UHSAA Track & Field Calendar Link: <https://www.uhsaa.org/calendar/Track.php>

- 1) Track meets for boys and girls are to be conducted concurrently.
- 2) Track meets will start at 3:30 p.m.
- 3) The following awards should be given.
 - A. 1 team region trophy (Boys & Girls).
 - B. Region J.V. Meet: Ribbons for the first six (6) places in individual events and first in the relays.
 - C. Region Championship Meet: Medals for the first six (6) places in individual events, and medals to the first three (3) places in relay events. Top four (4) places at Region Championship qualify for the State meet. (Students can also qualify for the state meet at invitational meets.)
- 4) The responsibility of deciding if a meet should be cancelled rests with the host school. Although input from the other participating schools should be obtained whenever possible, the final decision rests with the host school. The host school will phone the other participating schools and cancel the meet by 1:00 p.m.
- 5) Region Meets:
 - A. Anyone qualifying for a state event cannot participate in the J.V. Region Meet.
 - B. Home school is appointed Meet Director in charge.
- 6) Meets:
 - A. Participants must be designated before running of their events.
 - B. The men's and women's heats may be combined as designated by the host school.
 - C. All schools are responsible for bringing their own name tags.
 - D. All field events will be limited to four (4) attempts – no finals.
- 7) Region Championship Meet:
 - A. Each school will be allowed 65 total entries and one relay team per event and per gender.
 - B. There will be an all-region designation given to the region champions in each event. The host school will notify the press.
 - C. If not a FAT time or official distance, it is considered as "No time or no mark". All entered times and marks for the region meet are subject to verification at the Region Seeding Meeting.
 - D. The games committee and/or referee will make all decisions on any protest that may occur.
 - E. Seeding meeting will be held under the direction of the host school.
 - F. Top 8 times for track and top 9 for field events will advance to finals, regardless of placement in heat.
 - G. Pole Vault is a non-scoring event unless 5A certifies and scores pole vault at the State Championships
 - H. Host school must hire a field judge who is US Track & Field certified (covered by region)

- I. Each school will be responsible for staffing and running one (1) field event for region championship and the junior varsity championship meet.
 - J. If the meet is postponed due to weather, the first event would not begin before 4:30 p.m.
- 8) Budgets:
- A. Region Championship Meet costs to be pre-approved by the Region V Board of Managers.
 - B. Cost of junior varsity meet will be paid by the region by approval in advance.
- 9) Please refer to “General Policies” in the **Region V** Handbook for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules. [click here](#)

2024 Region 5 Track & Field Schedule

Wednesday, 3/13

Bountiful @ Viewmont
Northridge, Clearfield @ Box Elder
WX, Roy @ Bonneville

Wednesday, 4/10

Region Relays @ WX

Thursday, 4/18

WX, Box Elder, Bountiful @ Clearfield
Viewmont, Bonneville, Roy @ Northridge

Thursday, 4/25

Bountiful, Roy, Northridge @ Box Elder
WX, Bonneville, Clearfield @ Viewmont

Thursday, 5/2

Box Elder, Bonneville @ Roy
Viewmont, Northridge @ Clearfield
Bountiful @ WX

Wednesday 5/8 and Thursday 5/9

Region @ Viewmont

Monday 5/13

JV Region @ Roy

Thursday 5/18 and Saturday 5/18

5A State at BYU

BOYS VOLLEYBALL GUIDELINES & SCHEDULES

Region Chairman: Chris Keime, Principal, Clearfield High School

Telephone: 801-402-8200

Activity Chairman: Boys Volleyball Coach, Clearfield High School

UHSAA Boys Volleyball Link: <https://www.uhsaa.org/bvolleyball/>

UHSAA Boys Volleyball Calendar Link: <https://www.uhsaa.org/calendar/BVolleyball.php>

The Region Board will decide all guidelines and protocols for Boys Volleyball.

BOYS VOLLEYBALL SCHEDULE 2023-2024

Thu 3/14/2024	Bonneville @ Viewmont	Box Elder @ Woods Cross	Roy @ Bountiful	Northridge @ Clearfield
Tue 3/19/2024	Viewmont @ Box Elder	Woods Cross @ Roy	Bountiful @ Clearfield	Bonneville @ Northridge
Thu 3/21/2024	Roy @ Box Elder	Northridge @ Viewmont	Clearfield @ Woods Cross	Bountiful @ Bonneville
Tue 3/26/2024	Box Elder @ Northridge	Roy @ Clearfield	Viewmont @ Bountiful	Woods Cross @ Bonneville
Thu 3/28/2024	Clearfield @ Box Elder	Bountiful @ Northridge	Bonneville @ Roy	Woods Cross @ Viewmont
Tue 4/9/2024	Box Elder @ Bountiful	Clearfield @ Bonneville	Northridge @ Woods Cross	Roy @ Viewmont
Thu 4/11/2024	Bonneville @ Box Elder	Woods Cross @ Bountiful	Viewmont @ Clearfield	Roy @ Northridge
Tue 4/16/2024	Viewmont @ Bonneville	Woods Cross @ Box Elder	Bountiful @ Roy	Clearfield @ Northridge
Thu 4/18/2024	Box Elder @ Viewmont	Roy @ Woods Cross	Clearfield @ Bountiful	Northridge @ Bonneville
Tue 4/23/2024	Box Elder @ Roy	Viewmont @ Northridge	Woods Cross @ Clearfield	Bonneville @ Bountiful
Thu 4/25/2024	Northridge @ Box Elder	Clearfield @ Roy	Bountiful @ Viewmont	Bonneville @ Woods Cross
Tue 4/30/2024	Box Elder @ Clearfield	Northridge @ Bountiful	Roy @ Bonneville	Viewmont @ Woods Cross
Thu 5/2/2024	Bountiful @ Box Elder	Bonneville @ Clearfield	Woods Cross @ Northridge	Viewmont @ Roy
Tue 5/7/2024	Box Elder @ Bonneville	Bountiful @ Woods Cross	Clearfield @ Viewmont	Northridge @ Roy

GIRLS VOLLEYBALL GUIDELINES & SCHEDULES

Region Chairman: Chris Keime, Principal, Clearfield High School

Telephone: 801-402-8200

Activity Chairman: Girls Volleyball Coach, Clearfield High School

UHSAA Girls Volleyball Link: <https://www.uhsaa.org/volleyball/>

UHSAA Girls Volleyball Calendar Link: <https://www.uhsaa.org/calendar/Volleyball.php>

:

- 1) Each school will submit an online copy of complete schedule of games with dates, where they will be played and time of games.
- 2) Each Home School will provide: 1) a table 2) provide people to run a 3-ball rotation during all matches 3) keep the spectators off the first row of bleachers 4) call in the scores and highlights after the varsity match 5) provide 3 game balls to be used during the game.
- 3) Each Visiting School before departure will: 1) clean up the bench area that they occupied 2) provide their own warm-up balls 3) provide their own lines person for each match (please make sure that all lines people are trained).
- 4) Region Championship trophy will be awarded to the winning team.
- 5) The All-Region 5 Team will be selected by the coaches *
- 6) Official scorekeeper needs to be an adult for varsity competition.
- 7) Court needs to be set up and ready to play by 3:00 p.m.
- 8) Please refer to "General Policies" in the **Region V Handbook** for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules. [click here](#)
- 9) JV games will be played as follows: Games 1 & 2 to 25 with a cap @ 27, and games 3, 4 & 5 to 15 with a 17-point cap. Two timeouts per team in games one and two. One timeout in games 3, 4 and 5. **Sophomore will play to best of 5 games or hard stop at 4:45 p.m., per UHSAA handbook and per region Board of Managers decision.**
- 10) Varsity games will start at 6:30 pm. Varsity games will be out of 5 to 25 points, no cap. Game 5 will be to 15. Games 1-5 will have two timeouts per game.
- 11) Cheerleaders will swap sides with teams.
- 12) Senior Night recognition will be kept to a maximum of 15 minutes.
- 13) Home team calls scores into newspaper. Both Teams report scores to MaxPreps.

Game Times:

Sophomore – 3:30 pm (Hard Stop at 4:45 p.m.)

JV – 5:00 pm

Varsity – 6:30 pm

GIRLS VOLLEYBALL SCHEDULE 2023-24

Tue 8/29/2023	Bonneville @ Viewmont	Box Elder @ Woods Cross	Roy @ Bountiful	Northridge @ Clearfield
Thu 8/31/2023	Viewmont @ Box Elder	Woods Cross @ Roy	Bountiful @ Clearfield	Bonneville @ Northridge
Thu 9/7/2023	Roy @ Box Elder	Northridge @ Viewmont	Clearfield @ Woods Cross	Bountiful @ Bonneville (sept 6)
Tue 9/12/2023	Box Elder @ Northridge	Roy @ Clearfield	Viewmont @ Bountiful	Woods Cross @ Bonneville
Thu 9/14/2023	Clearfield @ Box Elder	Bountiful @ Northridge	Bonneville @ Roy	Woods Cross @ Viewmont
Tue 9/19/2023	Box Elder @ Bountiful	Clearfield @ Bonneville	Northridge @ Woods Cross	Roy @ Viewmont
Thu 9/21/2023	Bonneville @ Box Elder	Woods Cross @ Bountiful	Viewmont @ Clearfield	Roy @ Northridge
Tue 9/26/2023	Viewmont @ Bonneville	Woods Cross @ Box Elder	Bountiful @ Roy	Clearfield @ Northridge
Thu 9/28/2023	Box Elder @ Viewmont	Roy @ Woods Cross	Clearfield @ Bountiful	Northridge @ Bonneville
Tue 10/3/2023	Box Elder @ Roy	Viewmont @ Northridge	Woods Cross @ Clearfield	Bonneville @ Bountiful
Thu 10/5/2023	Northridge @ Box Elder	Clearfield @ Roy	Bountiful @ Viewmont (oct 11)	Bonneville @ Woods Cross
Tue 10/10/2023	Box Elder @ Clearfield	Northridge @ Bountiful	Roy @ Bonneville	Viewmont @ Woods Cross
Tue 10/17/2023	Bountiful @ Box Elder	Bonneville @ Clearfield	Woods Cross @ Northridge	Viewmont @ Roy
Tue 10/24/2023	Box Elder @ Bonneville	Bountiful @ Woods Cross	Clearfield @ Viewmont	Northridge @ Roy

All Varsity games start at 6:30 pm

WRESTLING GUIDELINES & SCHEDULES

Region Chairman: Rich Murray, Principal, Bonneville High School

Telephone: 801-452-4050

Activity Chairman: Alex Land, Bonneville High School

UHSAA Wrestling Link: <https://www.uhsaa.org/wrestling/>

UHSAA Wrestling Calendar Link: <https://www.uhsaa.org/calendar/Wrestling.php>

1) SCALES FOR WEIGH-IN

All scales used in an official weigh-in will be certified annually before 1st region dual. Each school is responsible to notify the Utah Department of Weights and Measures. Scales must be certified prior to the beginning of the competition. The home school is responsible to provide a certified scale for weigh-in at all region duals.

- 2) DUAL MEET TIMES: Weigh-in: 5:30 P.M.
J.V.: 6:00 P.M.
Varsity: 7:00 P.M.

3) NON-QUALIFIER REGION TOURNAMENT

All schools may enter any wrestler who did not qualify for the state tournament. Seeding will be done by random draw with exception being made to separate as much as possible wrestlers from the same school. Host school will be responsible for purchasing medals for the top four places. Coaches will purchase medals for their own respective wrestlers.

- 4) Winning coaches of each region dual must send results to the region coaches by the following Monday after a dual match. Every two weeks the region chair will e-mail the results/region standings to the other region coaches.

- 5) Region Chairperson will host the Seeding Meeting.

6) REGION TOURNAMENT

Each school will be allowed to enter two wrestlers in each weight class. All wrestlers entered in the region tournament will score for the respective schools. Scoring for the first round will be done under the double bonus format. Points for team scoring will be awarded according to the rule book for six places. Medals will be awarded to the top six winners in each weight classification. A team trophy will be awarded to the Region Tournament Team Champion. Two outstanding Wrestlers, a Coach of the Year, and one Region Team Dual Championship Trophy will be given at the Region Tournament. The cost of the Dual Team, Coach of the Year, and Outstanding Wrestlers awards will be divided equally among the teams at Region. True 4th place will not be wrestled.

7) SEEDING FOR REGION TOURNAMENT

- a. To change any region procedures, a vote of four head coaches is required.
- b. All wrestlers (whether JV or Varsity) can be seeded if they meet criteria. All non-seeded wrestlers are drawn in. Seeding for the Region Tournament will be based on the following criteria applied in order.
 - i. The best wrestlers will be separated. Vote of 4 head coaches is required to determine outcome of majority rule.
 - ii. Best Region Record: The following factors will be considered in determining Region Seeding in the following order.
 - iii. Head-to-head record in region dual meets at that weight for region tournament.
 - iv. Head-to-head @ any weight.
 - v. "2 out of 3" rule if wrestlers have met more than twice.

- vi. Most Region wins at the weight class.
 - a. If two wrestlers have equal wins at that weight, the higher seed will be given to the wrestler with more matches wrestled at that weight (as long as he has a winning record).
 - vii. Overall Region win/loss record.
 - viii. Coaches vote (majority vote).
 - ix. Coin flip.
 - c. In the event of a tie for seeding, criteria will be used in order to separate one wrestler from the group. We will then return to the top of the criteria to separate the remaining wrestlers.
 - d. Region seedings are final and can't be changed after the region seeding meeting with the following exceptions: injuries and academic ineligibility. In these situations, the seeds are shifted up and non-seeds are redrawn. In the cases of injury and academic ineligibility, the representative school may substitute an alternate wrestler. If a wrestler who is seeded #1-#4 doesn't make weight, the bracket is reseeded and redrawn. If a wrestler who is seeded below #4 doesn't make weight, the position in the bracket becomes a bye. Representative schools are not allowed to substitute an alternate wrestler in the case of not making weight at the region tournament.
- 8) MEDALS:
Medals will be awarded to the place winners in each weight classification. A plaque to award winners in the upper and lower weight classes as well as the awards for "Coach of the Year" and "Team Dual Champion" must be funded by the schools.
- 9) Please refer to "General Policies" in the **Region V** Handbook for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules. [click here](#)

WRESTLING SCHEDULE ON FOLLOWING PAGE

Games

Thu 11/30/2023	Box Elder High School @ Roy High School	Viewmont High School @ Clearfield High School	Bountiful High School @ Woods Cross High School	Bonneville High School @ Northridge High School
Thu 12/7/2023	Clearfield High School @ Box Elder High School	Roy High School @ Woods Cross High School	Northridge High School @ Viewmont High School	Bountiful High School @ Bonneville High School
Thu 12/14/2023	Woods Cross High School @ Box Elder High School	Northridge High School @ Clearfield High School	Bonneville High School @ Roy High School	Viewmont High School @ Bountiful High School
Thu 1/4/2024	Box Elder High School @ Northridge High School	Bonneville High School @ Woods Cross High School	Clearfield High School @ Bountiful High School	Roy High School @ Viewmont High School
Thu 1/11/2024	Bonneville High School @ Box Elder High School	Bountiful High School @ Northridge High School	Woods Cross High School @ Viewmont High School	Roy High School @ Clearfield High School
Thu 1/18/2024	Box Elder High School @ Bountiful High School	Viewmont High School @ Bonneville High School	Northridge High School @ Roy High School	Woods Cross High School @ Clearfield High School
Thu 1/25/2024	Box Elder High School @ Viewmont High School	Roy High School @ Bountiful High School	Clearfield High School @ Bonneville High School	Northridge High School @ Woods Cross High School

Region V Expense Reimbursement Form

School Name: _____

Event Date

Chairman Name: _____

Contact Email: _____

Region Activity

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Itemized Expenses

Date	Description	Cost

Total Reimbursement \$

Don't forget to attach receipts!

Region Director Signature

Date

Region Trophies

- **Baseball**
 - One Region trophy
- **Basketball (Boy's & Girl's)**
 - One Region trophy each
- **Cross Country (Boy's & Girl's)**
 - One Region trophy each
 - Medals to the top 10 Varsity finishers each
 - Medals to the top 10 JV finishers each
- **Drama**
 - A 1st place and 2nd place region trophy will be provided. A third-place certificate 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. Each medal will be engraved on the back with 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**
 - One Region trophy
 - Three drill down medals for places 1-3
- **Football**
 - One Region trophy
- **Debate/Forensics**
 - One Region trophy for Debate
 - One Region trophy for Forensics
 - The following medals will be awarded:
 - Each medal will say the event name and "Superior" and will be given to the top five finishers in each event. The following number of medals will be needed: Public Forum – 10 medals; LD – 5 medals; Policy – 10 medals; National Extemp. – 5 medals; Foreign Extemp. – 5 medals; Oratory – 5 medals; Impromptu – 5 medals; Congress – 5 medals. 10 blank Superior medals in case of ties.
- **Golf (Boys & Girl's)**
 - 1 Region Trophy each
 - 10 Medals for 10 Low Medalists
 - One medal for top region golfer.
- **Music – instrumental**
 - Certificates supplied by the Region will be awarded for all "Superior" ratings at all festivals. Additional Certificates/Awards may be presented to outstanding groups, sections, or individuals at the discretion of the festival adjudicators.
- **Music – vocal**
 - Certificates will be given for all ratings in all festivals. Training Choirs will be given a certificate of participation.
- **Soccer (Boy's and Girl's)**

- One Region trophy each
- **Softball**
 - One Region trophy
- **Swimming (Boy's & Girl's)**
 - 1 Region trophy each
 - 48 Medals each (boys & girls) for Places 1-6 in Individual Events (Total 96 medals w/Lanyards)
 - Individual events are: 50, 100, 200, 500 yd. Free Style, 200 yd. Ind. Med., 100 yd. backstroke, 100 yd. butterfly, 100 yd. breaststroke.
 - 12 medals each (boys & girls) for 1st Place, 2nd Place, 3rd Place 200 yd. Med. Relay, 200 & 400 yd. Free Relay (72 medals total w/Lanyards)
- **Tennis (Boy's & Girl's)**
 - One Region trophy each
 - Medals – 1st, 2nd, 3rd, singles. 1st & 2nd doubles. Four deep in each (28 medals for Varsity and 28 medals for JV).
- **Track (Boy's & Girl's)**
 - 1 Region Trophy each
 - All-Region Awards – top 3 in the event get the All-Region Certificate for the teams
 - Ribbons for the first six (6) places in individual events and first in the relays.
 - Medals for the first six (6) places in individual events, and medals to the first three (3) places in relay events.
 - No Pole Vault medals.
- **Volleyball**
 - One Region trophy
- **Wrestling**
 - One Region trophy