



REGION VII

Activities Manual
2023-2024

2023-2024

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<u>Springville</u>	1205 East 900 South, Springville, UT 84663	Fax 801-489-2806	801-489-2870
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REGION VII ACTIVITY RESPONSIBILITIES 2023-2024

<u>School Activity</u>	<u>Responsible</u>	<u>Name</u>	<u>Phone</u>
Region Chair	Wasatch	Ryan Bishop	435-709-1851
Calendaring	Maple Mountain	Jeff Nelson	801-376-3794
Sportsmanship	Timpview	Wendy Anae	801-358-6830
Baseball	Maple Mountain	Jeff Nelson	801-376-3794
Basketball	Springville	Shaun Blakey	801-472-3217
Cheer	Salem Hills	Curtis Burton	801-592-2136
Cross Country	Timpview	Mary James	801-372-0464
Drama	Spanish Fork	Seth Spainhower/ Matt Christensen	801-362-7576
Drill Team	Wasatch	Justin Kelly	435-671-9506
Football	Nebo District	Everett Kelepolo	801-319-7354
Speech and Debate	Salem Hills	Kendall Call	801-368-8800
Golf	Springville	Wendi Nelson	801-722-8744
Lacrosse	Cedar Valley	Bill Sivert	435-790-4948
Music	Maple Mountain	Shea Bradshaw	801-391-5139
Soccer	Salem Hills	Lee Gillie	801-318-6331
Softball	Cedar Valley	Kenyon Christen	801-885-9608
Swimming	Springville	Mark Binks	801-310-5771
Tennis	Spanish Fork	Jade Andersen	801-380-7086
Track	Spanish Fork	Bart Thompson	801-369-0445
Volleyball	Timpview	Thomas Fell	801-691-8855
Wrestling	Wasatch	Brad Foster	435-503-4259

**REGION VII
SPORTSMANSHIP AWARD**

In an effort to recognize and promote good sportsmanship, the Board of Managers has established the Region VII Sportsmanship Award to be presented after the Fall, Winter, and Spring sports seasons. For each season, the selected school will receive the sportsmanship trophy. The criteria for selection are:

1. Enthusiasm at school events.
2. Good Sportsmanship at events. This includes crowd, competitors, and coaches.
3. Absence of negativism (booing, derisive or profane cheers, graffiti, or destruction of school property). No jumping on bleachers.
4. Positive efforts by spirit groups (cheerleaders, drill team, band, student council) to promote a positive environment for competition.

Selection:

Each school will have one vote for each sport season, i.e. Fall, Winter, Spring (you may not vote for your own school).

**STATE BOARD OF EDUCATION
2023-2024
STANDARDS & GUIDELINES FOR STUDENT EXTRACURRICULAR ACTIVITIES**

The central purpose of schooling is the academic program of studies for students. However, supportive to the instructional program is a diversity of school sponsored student activities that are frequently an extension of the academic program. They include such things as musical and dance performing groups, forensic and sports teams, student publications and government, clubs and social activities, etc. Those involved in student activities generally achieve better grades, attendance, citizenship, and personal discipline than do non-participants.

Because of the intense interest in and value placed on student activities, it is not uncommon for some excesses and abuses to surface which may detract from the central purpose of schooling. Keeping the academic program and the student activity program in perspective is the rationale for the following standards and guidelines:

STANDARDS

1. We adhere to the Utah State Board of Education, UHSAA and NFHS guidelines, standards and playing rules.
2. All head coaches must either hold a current Utah Secondary Teaching Credential (PE/Coaching Major or Minor) or must have successfully completed the state sponsored UHSAA/USOE coaches training. Aides and/or paraprofessionals employed or used in coaching assignments must also meet the requirements of the UHSAA/USOE coaches certification program (see the UHSAA handbook).
3. School personnel, activity leaders, coaches, advisors, etc., shall not require students to attend out-of-school camps, clinics, workshops, etc., for which they, activity leaders, coaches, advisors, etc., receive compensation from a source other than the school or district in which they are employed.

GUIDELINES

1. Local boards of education and district superintendents should continually reaffirm the central purpose of schooling -- the academic program of students. Extracurricular activities should be just that, extracurricular, and should support the academic program.
2. Local boards of education, superintendents, and school principals are urged to guarantee a productive instructional setting for students who remain behind while their classmates and teachers are gone for participation in extracurricular activities. The "warehousing" of students not involved in extracurricular activities negatively compounds the differences between students involved and those not involved in extracurricular activities.
3. Local boards of education and district superintendents are urged to disapprove travel for extracurricular activities that would result in teachers and students being gone for more than three consecutive school days. Preferably, approved out-of-state travel for extracurricular activities will be limited to summer months or other times when school is not in session.
4. Local boards of education and district superintendents are urged to disapprove all travel, trips, excursions, appearances, cruises, etc., which are sponsored by commercial interests for profit. Such travel, while often popular with students and patrons, represents a serious misuse and manipulation of schools and students. Approved in-state and out-of-state travel for extracurricular activities should involve students in verified and documented educational experiences.
5. It is recommended that the Utah High School Activities Association and local schools and districts continue their practice of delaying the starting time for extracurricular activities until after school. In addition, the periodic realignment of the regions of the Utah High School Activities Association should continually seek to reduce travel and time out of school for students and teachers.
6. Region VII recognizes the importance of Utah Code 53-11-908 with the intent to promote good sportsmanship.

**POLICIES AND PROCEDURES FOR ATHLETIC CONTESTS
2023-2024**

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:

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

	BB	BSK	CC	DR	FB	GO	LAX	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	NO	YES	NO	NO	YES
Balloons	YES	NO	YES	NO	YES	YES	YES	YES	YES	NO	YES	YES	NO	NO
Poms	YES	YES	YES	NO	YES	YES	YES	YES	YES	NO	YES	YES	NO	NO
Megaphones (non-electronic)	YES	NO	YES	NO	YES	NO	YES	YES	YES	NO	NO	YES	NO	NO
School bands (including drums)	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Shirts on fans; spectator faces must be identifiable	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Recorded music over PA system by approval only	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Rally towels	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Artificial noise makers (shakers, clickers, bells, cow bells, buzzers, thundersticks)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Air horns, sirens, electronic bull horns, horns, vuvuzelas	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Banners on wall except welcome or corporate sponsor	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Banners for teams to run through, Hand held signs of any kind	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cannons/muskets, whistles	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Drones	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Confetti/shredded paper	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Powdery and/or airborne substances of any kind	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Laser light/pointer	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO

Miniature sports balls thrown into crowd	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
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1. The throwing of any objects by spectators will not be allowed at athletic events, including confetti, torn paper scraps, crepe paper, toilet tissue, mini-balls, frisbees, etc.. (Violating schools may be fined)
2. The use of laser pointers is forbidden at all region events. The laser pointer will be confiscated and the spectator will be ejected from the event.
3. Constructive, positive signs and posters may be used by the home team. All derogatory signs are prohibited. No hand held posters are allowed. School flags are permitted at outdoor events on your own side line.
4. Moratorium: No practices or games may be scheduled during the officially established moratorium dates unless a request has been made to and approved by the UHSAA.
5. Breach of contract: In the case of breach, the region board of managers shall have the authority to assess a penalty and or fine, not to exceed \$1,000 per game against the offending coach and/or school.
6. Spectators are not allowed on playing fields or courts at any time, including halftimes and before and between games unless under the direction of the administration. For the safety of officials and visiting teams, post-game demonstrations on the floor or the field are not allowed. Demonstrations meant to taunt or demean the opposing team are prohibited.
7. Placement of visiting student body, pep squad, cheerleaders, and drill team is at the discretion of the host school. Spectators in the student section are not allowed to sit on the front row or stand on the floor in the gymnasium. Jumping on bleachers is discouraged.
8. Schools that violate region rules may be fined. The amount of the fine to be determined by the Region Board of Managers.
9. A well-planned flag ceremony should be encouraged prior to start of the event.
10. Each student body is to exhibit good sportsmanship. The administrators and advisors are, in the interest of proper education, to stress positive sportsmanship. Schools are encouraged to read a sportsmanship statement at all varsity athletic activities. An example is given below:

Good evening ladies and gentlemen; welcome to today's contest between (Visiting team/mascot) and (host school/mascot). On behalf of the faculty, staff and student body of (host school) we remind you that the ideals of good sportsmanship are a major part of this contest. Each of us should make every effort to promote this goal. Please stand and remove your hats for the presentation of colors.
11. All dressing room facilities must be left in a clean and orderly manner. The visiting head coach is responsible to check the facilities prior to departure.
12. In case of scheduling conflicts, region and varsity events take precedence over non-region events and activities/practices. Students should not be penalized for missing non region events or practices due to participation in scheduled region events.
13. The region championship will be determined by the best record in region play, in the event of a tie, co-region champions will be named and trophies awarded to both teams.

State tournament seeding will be determined by the RPI rating.

14. Unless stated otherwise in this handbook, region scheduled outdoor afternoon events will begin no earlier than 3:30 p.m. (exceptions to be approved by both Principal's and the manager over the activity).
15. A change of time or date of an activity may be affected only through mutual agreement of both schools principals, or their designee. The host school must notify the arbiter of the change in time for him to notify the officials. The host school must also notify other Region VII schools unless postponement is weather related.
16. Host school and visiting team own the rights to video production of all events. The region retains the rights to Region Championship competitions. All radio and television stations need to get prior approval from the principal or designee before broadcasting an event.

See UHSAA handbook for filming guidelines

17. REGION APPROVED TICKET PRICES TO MAJOR SCHOOL ACTIVITIES:

- \$25.00 = 1 family*
- \$ 7.00 = 1 adult
- \$ 7.00 = 1 student

**Senior Citizens over 65 and children 5 and under = free

*Family pass means immediate family living at home - maximum of six who arrive at the event together.

Tickets will be sold at varsity football, region drill, region swim championship meet and basketball, volleyball, and wrestling at all levels, at the above region prices.

Host school may retain revenue from sales of concession, t-shirt, etc, at region events.

18. Money from state play-off games (not going to state) will be retained by the host school (after expenses) and divided with the visiting school. (Refer to the UHSAA handbook regarding disbursement of money).
19. There will be a limit of 75 Region Activity Passes issued to each school. The region chair will send (20) region passes to each school district office.
20. Each school will be issued a maximum of twenty five (25) Region Activity Passes for Student Body Officers. Student Body Officer passes allow 1 person with ID in free.
21. Academic All-Region selection will be senior varsity players only and 3.7 or higher cumulative GPA. Schools will present their own awards. Region VII certificates are available for use by the schools. Nominations for Academic All Region need to be submitted to the Region Chair over each activity in a timely manner.
22. Host schools will provide supervision at all home events. Athletic Trainer may be available at home events, as schedule allows, that are UHSAA sanctioned and mandatory, Monday-Friday for emergency situations. Due to the volume of sports on any given day, the athletic trainer may not be available and the medical needs of the student athlete will rest with the head coach of the respective team. All schools have an emergency action plan (EAP) that will be followed. The head coach will contact their athletic trainer ASAP. For Varsity football, each team will have their own Athletic Trainer present. The visiting team should take care of all pre-game athletic training needs prior to arrival unless arrangements have been made with the host athletic

trainer. Water will be made available for both teams. Visiting teams must bring their own cooler with ice and supply their own cups or bottles and will be directed to the location where the cooler can be filled.

23. Host schools will provide for someone to meet officials and show them to their dressing rooms both before and after any event
24. Region VII Eligibility Requirements: The minimum GPA a student must have in order to participate is 2.0 and not more than one, F, I, or NG, for the previous grading period.
25. The region will not financially support coaches meetings.

Cheer/Drill/Band

1. Drill team members in uniform and cheerleaders in uniform with an advisor will be admitted to the game without charge. Each group must have an advisor.
2. All cheering **SHOULD** be under the direction of the cheerleaders. There are to be **NO** derogatory or obscene cheers.
3. Cheerleaders are to refrain from conducting cheers during free throw shooting.
4. Placement of visiting student body, pep squad, cheerleaders, and drill team is at the discretion of the host school.
5. Only varsity cheerleaders and mascots are allowed on the court or field for cheers, activities, or demonstrations unless specifically sponsored by the host school administration. Children below high school age are prohibited from being used in connection with any Region VII interscholastic activity except during approved halftime performances.
6. Cheerleaders will observe all State or District guidelines for pyramids, stunting and tumbling. Tumbling is allowed by home team only.
7. Football half-time: Performing groups have ten (10) minutes which includes time to get on and off the field. Exceptions can be made by mutual agreement for special occasions.
8. Basketball half-time: A maximum of seven (7) minutes is allotted for half-time entertainment which includes time to get on and off the floor. Exceptions can be made by mutual agreement for special occasions.
9. Drill teams will perform only at home games unless by mutual agreement with the host school.
10. Pep band will be provided by the host school only with exceptions by mutual agreement. During basketball games, pep bands are to play during regulation time-outs, quarter breaks and half-time only. An advisor must always be present if a band is to perform. Drums are to play only as part of the pep band or as accompaniment to a cheer by the cheerleaders.

**TROPHIES & AWARDS
2023-2024**

The Region Board of Managers agrees to fund the following Awards, Medals and Trophies.

The cost associated with any additional awards or recognitions will not be funded by Region VII or member schools.

Baseball	1 Region Trophy
Basketball (Boys)	1 Region Trophy
Basketball (Girls)	1 Region Trophy
Cross Country (Boys)*	1st-14th Place Medals / 1 Region Trophy
Cross Country (Girls)*	1st-14th Place Medals / 1 Region Trophy
Drama	1 Region Trophy / 10 plaques / 42 medals (1 st – 3 rd different categories)
Drill Team	1 Region Trophy
	1 st -3 rd Place plaques for each category (military, show, and dance)
	1 st - 5 th Place medals for drill down
Speech and Debate	1 st – 4 th place medals in each category (see page 32 #6) / 1 Region Trophy
Football	1 Region Trophy
Golf (Boys)	1 st - 12 th Place Medals / 1 Region Trophy
Golf (Girls)	1 st - 12 th Place Medals / 1 Region Trophy
Lacrosse (Boys)	1 Region Trophy
Lacrosse (Girls)	1 Region Trophy
Music	\$100.00 for certificates for Region Music Awards / Award Certificates
Soccer (Boys)	1 Region Trophy
Soccer (Girls)	1 Region Trophy
Softball	1 Region Trophy
Swimming (Boys)*	1 st - 8 th Place Medals / 1 Region Trophy
	Relay events 1 st -3 rd
Swimming (Girls)*	1 st - 8 th Place Medals / 1 Region Trophy
	Relay events 1 st -3 rd
Tennis (Boys)*	1 st - 4 th Place Medals Varsity / 1 st – 4 th Place Ribbons JV / 1 Region Trophy
Tennis (Girls)*	1 st - 4 th Place Medals Varsity / 1 st – 4 th Place Ribbons JV / 1 Region Trophy
Track (Boys) 1st – 3rd for relay*	1 st - 6 th Place Medals / 1 Region Trophy
Track (Girls) 1st – 3rd for relay*	1 st – 6 th Place Medals / 1 Region Trophy
Volleyball (Boys)	1 Region Trophy
Volleyball (Girls)	1 Region Trophy
Wrestling (Boys)	1 Region Trophy
Wrestling (Girls)	1 Region Trophy

Medals will be given to those who qualify individually for State placement by placing at the Region meet

**** RIBBONS WILL BE ATTACHED TO ALL MEDALS**

**REGION VII OFFICIAL'S PAY SCALE
2023-2024**

SPORT	VARSITY	J.V./SOPH	POST SEASON
Baseball	\$77.00	\$64.00	\$83.00
Basketball	\$77.00 (2 officials)	\$62.00	NA
Basketball	\$72.00 (3 officials)	\$62.00	\$83.00
Football	\$90.00 (5 officials)	\$64.00	\$110.00
Football - Foul Recorder	\$25.00 - no travel	NA	\$25.00
Lacrosse	\$72.00 (3-person)	\$52.00	\$78.00
Lacrosse	\$83.00 (2-person)	\$63.00	NA
Soccer Referee	\$72.00 (3-person)	\$52.00	\$78.00
Soccer Linesman	\$67.00 (3-person)	\$52.00	\$78.00
Soccer - Both Officials	\$100.00 (2-person)	\$72.00	NA
Softball	\$67.00	\$59.00	\$73.00
Volleyball	\$62.00	\$52.00	\$68.00
Wrestling*	SEE BELOW	SEE BELOW	SEE BELOW
Swimming*	SEE BELOW	SEE BELOW	SEE BELOW
Cheer/Drill Team*	SEE BELOW	SEE BELOW	SEE BELOW

- Volleyball Tournament per match: \$51.00 for varsity and \$46.00 for sub-varsity (per best of 3); \$56.00 for varsity and \$51.00 for sub- varsity (per best of 5)
- Softball Tournament per game (with a maximum time limit of 90 minutes): \$51.00 per game
- Tournament Shortened/Running Clock lacrosse Games are \$58.00 per game

Officials may not be paid more or less than the fee amount stated above. Schools may, however, offer a meal or meal stipend not more than \$10 per person if needed to support officials in difficult travel areas.

Mileage Reimbursement:

Driver: \$.50 per mile for all miles over 50 that the official has driven.

Rider: \$.15 per mile for all miles traveled over 50.

Assigners will make every effort to assign officials to games in an effort to reduce mileage fees to schools.

Officials' Pay Increases

The pay for officials will increase \$7 after year one, \$5 after year two and \$3 after year three. The next negotiated increase will begin in Spring of 2023.

ADDITIONAL CHARGES:

Mileage: \$.50 per mile for all miles over 50 that the official has driven. The other officials on the game will receive \$.15 per mile for all miles traveled over 50. Assigners will make every effort to assign officials to games in an effort to reduce mileage fees to schools. Officials are responsible to list round-trip mileage on their voucher in order to be reimbursed. If an official works a J.V. game plus a Varsity game, the official will receive the mileage allowance only **once**, not for each of the two games officiated.

Football: 5 officials in Varsity games, 4 officials for J.V. & Soph., and 4 officials @ 3A/4A State games.

Cheer/Drill Team:	*DRILL TEAM	Regular Season	Prelim State	Finals State
	Competition Director	\$400-600	NA	NA
	Tabulator	\$25/hr	\$25/hr	\$25/hr
	Routine Judge	\$25/hr	\$25/hr	\$25/hr
	Floor Judge	\$25/hr	\$25/hr	\$25/hr
	Technical Judge	\$25/hr	\$25/hr	\$25/hr
	Difficulty Judge	\$25/hr	\$25/hr	\$25/hr

Music: Region Festival -- \$140.00 full day, \$90.00 half day (4 hrs.)
 State Festival - \$140 full day, \$90 half day (4 hours) + travel allowance

Drama Judge: State Meet – \$20 up to 4 hours \$30 over 4 hours

Region Drama: Compensate play judges \$150.00, Individual Events judges \$50.00.

Region Drama One Acts Coordinator: \$50.00

Speech and Debate: \$30.00

Swimming: Referee: \$53.00
 Stroke/Turn Official: \$38.00

WRESTLING TOURNAMENT PAY SCALE (14 WEIGHTS)
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VARSIITY: Dual meet value: \$72.00 initial, \$68.00 subsequent

JUNIOR VARSITY: Dual meet value: \$58.00 initial, \$53.00 subsequent

For IBT varsity tournaments, \$153 per day (first sVII hours), 6-8 hours \$203, 9 or more hours \$253. For subvarsity tournaments, pay will be \$123 per day (up to sVII hours), 6-8 hours paid at \$163, 9 or more hours at \$203.

Dual meet wrestling tournaments are paid for each dual officiating in accordance with the above rates.

Region wrestling tournaments pay the same rate paid for regular season tournaments.

State wrestling tournament pays a base rate of \$203.00 per day.

Mileage is added for each official as well.

- A. Daily minimums or dual meet values will dictate the cost of ALL tournaments except the State Tournament.
- B. Add \$.50 (driver) per mile and \$.15 cents (rider) per mile over 50 miles to all dual meets and tournaments.
- C. Byes in tourneys may be deducted out of the pay but exhibition matches beyond 14 individual matches per dual will be paid \$4.50 per individual match.

GENERAL PAYMENT INFORMATION

1. **Payment should be received within 10 days of the contest date.** Officials are required to sign-up and have an active ArbiterPay account. This will accommodate those schools currently using ArbiterPay as the vehicle for payment of officials. Officials should, if possible, be paid at the contest site prior to the start of the contest. However, if a school does not have the check ready, or it is made out incorrectly due to late changes, the school administrator should mail the payment as soon as possible.
2. Officials shall receive one fee per contest. In the case where an official works a game shorthanded, it is recommended that he/she should be paid half a game fee in addition to a full game fee (For soccer – see note below). Schools should contact the UHSAA office when this occurs. In rare cases where a game is assigned by the arbiter to be worked shorthanded, schools are encouraged to pay the extra half game fee.
3. Officials and schools shall not be permitted to negotiate fees or mileage less than those printed in this manual and in the UHSAA Constitution and By-laws.
4. ArbiterPay will be used by the UHSAA for all state tournament games. Payment for working a state tournament game will take place at the conclusion of each of the individual state tournaments.
5. Should a contest be stopped because of conditions beyond the control of the officials (weather, power outage, etc.) before the contest is started and after the officials arrive at the site or before the contest is one half completed, the officials will be paid 1/2 a game fee plus the mileage. Should the contest be more than one-half completed, the officials will receive the standard amount paid for a completed game plus mileage.
6. In the event **less than half the game** was played, every effort will be made by the arbiters to assign the same officials to the game, however, if that cannot occur, the new officials should be paid a full game fee plus mileage to complete the game. If the same officials come to finish the game they should be paid 1/2 game fee plus mileage. **If more than half the game** has been played and different officials come to the game, they should be paid 1/2 game fee plus mileage. If the same officials come to finish the game they should only be paid mileage as they received a full game fee when the game was suspended (refer to Article VIII for the Suspended game procedure).

BASEBALL GUIDELINES
2023-2024

REGION ACTIVITY CHAIRPERSON:
Jeff (Whites) Nelson, Maple Mountain 801-376-3794

1. Beginning practice and team selection date: Feb. 27, 2023. First contest date: March 6, 2023
2. All games will begin at 3:30. JV games will begin not more than 15 min. following the varsity games. Varsity players will be excused so that they will arrive at the field no earlier than 1.5 hours before the contest begins. Home team will have the infield 30 minutes before game time. Visiting team will have the infield 15 minutes before game time. If the visiting team is late, they may forfeit warm-up time so the game will not be delayed.
3. Schools may postpone league games without region clearance for the following reasons:
 - a. Poor weather conditions
 - b. Field in unplayable condition
 - c. Make-up games to accommodate playoff games
 - d. Home team coach will notify the visiting coach ASAP on rain delays or rain-outs and contact the officials. In case of a region game cancellation due to the above conditions, the game will be played on the next available school day. Saturdays are an option if both coaches agree. Pre-empt to include sophomore and JV games only. Non-league varsity games and tournament travel day will not be pre-empted as contracts with other schools need to be honored.
4. No team shall attempt to change their schedule for the purpose of gaining an advantage on pitching rotation or other pertinent factors.
5. Each team is expected to participate in a JV and sophomore schedule with each playing another member of the region at least twice. See JV schedule. Sophomore teams play on Monday and Friday at the opposite site of the varsity game. No sophomore team players will be excused from school to participate in region contests.
6. The home team will be responsible to have an official scorekeeper, and a pitch count official, refer to the UHSAA handbook for guidelines.
7. A maximum of 25 games will be played. (See state handbook regarding tournament games.)
8. The 10-run rule after five (5) innings will be used.
9. One trophy will be awarded to the winner of region play. Co-champions will each receive a trophy.
10. In the event of a tie in region standings, see the guidelines for all sports on page 11. If there is a tie for the final playoff spot, the game will be played at a site agreed upon by the coaches. The home team will be determined by the results of head to head competition between the two teams. If they have a split, a coin flip will determine the home team.
11. Game time may be changed only by agreement of the two principals involved.
12. In case district spring breaks do not coincide, schools with scheduled games during spring breaks may, by mutual consent, work out an alternate date that is agreeable with the administrators of both schools.
13. The coach of the first place team will be in charge of organizing the selection of the all region team. All region coaches will participate in the selection process.
14. Dead time period applies to all current 9th through 12th grade students. During the dead time there should be no coach to player contact related to the sport. This includes not observing players perform in that sport. Baseball dead time is 4 weeks after the championship, beginning the 2nd Monday in August and 8 weeks beginning the 1st Monday in November.
15. Academic All-State nominations will be accepted between March 22th – April 21st

**BASEBALL SCHEDULE
2023-2024**

Region 7 Final Baseball Schedule 2024

**Start time 3:30 Varsity
JV/Sophomore immediately after
Playing Mon, Thurs, Fri**

<p>April 8 Soph After Wasatch @ Salem Hills Springville @ Cedar Valley Maple Mountain @ Spanish Fork Orem @ Timpview</p> <p>April 11 JV After Salem Hills @ Wasatch Cedar Valley @ Springville Spanish Fork @ Maple Mountain Timpview @ Orem</p> <p>April 12 Soph After Wasatch @ Orem Spanish Fork @ Timpview Springville @ Maple Mountain Salem Hills @ Cedar Valley</p> <p>April 15 JV After Orem @ Wasatch Timpview @ Spanish Fork Maple Mountain @ Springville Cedar Valley @ Salem Hills</p> <p>April 18 Soph After Wasatch @ Spanish Fork Springville @ Orem Salem Hills @ Timpview Maple Mountain @ Cedar Valley</p>	<p>April 19 JV After Orem @ Springville Timpview @ Salem Hills Cedar Valley @ Maple Mountain Spanish Fork @ Wasatch</p> <p>April 22 Soph After Springville @ Wasatch Spanish Fork @ Salem Hills Cedar Valley @ Orem Timpview @ Maple Mountain</p> <p>April 25 JV After Wasatch @ Springville Salem Hills @ Spanish Fork Orem @ Cedar Valley Maple Mountain @ Timpview</p> <p>April 26 Soph After Maple Mountain @ Wasatch Cedar Valley @ Timpview Salem Hills @ Orem Springville @ Spanish Fork</p> <p>April 29 JV After Wasatch @ Maple Mountain Timpview @ Cedar Valley Orem @ Salem Hills Spanish Fork @ Springville</p>	<p>May 2 Soph After Cedar Valley @ Wasatch Salem Hills @ Maple Mountain Springville @ Timpview Orem @ Spanish Fork</p> <p>May 3 JV After Wasatch @ Cedar Valley Maple Mountain @ Salem Hills Timpview @ Springville Spanish Fork @ Orem</p> <p>May 6 Soph After Timpview @ Wasatch Maple Mountain @ Orem Spanish Fork @ Cedar Valley Springville @ Salem Hills</p> <p>May 7 JV After Wasatch @ Timpview Orem @ Maple Mountain Cedar Valley @ Spanish Fork Salem Hills @ Springville</p>
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**2024 Baseball JV/Soph
Double header
3:30 Start Time**

<p align="center">March 18 JV First</p> <p align="center">Orem @ Springville Timpview @ Salem Hills Cedar Valley @ Maple Mountain Spanish Fork @ Wasatch</p> <p align="center">March 25 Soph First</p> <p align="center">Wasatch @ Cedar Valley Maple Mountain @ Salem Hills Timpview @ Springville Orem @ Spanish Fork</p>	<p align="center">April 9 JV First</p> <p align="center">Salem Hills @ Wasatch Cedar Valley @ Springville Spanish Fork @ Maple Mountain Timpview @ Orem</p> <p align="center">April 16 Soph First</p> <p align="center">Wasatch @ Orem Spanish Fork @ Timpview Springville @ Maple Mountain Salem Hills @ Cedar Valley</p>	<p align="center">April 23 JV First</p> <p align="center">Wasatch @ Springville Salem Hills @ Spanish Fork Orem @ Cedar Valley Maple Mountain @ Timpview</p> <p align="center">April 30 Soph First</p> <p align="center">Maple Mountain @ Wasatch Cedar Valley @ Timpview Salem Hills @ Orem Springville @ Spanish Fork</p> <p align="center">May 8 JV First</p> <p align="center">Timpview @ Wasatch Maple Mountain @ Orem Spanish Fork @ Cedar Valley Springville @ Salem Hills</p>
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State Dates (23-24 Tentative)

- Feb. 26 Begin Practice/Team Selection
- March 4 First Contest
- May 9 Season end date
- May 10 State Reveal
- May 11 & 13 State regional (Best of 3) @ Home Site
- May 16 & 17 State Super Regional (Best of 3) @ Home Site
- May 20 - 23 State tournament bracket play @ BYU
- May 24 & 25 Finals @ UVU best of 3

The state has changed the format, only the top 24 teams in RPI get into the tournament

Please check your schedule and make sure I didn't screw up
You should play everyone 3 times, have 10 or 11 home games

Name	School	Phone	Email
Jeff Nelson	MMHS Chair	801-376-3794	jeffrey.nelson@nebo.edu
Jeff Davis	Timpview	801-358-8983	jdavis2@farmersagent.com
Jeremy Thomas	Maple Mountain	435-229-0659	jeremy.thomas@nebo.edu
Scott Haney	Salem Hills	801-602-0005	scott.haney@nebo.edu
Mackay Jacobsen	Wasatch	972-827-5584	matthew.jacobsen@wasatch.edu
Casey Nelson	Spanish Fork	801-735-7834	casey.nelson@nebo.edu
Tim Miller	Cedar Valley	435-979-3689	timothymiller@alpinedistrict.org
Carl Hermansen	Orem High	435-654-1066	carlherm@gmail.com
Ryan Briggs	Springville HS	801-678-6688	briggs@ecklespaving.com

**BASKETBALL GUIDELINES
2023-2024**

REGION ACTIVITY CHAIRS: Shaun Blakey, Springville, 801-472-3217

1. Game Times and Locations:

Gym 1

3:30 Girls JV

5:15 Girls Varsity

7:00 Boys Varsity

Gym 2

Boys JV

Boys Soph

Girls Soph

Girls JV will be in the main gym through January 25 and exchange locations with Boys JV starting Jan 28.

Region prices will be charged at all Region Varsity, J.V. and Sophomore games.

All varsity games will have a 20-minute warm up time.

1. Region IX Varsity, Junior Varsity, and Sophomore teams may schedule twenty games during the season. Post-season play-offs or State Tournament games will not be counted as part of the (20) twenty games. Junior Varsity and Sophomore league games will be played on the same date as the Varsity.
2. Only by mutual consent of principals from both schools involved can the starting times be changed. The Region Basketball Chairman must be notified of any change in the starting time. Change of dates must be approved by the Region IX Board of Managers. (The home team will notify the arbiter in case of anychange.)
3. Girls will use the smallerball.
4. The visiting school may film a varsity game from its own student section.
5. Practice will start for basketball November 6 – first contest November 21. No practice games are to be scheduled prior to. (No coaching, intramural, or other methods of selecting a team may be held prior to the starting dates).
6. The home team will furnish, whenever possible, a chalk board and taping table for visiting teams for all games. Teams will provide their own towels.
7. The home team will provide water and cups for visiting teams.
8. Moratorium dates are:
Summer 2023: June 28 - July 4, and July 31 - August 13
Thanksgiving: November 24 - November 27
Winter Break: December 21 - December 25 and January 1
Spring: March 3 - March 17, 2024

9. The team in the Region which has the best region win/loss percentage will be declared the Region Champion and will be awarded a trophy. In case of a tie for first place, the Region Champion will be the team with the highest RPI.
10. The Region Champion Head Coach of the girls' and boys' teams will be responsible to get the other girls' and boys' coaches together to select an All-Region Girls' and Boys' teams and Academic team. The Academic All Region team will be senior players. This meeting must be held one week after the State Tournament (site selected by the region champion).
11. Spectators are not allowed on the playing floor at any time before games or at half-time. This applies to all levels of play. Balls need to be put up at half-time.
12. The floor should be swept at half-time prior to resuming play.
13. Pre-game music will be allowed at both boys' and girls' games.
14. Students will not be allowed to sit on the first row of the student section or stand on the floor.
15. Moratorium period applies to all current 9th through 12th grade students; during the moratorium time there should be no coach-to-player contact related to the sport. This includes not observing players perform in that sport.
16. Coaches should check the new guidelines in the UHSAA Handbook under By Laws Article 2: Activity Limitations, for game limitations and out of season participation.
17. Basketball Academic All-State nominations are accepted between Jan 9 – Feb 6, 2024.
18. Shot clock will be used at all levels. Exception would be if auxiliary gym is not equipped.

**BASKETBALL SCHEDULE – BOYS & GIRLS
2023-2024**

January 3rd Wednesday		January 5th Friday		January 9th Tuesday		January 12th Friday	
Spanish F	Maple M	Orem	Spanish F	Maple M	Cedar V	Maple M	Orem
Cedar V	Springville	Salem H	Maple M	Springville	Spanish F	Cedar V	Wasatch
Orem	Salem H	Timpview	Cedar V	Salem H	Timpview	Springville	Timpview
Timpview	Wasatch	Wasatch	Springville	Wasatch	Orem	Spanish F	Salem H

January 16th Tuesday		January 19th Friday		January 23rd Tuesday		January 26th Friday	
Cedar V	Spanish F	Orem	Springville	Spanish F	Timpview	Spanish F	Orem
Maple M	Springville	Cedar V	Salem H	Wasatch	Maple M	Maple M	Salem H
Timpview	Orem	Timpview	Maple M	Orem	Cedar V	Cedar V	Timpview
Salem H	Wasatch	Wasatch	Spanish F	Springville	Salem H	Springville	Wasatch

January 30th Tuesday		February 2nd Friday		February 6th Tuesday		February 9th Friday	
Maple M	Spanish F	Orem	Maple M	Cedar V	Maple M	Maple M	Timpview
Springville	Cedar V	Salem H	Spanish F	Spanish F	Springville	Salem H	Cedar V
Salem H	Orem	Timpview	Springville	Timpview	Salem H	Springville	Orem
Wasatch	Timpview	Wasatch	Cedar V	Orem	Wasatch	Spanish F	Wasatch

February 13th Tuesday		February 16th Friday	
Spanish F	Cedar V	Timpview	Spanish F
Springville	Maple M	Maple M	Wasatch
Orem	Timpview	Cedar V	Orem
Wasatch	Salem H	Salem H	Springville

****Home Team is listed first and bolded****

Team	1st Round = Home	Home Streak	Away Streak	Friday Games
Orem	hhaaahh aahhaha	2	3	3
Spanish Fork	haahahh haahaha	2	2	3
Salem Hills	ahhahaa ahhahah	2	3	4
Maple Mountain	aahhhaa hhaahah	3	2	4
Timpview	hhaahha aahhaah	2	3	4
Cedar Valley	haahhha haahaah	3	2	4
Wasatch	ahhaaah ahhahha	2	2	3
Springville	aahhaah hhaahha	3	2	3

CHEER GUIDELINES
2023-2024

REGION ACTIVITY CHAIRPERSON: Curtis Burton, Salem Hills, 801-592-2136

UHSAA Summer Moratorium: **June 28-July 4, 2023**

1. Competitive Cheer Season: November 1 through the state championships in January.
2. Competitive Cheer will be a winter sport.
3. Contest Limitations - A maximum of 4 contests, in addition to a qualifying and state finals competition will be allowed during the competition season. Competitive cheer teams may only participate in UHSAA sanctioned competitions.
4. All competitive cheer athletes must register in RegisterMyAthlete.
5. Coaches must be certified through RegisterMyCoach.
6. UHSAA transfers for competition team members will begin in March of 2023.
7. A coaches' annual rules clinic will be held in June 2023.
8. Utah State Risk Management will continue to safety certify coaches and cheer athletes. First year advisors must take the written rules test to insure safety in their programs. The penalty for not taking the written test will be a \$50.00 fine and a letter to the principal of the school and district superintendent. Any advisor that does not attend the coaches workshop will need to take the test.
9. How to qualify for the UHSAA Competitive Cheer Championships:
 - a. Teams will compete in one of three geographically assigned qualifying competitions (North, Central, South). 70% of teams will move on to the state finals, which will be held by classification.
10. 2023-2024 Competition Cheer Categories:
 - . All-girl Show/Co-ed Show (70% of overall score) Teams may enter one (1) show category. Co-ed designation will be for teams with 1 or more male participants on their competition team.
 - a. Game Day: (30% of score).
11. Schools will compete in either an all-girl or co-ed division. Each school may only compete in one division. One state championship trophy will be awarded to each division per classification.
12. School competition teams must receive independent status if not participating in UHSAA qualifying and championship events.
13. Budget Declarations will be required by the 2nd Monday in February (\$800 per individual athlete) beginning in 2023.
14. There will be a 12-hour practice rule per week for competition routines.
15. There will not be a "two weeks prior" requirement for competitive cheer.
16. A Sport Specific Moratorium (2-2 weeks selected by school) will begin in 2023.
 - . During moratorium there should be no coach to player contact related to the sport. This includes not observing players perform in that sport.
17. UHSAA Cheer Academic All-State nominations are accepted between *Jan - Feb* TBD, 2024, seniors only.
18. There is no restriction to dual participation for junior high sideline cheer and high school competitive cheer.
19. A high school competitive cheerleader may compete in up to two national qualifying competitions, not sponsored by his or her school, with a private cheer organization. The cheer athlete must gain approval after completing an online form on the UHSAA website to participate in these events.
20. Competitive Cheer will follow all UHSAA Policies and By-laws.
21. There will be no UHSAA governance for sideline/spirit cheer teams, except teams and coaches must safety certify through Utah State Risk Management, follow their cheer guidelines, and comply with UHSAA tournament guidelines for post season events.
22. Admission to Region Cheer Team competition will be the same as any major Region activity.
23. Advisors are to use good judgment in choosing uniforms and dance routines. Such decisions should reflect community standards.

24. Region competitions will follow the same guidelines, rules & regulations as UHSAA state regulated competitions.
 25. An All-Region Cheer team will consist of 3 members from each school selected by the coaches.
 26. An Academic All-Region Cheer team will consist of all senior varsity members with a 3.75 GPA or higher. This will be recognized at the school level by the coach.
- Number of Side-Line Cheerleaders at **Region** competitions:
 - Football - N/A
 - Volleyball - 8-10
 - Basketball - 12-16
 - Wrestling - 10
 - Number of Side-Line Cheerleaders at **STATE** competitions:
 - Football - 16
 - Volleyball - 8
 - Basketball - 12
 - Wrestling - 10

Region Showcase

- Regional showcase before state regionals or the state competition. Rotate between the schools every year.
- Date and Location: TBD

State Cheer

- Competition Date: TBD
- Competition Site: UVU

**CROSS COUNTRY GUIDELINES
2023-2024**

REGION ACTIVITY CHAIRPERSON: Mary James, Timpview, 801-372-0464

First Contest Allowed: August 7, 2023

1. Time for cross country is 3:30pm.
2. The host school will arrange a safe, well-marked course for the Pre-Region and Region Meets. Distance for both meets will be approximately three miles. A finish chute will be required on all meets. Host school will provide an adequate number of volunteers to assist with the meets. Registration will be on runnercard.com, and at least one certified official will be provided by the Region.
3. Each school will furnish their own adhesive-backed finish tags for Pre Region and the Region will provide Running Bibs {Chip Timing} for the Region Meet. Tags should represent school colors.
4. The winner of the Region trophy is determined by the scores in the Region Meet.
5. Medals will be awarded to the top 14 finishers in the Region Varsity Meet in both boy's and girl's divisions.
6. The season will consist of a maximum of 12 meets per individual, plus the Region, divisional, and State Meets.
7. The Region coaches will choose an All-Academic Region Team composed of **senior** runners with a 3.7 or higher GPA for their cumulative grades. The names will be read out on an individual, team-by-team basis.
8. Dead time periods apply to all current 9th through 12th grade students. During the dead time there should be no coach to player contact related to the sport. This includes not observing players performing in that sport.
9. Cross Country dead time: March 5 – April 1, and June 28 –July 4, 2023.
10. Cross Country Academic All-State nominations are accepted between September 5 - October 3, 2023.
11. Region meet allows 8 athletes to compete in the varsity race. Teams do not need to declare their scoring runners. 8th runner will not displace scoring athletes from other schools.

**CROSS COUNTRY SCHEDULE
2023-2024**

First Contest Allowed August 7, 2023.

Changes in the Region Schedule must be approved by the Region Representative for Cross Country. A fine may be imposed for failure to notify the Region Representative.

Varsity Schedule

Pre-Region Meet

Host: Provo

Date: August 19, 2023

Location: Spanish Fork HS XC Course

9:00 am Girls Race

9:45 am Boys Race

Region Meet

Date: October 2, 2023

Location: Spanish Fork HS XC Course

3:30 pm JV Girls

4:10 pm Varsity Girls

4:40 pm JV Boys

5:10 pm Varsity Boys

Divisional Meet

Host: South Lake Park, Orem

Date: October 10, 2023

Time: TBA

State Meet

Rose Park

October 24, 2023

Cross Country Region Meet Rotation

Host: TBD for 2024

<p style="text-align: center;">DRAMA SCHEDULE AND GUIDELINES 2023-2024</p>
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REGION ACTIVITY CHAIRPERSONS:
Matt Christensen/Seth Spainhower, Spanish Fork, 801-362-7576

One Act Plays / Individual Events

March 25, 2024

During School

@ Wasatch High School

Coach Host: Laurie Turnblom

STATE DRAMA FESTIVAL
Dates & Location TBD

1. DATES AND HOSTING SCHOOLS: Dates and location for the Regional Competition Plays and the Individual Events will be determined at the annual spring planning meeting held the preceding year. State drama competition is always held at a predetermined high school on the third weekend of April. (Please no music department trips that conflict with these dates.)
2. The Host School will be given \$40.00 for hosting the One Act Plays, and \$100.00 for hosting Region Individual Events.
3. COST AND FEES FOR JUDGES:
Compensate play judges \$150.00, Individual Events judges \$50.00
4. All Region Drama teachers will meet at least one month prior to the Region competitions to discuss judges, starting times, qualifying, and any other business deemed necessary before the Region Tournaments.

DRILL TEAM GUIDELINES
2023-2024

REGION ACTIVITY CHAIRPERSON: Justin Kelly, Wasatch, 435-671-9506

Refer to the UHSAA Handbook for current and detailed information.

1. Admission to Region Drill Team competition will be the same as any major Region activity.
2. Advisors are to use good judgment in choosing uniforms and dance routines. Such decisions should reflect community standards.
3. SVII in-state judges will be used for state competition. The high and low score will be dropped for each routine.
4. Drill teams may only compete in a total of four competitions including the Region meet, prior to the State Competition. Drill Teams that compete in a region competition may only compete in three Invitationals.
5. All drill team advisors need to attend a coaches workshop. First year advisors must take the written rules test to insure safety in their programs. The penalty for not taking the written test will be a \$50.00 fine and a letter to the principal of the school and district superintendent. Any advisor that does not attend the coaches workshop will need to take the test.
6. Donated supplies and all monies, including budgeted school funds, out of pocket expenses, fundraisers, or donated funds for costumes and supplies which are used for state competition routines performed during the drill season must not exceed \$600.00 times the number of girls on the team. Refer to State Handbook for specifics. Schools are encouraged to maintain a "uniform closet" for flexibility and originality without the expense of new uniforms. Judging sheets shall not reflect if the uniform is new or used. Routines, props and music may be used from year to year.
7. Drill teams will compete in the designated categories as directed by the State (dance, kick, military, or character) at Region Competition. The top four teams will compete in the State competition. They will be allowed to participate with all three of their category routines.
8. A director, tabulator, (5) five routine judges, (3) three technical judges and (1) difficulty judge will be used for invitational and regional competitions, judges must use the UHSAA score sheet and be UHSAA certified officials.
9. Scoring will be done according to current UHSAA guidelines.
10. A plaque will be awarded for 1st, 2nd, and 3rd place in each category military, dance, and show. First through fifth place medals will be awarded for drill down. A trophy will be given to the overall winner.

11. Dead time period applies to all current 9th through 12th grade students. During the dead time there should be no coach to player contact related to the sport. This includes not observing players perform in that sport.
12. Drill team Academic All-State nominations are accepted between Dec 12 to Jan 9 seniors only.
13. An all region team consisting of 3 members from each school will be selected by the coaches. An all academic region team consisting of all senior varsity members with a 3.7 gpa or higher will be selected from each school.

DRILL TEAM SCHEDULE 2023-2024

Region Drill

- Competition Date: Jan. 18, 2024
- Competition Site: Maple Mountain

State Drill

- Competition Date: Jan. 31 & Feb. 2, 2024
- Competition Site: UVU

Region Competition Rotation

202 – TBD (Spanish Fork?)

FOOTBALL GUIDELINES 2023-2024
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REGION ACTIVITY CHAIRPERSON: Everett Kelepolo, Nebo School District, 801-319-7354

1. **Starting Date** for football is **July 24, 2022**. An Endowment game may be held on **August 11th or 12th**, regular Varsity games may be held beginning **August 17th** and the first JV/Sophomore games may be held **August 16th**. Each team is allowed to play 9 regular season games (non-endowment/post-season games).
2. **Out of Season Participation** state guidelines are as follows:
 - **Moratorium (Please see handbook for exact dates: 2 weeks following championship game, Christmas Break, Jan. 1, Feb 19th- Mar 4th, June 28th-July 4th):** no coaching, no organized practices, meetings or competitions, nor coach/player contact related to the sport. This includes early morning or afternoon weight training that a student/athlete does not receive class credit. No "open field" is permitted.
 - **Spring Football Guidelines: (please refer to UHSAA Handbook pg. 49)**
 - **Summer after Memorial Day:** 5 consecutive days in pads may be requested in writing to the Activities Association prior to the use of any pads.
 - **Football Heat Acclimatization and "3-Weeks Prior" Guidelines** See state handbook for exact details.
3. **Region Scheduling** will stay the same for two years with home sites changing each year.
4. **Region Finishes** will be determined by 1st criteria: region record, 2nd criteria: head to head competition.

Tie Breakers will be decided according to guidelines in the Region Handbook:

"The region championship will be determined by the best record in region play, in the event of a tie, co-region champions will be named and trophies awarded to both teams. State tournament seeding will be determined by the RPI rating."

5. **Varsity Game Time** is 7:00 p.m. **Junior Varsity** is 3:30 p.m. and **Sophomore** is 6:00 p.m. (both JV and Soph played the day before Varsity at opposite site).
6. **Change of Date and Time** must be approved by Board of Managers after mutual agreement is reached between schools (coaches and administration) concerned. Change of date should be approved at least one week prior. Host school must notify the UHSAA arbiter and Region VII Head Football Coach of changes. If a JV or Sophomore game is to be canceled, it is the responsibility of that team to notify the opposing team two weeks prior to the scheduled game.
7. Sub-Varsity (JV/Sophomore) It will be the responsibility of the coaches at the games to consider player safety and to monitor playing time accordingly. Seniors are allowed to participate in Junior Varsity games.
8. **Uniforms** for home teams will be dark, while traveling teams will be white. (Rule 1, Artic. 1, Sec. 5)
9. **Dressing Facilities**, including a chalkboard/whiteboard, will be provided by the home school. Locker rooms will be cleared one hour before sub-varsity game and two hours before the varsity game. An Athletic Director/Facility Director will meet the bus to show to locker room, etc. Efforts to secure locker rooms during games are expected of the home administration.

10. **Announcers** are not to be commentators or to second-guess the officials.
11. **Region VII Prices** will be charged at all varsity games, including non-Region games (excluding endowment and playoff games).
12. If teams pick each other up when **Using Headsets**, both teams will turn off their headsets until the problem is resolved.
13. **Scouting** is to be done from the spectator bleachers/areas.
14. **Coaches will Communicate** during theseason:
 - Each Region School is expected to **Exchange the Two previous Game Films** in preparation for their Varsity games. This will be done through HUDL. Videos will include filming when huddle breaks, all plays with a pre-snap alignment at wide angle and still shots of the scoreboard by quarter and after each scoring play. The same extension of courtesy will be given visiting filmers as to home filmers. Provisions will be extended to “spotters” for both teams. All post-season film exchanges will be at the discretion of the individual coaches.
 - The home team will provide the opposing team with a sideline video of the JV and Sophomore games.
 - Each Athletic Director will **send schedules and team rosters** to all Region schools one week before first region game. The roster shall be updated and completed on the Register My Athlete website.
 - The region chair shall initiate communication with all the Region coaches regarding selection of the **All-Region VII Team** at the end of Region play. All region teams will be assigned for 1st and 2nd teams by the following breakdown:
 - 1st place 7 players and One Region MVP
 - 2nd place 6 players
 - 3rd place 5 players
 - 4th place 4 players
 - 5th place 3 players
 - 6th place 3 players
 - 7th place 2 players

Each coach will be allowed to nominate as many honorable mention players as needed. In addition, each team may nominate one Outstanding player for each of the following positions: Offensive Lineman, Defensive Lineman, Linebacker, Running Back, Quarterback, Receiver, Return Specialist, Kicker, Punter. If the MVP is one of the aforementioned positions, that position will be eliminated from the Outstanding Player list. Each coach will then vote to determine the region selections, via email, by the Tuesday following the State Championship. The Region MVP will be submitted to the All-State selection committee for consideration to be, at the least, All-State Honorable Mention.

Academic All Region VII Players will be determined by Region Handbook Guidelines.

15. Dead Time period applies to all current 9th through 12th grade students. During the dead time there should be no coach to player contact related to the sport. This includes not observing players perform in that sport.
17. Football Academic All-State nominations (See UHSAA calendar)
18. Football rules clinic (See UHSAA calendar)

updated 3-3-23

FOOTBALL SCHEDULE 2023-2024
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August 11 or 12, 2023	Endowment Game
August 18, 2023	Pre-season
August 25, 2023	Pre-season
September 1, 2023	Pre-season
September 8, 2023	Cedar Valley @ Maple Mountain Timpview @ Springville Wasatch @ Orem
September 15, 2023	Springville @ Cedar Valley Orem @ Timpview (contested Thurs. 9/14 @ Provo High) Maple Mountain @ Wasatch
September 22, 2023	Orem @ Maple Mountain Timpview @ Cedar Valley Springville @ Wasatch
September 29, 2023	Maple Mountain @ Springville Wasatch @ Timpview CedarValley @ Orem
October 6, 2023	Timpview @ Maple Mountain Orem @ Springville Cedar Valley @ Wasatch
October 13, 2023	Bye Week
October 20, 2023	Playoffs
October 27, 2023	Playoffs
November 3 or 4, 2023	Quarter-finals
November 9, 2023	Semi-finals
November 17, 2023	Finals

Updated 3-3-23

BOYS AND GIRLS GOLF GUIDELINES
2023-2024

REGION ACTIVITY CHAIRPERSON: Wendi Nelson, Springville, 801-722-8744

1. A rules/etiquette clinic will be held prior to the first region match. Check the power point on the UHSAA website or contact the PGA for any new information.
2. Boys: The first practice may begin July 31, 2023. The first golf match may be held August 7, 2023. Girls: The first practice may begin Feb 26, 2023. The first golf match may be held March 4, 2023.
3. Region play will consist of six different 18-hole matches for boys and six for girls. Two coaches are allowed per team.
4. Region Champion, All-Region Team, and Individual Medalists will be determined by stroke play. When there is a tie between teams or players for region standing, we will follow the process they use at the state tournament; if it impacts 1st and 2nd place or if two teams are vying for a spot to go to state. Individual medals will be given to the twelve players with the lowest total score for 6 of the 7(5 of the 6 for girls) 18-hole matches. A medal will be reordered in case of a tie (example: if two players tie for 2, they would both receive 2nd place medals with no medal going to a third place candidate). Each player will be able to drop one 18-hole score to determine whether or not they finish in the top 12 individual qualifying spots for state. A player must play in at least 6 (5 for girls) tournaments to be considered for All-Region. State entry qualifications will be determined after dropping the highest aggregated tournament of region play.
5. Spectators must maintain their distance from players (at least 30 to 40 feet). They cannot give advice nor can they shuttle players without approval of the coaches, which will be determined before the tournament begins. Parents are allowed to help look for golf balls and give words of encouragement. Any advice given by spectators or parents will be in violation of a rules infraction and will be given a warning, followed by a 2 stroke penalty assessed to the player for an additional infraction.
6. All golfers are required to show etiquette and follow the rules outlined by the USGA. The rules enforced by UHSAA and the PGA of Utah at the state tournament will be enforced for the region.
7. Rangefinders are allowed and caddies are not. Players must carry their own bag or use a pull cart.
8. Dress Code: Refer to UHSAA handbook
9. All golfers will be expected to respect the rules and facilities and not use profanity. Violation pertaining to course damage, throwing clubs, or use of profanity will be punished in the following manner: 1st offense - warning 2nd offense - 2 stroke penalty 3rd offense – disqualification

10. Scoring:

- A maximum of 9 will be given on any hole if a player doesn't complete the hole within 9 shots.
- All golfers must exchange cards and score another golfer's card. May not score each other's card.
- Each score should be written down before the group tees off on the next hole. Any changes must be initialed by the scorer.
- Once golfers leave the final hole, they are required to check in at the signing table with their group. Failure to do so in a timely manner may result in a disqualification. Once the scorecard is signed, it cannot be changed.
- USGA rules are in effect unless modified by local rules.

11. Teams will pay for each tournament, fees will be posted on team schedules.

Coaching Responsibilities:

A. Schedule your home course far enough in advance with your local course to avoid any conflicts. (You are responsible for letting all coaches know if there is a change with your home match)

B. Submit/update your lineup by 6 pm the night before the tournament. (Google doc) the four lowest scores will be counted towards the overall team score.

C. Either the coach or local pro will welcome the region to their home tournament and explain any local course rules. This includes determining which tees/yardage will be played.

D. Provide a scoreboard and pairings/hole assignments for your home tournament. If the tournament is not a shotgun start, the head coach will be responsible to be on the first tee and start each group, making sure players know procedures (scoring, pace of play, rotating the cards and keeping another player's scorecard)

E. Each coach will assist in making sure that each team's individual and team scores are accurate. Scores will be added to a google doc and shared within a day or two of the completion of the tournament.

F. Be available and assist with any rules issues during the tournament. Coaches will determine whether a player is to be disqualified or not due to any rules infractions.

G. The coaches, along with the local head pro will determine whether the course is playable or not due to inclement weather. NFHS lightning protocol must be

BOYS GOLF SCHEDULE 2023-2024

Wasatch - TBA week of Aug 7 th	Wasatch (8am, 6 player reverse shotgun)
Gladstan - TBA week of Aug 14	Salem Hills (8am shotgun, 7:30 reverse shotgun, \$30)
Hobble- TBA week of Aug 21 st	Springville (12pm, with teetimes)
East Bay- TBA week of August 28 th	Timpview
Oquirrh Hills - TBA week of Sept 4 th	Spanish Fork (8 am shotgun)
Canyon Hills - TBA week of Sept 11 th	Maple Mountain (9 am shotgun-\$16/player)
Talons Cove - TBA week of Sept 18 th	Cedar Valley
Region @ SF Oaks, TBA week of Sept 25	Spanish Fork (9:00 shotgunstart)

*Highlighted courses are reported at State

Golf State Entry Deadline: Oct. 3

State tourney at Fox Hollow Hills GC – Oct. 9 and 10

- Rules sheet will be sent to coaches by the night prior to the tournament
- Only two coaches may coach players during the tournament

<p style="text-align: center;">GIRLS GOLF SCHEDULE 2023-2024</p>
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Week of March 18th Canyon Hills (Nephi)	Maple Mountain HS (TBD) 10 am tee off time, 8 players per school
Week of March 25 th Timpanogos	Timpview HS (TBD) 9:00 Tee Times, 6 players per school
Week of April 15 th Spanish Oaks	Spanish Fork HS (TBD) 9:00 shotgun start
Week of April 15 th Hobbie Creek	Springville (TBD) 12pm Tee Times
Week of April 22 nd Gladstan	Salem Hills (TBD) Start time to be announced
Week of April 22 nd Wasatch/Talons Cove	Wasatch/Canyon View (TBD)

****State team entry forms are due Tuesday, April 30, 2024**

5A Girls Golf State Tournament

Monday, May 6 - Tuesday, May 7 @ TBA

- 3 certified coaches may be used to coach players during region tournaments.
- Reported tournaments will be determined in the Winter Region 8 Meeting.

LACROSSE GUIDELINES 2023-2024
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REGION ACTIVITY CHAIRPERSON: Bill Sivert, Cedar Valley, 435-790-4948

Important Dates:

Feb. 11 - Feb. 25	Boys/Girls Two-Weeks Prior Restrictions
Feb. 26	Boys/Girls Lacrosse Begin Practice/Team Selection
Mar. 5	Boys/Girls Lacrosse First Contest Allowed
Mar. 15	Boys/Girls Rosters with Numbers on RegisterMyAthlete.com
Mar. 15	Boys/Girls Upload Team Photo to MaxPreps.com Mar. 22
Mar 19 - Apr. 18	Boys/Girls Academic All-State Applications Accepted
May 10	Boys/Girls Season End Date
May 11	Boys/Girls State Tournament Bracket Reveal 9:00am
May 14	Boys/Girls State Tournament First Rd. @ Home Sites
May 16	Boys /Girls State Tournament Second Rd @ Home Sites
May 18	Boys/Girls State Tournament Quarterfinals @ Home Sites
May 21	Girls State Tournament Semifinals @ Westminster College
May 22	Boys State Tournament Semifinals @ Westminster College
May 24	Boys/Girls State Tournament Finals @ Zions Bank Stadium

1. Games

- a. Boys and Girls Varsity will play at alternate locations (home and away) during region play. Game time will be at 5:00 PM unless specified differently by the home team (lights). Any necessary changes to these arrangements will be determined between the two principals.
 - b. JV games will begin no more than twenty minutes after the conclusion of the varsity game. If the games are played on a field with lights, JV will play first with Varsity following.
 - c. Sixteen (16) game schedule
 - i. Each school has the option to play a maximum of 16 games for both Varsity and JV as per instruction in the UHSAA handbook. This total does not include playoff games.
 - ii. The region is looking at the possibility of holding an end of season JV tournament so scheduling must consider this tournament if approved.
2. The UHSAA allows school discretion to use any NFHS-approved lines, per the NFHS rule book. However, the association supports the usage of the NFHS-approved modified lines as schools add facilities that don't have preexisting lines.
3. The UHSAA does not have an official game ball in lacrosse in the regular season. However, the ball must meet the NCAA/NOCSAE standard, designated by a stamp of

approval on the ball.

4. All uniforms and equipment will have to meet the NFHS standards for high school play. Officials will verify equipment compliance as per NFHS rules. NOCSAE standards should be used where prescribed in the NFHS rules.
5. State tournament placements will be based upon final RPI rankings. There is no points system that will be used for seeding. The bracket will be determined by UHSAA.
6. The ejection policy for lacrosse will follow the existing UHSAA ejection policies. Officials will be encouraged to fill out ejection reports for lacrosse, but it will be the responsibility of a program's coach and administrators to ensure that the UHSAA ejection protocol is followed according to the rule. Fouling out will not qualify as an ejection.
7. The UHSAA will follow all NFHS clock protocol rules, including the mercy rule. The UHSAA will follow NFHS procedures for overtimes. The Association will use a golden goal in overtimes to determine a winner.

**BOYS LACROSSE SCHEDULE
2023-2024**

Boys- Home Team Listed First	4/19	4/24	4/26	5/1	5/3	5/8	5/10
	W vs MM	SH vs S	CV vs SH	CV vs SF	S vs CV	MM vs CV	CV vs W
T vs CV	W vs SF	SF vs S	S vs W	MM vs SF	S vs T	MM vs S	
SF vs SH	T vs MM	W vs T	SH vs MM	T vs SH	SH vs W	SF vs T	
Bye - S	Bye - CV	Bye - MM	Bye - T	Bye - W	Bye - SF	Bye - SH	
Cedar Valley	CV						
Maple Mountain	MM		-Games at CV and Springville will start at 4:00 PM				
Salem Hills	SH		-All other games will start JV at 5:00 PM; Varsity at 7:00 PM				
Spanish Fork	SF						
Springville	S						
Timpview	T						
Wasatch	W						

**GIRLS LACROSSE SCHEDULE
2023-2024**

Girls- Home Team Listed First						
4/19	4/24	4/26	5/1	5/3	5/8	5/10
MM vs W	S vs SH	SH vs CV	SF vs CV	CV vs S	CV vs MM	W vs CV
CV vs T	SF vs W	S vs SF	W vs S	SF vs MM	T vs S	S vs MM
SH vs SF	MM vs T	T vs W	MM vs SH	SH vs T	W vs SH	T vs SF
Bye – S	Bye – CV	Bye – MM	Bye – T	Bye – W	Bye SF	Bye SH
Cedar Valley	CV					
Maple Mountain	MM		-Games at CV and Springville will start at 4:00 PM			
Salem Hills	SH		-All other games will start JV at 5:00 PM; Varsity at 7:00 PM			
Spanish Fork	SF		-MM, T, SF, S, and Wasatch have JV teams			
Springville	S					
Timpview	T					
Wasatch	W					

MUSIC GUIDELINES
2023-2024

REGION ACTIVITY CHAIRPERSON: Shea Bradshaw, Maple Mountain, 801-391-5139

Where possible, schools who host Solo and Ensemble get a two year rest before hosting the same event again.

1. The **publicity** is the responsibility of the host school for each festival and specifically requires an announcement of the festival before it takes place. A summary of the results should follow the festival. The summary will be completed by the festival chairperson and sent to the Region Music Chairperson.
2. The **host school** should pay the adjudicators and then bill the Region for reimbursement. The region will pay \$100 for a hospitality room at region solo ensemble events.
3. **Participant schools may award a certificate to each solo and each ensemble entry that earns a one rating.** Each school may issue the Region Certificate after completion of the festival.
4. The **maximum number of people permitted to perform** in an ensemble must be consistent with the maximum number permitted to perform in an ensemble in the State Music Festival.
5. The host school will provide **information on starting time**, procedures, list of suggested judges (for approval), adjudication, etc. (at least ten (10) school days in advance).
6. The host school must see that **adjudicators understand** that they accept the **responsibility to name superior groups** for state participation.
7. Every school receiving a "Superior" rating should also be recognized.
8. One of the most worthwhile experiences to come from participation in the Region Music Festivals is the opportunity to hear and see other students perform and remain to the end of the festival. Instrumental and choral groups are expected to see and hear at least two other schools perform, due to the length of instrumental performances. If you are sponsoring a music festival (whether instrumental or vocal), please **provide sufficient supervision** to help encourage students to stay in the performing areas. Also, please provide proper seating facilities for all participants. Music directors should be careful to instruct their students to remain in the performing areas while students from other schools perform their numbers. Students remain in performance clothing in performance areas.

8. Eligibility list due date for the State for Music is March 1, 2024.

MUSIC PROCEDURES 2023-2024

1. Eligibility:

- a. Large Group Festivals: All high schools in the Region will be eligible to enter groups in any of the festivals.

2. Hosting the Festivals:

- a. Schools will alternate in hosting the festivals.
- b. Responsibilities of the host school:
 - 1) Arranging for facilities for the festival
 - 2) Publicity for the festival
 - 3) Programming the festival
 - 4) Notifying each school in the Region of the festival
 - 5) Arranging for adjudicating for the festival
 - 6) Sending a copy of the UHSAA regulations concerning music and music festivals to the adjudicators at least one (1) week prior to the festival and informing the adjudicator of the procedures and rules concerning music festivals in Region VII.

3. Adjudicating Festivals:

- a. The host school will have the responsibility of presenting a list of potential adjudicators to the directors.
- b. Fee for adjudication: Adjudicators will be paid at the rate of \$140.00 per day (+5 hrs.) or \$90.00 per half day (3-5 hrs.), \$25 for 1-2 hours, plus mileage. If their combined travel and adjudication time is less than 7 hours, they should be paid for that portion of their time that is used. Mileage will be .46¢ cents per mile, and 11¢ cents per mile for rider, for all miles traveled over 50 miles round trip.
- c. Number of adjudicators:
 - 1) Instrumental Solo/Ensembles - one adjudicator per thirty (30) entries, number of entries to be determined by each school director. (Each school should inform the Festival Chairman two (2) weeks in advance of the number of entries they intend to enter.) The host school and the Region Chairman may regulate the number of entries if necessary.
 - 2) Vocal Solo/Ensemble (16 entries), Piano Solos (1 x number of schools in region) - one adjudicator per thirty (30) entries, number of entries to be determined by school directors. (Each school should inform the festival chairman two (2) weeks in advance of the number of entries they intend to enter.) The host school and the Region Chairman may regulate the number of entries if necessary.
Quality required, not numerical limits for Vocal Solo/Ensemble entries
Guideline – no more than 5 piano solos per school.
 - 3) Jazz Instrumental - three (3) adjudicators
 - 4) Concert Bands - three (3) adjudicators

- 5) Orchestras - three (3) adjudicators
- 6) Marching Bands - three adjudicators
- 7) Concert Choirs - three adjudicators

4. Ratings and Special Recognitions:

- a. All entries in the festival will be adjudicated as follows:
 - 1) Each judge will give a rating (I through V) on each ensemble (no points). He may use "+'s" and "-'s" with the exception of "I+".
 - 2) Adjudicators will not be required to use all steps in the adjudication scale and may rate as many groups in the same division as the standard of performance dictates.
 - 3) Groups wishing to play for criticism only, must so state prior to the festival to the host school chairman.
- b. Participant schools may award Division Certificates to each ensemble or individual who earns the rating of "Superior."
- c. Piano and vocal solos must be performed from memory. Memorization of instrumental solos is optional.

5. Additional Information:

- a. Each school must inform the Festival Chairman of the host school one week (7 days) in advance of the number of entries they intend to enter. Schools not notifying the festival chairman of the number of entries may not be permitted to participate. It is the responsibility of the music teacher and principal of each school to see this deadline is met. The Region VII Music Chairman will notify schools not meeting this deadline at least one day prior to the festival that these names were not submitted and therefore, the school may not be permitted to participate.
- b. A time for the choir festivals is established as follows:
 - 1) Each school will be allowed fifteen (15) minutes for Chamber Choirs, and twenty (20) for Large ensemble choirs. This includes getting on and off the stage. It is the responsibility of each music director to stay within these time limits. The school hosting the festival should pull the curtain on any school not staying within these limits. (Except for Training Choir Festivals)

6. Certificates: One certificate will be awarded to the following for all "Superior" ratings:

- a. Concert Bands - One certificate per each superior band
- b. Large Vocal Groups - One certificate per superior group
- c. Instrumental Jazz Ensemble - Individual certificate
- d. Vocal Jazz Ensemble - Individual certificate
- e. Chamber Choir (Madrigals) - One certificate per choir
- f. Orchestra - One certificate per orchestra

MUSIC FESTIVAL SCHEDULE

2023-2024

EVENT	DATE	LOCATION	HOST
State Marching Band Championship	Friday, November 3	Crimson Cliffs High School	UMEA
Directors Planning Meeting	January 2024		Region 7 Leaders
Region Festival Hosts Training	Monday, February 12 <i>3:30pm Start Time</i>	Salem Hills High School	Justin Bills Ryan Adair
Region Strings Solo & Ensemble	Wednesday, February 21 <i>3:30pm Start Time</i>	Springville High School	Alex Booth
Region Jazz Band	Wednesday, February 28 <i>3:30pm Start Time</i>	Spanish Fork High School	James DeLuca
Region Winds and Percussion Solo & Ensemble	Wednesday, March 6 <i>3:30pm Start Time</i>	Cedar Valley High School	Mitch Hall
Region Chamber Choir Region Vocal Solo & Ensemble	Wednesday, March 13 <i>1:00pm Chamber Choir</i> <i>3:00pm Solo & Ensemble</i>	Salem Hills High School	Justin Bills
UMEA State Jazz Band	March 22-23	Alta High School	Chris Taylor
Region Concert Band	Wednesday, March 27 <i>3:30pm Start Time</i>	Maple Mountain High School	Josh Hurst
Region Large Choir	Wednesday, April 17 <i>2:00pm Start Time</i>	Timpview High School	Russell Oliphant
Region Training Choir	Wednesday, April 24 <i>1:00pm Start Time</i>	Spanish Fork High School	Bryson Gray
Region Orchestra	Wednesday, April 24 <i>3:30pm Start Time</i>	Maple Mountain High School	Aileen Keliliki
UHSAA State Solo & Ensemble UHSAA State Chamber Choir	Saturday, April 27	Provo High School	Kenny Wiser
UMEA State Band	May 3-4	Corner Canyon High School	Randal Clark
UMEA State Choir	May 10-11	Libby Gardner Hall University of Utah	Becca Rhodes
UMEA State Orchestra	May 17-18	Highland High School	Curtis Black

Fall Break

Nebo, Provo, Alpine: October 19-23; Wasatch: October 16-20

Christmas Break

Nebo, Wasatch: December 25-January 5; Alpine: December 22-January 5; Provo: December 21-January 2

Spring Break

Nebo, Provo, Alpine: April 1-5; Wasatch April 8-12

Other Dates of Interest

UMEA All State Choir: October 5-8, 2023

UHSAA 2023-2024 Region VII Personnel List

TEACHER	SCHOOL	DEPT	EMAIL
Adair, Ryan*	Salem Hills High School	Band	ryan.adair@nebo.edu
Bills, Justin*	Salem Hills High School	Choir	justin.bills@nebo.edu
Bolton, Johnny	Timpview High School	Band	johnnyb@provo.edu
Booth, Alex	Springville High School	Orchestra	alex.booth@nebo.edu
Bowman, Marcel	Timpview High School	Orchestra	marcelb@provo.edu
Bradshaw, Shea	Maple Mountain High School	Administrator	shea.bradshaw@nebo.edu
DaLuca, James	Spanish Fork High School	Band	james.deluca@nebo.edu
Gray, Bryson	Spanish Fork High School	Choir	bryson.gray@nebo.edu
Hall, Mitch	Cedar Valley High School	Band	mitchellhall@alpinedistrict.org
Harper, Kyle	Cedar Valley High School	Choir	kyleharper@alpinedistrict.org
Heywood, Randen	Cedar Valley High School	Orchestra	rheywood@alpinedistrict.org
Hurst, Joshua	Maple Mountain High School	Band	joshua.hurst@nebo.edu
Keliiliki, Aileen	Maple Mountain High School	Orchestra	aileen.keliiliki@nebo.edu
Moline, Madison	Spanish Fork High School	Orchestra	madison.moline@nebo.edu
Oliphant, Russell	Timpview High School	Choir	russello@provo.edu
Reynolds, Stephen	Wasatch High School	Choir	Stephen.reynolds@wasatch.edu
Robinson, Sara	Wasatch High School	Financial	sara.robinson@wasatch.edu
Rymer, Braden	Maple Mountain High School	Choir	braden.rymer@nebo.edu
Ryszka, John	Wasatch High School	Band	john.ryszka@wasatch.edu
Schroath, Amanda	Springville High School	Band	amanda.schroath@nebo.edu
Vincent, Janice	Wasatch High School	Orchestra	Janice.vincent@wasatch.edu
Walker, Leslie	Springville High School	Choir	leslie.walker@nebo.edu
Wells, Paul	Salem Hills High School	Orchestra	paul.wells@nebo.edu

**Region Chair*

Cedar Valley High School
Courtney Johnson, Principal
1389 Aviator Ave
Eagle Mountain, UT 84005
(801) 610-8825

Maple Mountain High School
Shea Bradshaw, Principal
51 Spanish Fork Pkwy
Spanish Fork, UT 84660
(801) 794-6740

Salem Hills High School
Ryan McGuire, Principal
150 N. Skyhawk Blvd.
Salem, UT 84653
(801) 423-3200

Spanish Fork High School
Matt Christensen, Principal
99 N 300 W
Spanish Fork, UT 84660
(801) 798-4060

Springville High School
Robert Fleming, Principal
1205 E 900 S
Springville, UT 84663
(801) 489-2870

Timpview High School
Momi Tuua, Principal
3570 Timpview Dr
Provo, UT 84604
(801) 221-972

Wasatch High School
Justin Kelly, Principal
930 South 500 East
Heber City, UT 84032
(435) 654-0640

2023-2024 UHSAA Sanctioned Marching Band Events

September 16

Nebo Tournament of Bands
Payson High School

September 23

Oquirrh Mountain Invitational
Herriman High School

September 30

Bridgerland Band Invitational
Utah State University

October 7

Wasatch Front Invitational
Riverton High School

October 14

Rocky Mountain Invitational (*not sanctioned*)
Brigham Young University

October 14

Mount Timpanogos Invitational
American Fork High School

October 28

Davis Cup
Davis High School

November 3

UMEA Marching Band State Championship
Crimson Cliffs High School

November 4

Bands of America Utah Regional Championship
Crimson Cliffs High School

SOCCER GUIDELINES
2023-2024

REGION ACTIVITY CHAIRPERSON: Lee Gillie, Salem Hills, 801-318-6331

UHSAA Summer Moratorium: **June 28 - July 4, 2023**
 UHSAA Winter Moratorium: **Nov 23, 2023 - Jan 1, 2024**
 UHSAA Summer Moratorium: **June 28 - July 4, 2024**

GIRLS

Two Week Prior: **July 10-23, 2023**
 Beginning Practice: **July 25, 2023**
 First Game may be: **July 31, 2023**

BOYS

Two Week Prior: **Feb 11-25, 2024**
 Beginning Practice: **Feb 26, 2024**
 First Game may be: **Mar 4, 2024**

1. When weather conditions make playing of games impossible, the home schools will notify the visiting school by 1:30 p.m. If weather conditions are questionable, final determination will be made by consent of both schools. If the two teams cannot reach a consensus prior to the game, the referee shall make the final decision.
2. In the event of a game cancellation due to weather or field conditions, the game will be made up on the earliest available date by mutual consent of both schools involved.
3. Varsity game times for girls and boys on grass fields will be at 4:00 p.m. with JV games following that game. Varsity game times for girls and boys on turf/stadium fields will be at 7:00 p.m. with JV games beginning at 5:00 p.m.
 - a. Freshmen/Sophomore games will begin at 4:00 p.m. at a field nearby the Varsity/JV games.

School	Team	Turf	Grass	Fresh/Soph		School	Team	Turf	Grass	Fresh/Soph
Cedar Valley	girls	yes		yes		Springville	girls	??		??
	boys	yes		yes			boys	yes		yes
Maple Mountain	girls	yes		yes		Timpview	girls	yes		yes
	boys	yes		yes			boys	yes		yes
Salem Hills	girls	yes	yes	yes		Wasatch	girls	yes	yes	yes
	boys	yes	yes	yes			boys	yes		yes
Spanish Fork	girls	yes		yes						
	boys	yes		yes						

4. NFHS rules regarding team benches and area: Opposing team benches are to be 20 yards apart and at least 10 feet from the touchline. Benches should be on the same side of the field—if not, then benches should be diagonally opposite from each other on opposite sides of the field.

5. The number of games to be played, including both non-region and region games, will match the limit set by UHSAA, which is currently sixteen (16), not to include state tournament games.
6. Varsity matches will consist of two forty-minute (40) halves. Junior varsity matches will be of the same length unless shortened by weather or daylight visibility, as per mutual decision by the coaches.
7. As per UHSAA rules all games will end with a winner, no ties. When a game ends in regulation time with a draw, then the teams proceed to golden goal overtime, first goal scored wins, up to two ten-minute overtime periods may be played. If the match plus the overtime periods still results in a draw, then the teams will proceed to a shootout to determine a winner, from a shootout then to sudden death until a winner is determined.
8. The home team must wear dark jerseys and the visiting team must wear white jerseys as per NFHS soccer rules. Socks must match the color of the jersey being worn.
9. Academic All-Region selections will be senior varsity players who have a 3.75 or higher cumulative GPA. Schools will present their own certificate. Region VII certificates are available for use by the schools from the Region VII website. Nominations for Academic All-Region need to be submitted to the region chair in a timely manner.
10. Each school in Region VII is expected to participate in a JV schedule. JV games that end in a draw will not go to overtime periods. If no notice is given of no JV team a fine may be imposed.
11. The fighting rule, as found in the UHSAA Handbook and in the NFHS Officials Rulebook, will be strictly enforced. Any coach, player, or bench personnel ejected by an official for unsportsmanlike behavior or violent conduct shall be suspended from the next regularly scheduled game at that level of play and any intervening level of play:
Examples:
 - A. If ejected from a JV game, the individual cannot participate in either the following varsity game or the next JV game.
 - B. UHSAA soccer ejections is for two halves of play from the next regularly scheduled UHSAA contest at that level and any intervening levels of play. An overtime period(s) will not be included in determining the length of a suspension. In addition, contests ended by mercy-rule or early termination count as a contest.
 - C. If the coach or participant is involved in a second incident/ejection, he/she will be suspended for the next two regularly scheduled games. A third ejection will result in suspension for the remainder of that season. Ejections occurring on the final game of the season will carry over for all underclassmen to the first game of the succeeding season in that sport.
12. From the Region VII Handbook, page 5, each student body is to exhibit good sportsmanship. The administrators and advisors are, in the interest of proper education, to stress positive sportsmanship. Schools are encouraged to read a sportsmanship statement at all varsity athletic activities. An example is given below:

Good afternoon ladies and gentlemen; welcome to today's contest between {Visiting team/mascot} and {Home school/mascot}. On behalf of the faculty, staff and student body of (host school) we remind you that the ideals of good sportsmanship are a major part of this contest. Each of us should make every effort to promote this goal. Please stand and remove your hats for the presentation of colors.

13. Team Rosters should include: player's name, position, grade, and jersey number. Each team will supply the opposing team with a copy of their roster.

14. All region soccer teams are to recognize outstanding varsity players of any grade who finish the season in good standing. After the last region match Region VII head coaches will select the players for this recognition. After the All-Region teams (1st Team, 2nd Team, Honorable Mention) have been selected the list will be given to the Region Chair to be put in the local papers. The first-place team is allowed five players, the second place team is allowed four players, the third and fourth place teams each select three players, and the fifth, sixth, and seventh place teams each select two players for the teams.
 - a. Coaches will also select an Offensive MVP, a Defensive MVP, a Midfielder MVP, and an Outstanding Goalkeeper for the region. Nominations will be submitted to the region chair and then head coaches will make a final vote via email. Nominations for MVP should include player name, jersey number, year, and brief reason for the nomination. Additional conversation regarding voting can be conducted via email as needed.

15. Moratorium period applies to all current 9th through 12th grade students. During the moratorium time there should be no coach to player contact related to the sport. This includes not observing players perform in that sport. For Two Weeks Prior restrictions and dates as well as moratorium dates, go to the UHSAA website: <http://www.uhsaa.org/>.

16. Fall & Spring breaks for the districts in the region are:
 - a. Fall Break:
 - i. Alpine & Provo: Oct 19-20, 23
 - ii. Nebo: Oct 19-20
 - iii. Wasatch: Oct 23-24
 - b. Spring Break:
 - i. Alpine, Nebo, & Provo: Apr 1-5
 - ii. Wasatch: Apr 8-12

17. Soccer Academic All-State nominations are accepted between:
Girls: Sept 6 - Oct 4, 2022 Boys: Mar 19 - Apr 18, 2024

18. UHSAA Dates:
 - a. Girls
 - i. Rules Clinic-online: July 27 - September 10, 2023
 - ii. Rosters to RMA & team photo to MaxPreps: August 25, 2023
 - b. Boys
 - i. Rules Clinic-online: January 15 - Feb 26, 2024
 - ii. Rosters to RMA & team photo to MaxPreps: March 15, 2024

SOCCER SCHEDULE – GIRLS

2023-2024

Game 1 - Tue, Aug 15

Maple Mountain @ Wasatch
Timpview @ Salem Hills
Springville @ Spanish Fork
Bye: Cedar Valley

Game 2 - Thu, Aug 17

Wasatch @ Cedar Valley
Springville @ Maple Mountain
Spanish Fork @ Salem Hills
Bye: Timpview

Game 3 - Tue, Aug 22

Cedar Valley @ Timpview
Wasatch @ Springville
Salem Hills @ Maple Mountain
Bye: Spanish Fork

Game 4 - Thu, Aug 24

Springville @ Cedar Valley
Spanish Fork @ Timpview
Salem Hills @ Wasatch
Bye: Maple Mountain

Game 5 - Tue, Aug 29

Cedar Valley @ Spanish Fork
Salem Hills @ Springville
Timpview @ Maple Mountain
Bye: Wasatch

Game 6 - Thu, Aug 31

Salem Hills @ Cedar Valley
Spanish Fork @ Maple Mountain
Wasatch @ Timpview
Bye: Springville

Game 7 - Tue, Sep 5

Maple Mountain @ Cedar Valley
Wasatch @ Spanish Fork
Springville @ Timpview
Bye: Salem Hills

Game 8 - Thu, Sep 7

Wasatch @ Maple Mountain
Salem Hills @ Timpview
Spanish Fork @ Springville
Bye: Cedar Valley

Game 9 - Tue, Sep 12

Cedar Valley @ Wasatch
Maple Mountain @ Springville
Salem Hills @ Spanish Fork
Bye: Timpview

Game 10 - Thu, Sep 14

Timpview @ Cedar Valley
Springville @ Wasatch
Maple Mountain @ Salem Hills
Bye: Spanish Fork

Game 11 - Tue, Sep 19

Cedar Valley @ Springville
Timpview @ Spanish Fork
Wasatch @ Salem Hills
Bye: Maple Mountain

Game 12 - Thu, Sep 21

Spanish Fork @ Cedar Valley
Springville @ Salem Hills
Maple Mountain @ Timpview
Bye: Wasatch

Game 13 - Tue, Sep 26

Cedar Valley @ Salem Hills
Maple Mountain @ Spanish Fork
Timpview @ Wasatch
Bye: Springville

Game 14 - Thu, Sep 28

Cedar Valley @ Maple Mountain
Spanish Fork @ Wasatch
Timpview @ Springville
Bye: Salem Hills

Fri, Sep 29: Season End Date

Sat, Sep 30: bracket revealed @ 9 a.m.

State Playoffs

Thu, Oct 5: 1st Round - Home Sites

Tue, Oct 10: 2nd Round - Home Sites

Thu, Oct 12: Quarterfinals - Home Sites

Tue, Oct 17: Semifinals - TBD

Fri, Oct 20: Finals - Rio Tinto Stadium

SOCCER SCHEDULE – BOYS

2023-2024

Game 1 - Tue, Mar 12

Salem Hills @ Cedar Valley
Maple Mountain @ Spanish Fork
Wasatch @ Timpview
Bye: Springville

Game 2 - Thu, Mar 14

Cedar Valley @ Maple Mountain
Spanish Fork @ Wasatch
Timpview @ Springville
Bye: Salem Hills

Game 3 - Tue, Mar 19

Maple Mountain @ Wasatch
Timpview @ Salem Hills
Spanish Fork @ Springville
Bye: Cedar Valley

Game 4 - Thu, Mar 21

Wasatch @ Cedar Valley
Springville @ Maple Mountain
Spanish Fork @ Salem Hills
Bye: Timpview

Game 5 - Tue, Mar 26

Cedar Valley @ Timpview
Wasatch @ Springville
Maple Mountain @ Salem Hills
Bye: Spanish Fork

Game 6 - Thu, Mar 28

Springville @ Cedar Valley
Timpview @ Spanish Fork
Salem Hills @ Wasatch
Bye: Maple Mountain

Game 7 - Tue, Apr 9

Cedar Valley @ Spanish Fork
Timpview @ Maple Mountain
Salem Hills @ Springville
Bye: Wasatch

Game 8 - Thu, Apr 11

Spanish Fork @ Cedar Valley
Springville @ Salem Hills
Maple Mountain @ Timpview
Bye: Wasatch

Game 9 - Tue, Apr 16

Cedar Valley @ Salem Hills
Spanish Fork @ Maple Mountain
Timpview @ Wasatch
Bye: Springville

Game 10 - Thu, Apr 18

Maple Mountain @ Cedar Valley
Wasatch @ Spanish Fork
Springville @ Timpview
Bye: Salem Hills

Game 11 - Tue, Apr 23

Wasatch @ Maple Mountain
Salem Hills @ Timpview
Springville @ Spanish Fork
Bye: Cedar Valley

Game 12 - Thu, Apr 25

Cedar Valley @ Wasatch
Maple Mountain @ Springville
Salem Hills @ Spanish Fork
Bye: Timpview

Game 13 - Tue, Apr 30

Timpview @ Cedar Valley
Springville @ Wasatch
Salem Hills @ Maple Mountain
Bye: Spanish Fork

Game 14 - Thu, May 2

Cedar Valley @ Springville
Spanish Fork @ Timpview
Wasatch @ Salem Hills
Bye: Maple Mountain

Tue, May 7: Season End Date

Wed, May 8: bracket revealed @ 9 a.m.

State Playoffs

Fri, May 10: 1st Round - Home Sites

Tue, May 14: 2nd Round - Home Sites

Fri, May 17: Quarterfinals - Home Sites

Mon, May 20: Semifinals - TBD

Thu, May 23: Finals - Rio Tinto Stadium

<p style="text-align: center;">SOFTBALL GUIDELINES 2023-2024</p>
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REGION ACTIVITY CHAIRPERSON: Kenyon Christen, Cedar Valley, 801-885-9608

1. Beginning practice and team selection date will be Feb.26
2. The first contest may be held on or after March 4th
3. A maximum of 22 games will be played (all games count). See State Handbook, for tournament exceptions.
4. The National Federation of State High School Association Official Softball Rules are to be followed.
5. One trophy will be awarded to the Region Champion. Co-champions will both be awarded trophies in the event of a tie.
6. Two umpires will be provided by arbitration as approved by the Region. Only certified umpires may be used.
7. All Region Varsity games will start at 3:30 p.m. Junior Varsity games will begin no later than 20 minutes after the end of the Varsity game on the same field as the Varsity game. Sophomore games will begin at 3:30 p.m. and will be played on a separate field. Varsity and Junior Varsity teams will play 7 innings and the 10 run rule will take effect after 5 innings and the fifteen run rule will take effect after three innings. Sophomores will play for 3 outs per inning, with a maximum of 7 innings. (1 ½ hr.) Sophomore games can be played the same date as varsity on a different field or at coach's discretion can be changed to a different day.
8. Any varsity game postponed by weather must be made up at the first available date. Saturdays may be used if other days are unavailable. Schools may postpone (change) league games without Region clearance for the following reasons
 - A. Poor weather condition
 - B. Field in unplayable condition
 - C. Make-up games to accommodate playoff games
9. An All-Region Team will be selected by the head coaches under the direction of the coach of the Region 9 Champion on **May 9th at 7 p.m.** at Springville High School or by phone. Selection will be as follows:
 - a) **First Team:** Region champ team will choose MVP and 4 other players. 2nd place team choose 3, 3rd place team choose 2, the remaining teams will choose one each.
 - b) **Second Team:** Region champs, 3 players, second place 2 players, the rest of the teams will choose one each.
 - c) **Honorable Mention:** As decided by coaches.
10. An All-Region Academic Team, comprised of senior varsity athletes, will be selected by each school. The students must have a 3.7 or higher GPA for this honor. Each school will print their own certificates.
11. Moratorium period applies to all current 9th through 12th grade students. During the

dead time there should be no coach to player contact related to the sport. This includes not observing players perform in that sport

12. Softball Moratorium: Moratorium dates 4 weeks with the Christmas and New Year moratorium dates. It is the coaches' responsibility to check dead time restrictions as they are listed in the UHSAA handbook.

A. **Nov 27st to Dec 31st**; Softball MORATORIUM – No practices, competitions, meetings or travel.

B. **Feb. 11 – Feb.25th** -- Two Weeks Prior

C. **June 28th – July 4th**.; All Sport MORATORIUM – No practices, competitions, meetings, or travel

13. Softball academic All-State nominations are accepted between March 21st and April 20th. Senior only with a 3.75 or higher can be nominated.

14. State Tournament Play. First, Second, and Third rounds of State Tournament to be held at home schools.

May 9 – Softball Bracket reveal @ 9am

May 11 and 13 – Softball State Tournament First Round

May 16 and 17 – State Tournament Second Round

May 21 and 22 – State Tournament Third Round

May 23 – 24 – 5A Softball State Tournament @ TBA

**SOFTBALL SCHEDULE
2023-2024**

<p>March 19 Salem Hills @ Cedar Valley Springville @ Timpview Wasatch @ Maple Mountain Spanish Fork-Bye</p>	<p>April 16 Cedar Valley @ Salem Hills Timpview @ Springville Maple Mountain @ Wasatch Spanish Fork- Bye</p>
<p>March 21 Wasatch @ Salem Hills Maple Mountain @ Spanish Fork Timpview @ Cedar Valley Springville-Bye</p>	<p>April 18 Salem Hills @ Wasatch Spanish Fork @ Maple Mountain Cedar Valley @ Timpview Springville- Bye</p>
<p>March 26 Spanish Fork @ Timpview Salem Hills @ Maple Mountain Springville @ Wasatch Cedar Valley-Bye</p>	<p>April 23 Timpview @ Spanish Fork Maple Mountain @ Salem Hills Wasatch @ Springville Cedar Valley-Bye</p>
<p>March 28 Springville @ Spanish Fork Wasatch @ Cedar Valley Maple Mountain @ Timpview Salem Hills- Bye</p>	<p>April 25 Spanish Fork @ Springville Cedar Valley @ Wasatch Timpview @ Maple Mountain Salem Hills- Bye</p>
<p>April 2 Timpview @ Wasatch Cedar Valley @ Springville Spanish Fork @ Salem Hills Maple Mountain- Bye</p>	<p>April 30 Wasatch @ Timpview Springville @ Cedar Valley Salem Hills @ Spanish Fork Maple Mountain- Bye</p>
<p>April 9 Cedar Valley @ Maple Mountain Spanish Fork @ Wasatch Salem Hills @ Springville Timpview-Bye</p>	<p>May 2 Maple Mountain @ Cedar Valley Wasatch @ Spanish Fork Springville @ Salem Hills Timpview- Bye</p>
<p>April 11 Maple Mountain @ Springville Timpview @ Salem Hills Cedar Valley @ Spanish Fork Wasatch- Bye</p>	<p>May 7 Springville @ Maple Mountain Salem Hills @ Timpview Spanish Fork @ Cedar Valley Wasatch- Bye</p>

SPEECH & DEBATE GUIDELINES 2023-2024

REGION ACTIVITY CHAIRPERSON: Kendall Call, Salem Hills 801-368-8800

1. **Tentative Location and date of Region Speech & Debate Meet for the next year, 2023.**

<u>Date</u>	<u>Events</u>	<u>Location</u>	<u>Starting Time</u>
Feb 24, 2023	Region Speech and Debate Meet	Salem Hills High	8:00 a.m.

2. Deadline for forensic entries: Drops may be made until the day before the tournament with a \$25.00 drop fee thereafter. Changes (replacing one entry with another name in the same event) may be made up until tournament check-in. Registration will be completed online if using an online platform like Tabroom, or to the tournament director if tournament is hand paired.

3. State Speech & Debate Meet: March 8-9 2023 @ TBD

4.

<u>Region Format</u>	<u>Number of Contestants</u>
Policy	Four Teams (8 contestants)
Public Forum	Four Teams (8 contestants)
Lincoln Douglas	Four Contestants
Foreign Extemp	Four Contestants
National Extemp	Four Contestants
Original Oratory	Four Contestants
Impromptu	Four Contestants
Congress	Four Contestants
Interps (POI, HI, DI)	Four Contestants
Informative Speaking	Four Contestants

JUDGING REQUIREMENTS:

- One judge for every two policy teams or portion thereof
- One judge for every two PF teams or portion thereof
- One judge for every two LD entries or portion thereof
- One judge for five IE entries or portion thereof
- One judge for Congress if bringing any entries
- Failure of your required number of judges to check in and be available for rounds will result in a \$10 fee assessed per round missed.

DEBATE PAIRINGS:

When possible all rounds will be randomly selected and pre-set using Tabroom or other agreed upon software, with manual checking that schools are meeting as many different schools as possible. If a bye is required, the bye will be determined by random computer selection, and will count as a win (speaker points will be the average of all other rounds). Four rounds of debate will be held. In the event of a tie rounds cannot be paired by computer, coaches will hand pair at the coaches meeting on Thursday.

INDIVIDUAL PAIRING:

Random selection shall be done in each event by Tabroom. Contestants from the same school will not meet each other if it can be avoided. Three rounds of competition will take place. Each round to have 4-7 constants.

CONGRESS PAIRINGS:

All contestants placed in one house. A panel of judges, 1 ½ or 2 per school, shall be used. There will be two sessions of 2.5 hours each or one two hour session, depending on number of entries. Bills will come from the Utah Debate Coaches Association and/or National Speech and Debate Association. Tournament director is encouraged to use State tournament bills if available. Congress must follow the Orders of the Day, or risk disqualification in the tab room.

5. Region will pay for judges at the Region Speech and Debate Meets. (\$15 per round with a maximum of \$30 full day). Schools must apply to the UHSAA Region for reimbursement.
6. Medals/Trophies will be awarded to the top 4 entries in each event, and an overall sweepstakes will be awarded to the top school in points.
7. Region will pay for lunch of participating coaches and judges and students.
8. Appropriate fines will be assessed to schools responsible for building damage.
9. LD and PF debates will use the same topic as that which will be used at State (March topic.)
10. Quartiling will be used to determine school points. UHSAA State Tournament rules will be used for quartile, tie-breakers, etc.
11. UDCA (Utah Debate Coaches Association) Orders of the Day will be used for Student Congress.

REGION VII SCORING/PAIRING GUIDELINES: *The region coaches/tournament host will make every effort to provide for fair scoring.*

SPEECH AND DEBATE TOURNAMENT SCHEDULE: 2023-2024

8:00 – 8:15	Check-In
8:15	Assembly – Judges Meeting
8:30 – 10:30	Round 1 Policy, PF, LD, Extemp Draw Begins, Congress Session 1 (Done at 10:30)
9:00	IE's Round 1
10:00	Round 2 Extemp Draw begins
10:30	Round 2 Policy, PF, LD IE's Round 2
11:00	Session 2 Congress (Done at 1:00)
12:00	Round 3 Policy, PF, LD, Extemp Draw begins
12:30	IE's Round 3
1:30	Round 4 Policy, PF and LP
Lunch available for purchase from Noon until 2:00 pm in cafeteria	
2:00	IE Run off (if needed)
4:00 p.m. (or ASAP)	Awards

Orders Of the Day

1. This Body shall use Roberts Rules of Order, Newly Revised, except that the Orders shall take precedence. This rule cannot be changed without the approval of the tournament director.
2. The Body shall be presided over by a Chair who shall be elected by a plurality of the Body and shall serve for 60 minutes, or until three bills or resolutions have been considered, whichever comes first. Upon expiration of the Chair's term, the motions on the floor are immediately tabled and the election is conducted. After the election, the items tabled for the election are immediately taken up as though no interruption occurred (except time for the election is not included in the time limit for considering legislation).
3. Legislation to be considered by this Body is limited to bills or resolutions that were submitted and approved before the tournament, typewritten on white paper, and a copy distributed to each member of the Body. Each line of text shall be sequentially numbered.
4. Legislation shall be selected at random by the Chair. No senator may have a second item introduced until all senators who desire to introduce legislation have done so.
5. The Body shall observe speaking priority. Speaking priority will begin afresh for each session, as though no one had spoken previously. This rule cannot be changed without the approval of the tournament director.
6. Senators introducing legislation shall have two minutes to read and move the bill. Upon second, the introducing senator shall be recognized for three minutes to speak without interruption in favor of the bill, and then to answer questions from the Body for one additional minute. During this time, no other motions are in order.
7. Debate on the bill will be three minute speeches, alternating against and for. Speakers may not yield any unused time to another speaker, but may use their time to take questions from the Body.
8. All amendments must be submitted in writing to the Chair before consideration. While an amendment is on the floor, no other amendments are in order.
9. Twenty minutes after the introduction of a main motion, no further debate will be in order. Any amendments to the motion will be immediately put to a vote, and then the main motion shall immediately be put to a vote.
10. Any member of the Body can be removed for obstruction, disorderly conduct, or other good cause by a 2/3 vote of the body and the concurrence of the Chair. The Chair can be impeached by a unanimous vote of the Body excluding the Chair.
11. This body shall act as a federal policy maker for the United States of America.

SWIMMING GUIDELINES

2023-2024

REGION ACTIVITY CHAIRPERSON: Mark Binks, Springville, 801-310-5771

1. All Sports Moratorium - June 28-July 4, 2023. Swimming Moratorium - August 5-18, 2023. Thanksgiving Moratorium - Nov 23-26, 2023. Christmas Moratorium - Dec 21-25, 2023.
No Practices, competitions, meetings or travel
2. Team selection and first practice cannot be held before Monday, October 2, 2023.
3. The first swimming meet cannot be held before Friday, November 3, 2023.
4. A maximum of **fourteen (14) meets** can be participated in by region teams, including state qualifying meets.
5. Region VII will pay for swimming officials for the Region Championship

Referee (1)	\$40
Starter (1)	\$40
Stroke Judges (8-10)	\$35
Scorer Tables (3)	\$25
6. Region VII Swim Championship - February 2 & 3, 2024 @ Wasatch
 - a. Prelims Friday February 2, 2024. Finals February 3, 2024
 - b. Warmups begin at 8:15 am daily
 - c. Meet starts at 10:00 am daily
 - d. 16 swimmers will return for finals in each individual event and 1 relay per team.
 - e. Swimmers are locked into placing within the heat they qualify for finals.
 - f. Region VII Championships entries will be submitted electronically to the Meet Director: Shawn Marsing by Wednesday, January 31, by 3:00 pm.
7. Region VII Swim Championship entry guidelines
 - a. Unlimited entries per individual event
 - b. 3 relays for 200 Medley & 200 Free Relays, 2 relays for 400 Free Relays per team
 - c. Only one (1) relay from each school per relay event will score towards the Region Championship and earn awards
 - d. All swimmers must meet eligibility requirements as per National Federation Rules. (Swimmers may compete in 4 events, one (1) must be an individual event)
 - e. Only top four (4) swimmers from each school will score towards the Region Championship and earn awards
 - f. Scoring format will be sixteen (16) places as per National Federation Rules
8. Region VII Swim Championships Awards (boys/girls)
 - Region Championship Trophy (boys & girls)
 - Medals for places 1-8 individual events
 - Medals for places 1-3 in relay events
9. The 5A State Swim Meet will be held on February 23 & 24, 2024 at BYU

**REGION VII SWIMMING SCHEDULE
2023-2024**

**9 - 1 day events dual/tri/quad
3 - 2/3 day events region or invitational**

<i>Date</i>	<i>Event</i>	<i>Host Team</i>	<i>Time</i>
Friday, November 3, 2023	Pre-Region Invitational	Maple Mountain @ Clyde	Warm-ups 8:00am Start time 9:30am
Thursday November 9, 2023	Springville , Cedar Valley, Maple Mountain, Spanish Fork	Springville @ Clyde	Warm-ups 3:00pm Start time 3:45pm
Thursday, November 9, 2023	Timpview , Salem, Wasatch	Timpview @ Provo	Warm-ups 3:00pm Start time 3:45pm
Saturday, November 11, 2023	Nebo Invitational	Salem Hills @ Clyde	Warm-ups 7:30am Start time 9:00am
Thursday, November 16, 2023	Timpview , Cedar Valley, Maple Mountain, Springville	Timpview @ Provo	Warm-ups 3:00pm Start time 3:45pm
Thursday, November 30, 2023	Wasatch , Salem Hills, Springville	Wasatch	Warm-ups 3:00pm Start time 3:45pm
Thursday, December 7, 2023	Spanish Fork , Timpview, Salem Hills	Spanish Fork @ Clyde	Warm-ups 3:00 pm Start time 3:45 pm
Saturday, December 9, 2023	Cedar Valley , Maple Mountain, Spanish Fork	Cedar Valley @ Lehi	Warm-ups 8:00am Start time 9:00am
Thursday, December 14, 2023	Maple Mountain , Spanish Fork, Wasatch	Maple Mountain @ Clyde	Warm-ups 3:00pm Start time 3:45pm
Thursday, January 11, 2024	Salem Hills , Maple Mountain, Payson	Salem Hills @ Clyde	Warm-ups 3:00pm Start time 3:45pm
Thursday, January 18, 2024	Springville , Timpview, Salem Hills	Springville @ Clyde	Warm-ups 3:00pm Start time 3:45pm
Friday, January 19, 2024	Wasatch , Cedar Valley, Maple Mountain, Spanish Fork	Wasatch	Warm-ups 3:00pm Start time 3:45pm
Friday/Saturday February 2 & 3, 2024	Region Prelim/Finals	Wasatch	Warm-ups 8:15am Start time 10:00am
Friday, November 3, 2023	Pre-Region Invitational	Maple Mountain @ Clyde	Warm-ups 8:00am Start time 9:30am

Guidelines for Dual/Tri/Quad Meets:

- a. Unlimited entries on all events
- b. Double dual scoring will be used as per 2023-2024 National Federation rules
- c. Coaches may agree to alter entry limits and scoring prior to the meet
- d. Coaches may agree to add teams outside the Region to these meets
- e. All meets will have the following breaks:
 - i. 15 minutes after the Men's 50 Free
 - ii. 10 minutes after the Men's 500 Free
 - iii. 10 minutes after the Men's 100 Breast

Cedar Valley	Tanner Jackson	tannerjackson@alpinedistrict.org
Maple Mountain	(B) Jordan Meyer	cjordanmeyer@gmail.com
Maple Mountain	(G) Anna Stewart	anspfs@hotmail.com
Salem Hills	Brad Graham	brad.graham@nebo.edu
Spanish Fork	Karina Beus	karina.beus@nebo.edu
Springville	(B) Kim Green	kim.green@nebo.edu
Springville	(G) Ashlyn Moore	ashlynn.moore@nebo.edu
Timpview	Braden Tiffany	bradentiffany338@gmail.com
Wasatch	Shawn Marsing	shawn.marsing@wasatch.edu

TENNIS GUIDELINES 2023-2024
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REGION ACTIVITY CHAIRPERSON: Jade Andersen, Spanish Fork, 801-380-7086

Girls beginning practice date July 31, 2023. First competition can be held August 7, 2022.
Boys beginning practice date February 26, 2024. First competition can be held March 4, 2024.

July 17 – July 30, 2023 – Girls Tennis Two Weeks Prior Restrictions
February 11 – February 25, 2024 – Boys Tennis Two Weeks Prior Restrictions

1. Region VII will adopt the rules and code of conduct outlined by USTA and ITCA; coaches are expected to keep players and spectators of their school in compliance with the rules and expectations outlined here. Violations of this code could result in a point penalty. Coaching will be permitted during net changeovers and during set changeovers, including a new policy of “continuous coaching” for Varsity and JV players during the 20 seconds in between points. Continuous coaching should be on the same court and does not disrupt play. Players may only leave the court between the second and third set or in an emergency situation. Players will be permitted a 10-minute warm-up at the beginning of each match. --
2. The best singles player must be in the number one slot, the next best singles player in the number two slot, and so on. The same policy must be used for doubles. The best player may play either first singles or first doubles.
3. In case of a substitution, players do need to be moved up in skill order in accordance to stacking regulations. (See UHSAA Handbook page 116)
4. The Region Team Championship will be determined by the results from the Region Dual meets and the region tournament. In the dual meets, one (1) team point will be given to the winners of the five matches. A team could receive 0, 1, 2, 3, 4, or 5 points per dual match
5. High school tennis players must compete in a minimum of (5) matches during the season for their high school team. This includes matches at the varsity or junior varsity level and in the singles or doubles category. The philosophy that the best player should compete in any given category, i.e., first singles, second singles, etc. is still appropriate. Stacking is not permissible and could result in Region VII action. If a coach suspects that another coach is stacking their players to gain an advantage, the coach will immediately contact the Region tennis chair who will contact the coach in question and ask for documentation or other evidence or proper player placement.
6. All Region matches will begin at 3:30 pm.
7. All Region matches will be played on the date scheduled unless weather or other conditions require a change. The coaches involved will determine the new playing dates required with administrative approval. Host coach will be responsible for contacting the coach of the visiting team about playing conditions no later than 1:30; conversations between coaches are encouraged to guarantee good communication regarding the match play.
8. Medals will be awarded to JV Region VII Tournament 1st - 4th place finishers (Singles & Doubles). Players will go on to be seeded for the State Tournament, according to positions granted by UHSAA. A trophy will be awarded to Region VII Season Champions.
9. The home team will provide the tennis balls for the match. Wilson is the UHSAA sponsored tennis ball.
10. Coaches will provide a written line-up of players by position as they arrive for all dual matches.

11. Each team should wear proper tennis attire. This includes school identification which can be by letter or name. Teammates should wear the same style and color of shirt. Team uniforms with school identification are required for region and state tournaments. Coaches and Assistant Coaches should also wear identifying shirts.
12. Sixteen matches are allowed per individual. The number of matches counted for a tennis tournament shall be equal to the number of days scheduled for the tournament; e.g.; a one-day tournament shall count as one match, a two-day tournament shall count as two matches, etc.
13. A maximum of 3 designated coaches are allowed for Region VII varsity play. The number of coaches designated for Junior Varsity matches will be decided before the matches begin.
14. Dead time period applies to all current 9th through 12th grade students. During the dead time there should be no coach to player contact related to the sport. This includes not observing players perform in that sport.

All Sport Summer Moratorium: June 28 – July 4

All Sport Winter Moratorium: November 27 – Dec 31

15. Tennis Academic All-State nominations can now be submitted by parents or coaches on RegisterMyAthlete. Guidelines are online at uhsaa.org.

Girls Tennis: Sept 5 – Oct 3, 2023

Boys Tennis: Mar 19 – April 18, 2024

16. The 5A High School State Tennis Championship will be held at Liberty Park. The gates open at 7:45 for players to warm-up and Coaches Meeting usually begins between 8-8:15 am.

State Finals for Girls will be: Oct 5 & Oct 7, 2023

State Finals for Boys will be: May 16 & May 18, 2024

17. AP Tests are the first two weeks of May. Make sure athletes have scheduled an alternate test time if it interferes with State Tournament.

18. Other important dates for coaches to know:

Girls Tennis Rules Clinic Quiz: Aug 3 – Sept 10, 2023

Girls Tennis Roster due on RMA – Aug 6, 2023

Boys Tennis Rules Clinic Quiz: Feb 23 – Mar 22, 2024

Boys Tennis Roster Due on RMA – March 3, 2024

**GIRLS TENNIS SCHEDULE
2023-2024**

Tues Aug 8

Cedar Valley @ Spanish Fork
Wasatch @ Maple Mountain
Timpview @ Springville
Salem Hills - Bye

Thurs. Aug 10

Maple Mountain @ Cedar Valley
Springville @ Wasatch
Salem Hills @ Timpview
Spanish Fork - Bye

Tues Aug 15

Springville @ Cedar Valley
Salem Hills @ Wasatch
Spanish Fork @ Maple Mountain
Timpview - Bye

Thurs Aug 17

Cedar Valley @ Salem Hills
Wasatch @ Timpview
Spanish Fork @ Springville
Maple Mountain - Bye

Tues Aug 22

Cedar Valley @ Timpview
Salem Hills @ Spanish Fork
Springville @ Maple Mountain
Wasatch - Bye

Thurs Aug 24

Wasatch @ Cedar Valley
Spanish Fork @ Timpview
Maple Mountain @ Salem Hills
Springville - Bye

Tues Aug 29

Wasatch @ Spanish Fork
Timpview @ Maple Mountain
Salem Hills @ Springville
Cedar Valley - Bye

Thurs, Aug 31

Spanish Fork @ Cedar Valley
Maple Mountain @ Wasatch
Springville @ Timpview
Salem Hills - Bye

Tues Sept 5

Cedar Valley @ Maple Mountain
Wasatch @ Springville
Timpview @ Salem Hills
Spanish Fork = Bye

Thurs Sept 7

Cedar Valley @ Springville
Wasatch @ Salem Hills
Maple Mountain @ Spanish Fork
Timpview - Bye

Tues Sept 12

Salem Hills @ Cedar Valley
Timpview @ Wasatch
Springville @ Spanish Fork
Maple Mountain - Bye

Thurs Sept 14

Timpview @ Cedar Valley
Spanish Fork @ Salem Hills
Maple Mountain @ Springville
Wasatch - Bye

Tues Sept 19

Cedar Valley @ Wasatch
Timpview @ Spanish Fork
Salem Hills @ Maple Mountain
Springville - Bye

Thurs Sept 21

Spanish Fork @ Wasatch
Maple Mountain @ Timpview
Springville @ Salem Hills
Cedar Valley - Bye

9/26 JV Tournament @ Salem Hills High

9/28 State Roster Entry Deadline

9/30 State @ Brighton HS, **10/5 & 10/7** @ Liberty Park

**BOYS TENNIS SCHEDULE
2023-2024**

Tues Mar 5

Cedar Valley @ Spanish Fork
Wasatch @ Maple Mountain
Timpview @ Springville
Salem Hills - Bye

Thurs Mar 7

Maple Mountain @ Cedar Valley
Springville @ Wasatch
Salem Hills @ Timpview
Spanish Fork - Bye

Tues Mar 12

Springville @ Cedar Valley
Salem Hills @ Wasatch
Spanish Fork @ Maple Mountain
Timpview - Bye

Thurs Mar 14

Cedar Valley @ Salem Hills
Wasatch @ Timpview
Spanish Fork @ Springville
Maple Mountain - Bye

Tues Mar 19

Cedar Valley @ Timpview
Salem Hills @ Spanish Fork
Springville @ Maple Mountain
Wasatch - Bye

Thurs Mar 21

Wasatch @ Cedar Valley
Spanish Fork @ Timpview
Maple Mountain @ Salem Hills
Springville - Bye

Tues Mar 26

Wasatch @ Spanish Fork
Timpview @ Maple Mountain
Salem Hills @ Springville
Cedar Valley - Bye

Thurs, Mar 28

Spanish Fork @ Cedar Valley
Maple Mountain @ Wasatch
Springville @ Timpview
Salem Hills - Bye

Tues Apr 9

Cedar Valley @ Maple Mountain
Wasatch @ Springville
Timpview @ Salem Hills
Spanish Fork = Bye

Thurs Apr 11

Cedar Valley @ Springville
Wasatch @ Salem Hills
Maple Mountain @ Spanish Fork
Timpview - Bye

Tues Apr 16

Salem Hills @ Cedar Valley
Timpview @ Wasatch
Springville @ Spanish Fork
Maple Mountain - Bye

Thurs Apr 18

Timpview @ Cedar Valley
Spanish Fork @ Salem Hills
Maple Mountain @ Springville
Wasatch - Bye

Tues Apr 23

Cedar Valley @ Wasatch
Timpview @ Spanish Fork
Salem Hills @ Maple Mountain
Springville - Bye

Thurs Apr 25

Spanish Fork @ Wasatch
Maple Mountain @ Timpview
Springville @ Salem Hills
Cedar Valley - Bye

4/30 JV Tournament @ Salem Hills High

5/9 State Roster Entry Due

5/11 State @ Brighton HS, **5/16 & 5/18** @ Liberty Park

<p style="text-align: center;">TRACK & FIELD GUIDELINES 2023-2024</p>

REGION ACTIVITY CHAIRPERSON: Bart Thompson, Spanish Fork, 801-369-0445

1. Track Meets begin at 3:30.
2. Visiting schools will run an assigned event at Tri/Quad-meets.
3. At Region Tri/Quad-meets, the host school will be responsible to conduct and take care of all preparation and equipment needs.
4. Each school will furnish their own adhesive tags for the Region meets.
5. Athletes can participate in no more than 12 meets, only 8 of the 12 can be qualifying meets, plus the Region and State Championship meets.
6. The top four (as determined by UHSAA guidelines) in each individual event in the Region Championship Meet and the top four finishers in each relay will qualify for the State Championship Meet.
7. The winner of the Region Championship trophy will be determined by team scores at the Region Championship Meet. The top 8 individual places (top 7 in relays) will be scored at the Region Championships (scores will be 10-8-6-5-4-3-2-1 for individual events and 10-8-6-5-4-3-2 for relays)
8. Medals will be awarded at the Region Championships for the top 6 finishers in individual events and top 3 relays for both boys and girls events.
9. Each school will be responsible to provide sufficient volunteers to officiate an event at the Region Meet.
10. Each school will be allowed seven (7) individuals at the Region Championship Meet in each event. If a school has more than seven individuals qualified for State, all qualified individuals can participate at the Region Championships. Each school will be allowed one (1) relay team in each relay.
11. The top eight (8) times for lane events (regardless of heat placing) and top nine (9) marks for field events will advance to the finals at the Region Championships.
12. The Region will pay for a head starter and up to four additional officials for the Region Championship Meet. Additionally, the Region will pay up to \$1200 for timing services for the Region Championships.
13. At the Region Championship Meet, all athletes must be in full uniform, which consists of a school issued track & field top and bottom, which declares school affiliation (See NFHS handbook Rule 4-3).
14. Pole vault is a non-scoring event, although medals will be awarded. The top four do not automatically qualify for the State Championships-- they must achieve the state qualifying standard. Additionally, competing in pole vault counts toward an athlete's four event maximum.
15. The Region coaches will select an All-Region Academic Team composed of senior athletes with a cumulative GPA of 3.7 or higher.
16. In the event there is a tie between two or more athletes that will impact State Championship qualifications (4th place), the NFHS tie-breaking rules will apply for field events, a run-off will occur for any laned events, and a coin toss will be used for distance events (800m or greater).
17. Changes to the Region schedule must be approved by the Region Representative over Track & Field (Bart Thompson). The host school's principal, in consultation with the coaches, will determine whether a meet should be canceled.

<p style="text-align: center;">TRACK & FIELD SCHEDULE 2023-2024</p>
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REGION VII CHAMPIONSHIP MEET 2024

- Hosted by Maple Mountain HS
- Wednesday-Thursdays, May 8th & 9th, 2024

JV REGION TRACK MEET

- Hosted by Salem Hills HS
- Tuesday, April 30, 2024

UHSAA STATE CHAMPIONSHIP MEET

- Hosted by BYU
- Thursday & Saturday, May 16th & 18th, 2024

REGION VII TRI/QUAD-MEETS 2024

Tuesday, March 19th*

- Host School: Spanish Fork: Salem Hills, Wasatch
- Host School: Maple Mountain: Cedar Valley, Timpview, Springville

Tuesday, March 26th*

- Host School: Spanish Fork: All Comers Meet

Tuesday, April 16th*

- Host School: Salem Hills: Wasatch, Cedar Valley, Springville
- Host School: Timpview: Spanish Fork, Maple Mountain

Tuesday, April 23rd*

- Host School: Wasatch: Spanish Fork, Springville, Timpview
- Host School: Cedar Valley: Salem Hills, Maple Mountain

*Pole vault will be contested at Salem Hills each Monday before Region meets.

REGION CHAMPIONSHIP ORDER OF EVENTS

Wednesday

Running Events

4x200m Final
1600m Final
100/110m Hurdles Prelim
100m Prelims
400m Prelims
300 Hurdles Prelims
200m Prelims
4x800m Final

Field Events

Boys Shot
Boys Javelin
Girls Discus
Boys Long Jump
Girls High Jump
Co-Ed Pole Vault

Thursday

Running Events

100/110m Hurdles Final
100m Final
3200m Final
4x100m Final
400m Final
300 Hurdles Final
800m Final
200m Final
4x400m Final

Field Events

Girls Shot
Girls Javelin
Boys Discus
Girls Long Jump
Boys High Jump

VOLLEYBALL GUIDELINES

2023-2024

REGION ACTIVITY CHAIRPERSON: Thomas Fell, Timpview, 801-691-8855

1. Important Dates:

June 29- July 5... MORATORIUM -- no practices, competitions, meetings or travel

Jul 17 - July 30... Two Weeks Prior Restrictions

Jul 31... Begin Practice/Team Selection

Aug 8... Volleyball Live Rules Clinic

Aug 9 - Sep 10... Rules Clinic (On-line: uhsaa.org/training)

Aug 10... First Contest Allowed

Aug 19... Upload Team Photo to MaxPreps.com

Aug 25... Rosters with Numbers to RegisterMyAthlete.com

Sep 5 - Oct 3... Academic All-State Applications Accepted

Oct 25... Season End Date

Oct 26... State Tourney Bracket Reveal 9:00 AM

Oct 31... State Tournament First Round @ Home Sites

Nov 2 - Nov 4... State Tournament @ Utah Valley University

Nov 23 - Nov 26... MORATORIUM -- no practices, competitions, meetings or travel

Dec 21 - Dec 25... MORATORIUM -- no practices, competitions, meetings or travel

Jan 1... MORATORIUM -- no practices, competitions, meetings or travel

Jun 28 - Jul 4... MORATORIUM -- no practices, competitions, meetings or travel

The dead periods are detailed on #9

Fall Break is Thursday, October 19 & Friday October 20, 2023

2. Allowed Scheduled competition: In Accordance with the UHSAA Guidelines, one of the following three options may be chosen: 18 matches and 0 tournaments; 17 matches and 1 tournament; or 16 matches and 2 tournaments. The following guidelines pertain to the tournaments: no more than 7 total matches in a tournament, no more than 4 matches in a given day; and tournaments may not exceed three days in length. If a region tournament is held it would have to be counted as one of the two tournaments allowed.

3. Game times: In accordance with the UHSAA State Official Guidelines, game times are as follows. Sophomore 3:30 p.m. Freshman & J.V. 5:00 p.m. Varsity 6:30 p.m. without the possibility of starting earlier. Admission to be charged at all Freshman, Sophomore, Junior Varsity, and Varsity Matches.

*When Scheduling officials, home team must specify on the arbiter if a freshman level match will be a part of the night's competition or not, in that some of our teams will not have a freshman team.

4. Matches:

Sophomore B Team Matches: Best 3 out of 5. Rally scoring format is as follows: Set 1 and 2 to 25 with a cap of 27. Set 3, 4, and 5 score to 15 with a cap of 17. If JV match ends Sophomore B will complete the current set and the match ends.

Sub-Varsity Matches: Rally scoring format is as follows: Set 1, and 2 score to 25 with a cap of 27. Set 3 score to 15 with a cap of 17, and, (if necessary) sets 4 and 5 score to 15 with a cap of 17. The let serve is still utilized. Sets 1 and 2 have a possibility of two (2) time-outs per team and sets 3, 4 and 5 have a possibility of one (1) time-out per team.

Varsity Matches: Rally scoring format is as follows: Sets 1, 2, 3, and (if necessary) set 4 score to 25 with no cap and set 5, (if necessary), score to 15 also with no cap. The let serve is still utilized. All varsity sets have a possibility of two (2) time-outs per team in all 5 sets.

Disclaimer: The priority to reschedule region matches should remain within Region VII teams when the cancellation is due to circumstances beyond the school's control. If region matches are not rescheduled, this must be self-reported to the Region VII Board.

5. Warm-Up prior to games will be four (4) minutes for visiting team, and four (4) minutes for home team followed by two (2) minutes shared serving.

6. The Host School will control warm-up music, and provide practice balls (12) and ball cart for the visiting team as well as access to a locker room/team meeting facility. Host school will also provide a water jug at the end of each bench making sure that it is re-filled for the varsity match. Host team is NOT responsible for providing cups. It is suggested that players have their own water bottles to fill. The National Anthem or The Pledge of Allegiance is also encouraged at home matches.

7. Last Match Home Match of the Season: If your school honors the seniors and parents at the final home varsity match, please try to keep it to a maximum of 15 minutes. It is suggested that all honors happen prior to any and all varsity warm up times.

8. Region Honors:

All region volleyball teams are to recognize outstanding varsity players of any grade who finish the season in good standing. After the last region match Region VII head coaches will select the players for this recognition. After the All-Region teams (1st Team, 2nd Team, Honorable Mention) have been selected, the list will be given to the Region Chair to be put in the local papers. The first-place team is allowed five players, the second-place team is allowed four players, the third and fourth place teams each select three players, and the fifth and sVIIIth place teams each select two players for the teams.

a. Coaches will also select a Region VII Offensive MVP, a Defensive MVP, a Blocker MVP, and a Setter MVP. Region VII MVP's are excluded from All Region teams. Nominations will be submitted to the region chair and then head coaches will make a final vote via email. Nominations for MVP should include player name, jersey number, position, and brief reason for the nomination. Additional conversation regarding voting can be conducted via email as needed.

9. Volleyball Dead Time:

Deadtime period applies to all current 9th through 12th grade students. During the deadtime there should be no coach to player contact related to the sport. This includes not observing players perform in that sport.

June 28, 2023 – July 4, 2023: Summer Moratorium. No coaching, practices, competitions, observing, meetings or travel. No conditioning, gym time or open gym allowed.

July 17, 2023 – Jul 30, 2023: 2 Weeks Prior. No coaching, practice sessions, drills, scrimmages, tape review or team camps. Activities that ARE ALLOWED include weight lifting, conditioning, sport specific exercise, and open gym (as long as there are no fees, team selection or coaching).

Nov 23, 2023 – Nov 26, 2023 and Dec 21, 2023 – Dec 25, 2023 and Jan 1, 2024: Regular and Holiday Moratorium. No coaching, practices, competitions, observing, meetings or travel. No conditioning, gym time or open gym allowed.

***Please be sure to complete your moratorium declaration on UHSAA website**

10. State Tournament - October 31 (Tuesday) First Round (Home Site)
November 2-4 (Thursday/Friday/Saturday) 2nd Rounds to Final - UV

**GIRLS VOLLEYBALL SCHEDULE
2023-2024**

Tryouts: July 31st, 2023

First Match: August 10th, 2023

Game Times: Sophomore A, 3:30; Freshman/Sophomore B & JV, 5:00; Varsity, 6:30

<p>September 5th (Tuesday) Springville @ Salem Hills Spanish Fork @ Cedar Valley Timpview @ Wasatch Bye – Maple Mountain</p> <p>September 7th (Thursday) Wasatch @ Maple Mountain Timpview @ Cedar Valley Salem Hills @ Spanish Fork Bye – Springville</p> <p>September 12th (Tuesday) Cedar Valley @ Wasatch Maple Mountain @ Salem Hills Springville @ Timpview Bye – Spanish Fork</p> <p>September 14th (Thursday) Spanish Fork @ Timpview Maple Mountain @ Springville Wasatch @ Salem Hills Bye – Cedar Valley</p> <p>September 19th (Tuesday) Timpview @ Maple Mountain Cedar Valley @ Springville Wasatch @ Spanish Fork Bye – Salem Hills</p> <p>September 21st (Thursday) Springville @ Spanish Fork Salem Hills @ Timpview Maple Mountain @ Cedar Valley Bye – Wasatch</p> <p>September 26th (Tuesday) Salem Hills @ Cedar Valley Springville @ Wasatch Spanish Fork @ Maple Mountain Bye – Timpview</p>	<p>September 28th (Thursday) Salem Hills @ Springville Cedar Valley @ Spanish Fork Wasatch @ Timpview Bye – Maple Mountain</p> <p>October 3rd (Tuesday) Maple Mountain @ Wasatch Cedar Valley @ Timpview Spanish Fork @ Salem Hills Bye – Springville</p> <p>October 5th (Thursday) Wasatch @ Cedar Valley Salem Hills @ Maple Mountain Timpview @ Springville Bye – Spanish Fork</p> <p>October 10th (Tuesday) Timpview @ Spanish Fork Springville @ Maple Mountain Salem Hills @ Wasatch Bye – Cedar Valley</p> <p>October 12th (Thursday) Maple Mountain @ Timpview Springville @ Cedar Valley Spanish Fork @ Wasatch Bye – Salem Hills</p> <p>October 17th (Tuesday) Spanish Fork @ Springville Timpview @ Salem Hills Cedar Valley @ Maple Mountain Bye – Wasatch</p> <p>October 24th (Tuesday) Cedar Valley @ Salem Hills Wasatch @ Springville Maple Mountain @ Spanish Fork Bye – Timpview</p>
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Oct 25th Season End

Oct 26th State Tourney Bracket Reveal 9:00 a.m.

Oct 31st State First Round (Home Sites)

Oct 2nd – 4th State Tournament

**BOYS VOLLEYBALL SCHEDULE
2023-2024**

Tryouts: February 26th, 2024 (2 weeks prior moratorium – Feb 11 – 25th)
 First Match: March 4th, 2024 (Roster on RMA w/#'s & team photo in MaxPreps March 15th)
 Game Times: Sophomore A, 3:30; Freshman/Sophomore B & JV, 5:00; Varsity, 6:30

<p>March 14th (Thursday) Springville @ Salem Hills Spanish Fork @ Cedar Valley Wasatch @ Timpview Bye – Maple Mountain</p> <p>March 19th (Tuesday) Timpview @ Maple Mountain Wasatch @ Cedar Valley Salem Hills @ Spanish Fork Bye – Springville</p> <p>March 21st (Thursday) Cedar Valley @ Timpview Maple Mountain @ Salem Hills Springville @ Wasatch Bye – Spanish Fork</p> <p>Mach 26th (Tuesday) Spanish Fork @ Wasatch Maple Mountain @ Springville Timpview @ Salem Hills Bye – Cedar Valley</p> <p>March 28th (Thursday) Wasatch @ Maple Mountain Cedar Valley @ Springville Timpview @ Spanish Fork Bye – Salem Hills</p> <p>April 9th (Tuesday) Cedar Valley @ Salem Hills Timpview @ Springville Maple Mountain @ Spanish Fork Bye – Wasatch</p> <p>April 11th (Thursday) Salem Hills @ Cedar Valley Springville @ Timpview Spanish Fork @ Maple Mountain Bye – Wasatch</p>	<p>April 16th (Tuesday) Salem Hills @ Springville Cedar Valley @ Spanish Fork Timpview @ Wasatch Bye – Maple Mountain</p> <p>April 18th (Thursday) Maple Mountain @ Timpview Cedar Valley @ Wasatch Spanish Fork @ Salem Hills Bye – Springville</p> <p>April 23rd (Tuesday) Timpview @ Cedar Valley Salem Hills @ Maple Mountain Wasatch @ Springville Bye – Spanish Fork</p> <p>April 25th (Thursday) Wasatch @ Spanish Fork Springville @ Maple Mountain Salem Hills @ Timpview Bye – Cedar Valley</p> <p>April 30th (Tuesday) Maple Mountain @ Wasatch Springville @ Cedar Valley Spanish Fork @ Timpview Bye – Salem Hills</p> <p>May 2nd (Thursday) Spanish Fork @ Springville Wasatch @ Salem Hills Cedar Valley @ Maple Mountain Bye – Timpview</p> <p>May 7th (Tuesday) Springville @ Spanish Fork Salem Hills @ Wasatch Maple Mountain @ Cedar Valley Bye – Timpview</p>
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May 8th Season End
 May 9th State Tourney Bracket Reveal 9:00 a.m.
 May 14th State First Round (Home Sites)
 May 16-18th State Tournament (UVU)

<p style="text-align: center;">WRESTLING GUIDELINES 2023-2024</p>

REGION ACTIVITY CHAIRPERSON: Brad Foster - Wasatch High School 435-503-4259

General Guidelines:

- The starting date for wrestling practice is November 6, 2023
- The first match of the year cannot be held prior to November 21, 2023
- Moratorium Dates for 2023-2024 school year:
 - June 28 – July 4, 2023
 - November 23 - 26, 2023
 - December 21 - 25, 2023
 - January 1, 2024
- The NFHS rulebook will be followed for all rules, including weight classes, weight control, weigh-ins, tournament scoring, and every other situation unless otherwise directed by the UHSAA
- All wrestlers are allowed 16 credits. All tournaments count as one credit. Individuals may compete in no more than sVII tournaments per season. No more than three of sVII tournaments can be dual tournaments.
- The officials for all region and practice matches will be assigned by the state arbiter for varsity, junior varsity, and sophomore meets. All officials must be certified.
- All coaches must be registered/certified in the Register My Coach system as required by UHSAA

Region Dual Meet Guidelines:

- Gym cleared: 3:30 pm
- Weigh in: 4:00 pm
- Junior Varsity matches: 5:00 pm
- Varsity matches: 7:00 PM (if both girls and boys are wrestling, time can be adjusted to start earlier.)
 - The gym must be cleared of all other activities by 3:30 pm so the floor can be set-up. A change in starting time requires mutual agreement between the principals of the two schools involved. As a courtesy, schools who believe that their JV matches will be short (due to a small number of JV wrestlers) may contact the other school and arrange a later start time for JV matches according to the outlined procedure. Changes in the date of an activity requires the approval of the Region 9 Board of Managers. Host schools are responsible to notify the arbiter of any time or date change.
- For JV wrestling, boys and girls matches can be mVlled in. This way any wrestler that may wrestle more than one match can have the rest time needed. Girls still wrestle girls, and boys still wrestle boys.
- Varsity Boys and Varsity Girls will start at 7:00. (If both teams have a big boys and girls varsity team then the start time can be adjusted). Either the boys or girls team will wrestle first, followed by the other. This way team scores for both events can be posted and updated as each event is wrestling through. If you cannot determine whether the boys or girls team shall wrestle first, decide it by a coin flip.

Divisional Tournament Guidelines:

- Each school is allowed to enter two (2) wrestlers per weight class at the Varsity level.
- Divisional seeding is determined by UHSAA. The seeding criteria is on their website.
- Divisional Tournament site will be determined by invitation by the UHSAA.

Region Wrestling Awards:

- Region 9 will present one trophy to the school with the best record in Region 9 dual competition
- Academic All-Region awards will be presented by the individual schools. The criteria are: any varsity, senior wrestler with a cumulative GPA of 3.70 or higher

Wrestling Off-Season:

- The sport specific moratorium period applies to all current 9th through 12th grade students. During the moratorium there must be no coach-to-player contact related to the sport. This includes coaches not observing players perform in that sport.
- All-Sport Moratorium: June 28 - July 4, 2023

**WRESTLING SCHEDULE
2023-2024**

Start Date: Nov 6

First Match: Nov 21

Divisional Tournaments: February 2 and 3

State Wrestling Tournament: February 16 and 17 @ UVU

Region Dual Meet Info: Area cleared at 3:00. Weigh in for girls at 3:30, boys at 4:00. JV Matches begin at 4:30 pm, run two mats for JV boys and girls.

Varsity Matches begin at 7:00 PM. Girls first, boys after. Region lineup due to opposing team coach 24 hours before the scheduled contest—notify changes day of.

Duals:

Thursday, Nov 30th:

Springville @ Wasatch

Maple Mountain @ Spanish Fork

Timpview @ Cedar Valley

Bye: Salem Hills

Thursday, Dec 7th:

Cedar Valley @ Springville

Wasatch @ Maple Mountain

Salem Hills @ Timpview

Bye: Spanish Fork

Thursday, Dec 14th:

Maple Mountain @ Cedar Valley

Salem Hills @ Springville

Timpview @ Spanish Fork

Bye: Wasatch

Wednesday, Dec 20th:

Cedar Valley @ Salem Hills

Spanish Fork @ Wasatch

Springville @ Timpview

Bye: Maple Mountain

Thursday, Jan 4th:

Maple Mountain @ Salem Hills

Wasatch @ Cedar Valley (contested on Jan 25th)

Bye: Timpview

Thursday, Jan 11th:

Timpview @ Maple Mountain

Salem Hills @ Wasatch

Cedar Valley @ Spanish Fork

Bye: Springville

Thursday, Jan 18th:

Spanish Fork @ Salem Hills

Wasatch @ Timpview

Springville @ Maple Mountain

Bye: Cedar Valley

Thursday, Jan 25th

Spanish Fork @ Springville

2023-2024 UHSAA MEETING SCHEDULE

(Proposed Dates)

Executive Committee Meeting Dates @ UHSAA Offices

Region 7 Representative (Ryan Bishop) will attend all UHSAA EC meetings

Wednesday, August 9	10:00 am
Wednesday, October 4	9:00 am
Wednesday, November 8	9:00 am
Wednesday, January 17	8:00 am @ Siempre - Draper
Wednesday, March 20	9:00 am
Wednesday, April 24	9:00 am
Wednesday, June 3	9:00 am

Region 7 Meeting Dates

Principals/AD's/Extra Curricular AP'S are welcome to attend all meetings

**All Meetings will be held at the Black Bear Diner in Orem*

Thursday, August 31	9:00 am @ Soldier Hollow
Tuesday, October 10	9:00 am
Tuesday, November 28	9:00 am
Tuesday, January 23	9:00 am
Monday, Feb. 5 or 12?	6pm – location TBD
Tuesday, March 26	9:00 am
Tuesday, May 7	9:00 am @ Soldier Hollow