

REGION 9

ACTIVITIES

HANDBOOK

2023 - 2024

Last Update All the time)

Sportsmanship
It is everyone's responsibility!



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POLICIES AND IMPORTANT INFORMATION

Rotation of Region Events

Fall Sports

Football	Girls Tennis	Girls Soccer	Boys Golf	Volleyball	Cross Country	
Hurricane	Pine View	Cedar	Desert Hills	Dixie	Crimson Cliffs	

Winter Sports

Boys Basketball	Girls Basketball	Wrestling	Swim	Drill		
Hurricane	Hurricane	Pine View	Pine View (WCC) 2021	Crimson Cliffs (DSU) 2020		

Spring Sports

Boys Soccer	Baseball	Boys Tennis	Softball	Girls Golf	Track	
Snow Canyon	Cedar	Pine View	Cedar	Desert Hills	Crimson Cliffs	

Forensics

Drama 1 Acts

Drama IE

Track

2021	Hurricane	Cedar	Desert Hills	Desert Hills
2022	Pine View	Desert Hills		Crimson Cliffs
2023	Dixie	Crimson Cliffs	Cedar	Hurricane
2024	Crimson Cliffs	Dixie	Hurricane	Dixie
2025	Desert Hills	Pine View	Crimson Cliffs	Pine View
2026	Snow Canyon	Snow Canyon	Pine View	Cedar
2027		Cedar	Desert Hills	Desert Hills

****For future reference only. Subject to change. TABLE UPDATED 5/19/2021 (winslow) **

AD Contacts and Assignments

<u>Name</u>	<u>School / Activity</u>	<u>Phone #</u>	<u>Email</u>
Marcus Matua -	Hurricane High School	- 801-310-4307 -	marcus.matua@washk12.org
-	Football, B/G Basketball, Wrestling		
Paula Haws -	Pine View High School	- 801-694-2988 -	paula.haws@washk12.org
-	G. Tennis, B. Tennis, Sportsmanship		
Mike Bair -	Dixie High School	- 435-632-3271 -	mike.bair@washk12.org
-	Cross Country, Track, Drill		
Dustin Drake -	Desert Hills High School	- 435-632-0306 -	dustin.drake@washk12.org
-	Boys Golf, Girls Golf, Debate		
Jason Brooks -	Snow Canyon High School	- 435 -632-6226	jason.brooks@washk12.org
-	Swim, B. Soccer		
Danny Lewis -	Cedar High School	- 435-868-8459 -	danny.lewis@ironmail.org
-	G. Soccer, Baseball/Softball		
Gabi Hasenbeck -	Crimson Cliffs High School	-562-292-9308 -	gabi.hasenbeck@washk12.org
-	Girls Volleyball, Boys Volleyball, Music, Drama Dare To Lead Conference		

Region Directory

*Terri Sanders Eric Fieldsted VP Danny Lewis VP/AD	CEDAR HIGH SCHOOL 703 West 600 South Cedar City, UT 84720 terri.sanders@ironmail.org eric.fieldsted@ironmail.org danny.lewis@ironmail.org	586-2820 HOME: 586-9765 FAX: 586-2826 CELL: 559-1100 CELL: 893-5465 CELL 868-8459
*Warren Brooks Eric Christensen, VP Mike Bair VP/AD/Custodian/Secretary	DIXIE HIGH SCHOOL 350 East 700 South St. George, UT 84770 warren.brooks@washk12.org eric.christensen@washk12.org mike.bair@washk12.org	673-4682 HOME: 229-2941 FAX: 673-2384 CELL: 632-5400 CELL: 669-3042 CELL: 632-3271
*DARIN THOMAS Daniel McKeehan, VP Marcus Matua, VP/AD	HURRICANE HIGH SCHOOL 345 West Tiger Blvd. Hurricane, UT 84737 darin.thomas@washk12.org daniel.mckeehan@washk12.org marcus.matua@washk12.org	635-3280 HOME: 635-4171 FAX: 635-3719 CELL: 313-2693 CELL: 229-2854 CELL: 801-310-4307
*MIKE MEES Brett Gifford, VP Ryan Christiansen New VP/AD	PINE VIEW HIGH SCHOOL 2850 East 750 North St. George, UT 84790 mike.mees@washk12.org brett.gifford@washk12.org ryan.christiansen@washk12.org	628-5255 HOME: 627-0261 FAX: 628-0327 CELL: 632-7807 CELL: 668-4831 CELL: 862-9020
*KIM MONKERS Kyle Campbell, VP Jason Brooks VP/AD	SNOW CANYON HIGH SCHOOL 1385 North Lava Flow Drive St. George, UT 84770 kim.monkers@washk12.org kyle.campbell@washk12.org jason.brooks@washk12.org	HOME: 634-1967 FAX: 628-2768 CELL: 634-1130 CELL: 458-8304 CELL: 313-7572 632-6226
*JUSTIN KEATE Dustin Drake, VP/AD Mark Christensen VP	DESERT HILLS HIGH SCHOOL 828 East Desert Hills Drive St. George, UT 84790 justin.keate@washk12.org dustin.drake@washk12.org mark.christensen@washk12.org	HOME: 674-0885 FAX: 673-3847 CELL: 669-1953 CELL: 817-0195 CELL: 862-2621
*Rusty Taylor Kent Fairbourn VP Gabi Hasenbeck VP/AD	CRIMSON CLIFFS HIGH SCHOOL 4430 S Crimson Cliffs Way Washington, Utah 84780 rusty.taylor@washk12.org kent.fairbourn@washk12.org gabi.hasenbeck@washk12.org	634-7015

**Cedar High School
Reds
4A
703 West 600 South
Cedar City, Utah 84720
435-586-2820**

Colors.....Crimson/Gold
Website.....chs.ironk12.org
October 1, Enrollment (10-12)..... 825
Studentbody President.....Dawson Marriott
Cheer Advisor.....Madi Long

Fall Sports:

Cross Country, Boys.....Greg Harris
Cross Country, Girls.....Greg Harris
Football.....Josh Bennett
Golf, Boys.....Hayden Plewe
Soccer, Girls.....Scott Kamachi
Tennis, Girls.....
Volleyball.....Nicole Anglin

Winter Sports:

Basketball, Boys.....Tyler Monks
Basketball, Girls.....Cory Nielsen
Drill Team.....Brittney Corry
Swimming.....Megan Moses
Wrestling.....

Spring Sports:

Baseball.....Brad Larson
Golf, Girls.....Laycee Johnson
Softball.....Sara Bishoff
Soccer, Boys.....Scott Kamachi
Tennis, Boys.....Joy Coates
Track, Boys.....
Track, Girls.....
Boys Volleyball.....Brad Haralson

Fine Arts:

Band.....Keith Sorensen
Drama.....REGION REP.....Richie Uminski
Forensics.....REGION REP.....Josh Maher
Orchestra.....Christina Carrigan
Vocal Music.....Mark Ganowsky

Desert Hills High School
 828 East Desert Hills Drive
 St George, Utah 84790
 435-674-0885

Mascot - Thunder
 Colors Black & Gold
 Website: dhthunder.org

Fall Sports

Football	Solomona Tapasa	coachtaps@yahoo.com	503-577-3928
Boys Golf	Ron Denos	Ron.denos@washk12.org	435-669-7129
Boys & Girls Cross Country	Logan Fielding	Logan.fielding@washk12.org	801-391-7859
Girls Tennis	Emily Christensen	emily.christensen@washk12.org	513-253-8001
Girls Soccer	Benji Nelson	Benji.nelson@washk12.org	435-229-7288
Cheerleading	Sandi Lyman	sandi1414@gmail.com	801-361-4740
Girls Volleyball	Craig Allred	Craig.allred@washk12.org	406-670-6559

Winter Sports

Boys Basketball	Chris Allred	chris.allred@washk12.org	435-272-2233
Boys Wrestling	Brian Pace	Brian.pace@washk12.org	435-229-2557
Girls Wrestling	Jason Pender	jasonpender74@gmail.com	931-896-3234
Swimming	Tammy Reavis	tammy.reavis@gmail.com	801-830-7733
Girls Basketball	Ron Denos	Ron.denos@washk12.org	435-669-7129
Drill Team	Marcee Christensen	Marcee.christensen@washk12.org	435-668-4132

Spring Sports

Boys Track & Field	Logan Fielding	Logan.fielding@washk12.org	801-391-7859
Girls Track & Field	Emily George	emily.george@washk12.org	435-862-8614
Boys Soccer	Benji Nelson	Benji.nelson@washk12.org	435-229-7288
Baseball	Kevin Cave	Kevin.cave@washk12.org	541-731-6174
Girls Golf	Marco Leoni	marco.leoni@washk12.org	435-313-2493
Softball	Heidi Taylor	Heidi.taylor@washk12.org	801-678-5282
Boys Tennis	James Romera	james.romera@washk12.org	801-864-0862
Boys Volleyball	Josh James	joshuakirkjames28@gmail.com	435-668-6847

Fine Arts:

Band.....Michael Pollard
 Drama.....Kyle Myrick
 Forensics.....Kyle Myrick
 Orchestra.....Kirsten Candland
 Vocal Music.....**REGION REP Vocal**.....Joe Woolf

**Dixie High School
Flyers
4A
350 East 700 South
St George, Utah 84770
435-673-4682**

Colors.....Royal Blue/White
Website.....dixiehigh.org
October Enrollment (20-21).....1260
Student body President.....Evan Wells
Cheer Advisor.....Deleece Smith

Fall Sports

Cross Country, Boys.....Paul Durrant
Cross Country, Girls.....Jermiah Herron
Football.....Blaine Monkres
Golf,Boys.....Jared Huddleston
Soccer, Girls.....Tyler Roberts
Tennis, Girls.....Dave Crawford
Volleyball.....Remo Gaogao

Winter Sports:

Basketball, Boys.....Tyler Roberts
Basketball, Girls.....Coty Bundy
Drill Team.....Amber Muhlestein
Swimming.....
Wrestling Boys.....Jarad Carson
Wrestling Girls.....Jill Pace

Spring Sports:

Baseball.....Danny Ipson
Golf, Girls.....
Softball.....Payton Day
Soccer, Boys.....Travis Wilkinson
Tennis, Boys.....Christian Wright
Track, Boys.....Greg Butterfield
Track, Girls.....Paul Durrant
Volleyball, Boys.....Remo Gaogao

Fine Arts:

Band.....Will Stucki
Drama.....Joshua Scott
Forensics.....Do not have a team
Orchestra.....Will Stucki
Vocal Music.....Ashley Ricks

**Hurricane High School
Tigers
4A
345 West Tiger Blvd
Hurricane, Utah 84737
435-635-3280**

Colors.....Red/Black
 Website.....hurricanehigh.org
 October 1, 2015 Enrollment (10-12).....877
 Student Body President.....Dawson Stratton
 Cheer Advisor.....Heather Huntsman

Fall Sports:

Cross Country, Boys.....Phil Armstrong
 Cross Country, Girls.....Phil Armstrong
 Football.....Cory Ashby
 Golf, Boys.....JW Horsley
 Soccer, Girls.....Rafael Novoa
 Tennis, Girls.....Gavin Rahde
 Volleyball.....Jessica Wardle

Winter Sports:

Basketball, Boys.....Brennon Schweikart
 Basketball, Girls.....Pepper Reddish
 Swimming.....Michael Carter
 Wrestling.....Phil Armstrong

Spring Sports:

Baseball.....Steve Pearson
 Golf, Girls.....Steve Jurca
 Softball.....Chris Hurst
 Soccer, Boys.....Rafael Novoa
 Tennis, Boys.....Gavin Rahde
 Track, Boys.....Boyd Prince
 Track, Girls.....Keturah Rowland

Fine Arts:

Band.....Heber White
 Drama.....Tazia Murie
 Forensics.....JJ Walters
 Orchestra.....Kamille Brooks
 Vocal Music.....Ashley Stackhouse

**Pine View High School
Panthers
4A
2850 East 750 North
St George, Utah 84790
435-628-5255**

Colors.....Maroon/Black/Silver
Website.....pineview.org
October 1, Enrollment (10-12)..... 1095
Student body President.....Carter West
Cheer Advisor.....Shondel Shaw

Fall Sports:

Cross Country, Boys.....Dave Holt
Cross Country, Girls.....Dave Holt
Football.....KJ Boyer
Golf,Boys.....Matt Wieland
Soccer, Girls.....Sam Johnston
Tennis,Girls.....Dow Christensen
Volleyball.....Duke Sam Fong

Winter Sports:

Basketball, Boys.....Patrick Amico
Basketball, Girls.....Ben Luce
Drill Team/Dance Company.....McKenzie Black
Swimming.....Autumn Robinson
Wrestling.....Cris Madrigal

Spring Sports:

Baseball.....
Golf, Girls.....Matt Wieland
Softball.....Donald Glover
Soccer, Boys.....
Tennis,Boys.....Dow Christensen
Track, Boys.....Dave Holt
Track, Girls.....Dave Holt

Fine Arts:

Band.....Valerie Ravitch
Drama.....Kelly Thomas
Forensics.....Tracy Anderson
Orchestra.....Valerie Ravitch
Vocal Music.....Robert Reimer

**Snow Canyon High School
Warriors
1385 North Lava Flow Drive
St George, Utah 84770
435-634-1967**

Colors.....*Forest Green/Navy Blue/Vegas Gold*
 Website.....*scwarrior.net*
 October 1, Enrollment (10-12).....1250
 Studentbody President..... *Caden Morris*
 CheerAdvisor..... *Elisha Gubler*

Fall Sports:

Cross Country, Boys..... *Justin Redfearn*
 Cross Country, Girls..... *Travis Roberts*
 Football..... *Mike Esplin*
 Golf, Boys..... *Curtis Krieger*
 Soccer, Girls..... *Connor Brown*
 Tennis, Girls..... *Jill Russell*
 Volleyball..... *Markay Thorkelson*

Winter Sports

Basketball, Boys..... *Ryan Ball*
 Basketball, Girls..... *Sue Hoskins*
 Drill Team.....*Lainee Frei*
 Swimming..... *Max Barnett*
 Wrestling Boys.....*Nick Lang*
 Wrestling Girls *Trent Wilson*

Spring Sports:

Baseball.....*Reed Secrist*
 Golf, Girls..... *Kenny Kunde*
 Softball..... *Markay Thorkelson*
 Soccer, Boys..... *Kendal Nani*
 Tennis, Boys..... *Matt Morgan*
 Track, Boys.....*Justin Redfearn*
 Track, Girls.....*Justin Redfearn*
 Volleyball Boys *Tyse Madsen*

Fine Arts:

Band..... *Jacob Nielsen*
 Drama.....*Kim Whitman*
 Forensics..... *Gina Gaskell*
 Orchestra..... *Jacob Nielsen*
 Vocal Music..... *Christopher Leonard*

**Crimson Cliffs High School
Mustangs
4A
4430 S Crimson Cliffs Way, Washington, Utah 84780
435-634-7015**

Colors.....Navy/ Crimson (University Red)
 Website..... cchs.washk12.org
 October 1, Enrollment (10-12).....
 Studentbody President.....Abby Prince
 CheerAdvisor.....Becky Erickson

Fall Sports:

Cross Country, Boys..... Ceal Muldoon
 Cross Country, Girls..... Ceal Muldoon
 Football.....Wayne Alofipo
 Golf, Boys.....Cody Felts
 Soccer, Girls.....Kat Esplin
 Tennis, Girls..... Mary Mathews
 Volleyball, Girls..... Jessica Young

Winter Sports

Basketball, Boys.....Scott Murdock
 Basketball, Girls..... Cassie Hahl
 Drill Team..... Tara West
 Swimming.....MaryEllen Cox
 Boys Wrestling.....Michael Bishop
 Girls WrestlingJim Swaydan

Spring Sports:

Baseball.....Justin Abbott
 Golf, Girls..... Jared Huddleston
 Softball.....Marshall Askland
 Soccer, Boys.....Isaac Klingonsmith
 Tennis, Boys.....Mary Mathews
 Track, Boys..... Tiffany Nelson
 Track, Girls.....Ceal Muldoon
 Volleyball, Boys.....Raelene Elam

Fine Arts:

Band.....Chris Raybould
 Drama.....Jenifer Andrus
 Forensics..... Sallie Sullivan
 Orchestra.....*Region Rep Instrumental*..... Stephanie Snow
 Vocal Music.....Linda Heikkila

Officials Schedulers and Other Contacts

Policy for Cancellation of Games

(10/16/18)

1. It is the expectation that all schools will field teams at all levels. ie 9th grade, Sophomore JV and Varsity at applicable sports.
2. Coaches do not cancel games, without prior administration approval.
3. Consideration of cancellation would be:
 - a. Weather (games don't start if 10pm has been reached)
 - b. Safety
 - c. Unavailability of Officials
 - d. Unavoidable consequences/catastrophe.

Process

1. School admin approval.
2. Notification to opposing school admin.
3. Approval of Region board.
4. Prior to the start of season notification will result in no penalty.

Penalty:

1. \$250 for sub varsity
2. \$500 for Varsity and gate reimbursement for the home team.
3. The Head Coach will sit out the next Varsity Game.

Contest Limitations

(Updated 6/5/18)

A. Definitions:

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

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

1. **Baseball:** 25 games. Each game played counts as one game.
2. **Basketball:** 23 games if no region post-season tournament is held. 21 games, at all levels, if post-season tournament is held. Each game played counts as one game.
3. **Competitive Cheer:** Teams may only compete in a TOTAL of four (4) competitions prior to the divisional and state competition. Participation in a UHSAA Live Judging Practicum does not count towards the contest limitations. Teams are limited to (1) entry per category. Competitive Cheer teams may only participate in UHSAA sanctioned competitions.
4. **Cross Country:** 10 meets per individual. The UIAAA Cross Country Meet does not count toward the contest limitations.
5. **Drill Team:** 3 competitions and a region competition (total of four). The live practicum does not count toward the contest limitations.
6. **Football:** 9 games. One additional varsity contest is allowed for an approved endowment game but schools may not play alumni teams in a UHSAA endowment game. Each game played counts as one game.
7. **Golf:** 14 meets
8. **Soccer:** 16 games. Each game played counts as one game. Each team is allowed to attend one tournament where they may play up to three games and count it as two contests toward the contest limit. A tournament must be sanctioned as per UHSAA guidelines and occur on consecutive days (excluding Sunday). If the tournament exceeds three games, any additional games would count “one for one” against contest limitations.
9. **Softball:** 22 games. Each game played counts as one game, except for the games played under the two tournament exemption rule which allows schools two tournaments, at least one must be a non-school single day tournament, where all games played count as a single game (a maximum of four games may be played) and one multi-day tournament, where all games played count as two games (a maximum of eight games may be played in a multiple day tournament). If the maximum number of games is exceeded, in either tournament, each additional game would count “one for one” against contest limitations
10. **Swimming:** 14 meets per individual.
11. **Tennis:** 16 matches per individual. The number of matches counted for a tennis tournament (competition among four or more schools) shall be equal to the number of days scheduled for the tournament; e.g., a one-day tournament shall count as one match, a two-day tournament shall count as two matches, etc.

12. **Track:** 12 meets per individual. An individual may participate in no more than 6 qualifying meets in addition to the region meet in 5A and 6A and no more than eight state qualifying meets for 1A, 2A, 3A & 4A.

13. **Girls Volleyball:** One of the following three options may be chosen: 18 matches and 0 tournaments, 17 matches and 1 tournament, 16 matches and 2 tournaments. The following guidelines pertain to Varsity tournaments: No more than 8 total matches in a tournament and no more than 4 matches in a single day. Guidelines for Sub-Varsity Tournaments: (2 out of 3 matches): No more than 9 total matches in a tournament and no more than 7 matches in a single day. Tournaments may not exceed three days in length.

14. **Boys Volleyball:** 28 matches. Each match played counts as one match. The following guidelines pertain to Varsity tournaments: No more than 8 total matches in a tournament and no more than 4 matches in a single day. Guidelines for Sub-Varsity Tournaments: (2 out of 3 matches): No more than 9 total matches in a tournament and no more than 7 matches in a single day. Tournaments may not exceed three days in length.

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

16. **Music:** 3 contests per category.

17. **Speech:** 10 meets per individual.

C. Per UHSAA Executive Committee ruling, teams must participate in a determined minimum number of contests to be eligible for the postseason. **Baseball 15; Basketball 12; Football 6; Lacrosse 10; Soccer 10; Softball 13; Volleyball 11.**

Scheduling Format

Old Format 6 Team Region

1@2	2@3	3@5	3@6	1@3	
3@4	4@5	6@2	5@1	5@2	
5@6	6@1	1@4	2@4	6@4	

1= A H A H A / H A H A H	H - 2	A - 3
2= H A H A H / A H A H A	H - 3	A - 2
3= A H A A H / H A H H A	H - 2	A - 3
4= H A H H H / A H A A A	H - 4	A - 1
5= A H H A A / H A A H H	H - 2	A - 3
6= H A A H A / A H H A H	H - 2	A - 4

Current Rotation or a guide for rotating, 7 team rotation

2 @ 1	2 @ 3	3 @ 5	6 @ 1	1 @ 3	1 @ 4	5 @ 1
4 @ 3	5 @ 4	1 @ 7	5 @ 2	6 @ 2	2 @ 7	4 @ 2
5 @ 6	6 @ 7	4 @ 6	7 @ 4	7 @ 5	3 @ 6	7 @ 3
7 BYE	1 BYE	2 BYE	3 BYE	4 BYE	5 BYE	6 BYE

	Teams	Rotation	Split
1.	Dixie	B H A H A A H / B A H A H H A	3 3 / 3 3
2.	Hurricane	H B A A H A H / A B H H A H A	3 3 / 3 3
3.	Desert Hills	H A B H A H A / A H B A H A H	3 3 / 3 3
4.	Cedar	A A H B A H A / H H A B H A H	2 4 / 4 2
5.	Canyon View	A H H A B A H / H A A H B H A	3 3 / 3 3
6.	Snow Canyon	A H A H H B A / H A H A A B H	3 3 / 3 3
7.	Pine View	H A H A H H B / A H A H A A B	4 2 / 2 4

The rotation of sports was drawn by the Athletic Directors. After each year each team will move up one spot in the rotation, within each season.

2017 - 18

Fall #: 1 Canyon View, 2 Cedar, 3 Desert Hills, 4 Dixie, 5 Hurricane 6 Pine View, 7 Snow Canyon

This is for the sports of Girls Soccer, and Volleyball.

Winter #: 1 Dixie, 2 Hurricane, 3 Desert Hills, 4 Cedar, 5 Canyon View, 6 Snow Canyon, 7 Pine View

This is for the sports of Boys and Girls Basketball. *The Scheduling Format was adjusted to equalize the hosting of Friday night games.*

In the event of a discrepancy the AD's will meet to resolve scheduling concerns.

General Considerations

1. The team with the best won-lost percentage will be declared the region champion in the activities in which ratings are determined by scheduled judges and in accordance with instructions which are given them. In case of a tie for first place standing (same record), duplicate trophies will be awarded. Arrangements should be made to award trophies immediately at the close of the competition.
2. Officials will be arbitred by the Southern Utah Officials Association for all athletic competitions within the Region. Any complaints regarding officials must go through the Principal/Athletic Director of the school. **Coaches are not to contact officials or the arbiter.**
3. Placement of cheerleaders is at the discretion of the host school.
4. Play dates and location may not be changed unless authorized by the ***Principals involved***. Exceptions may be made for local weather and field conditions. Starting times may be changed for good reason with the consent of the principals of both schools involved. If there is a lack of agreement between the two principals, the matter will be referred to the Region Chairman for decision. AD's may reschedule rainouts.
5. Electronic equipment, i.e., stereos, radios, tape players, etc., will be permitted during warm-up at any Region 10 sport activities, at the discretion of the host school.
6. Radio station hook-up is the responsibility of the radio station, as allowed through the host school.
7. Megaphones can be used for outdoor sports, but are not to be used indoors by the cheerleaders or those in the stands. (Please refer to Page 20, "Cheerleaders").
8. Bands are not to play any musical instruments, including drums, during games, except during time outs. This includes the time during the shooting of free throws in basketball. Region 10 will follow the UHSAA standard
9. During an athletic contest only cheerleaders and mascots are allowed on the field or court for cheers, activities, or demonstrations.
10. A student's attendance at clinics, camps, workshops, etc., is NOT a requirement for selection to a team.
11. PLAY DOWN RULE - Players may play up but not down in team sports unless agreed to by opposing coach.
12. Signs are not to be paraded by school related groups or spectators. ONLY CONSTRUCTIVE/POSITIVE signs and posters may be displayed. All derogatory or suggestive signs are prohibited. No signs may be posted or paraded by visiting schools or students.
13. All freshmen competitions shall be limited to 2 games per week.
14. Eligibility will be determined for participants no later than the seventh calendar day following the end of the term.
15. Lightning Rule - home team administration will govern. Lightning strikes within 10 miles of the event should start lightning protocols.

Sportsmanship and Conduct

General Sportsmanship Guidelines

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

- a. Be courteous to all (participants, coaches, officials, staff and fans).
- b. Know the rules. Abide by and respect officials' decisions.
- c. Win with character and lose with dignity.
- d. Display appreciation for good performance regardless of the team.
- e. Exercise self-control and reflect positively upon yourself, the team and the school.
- f. Permit only positive sportsmanlike behavior to reflect on your school or its activities.
- g. Cheerleaders and bands are encouraged to play music and cheers, which promote good sportsmanship and positive feelings between schools.
- h. Opposing teams are only allowed to celebrate in front of their own team/stands.

2. Enforcement Procedure:

a. If a coach or team is in violation of the above guidelines, may be subject to any or all of the following consequences.

- Verbal and/or written warning
- Suspension from games and/or practices
- Termination or Removal from team
- NFHS Sportsmanship course will be completed

3. Racial slurs/harassment policy -

- a. Athletes will be suspended for the remainder of the contest.
 - b. Investigation of the incident may result in additional game suspension, or removal from the team.
 - c. While serving his/her suspension and prior to returning to competition, an ejected player must complete racial sensitivity training.
-

Please see the UHSAA Sportsmanship Manual/program at UHSAA.ORG

Cheerleaders and Other Performing/Support Groups

1. *Region 9 will follow the UHSAA State Event Guidelines with the exception that “*paper banners for the team to run through*” will be allowed.
2. Megaphones are prohibited at indoor sporting events.
3. Performing groups, such as bands and marching groups are to perform at away games by invitation only.
4. The HIGHEST standards of SPORTSMANSHIP are expected of all cheerleaders, mascots and performing groups.
5. The purpose of cheerleading is to foster support for school athletic programs.

PEP BAND CONDUCT

1. Bands are encouraged to participate at home activities. Bands are not to perform while the ball is in play.
2. Location of band is at the discretion of the administration of the host school.
3. Music should be kept positive in order to encourage good sportsmanship. Bands will not play any music designed to degrade, make fun of, or harass an opposing team.

Region Activity Prices and Passes

2023-24

VARSITY ACTIVITIES...

(FOOTBALL, VOLLEYBALL, BOYS'/GIRLS' BASKETBALL, WRESTLING,)

Adults	\$5.00
Students with activity card	\$3.00
Students without activity card	\$4.00
Children six (6) and older	\$3.00
Senior Citizens (65 and older)	\$3.00

JV, SOPHOMORE, 9TH GRADE GAMES

Adults	\$4.00
Children and Senior Citizens	\$3.00

SPRING SPORTS OPTIONAL CHARGING ENTRY (\$4.00 Adults, \$3.00 Seniors/Students)

PASSES

The following passes will be honored at all Region 10 activities with the following limitations:

UHSAA Pass: Card holder and guest will be admitted to all activities sanctioned by the UHSAA and Region 10. This includes Silver Passes.

Region 10 Complimentary Pass: Card holder and guest will be admitted to all Region 10 activities (excluding plays, dances and concerts). Five complimentary passes will be issued to each school.

Region 10 Staff and Faculty picture ID or Pass (Iron and Washington Counties): Card holder and one guest will be admitted to all Region 10 activities. (Excluding plays, dances and concerts)

UHSAA Media Pass: Admits one person only.

Region Trophies and Awards

- Region Trophies are awarded to the team with the best region record, not to tournament winners, if there is a tournament.
- If two or more teams tie for best region record, two or more trophies will be given to the schools with the best record, paid for by the region. No tie breaker will be used. *(as of 11/16/20)*

BASKETBALL (BOYS)	1 Region Trophy
BASKETBALL (GIRLS)	1 Region Trophy
BASEBALL	1 Region Trophy
CROSS COUNTRY (BOYS) 1-10 Place Medals - JV & Varsity	1 Region Trophy
CROSS COUNTRY (GIRLS) 1-10 Place Medals - JV & Varsity	1 Region Trophy
DRAMA Plaque - 1st Place 1-Act; Medals - <u>see pg 67</u>	1 Region Trophy
DRILL TEAM 6 Plaques (1 st , 2 nd and 3 rd , each category) Dance, Military, Show; 3- medals for drilldown, Certificates for Academic All-Region, All-Region	1 Region Trophy
FORENSICS First, Second, Third Place Medals - Debate - <u>see pg. 71</u>	1 Region Trophy
FOOTBALL	1 Region Trophy
GOLF (BOYS) 1-12 Overall, Low Weekly Medalists	1 Region Trophy
GOLF (GIRLS) 1-12 Overall, Low Weekly Medalists	1 Region Trophy
- Region trophy will be given based on final region standing. Trophy should be presented at the final Region match if possible, but before Region Tournament. <i>(as of 11/16/20)</i>	
MUSIC	Framed Certificates
SOCCER (BOYS)	1 Region Trophy
SOCCER (GIRLS)	1 Region Trophy
SOFTBALL	1 Region Trophy
SWIMMING (BOYS) See page 48	1-3 Place Medals, 1 Region Trophy
SWIMMING (GIRLS) See Page 48	1-3 Place Medals, 1 Region Trophy
TENNIS (BOYS)	1-3 Place Medals for: 1,2,3 Singles; 1,2 Doubles, 1 Region Trophy
TENNIS (GIRLS)	1-3 Place Medals: 1,2,3 Singles; 1,2 Doubles, 1 Region Trophy
- Region trophy will be given based on final region standing. Trophy should be presented at the final Region match if possible, but before Region Tournament. <i>(as of 11/16/20)</i>	
TRACK (BOYS) (For each event)	See pg. 64 1-3 Place Medals, 1 Region Trophy
TRACK (GIRLS) (For each event)	See pg. 64 1-3 Place Medals, 1 Region Trophy
VOLLEYBALL	1 Region Trophy
WRESTLING (For 14 weight classes)	1 Region Trophy
**Region will buy all trophies. (Molly Shaheen with Jostens Ph# 619-7551.)	

OFFICIAL PAY SCALE

2018 - 2019

ACTIVITY	VARSITY	JV/SOPH	POST SEASON
Baseball	\$61.00	\$51.00	\$67.00
Basketball	\$66.00 (2 officials) \$61.00 (3 officials)	\$51.00	\$72.00
Football Recorder	\$66.00 \$20.00 - no travel	\$51.00	\$72.00
Soccer Soccer 2-person	\$61.00 Referee \$56.00 Linesman \$89.00	\$41.00 \$41.00 \$61	\$67.00 emilee@starsignonline. com\$67.00
Volleyball Tournament	\$51.00 \$40.00 per match (best of 3) \$45.00 (Best of 5)	\$46.00 \$35.00 per match (best of 3) \$40.00 (best of 5)	\$57.00
Wrestling Tournament	\$61.00 \$57.00 (subsequent) Dependent upon number of teams participating	\$47.00 \$42.00 Subsequent	See State Web Site
Softball	\$51	\$46.00	\$57.00

Travel Allowance

.46 per mile for those miles traveled over 50 miles by the official that drives. The other official will receive **.11 per mile** for all miles over 50.

OTHER JUDGES AND ADJUDICATORS WILL BE PAID ACCORDING TO THE FOLLOWING:

Swimming: Referee \$40.00 Stroke/Turn Official \$25.00

Drill Team (See UHSAA)

Region Tie-Breakers Policy

REGION SEEDING

In case of a tie in region standing where **seeding** is in question, the following consideration will occur:

- A. Head to Head results
then...
- B. Common region opponent ***beginning with the top place in the region standings.***
then...
- C. A coin Flip.
- D. See volleyball page.

TWO - WAY TIE-BREAKER

In the case of a **two-way** tie in the region standings ***where a tournament berth*** is in question, the issue will be settled as follows:

- a. Head to head won/loss record between the two schools involved
then...
- b. A playoff game will be held at a neutral site decided by the Region Board.

THREE – WAY TIE-BREAKER

In the case of a **three-way** tie for the final two berths in the state tournament, a coin toss will be held between the principals involved. Three coins will be tossed and the odd coin will receive the last seed and the two remaining schools will hold a playoff game for the higher seed.

*****Any other scenarios that this policy does not specifically cover will be decided by the Region Board of Managers. *****

Only principals or their designees can do coin tosses.

If a neutral site cannot be agreed upon by the schools involved, the Region Board of Managers will select a site.

FALL SPORTS

Cross Country (Boys and Girls)

1. The maximum number of meets an individual may compete in is 10.
2. Each boy and/or girl team may enter (7) seven runners only. (Varsity Only)
3. The host school will be responsible for the coordination and setting up of the region meet.
4. All region meets begin after 4:00 p.m.
5. All schools are required to attend "Pre-Season" Region meets.

Date	Meet/Participants	Location	Time
Aug 16 Wed	Cedar All Comers	Cedar High School	6 pm
	Canyon View Invite	Canyon View High School	
Aug 26 Sat	SUU Invitational	Bicentennial Park	8 am
Sept 1 Fri	Timpanogos Invite	Lake Side Park (Orem)	9am or 4pm
Sept 5 Tue	Dixie All Comers	Bloomington Hills North Park	6 pm
Sept	Hurricane Invitational	Sky Mountain Golf Course	4 pm
Sept 13 Wed	Pre - State	Regional Athletic Complex (Rose Park)	11am
Sept 27 Wed	Cedar Invitational	Cedar High School	4 pm
Oct 3 Tue	Region 9 Meet	Bicentennial Park	4pm
Oct 10 Tue	Divisional Meet	Lake Side Park (Orem)	11am
Oct 24 Wed	State Meet	Regional Athletic Complex (Rose Park)	1pm & 2:30pm

Rotation for Region Location/School In-Charge

2021 – North Course	Cedar
2022 - South Course	Dixie
2023 - North Course	Cedar
2024 - South Course	Snow Canyon
2025 -	Hurricane
2026-	Pine View
2027-	Crimson Cliffs
2028-	Desert Hills

South Course – Bicentennial Park, Cedar City. North Course – Bloomington Hills Golf Course, St. George.

Region host provides: Timing & timer - Scoring, Water, Marking of course, Medals for JV Winners (PV/DH will help mark South Course)

Football

Football Guidelines

1. Football clinics may be held at the option of the individual school districts. Helmets are permitted for such clinics, but no other pads are allowed. No Region 9 School shall hold a clinic, organized practice, intra-school scrimmage, or competitions prior to Memorial Day. Five (5) consecutive days in pads may occur between Memorial Day and the beginning of the three-week period prior to the beginning of practice day. This five-day period is a school specific period for all levels i.e.: varsity, junior varsity, sophomore, and freshman. The five day padded period must be declared in writing to the Utah High School Activities Association prior to the use of any pads. Heat Acclimatization expectations are to be followed and met by every athlete before participation in pads. (see UHSAA handbook for more info).
2. Practice sessions of opponents may not be filmed, taped or scouted. Schools may film or tape any game in which they are participating.
3. Any extension in half-time activities must be in accordance with the National Federation rulebook and must be made before the start of the game. The host school will notify the head official and the head coach of the visiting school of any extension to half time.
4. The host school shall provide facilities for one (1) camera person and two (2) spotters from the visiting school. These facilities should be in the same location as those of the host school.
5. Region 9's first place team's head coach will have the responsibility to organize the selection of the all-region team. This will take place during the first week following completion of the state finals.
6. The visiting team may exercise the option to assign an assistant timer. This individual may sit next to and assist the official timer.
7. JV and freshmen games will be played the day before the Varsity game. Game times will be 4:30 pm for Freshmen games with the JV game immediately following the conclusion of the Freshmen game. **Student/athletes are strongly discouraged from participating in both games. There will be a 5-minute break between completion of the Freshmen game and beginning of the JV game.**
8. All Region 10 varsity games will be played at **7:00 P.M.**
9. The opposing schools will use Hudl and exchange 2 games. These video recordings will be in the possession of the coach **Saturday by 12 p.m.** prior to the game date. These will be the films of the previous two (2) games. Instructions will be given to the person filming the games to start taping as the offense breaks the huddle. It is the visiting team's responsibility to make the initial contact in order to exchange film. **The Region Board of Managers may impose a fine to coaches who are negligent in the film exchange.**
10. **PLEASE ADHERE TO THE HEAT ACCLIMATIZATION GUIDELINES. SEE UHSAA.ORG**

Please see the UHSAA Sportsmanship Manual/program at UHSAA.ORG

RESPONSIBLE SCHOOL.....	Hurricane High School
Administrative Representative.....	Marcus Matua
Beginning Practice Date (Varsity).....	Mon, July 24, 2023
Endowment Games.....	Fri, Aug. 11, 2023
First Game (Sub-Varsity).....	Wed, Aug. 16, 2023
Rosters with Numbers to Register My Athlete.....	Fri, Aug. 25, 2023
Rules Clinic Deadline.....	Saturday September 16, 2023
Academic All-State Accepted Between.....	September 6-October 4, 2023

R10 VARSITY FOOTBALL 2023

**Please note this will be the schedule for the 2023-24 R9 Football Seasons -Updated 1/20/2023

Week 1	Friday August 11
Pre-Season Game 1	

Week 2	Friday August 18
Pre-Season Game 2	

Week 3	Friday August 25
Pre-Season Game 3	

Week 4	Friday September 1
Hurricane @ Dixie	
Snow Canyon BYE	
Desert Hills @ Pine View	
Crimson Cliffs @ Cedar	

Week 5	Friday September 8
Dixie BYE	
Cedar @ Snow Canyon	
Hurricane @ Pine View	
Desert Hills @ Crimson Cliffs	

Week 6	Friday September 15
Dixie @ Pine View	
Cedar @ Hurricane	
Desert Hills BYE	
Crimson Cliffs @ Snow Canyon	

Week 7	Friday September 22
Pine View @ Cedar	
Snow Canyon @ Hurricane	
Dixie @ Desert Hills	
Crimson Cliffs BYE	

Week 8	Friday September 29
Cedar @ Dixie	
Snow Canyon @ Desert Hills	
Pine View BYE	
Crimson Cliffs @ Hurricane	

Week 9	Friday October 6
Hurricane @ Desert Hills	
Cedar BYE	
Snow Canyon @ Dixie	
Pine View @ Crimson Cliffs	

Week 10	Wednesday October 11
Desert Hills @ Cedar	
Hurricane BYE	
Pine View @ Snow Canyon	
Dixie @ Crimson Cliffs	

R9 JV-Freshmen FOOTBALL 2023

Week 2	Thursday August 17
Crimson Cliffs @ Hurricane	
Desert Hills @ Pine View	
Snow Canyon @ Dixie	

Week 3	Thursday August 24
Hurricane @ Desert Hills	
Dixie @ Crimson Cliffs	
Pine View @ Snow Canyon (Wed Aug 23)	

Week 4	Thursday August 31
Dixie @ Hurricane	
Snow Canyon BYE	
Pine View @ Desert Hills	
Cedar @ Crimson Cliffs	

Week 5	Thursday September 7
Dixie BYE	
Snow Canyon @ Cedar	
Pine View @ Hurricane	
Crimson Cliffs @ Desert Hills	

Week 6	Thursday September 14
Pine View @ Dixie	
Hurricane @ Cedar	
Desert Hills BYE	
Snow Canyon @ Crimson Cliffs	

Week 7	Thursday September 21
Cedar @ Pine View	
Hurricane @ Snow Canyon	
Desert Hills @ Dixie	
Crimson Cliffs BYE	

Week 8	Thursday September 28
Dixie @ Cedar	
Desert Hills @ Snow Canyon	
Pine View BYE	
Hurricane @ Crimson Cliffs	

Week 9	Thursday October 5
Desert Hills @ Hurricane	
Cedar BYE	
Dixie @ Snow Canyon	
Crimson Cliffs @ Pine View	

Week 10	Tuesday October 10
Cedar @ Desert Hills	
Hurricane BYE	
Snow Canyon @ Pine View	
Crimson Cliffs @ Dixie	

Boys Golf
2021-2022

1. The HOST school will be responsible for:
 - a. Starting times and scoring for the meet.
 - b. Local pro to explain course rules
 - c. Weekly Pairings
2. The first 5 matches are set before the season begins based on the rotation schedule.
3. The last 3 matches are done by ranking from the first 5 matches.
4. The #1's to play with other #1's, #2's to play with #2's etc down to the #6's playing with other #6's. The #1's will go out first and the #6's will be at the back.
5. Each host school coach will organize the pairings on their week.
6. Play will be from the tees as directed by the local pro.
7. Stroke play will be used.
8. Each team will play 6 golfers; the low 4 scores from each team will be counted. If for any reason a team cannot post 4 scores, that team must take the highest individual score at the tournament.
9. Region **team** scoring/standings will be determined by the following cumulative point system. The top four (4) teams will qualify for the state tournament at the conclusion of the season.
 - a. 1st Place - 7 Points
 - b. 2nd Place - 6 Points
 - c. 3rd Place - 5 Points
 - d. 4th Place - 4 Points
 - e. 5th Place - 3 Points
 - f. 6th Place - 2 Points
 - g. 7th Place - 1 Point
10. Tie - breaker for Region team and individual champion:
 - a. If there is a team tie for the Region Championship, the top 4 golfers from each team that is tied will then defer to total strokes of the top 4 golfers from each team. The 4 players identified will have their total strokes from the season added up to break the tie. The same procedure will apply to the individual champion as well. If a tie exists for the final team or individual playoff spot, this procedure will be applied as well.
11. Region **individual** scoring/standings will also use a cumulative point system. Only the top 6 golfers will score each week. Yet we will medal the top 12 individuals at the conclusion of the season determined by points. The same scoring system used for team scoring will be used. Any ties will be broken by deferring to total strokes from the entire season. Twelve (12) individuals who do not otherwise qualify through a team but are in the top twelve individuals for the region are eligible for the state tournament.
12. Spectators are allowed as per the discretion of local course. Spectators are not allowed within 50 feet of any player during play. Spectators cannot give advice during competitions nor shuttle players without prior approval of coaches and/or course. If players are shuffled between holes, all players must have that opportunity. Penalty – 1st offense will be a warning. 2nd offense **may** result in disqualification.
13. Caddies are not allowed at any time.
14. Distance Measuring and Electronic Devices - Participants may use “distance measuring devices” that conform to the Rules of Golf- Rule 14-3 Note: Appendix I. This limits the distance measuring to only measure distance and not slope, wind, or barometric pressure, etc. Turning off the applications other than distance on a device does not bring it into compliance. In fairness to the field: a player using a “distance measuring device” must allow a fellow competitor within their grouping to use the information from that device upon request. If the player does not comply, permission to subsequently use of the device will be withdrawn. No cell or smart phones, or other electronic devices may be used during the competition.
15. The host pro or course representative will consult with the golf coaches to determine whether a course is playable. Leaving the course or interrupting continuous play is grounds for disqualification. NFHS lightning protocol will be followed. If play is suspended, NFHS and UHSAA rules regarding play will be enforced. **Region 9 has adopted the standard that lightning within 7 MILES is grounds to suspend play.**
16. Dress Code- Appropriate golf attire is required for all golfers at all UHSAA sanctioned events.
17. All golfers will respect the courses and facilities. Profanity will not be allowed. Any damage to the courses such as throwing clubs, unprofessional conduct or use of profanity may be grounds for disqualification and /or elimination from further participation in region competition.
18. The Utah Section PGA will provide “Call-in Rules Help” should the Region committees or school coaches need additional help. Please call or text the following numbers for Rules Help: Devin Dehlin (801) 556-0393; Annie Fisher (801) 558-2410; Aaron Goodman (801) 910-2159 Doug Vilven (801) 502-5432;. A USGA interactive rules training module is available for coaches and players use at www.usga.org/rules/trainers

BOYS' GOLF MEET SCHEDULE 2023

updated

Important Dates:

July 17 - July 30 4A Two Week Prior Restriction

July 31 Begin Practice/Team Selection

Aug 7 First Contest Allowed

Oct 3 State Entry Deadline

Date	Location	Host School	Day	Tee Time
July 31	Practice/Team Selection			
Aug 10	Coral Canyon	None	Thursday	1:00 PM
Aug 17	Sun River	Desert Hills	Thursday	1:00 PM
Aug 24	Sunbrook	Dixie	Thursday	1:00 PM
Aug 31	Southgate	Snow Canyon	Thursday	1:00 PM
Sep 7	Sky Mountain	Hurricane	Thursday	1:30 PM
Sep 13	Cedar Ridge	Cedar	Wednesday	1:00 PM
Sept 20	Sand Hollow	Crimson	Wednesday	1:00 PM
Sept 27	Green Springs	Pine View	Wednesday	2:00 PM
Oct 3	State Entry Deadline			
Oct 11-Oct 12	The Ridge GC	State	Wed-Thur	

Girls Soccer

Girls Soccer Guidelines

Soccer: 16 games. Each game played counts as one game. Each team is allowed to attend one tournament where they may play up to three games and count it as two contests toward the contest limit. A tournament must be sanctioned as per UHSAA guidelines and occur on consecutive days (excluding Sunday). If the tournament exceeds three games, any additional games would count “one for one” against contest limitations

Washington County Game Times

Frosh - 4:00pm

JV - 5:30pm

Varsity - 7:30pm

- **JV teams must warm up before entering the field so that game can start promptly @ 5:30pm**

Iron County Game Times

Varsity - 4:00pm

JV - 5:30pm

Frosh - 5:30pm

Girls Soccer 2023
Region 9

Aug. 15

Bye – Crimson Cliffs
Dixie @ Desert Hills
Cedar @ Hurricane
Snow Canyon @ Pine View

Aug. 22

Bye – Hurricane
Snow Canyon @ Dixie
Pine View @ Crimson Cliffs
Cedar @ Desert Hills

Aug. 29

Bye – Pine View
Cedar @ Snow Canyon
Hurricane @ Desert Hills
Crimson Cliffs @ Dixie

Sept. 5

Bye – Snow Canyon
Pine View @ Hurricane
Dixie @ Cedar
Desert Hills @ Crimson Cliffs

Sept. 12

Bye – Dixie
Crimson Cliffs @ Hurricane
Snow Canyon @ Desert Hills
Cedar @ Pine View

Sept. 19

Bye – Cedar
Pine View @ Desert Hills
Snow Canyon @ Crimson Cliffs
Hurricane @ Dixie

Sept. 26

Bye – Desert Hills
Cedar @ Crimson Cliffs
Pine View @ Dixie
Snow Canyon @ Hurricane

Cedar – AHABAHH 3/3 HAHBHAA. 3/3
Crimson – BHHAAA 3/3 BAAHHHA. 3/3
DHills – HAHAHBA 3/3 AHAHABH 3/3
Dixie - ABHAHAA 2/4. HBAHAHH. 4/2
Hurr – HABHAAH 3/3 AHBAHHA 3/3
PView – HAAHBHA 3/3 AHHABAH 3/3
SCanyon – AHAHHHB 4/2 HAHAAAAB 2/4

Aug. 17

Bye – Dixie
Hurricane @ Crimson Cliffs
Desert Hills @ Snow Canyon
Pine View @ Cedar

Aug. 24

Bye – Cedar
Desert Hills @ Pine View
Crimson Cliffs @ Snow Canyon
Dixie @ Hurricane

Aug. 31

Bye – Desert Hills
Crimson Cliffs @ Cedar
Dixie @ Pine View
Hurricane @ Snow Canyon

Sept. 7

Bye – Crimson Cliffs
Desert Hills @ Dixie
Hurricane @ Cedar
Pine View @ Snow Canyon

Sept. 14

Bye – Hurricane
Dixie @ Snow Canyon
Crimson Cliffs @ Pine View
Desert Hills @ Cedar

Sept. 21

Bye – Pine View
Snow Canyon @ Cedar
Desert Hills @ Hurricane
Dixie @ Crimson Cliffs

Sept. 28

Bye – Snow Canyon
Hurricane @ Pine View
Cedar @ Dixie
Crimson Cliffs @ Desert Hills

Girls Tennis
(Boys and Girls)
(Updated 5-17-2022)

Region 10 recognizes and supports the United States Tennis Association Code of Ethics.

Dual Meets and Region Tournament: All schools will compete in all scheduled Region matches. No stacking will be permitted. Lineups must be as follows: the 1st Singles player must be better in head-to-head matches vs the 2nd Singles player, and the 2nd Singles player must be better in head-to-head matches vs the 3rd Singles player. The 1st Doubles team must be better in head-to-head matches vs the 2nd Doubles team. This applies to all categories.

The twelve-point tiebreaker will be used for all dual meets and for Region Tournament.

Coaching: State Tournament guidelines will be used in Region matches. Coaching is allowed on change over only during 90-second allotment. A two minute break will be allowed after the 1st set. A ten minute break will be allowed after the 2nd set if the match goes 3 sets.

Matches will begin at **4:00 p.m.**

To be eligible to compete in the state qualifying tournament, players shall compete in a minimum of five (5) matches during the season. This may include matches played at the varsity or junior varsity level and in the singles or doubles position. Injury or special situations will be considered but must be approved by the Region Tennis Chair and in turn the UHSAA prior to the player participating. Because of the stacking guidelines, regions/divisions should not dictate that a certain percentage of matches be played at a certain position (i.e. 1st singles, 2nd singles).

Our Region trophy will be awarded to the team with the best regular season record.

Medals will be awarded to the first, second and third place winners in the region seeding tournament.

Vulgar language, racket throwing or any other form of unsportsmanlike conduct will not be tolerated. The point-game-match penalty will be used.

Tie breakers will defer to tie-breaker rules.

Continuous coaching during the region schedule is allowed for JV only.

Girls Region 9 Tennis 2023-24 Schedule
 July 31- First Day of Practice
 Aug 7 - First Competition

		Thursday, Aug 24
		Pine View @ Snow Canyon
		Hurricane - Bye
		Cedar @ Desert Hills
		Dixie @ Crimson
Tuesday, Aug 29		Thursday, Aug 31
Cedar @ Dixie		Hurricane @ Cedar
Hurricane @ Desert Hills		Desert Hills @ Pine View
Snow Canyon - Bye		Dixie - Bye
Crimson @ Pine View		Snow Canyon @ Crimson
Thursday, Sept. 7		Tuesday, Sept. 12
Hurricane @ Pine View		Pine View - Bye
Desert Hills @ Dixie		Dixie @ Hurricane
Snow Canyon @ Cedar		Desert Hills @ Snow Canyon
Crimson - Bye		Cedar @ Crimson
Thursday, Sept. 14		Tuesday Sept. 19
Pine View @ Dixie		Pine View @ Cedar
Snow Canyon @ Hurricane		Dixie @ Snow Canyon
Cedar - Bye		Desert Hills - Bye
Crimson @ Desert Hills		Crimson @ Hurricane

Season end date Sept 20
 State Roster Entry Deadline Sept 21
 State first round Sept 23 @ TBA
 State @ Liberty Park Sept. 29-30

Girls Volleyball

1. National Federation/UHSAA rules and guidelines will be followed.
2. Matches will be based on a 25-point games rally scoring without a cap. Match winner must win three of five games. Fifth game is played to 15 rally score, no cap.
3. Sub Varsity matches first two games will be rally scoring to 25 with a cap of 27. Games 3, 4, and 5 will be rally scoring to 15 with a cap at 17.
4. Game times will be as follows:
 - a. Sophomores 4:30 pm
 - b. JV and Freshman 5:30 pm
 - c. Varsity 7:00 pm

(Bring Stats on Players)

1 or Co-MVP/s if coaches agree by vote

6 - 1st team girls + libero

6 - 2nd team girls + libero

6 - Honorable mentions girls + libero

Break down on who gets what

1st place 5 girls

2nd place 5 girls

3rd place 4 girls

4th place 3 girls

5th place 2 girls

6th place 1 girl

7th place 1 girl

8th place 1 girl

July 19 - Aug 1 - Two Week Restrictions 2022

July - 31 Begin Practice/Team Selection

Aug 10 - First Contest Allowed

Volleyball Game limitations: 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 6 total matches in a tournament, no more than 4 matches in a single 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.

For varsity matches inside a tournament one of the two following options can be considered: 1) All matches are a best 3 out of 5 sets or 2) Pool play can be a best 2 out of 3 sets and at least two bracketed matches must be a best 3 out of 5 sets. For varsity matches outside a tournament, all matches are a best 3 out of 5 sets.

The following guidelines pertain to the tournaments: no more than 6 total matches in a tournament, all matches are 3 of 5; 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.

Rotation for 9th and Soph Year end Volleyball Tourney:

2014/DHHS, 2015/Dixie, 2016/Cedar, 2017/Hurricane, 2018/Snow Canyon,
2019/DMS&DHHS, 2020/Pine View & CCHS, 2021/Dixie, **2022 & 2023 D-Hills**

Girls Volleyball 2023

Tuesday Aug 29th

Pine View @ Cedar
Snow Canyon @ Crimson Cliffs
Dixie @ Desert Hills
Hurricane - Bye

Thursday Aug 31

Cedar @ Dixie
Pine View @ Hurricane
Crimson Cliffs @ Desert Hills
Snow Canyon - Bye

Tuesday Sept 5

Hurricane @ Dixie
Snow Canyon @ Pine View
Cedar @ Crimson Cliffs
Desert Hills - Bye

Thursday Sept 7

Crimson Cliffs @ Hurricane
Pine View @ Desert Hills
Snow Canyon @ Dixie (Wed 9/6)
Cedar - Bye

Tuesday Sept 12

Desert Hills @ Snow Canyon
Hurricane @ Cedar
Crimson Cliffs @ Pine View
Dixie - Bye

Thursday Sept 14

Cedar @ Snow Canyon
Dixie @ Crimson Cliffs
Hurricane @ Desert Hills
Pine View - Bye

Tuesday Sept 19

Desert Hills @ Cedar
Dixie @ Pine View
Crimson Cliffs @ Snow Canyon
Hurricane - Bye

Thursday Sept 21

Cedar @ Pine View
Snow Canyon @ Hurricane
Desert Hills @ Dixie
Crimson Cliffs - Bye

Tuesday Sept 26

Dixie @ Cedar
Hurricane @ Pine View
Desert Hills @ Crimson Cliffs
Snow Canyon - Bye

Thursday Sept 28

Dixie @ Hurricane
Pine View @ Snow Canyon
Crimson Cliffs @ Cedar
Desert Hills - Bye

Tuesday Oct 3

Hurricane @ Crimson Cliffs
Desert Hills @ Pine View
Dixie @ Snow Canyon
Cedar - Bye

Thursday Oct 5

Snow Canyon @ Desert Hills
Cedar @ Hurricane
Pine View @ Crimson Cliffs
Dixie - Bye

Tuesday Oct 10

Snow Canyon @ Cedar
Crimson Cliffs @ Dixie
Desert Hills @ Hurricane
Pine View - Bye

Tuesday Oct 17

Cedar @ Desert Hills
Pine View @ Dixie
Hurricane @ Snow Canyon
Crimson Cliffs - Bye

Soph and 9th Tourney @ Desert Hills 10/18, pool play, 10/19/Tourney play
State 1st Round Home Site Saturday Oct 21
State @ UVU Wednesday & Thursday 10/25 & 10/26

WINTER SPORTS

Boys Basketball

2023-24 Season

7/27/23 (Updated)

Wednesday December 20	Friday January 5	Wednesday January 10
Dixie @ Crimson Cliffs	Hurricane @ Dixie	Hurricane @ Desert Hills
Hurricane @ Cedar	Cedar @ Desert Hills	Crimson Cliffs @ Cedar
Desert Hills @ Pine View	Crimson Cliffs @ Snow Canyon	Snow Canyon @ Pine View
SNOW CANYON BYE	PINE VIEW BYE	DIXIE BYE

Friday January 12	Wednesday January 17	Friday January 19
Desert Hills @ Crimson Cliffs	Snow Canyon @ Dixie	Desert Hills @ Dixie
Dixie @ Pine View	Crimson Cliffs @ Hurricane	Hurricane @ Snow Canyon
Cedar @ Snow Canyon	Pine View @ Cedar	Pine View @ Crimson Cliffs
HURRICANE BYE	DESERT HILLS BYE	CEDAR BYE

Wednesday January 24	Friday January 26	Wednesday January 31
Dixie @ Cedar	Crimson Cliffs @ Dixie	Dixie @ Hurricane
Pine View @ Hurricane	Cedar @ Hurricane	Desert Hills @ Cedar
Desert Hills @ Snow Canyon	Pine View @ Desert Hills	Snow Canyon @ Crimson Cliffs
CRIMSON CLIFFS BYE	SNOW CANYON BYE	PINE VIEW BYE

Friday February 2	Wednesday February 7	Friday February 9
Desert Hills @ Hurricane	Crimson Cliffs @ Desert Hills	Dixie @ Snow Canyon
Cedar @ Crimson Cliffs	Pine View @ Dixie	Hurricane @ Crimson Cliffs
Pine View @ Snow Canyon	Snow Canyon @ Cedar	Cedar @ Pine View
DIXIE BYE	HURRICANE BYE	DESERT HILLS BYE

Wednesday February 14	Friday February 16
Dixie @ Desert Hills	Cedar @ Dixie
Snow Canyon @ Hurricane	Hurricane @ Pine View
Crimson Cliffs @ Pine View	Snow Canyon @ Desert Hills
CEDAR BYE	CRIMSON CLIFFS BYE

Wed February 21 & Friday Feb 23 - State Playoffs 1st Round & 2nd Round @ Home Sites
February 26-28 State Tournament @ Utah Valley University

Boys' Basketball Guidelines

1. Region varsity games will play on Wednesdays and Fridays for the 2022-23 school year and will start at 7:00 pm. If lower level games go long, both coaches will agree on an acceptable warm-up time. Every effort will be made to start as close to 7:00 pm as possible. If teams cannot agree on warm-up time, the home administrator will determine the appropriate amount of time necessary for teams to warm up.
2. Home schools will wear white. Visiting schools will wear dark uniforms.
3. All schools are required to have adults on the clock and the home (official) book for varsity games. Lower level games may have the option of using others if they are able.
4. PA announcers are to be as objective as possible. They have the ability to set the tone for a game. They can have emotion, but must remember that they are part of the host school and be mindful of the visiting guests. Their opinions and personal comments have no place in high school competition. Any issues with public address announcers should be directed to home administration.
5. All half-times will be ten (10) minutes in length. If it is necessary to extend a half, host schools will make every effort to notify the visiting school and the officials at least a day before the game and the reason for the extension.
6. Visiting drill teams and cheer squads will not perform at halftimes, unless specific permission is given by host administration.
7. Non-participants will not be allowed on the court during games. This includes time-outs and halftimes. Please make every effort to keep all non-players off of the playing surface before and during games.
8. Schools will make every effort to provide all four levels of play. It is generally felt that playing games is more important than winning games. The spirit of lower level competition is to play and develop skills and abilities, not just to win. Please make every effort with all coaches to remember sportsmanship and the primary objective of these games. Under these conditions, if low numbers exist, it is acceptable to combine grade levels (one grade down) to field teams. This means, for example, that in order to have a freshmen team, some sophomores may be used. But in this case, opposing coaches should know of this situation. It is not being done to win games, but to play games. This should not occur on JV levels, if possible
9. Game times:
 - Sophomores: 4:00 pm
 - JV/Freshman 5:15 pm
 - Varsity 7:00 pm

Girls Basketball

2023-24 Season

7/27/23 (Updated)

Tuesday December 19	Thursday January 4	Tuesday January 9
Crimson Cliffs @ Dixie	Dixie @ Hurricane	Desert Hills @ Hurricane
Cedar @ Hurricane	Desert Hills @ Cedar	Cedar @ Crimson Cliffs
Pine View @ Desert Hills	Snow Canyon @ Crimson Cliffs	Pine View @ Snow Canyon
SNOW CANYON BYE	PINE VIEW BYE	DIXIE BYE

Thursday January 11	Tuesday January 16	Thursday January 18
Crimson Cliffs @ Desert Hills	Dixie @ Snow Canyon	Dixie @ Desert Hills
Pine View @ Dixie	Hurricane @ Crimson Cliffs	Snow Canyon @ Hurricane
Snow Canyon @ Cedar	Cedar @ Pine View	Crimson Cliffs @ Pine View
HURRICANE BYE	DESERT HILLS BYE	CEDAR BYE

Tuesday January 23	Thursday January 25	Tuesday January 30
Cedar @ Dixie	Dixie @ Crimson Cliffs	Hurricane @ Dixie
Hurricane @ Pine View	Hurricane @ Cedar	Cedar @ Desert Hills
Snow Canyon @ Desert Hills	Desert Hills @ Pine View	Crimson Cliffs @ Snow Canyon
CRIMSON CLIFFS BYE	SNOW CANYON BYE	PINE VIEW BYE

Thursday February 1	Tuesday February 6	Thursday February 8
Hurricane @ Desert Hills	Desert Hills @ Crimson Cliffs	Snow Canyon @ Dixie
Crimson Cliffs @ Cedar	Dixie @ Pine View	Crimson Cliffs @ Hurricane
Snow Canyon @ Pine View	Cedar @ Snow Canyon	Pine View @ Cedar
DIXIE BYE	HURRICANE BYE	DESERT HILLS BYE

Tuesday February 13	Thursday February 15
Desert Hills @ Dixie	Dixie @ Cedar
Hurricane @ Snow Canyon	Pine View @ Hurricane
Pine View @ Crimson Cliffs	Desert Hills @ Snow Canyon
CEDAR BYE	CRIMSON CLIFFS BYE

**Tuesday Feb 20 & Thursday Feb 22- State Playoffs 1st Round & 2nd Round @ Home Sites
February 26-28 State Tournament @ Utah Valley University**

Girls Basketball Guidelines

1. Region varsity games will play on Tuesdays and Thursdays and will start at 7:00 pm. If lower level games go long, both coaches will agree on an acceptable warm-up time. Every effort will be made to start as close to 7:00 pm as possible. If teams cannot agree on warm-up time, the home administrator will determine the appropriate amount of time necessary for teams to warm up.
2. Home schools will wear white. Visiting schools will wear dark uniforms.
3. All schools are required to have adults on the clock and the home (official) book for varsity games. Lower level games may have the option of using others if they are able.
4. PA announcers are to be as objective as possible. They have the ability to set the tone for a game. They can have emotion, but must remember that they are part of the host school and be mindful of the visiting guests. Their opinions and personal comments have no place in high school competition. Any issues with public address announcers should be directed to home administration.
5. All half-times will be ten (10) minutes in length. If it is necessary to extend a half, host schools will make every effort to notify the visiting school and officials at least a day before the game and the reason for the extension.
6. Visiting drill teams and cheer squads will not perform at halftimes, unless specific permission is given by host administration.
7. Non-participants will not be allowed on the court during games. This includes time-outs and halftimes. Please make every effort to keep all non-players off of the playing surface before and during games.
8. Schools will make every effort to provide all four levels of play. It is generally felt that playing games is more important than winning games. The spirit of lower level competition is to play and develop skills and abilities, not just to win. Please make every effort with all coaches to remember sportsmanship and the primary objective of these games. Under these conditions, if low numbers exist, it is acceptable to combine grade levels (one grade down) to field teams. This means, for example, that in order to have a freshmen team, some sophomores may be used. But in this case, opposing coaches should know of this situation. It is not being done to win games, but to play games. This should not occur on JV levels, if possible
9. Game times: Sophomores - 4:00 pm / JV/Freshman - 5:15 pm / Varsity 7:00 pm
10. Home schools must provide a secure locker room for the visiting team. A key to the room is preferred.
11. Home schools should be prepared to receive visiting schools no sooner than 3:00 pm.
12. A lower level tournament (Fr/Soph) MAY be held at the end of region play. Seeding will be determined based on region standings. Any ties will be referred to region tie-breaker rules. A coin toss can be used to break any impasses. It is recommended that schools that do not qualify for varsity postseason play, host this tournament. One school will host the freshmen tournament and the other will host the sophomore one. It is recommended that no trophy or formal recognition be provided in these tournaments. They are just for additional play in a tournament format. Tickets will not be sold, but concessions can be offered.

Drill Team
2021-2022

Cheerleading and Drill Team National Federation Safety Guidelines must be followed. Teams not in compliance face disqualification. UHSAA rules will be followed at the region meet. The region meet must use state judging and scoring sheets.

To create a level playing field between all participating programs and to limit the financial burden incurred by the participants, coaches shall operate their programs within the stated limitations. Donated supplies and all monies, including budgeted school funds, out-of-pocket expenses, fundraised or donated funds for costumes and supplies which are used for state competitions routines performed during the drill team season (competition start date through the state competition) must not exceed \$600 times the number of girls on the team. The budget must include the following: character props, rental transportation, costumes, accessories, music fees (i.e. Mixing, CDs, and Thumb Drives), choreography fees, and any costs incurred for state competition routines.

RULES AND REGULATIONS

Head coaches shall submit a completed "Drill Team Moratorium Form" to the UHSAA office by the deadline of January 15 to avoid a school fine. Each head coach shall select the sport specific drill moratorium for their team, which shall consist of two, two week blocks (the blocks may be consecutive). During that time, coaches and facilities shall adhere to UHSAA policies regarding moratoriums (See UHSAA Handbook By-Laws Article 2). Each week of the dead time period must include at least seven (7) consecutive days. Forms available on UHSAA Drill page.

Tryouts Begin March 21, 2022

All Drill Team Advisors need to attend a judge's workshop and 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. In addition, they will be required to attend the Coaches Education Program, which is approximately \$60.00 plus \$20.00 registration fee. The course takes about 12 hours to complete.

There shall be no deduction of points for using used uniforms in competition. Schools are encouraged to maintain a "costume closet" for flexibility and originality without the expense of new costumes. Judging sheets shall not reflect if the costume is new or flashy.

No team will be allowed to practice on the floor that is to be used for the Region 10 competition except for a 60-minute scheduled practice period on the day of the region competition. Performances at college arenas are allowed.

COMPETITION CATEGORIES

STYLIZED MILITARY: Any basic military maneuvers or steps such as pinwheels, block, ranks and files, etc, may be used. Overall emphasis is on precision; straight-arm sequences. School uniforms of military attire may be worn. Kicks and ripples may be used. **DO NOT USE DANCE STEPS.** No jazz hands, no head rolls, no torso movements and hip movements, *pas de bourse*, *sit drops*, *pyramids*, *lifts*, *arch back*, *toe touches (Russian or Straddle)*. *Gymnastics may not be used.* Splits are acceptable under the Cheerleading guidelines. All kicks are acceptable. General emphasis is on clean, sharp movements.

DANCE: Any dance movement is accepted. Some formation changes are recommended for effect. The overall effect should be DANCE. Dance attire or school uniforms may be used as long as they are modest. Thematic uniforms cannot be used. School administrators and Utah High School Activities Association are concerned with the suggestiveness of some of the uniforms. Please use discretion. Kicks, leaps, pas de bourse, and any dance steps may be used. Pyramids and lifts may be used under cheerleading guidelines.

SHOW PROP GUIDELINES:

- When props are used in the Show category, they must be manipulated during the routine. Examples of prop manipulation: spinning, lifting, tossing, rotating, pushing, creating imagery, etc. Standing or dancing on a prop is allowed but would not be considered manipulation. The Floor Technical Judge would assess this deduction.
- Multiple props may be used.
- Moving backdrop: A team member in a costume, that acts as scenery and does not do any choreography with the team is not allowed. Example: A person dressed up as a tree, moves side to side etc. and never does any team choreography. The Floor Technical Judge will assess this deduction.
- No backdrops or scenery may be used. The Floor Judge will assess this deduction.
- Props may be combined to create a larger prop.
- Props must be carried on and off the floor without any assistance by an individual drill team member who is performing in the routine (See number 25 for more specific guidelines). When the MC says “drill team please take the floor” the restriction of only one person easily carrying the prop on will begin. The safety of our student athletes needs to be priority. If a performer needs to stop during the exit or entrance and set a prop down for any reason, one person must continue to carry the prop(s) off within the exit time limit.
- When you are building a stunt the top person may not have a prop in their hand/hands. Once lifted a prop may be handed to a top person, make sure that the prop size and material does not increase the safety risk of the top person or the base/bases. To discard the props NFHS rule 2-1-7 page 13 the top person must hand it down to a person not involved in the stunt/lift with feet on the floor.

SHOW: Show routines will include the following performance (dance) styles: Hip Hop, Character and Prop. This category is meant to spotlight your team’s strengths and to allow teams to put the most entertaining and creative material on the floor. All three genres need to be clearly demonstrated and developed. **PROP GUIDELINES:** No scenery or backdrops can be used. Props may be combined to create a larger prop. Multiple props may be used. Props must be carried on and off the floor easily with the assistance of one individual drill team members who is performing in the routine. (see drill guidelines)

Prop Guidelines:

1. If a team includes props in this category, careful consideration should be given to the size, weight and cost restrictions. Funds spent on props must be reported on the budget declaration form.
2. To limit the size and weight of props in a routine, they can only be carried on and off the competition floor by single drill team members without any assistance (i.e. another team member, carts, dollies, wheels).
3. Props shall only be carried on and off the floor by individuals performing in the routine. Props cannot be combined or pushed together on the performance floor to create larger props.

******2022 WILL BE COMPETING IN MILITARY, DANCE AND SHOW ******

SCHEDULE OF ROTATION:

- 2019 Host: Canyon View January 23, Wednesday @ SUU Centrum 6:30pm
- 2020 Host: Dixie January 15, Wednesday @ Burns Arena 6 pm
- 2021 Host: Crimson Cliffs January Tuesday 19 @ Burns Arena 6 pm
- 2022 Host: Cedar January 25 @ SUU Centrum 6pm
- 2023 Host: DHHS January ??? @ Burns 6 pm
- 2024 Host: Snow Canyon January 22 @ Burns 6pm
- 2025 Host: Dixie January ??? @ SUU Centrum 6pm (Canyon View)

Burns Arena Locker Rooms: 1. Dixie (Mens Locker Room) 2. Crimson Cliffs (Womens Team Locker Room) 3. Canyon View (Mens Visting Locker Room) 4. Desert Hills (Womens Visiting Locker Room) 5. Cedar (Fitness Room) 6. Snow Canyon (Junk Room)

2021 year

Practice Times: 11am Crimson Cliffs, Noon Desert Hills, 1pm Dixie, 2pm Snow Canyon, 3pm Canyon View, 4pm Cedar.

Drill Team To Do List for Region 10 Drill Competition 1/19/22

- 1 - Locker Rooms, Need 5.
- 2 - Practice Times - Can we start at Noon to 5pm with Competition starting at 6pm.
- 3 - Tickets - Same as last year with pre-sale done at each high school.
- 4 - Walking in and using the tunnel, based on Covid protocol.
- 5 - Big wall Signs to show where the fans sit representing that school.
- 6 - Region Judges room - Food and Drink - Provided by host school Cedar. They will be reimbursed by the region.

Region Drill Certificates and awards:

5 Hero Awards (one per school)

15 all region certificates (3 per school)

Academic all region: Seniors with a 3.75 GPA and above

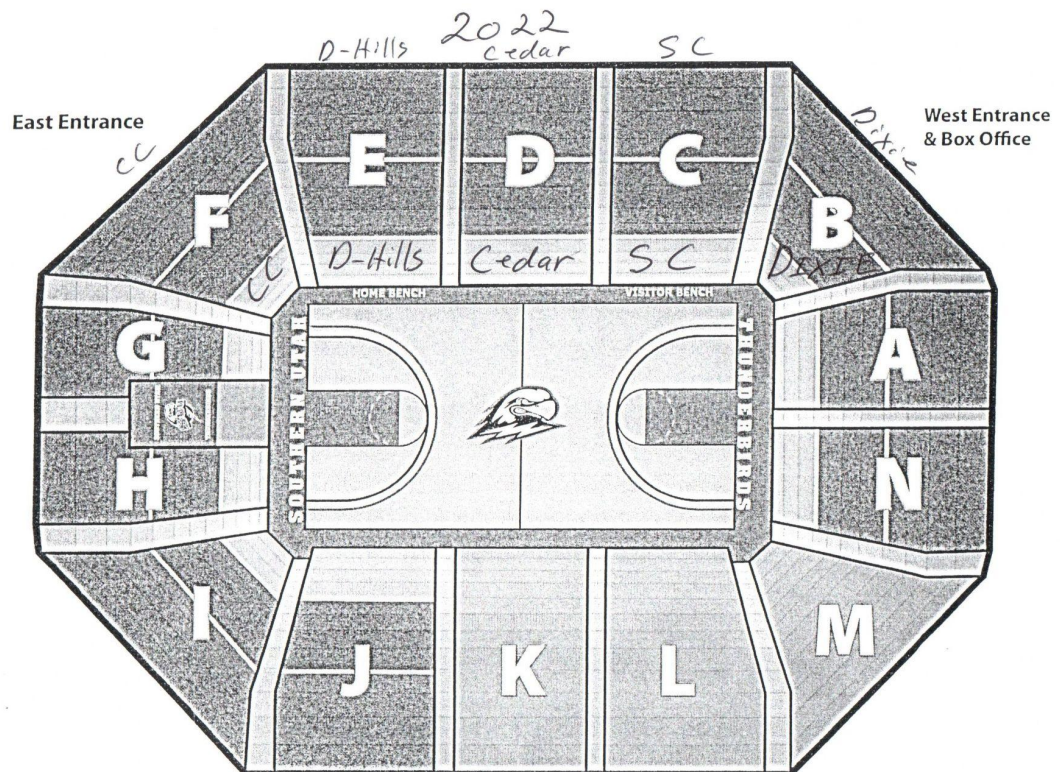
3rd Place certificates one for each: Military, Dance, and Show

Overall 2nd place - Plaque

Overall 3 drill down medallions

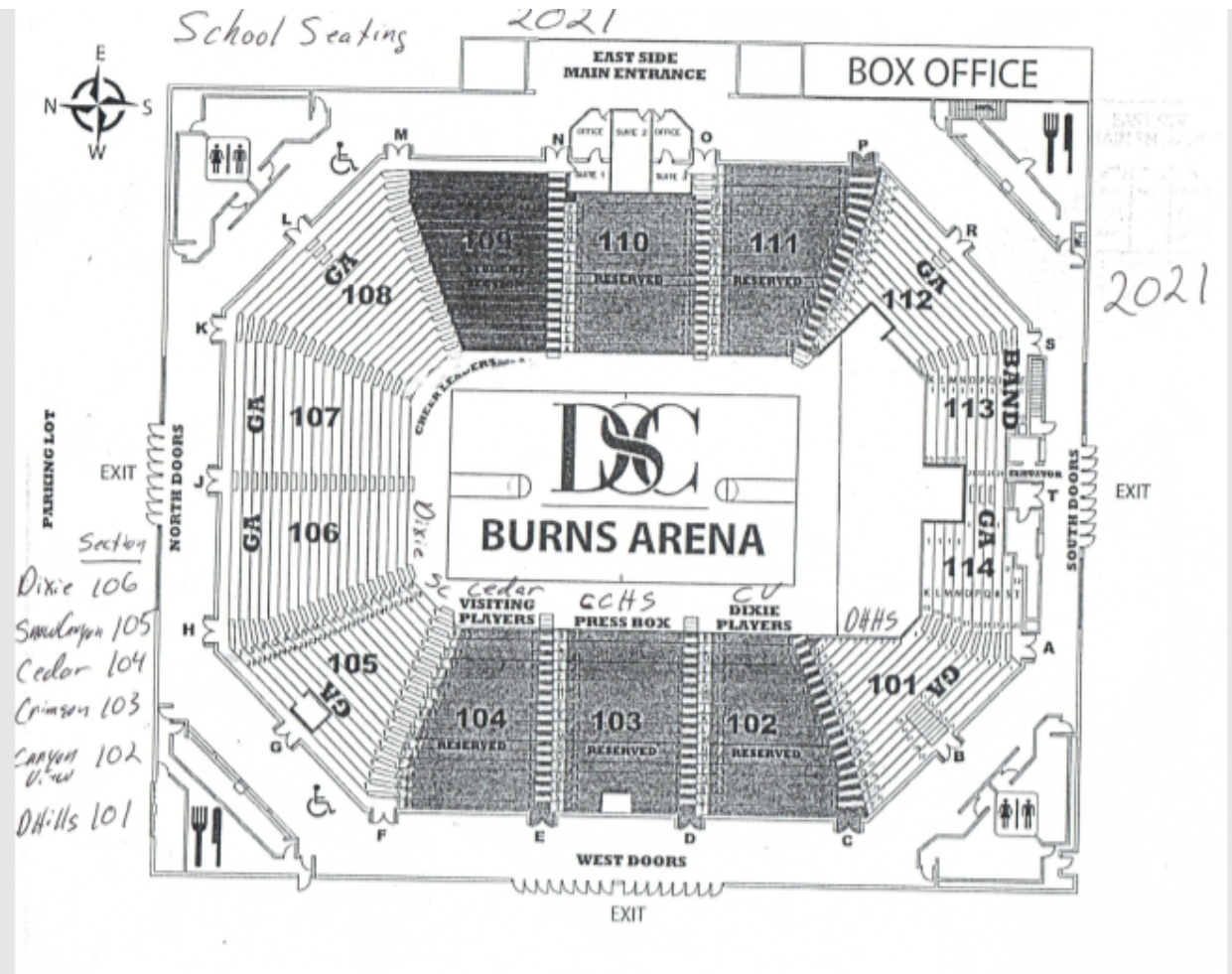
POST SEASON COMPETITION

REGION COMPETITION: Tuesday January 19, 2022 @ Centrum 6:00pm



SUU Centrum Seating Chart

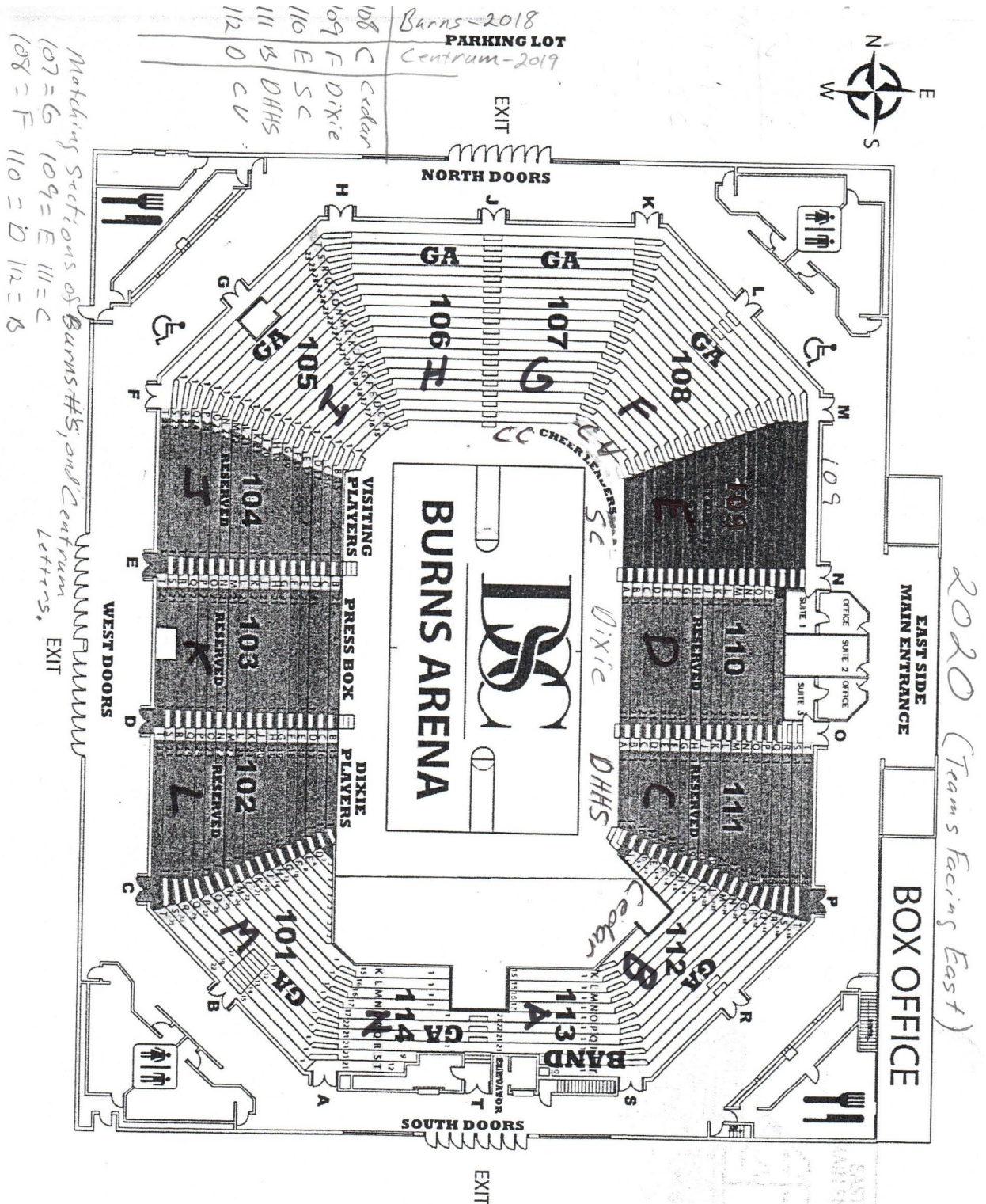
School Seating 2021



Seating for Reg in Drill: Dixie Section 103, Snow Canyon Section 106, Cedar Section 101, Canyon View Section 105, Desert Hills Section 102, Crimson Cliffs 104. This was decided by the Region 9 coaches/approved by the region board. See Map on next page.

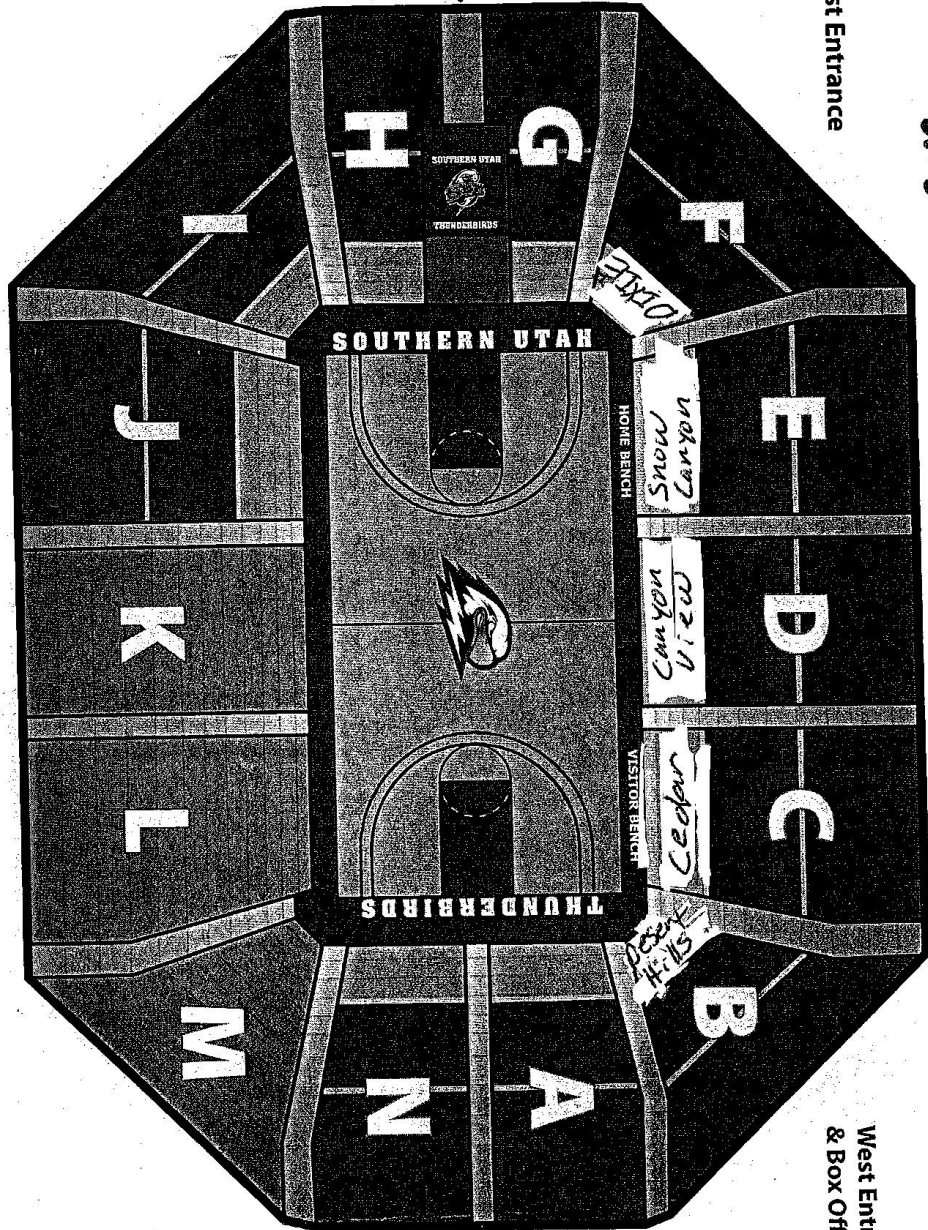
Teams will be facing **WEST** to Perform. This will be rotated each year. So Please let your fans know where to sit, so there will not be any issues.

STATE COMPETITION: Jan 30 - Jan 31 @ UVU



SUU Centrum Seating Chart

North
↓
N



East Tunnel

East Entrance

2012

South

West Entrance
& Box Office

430M

Swimming (Boys and Girls)

Region 9 Swimming Championships - Policies and Procedures

*The Region 9 championship meet is a two-day meet, held on Friday-Saturday two weeks prior to the State Championship meet. Per NFHS rules, swimmers may swim in a total of four events, not to exceed two individual events. The meet will be an all-comers style with heats held for each event, and the top winners will be selected.

*No meets will be held between the Region Championship and the State Championship

*A host school will be designated following the rotation format found below. Each host school will select a meet director - either the head coach or someone selected by the head coach

*The meet director will communicate with all region coaches and set an entry deadline for participants. Coaches should email team entries to the meet director prior to the set deadline. Receipt of entries will be verified with an email response. The meet director will send a copy of the entries to each head coach. Coaches should double-check entries and entry times and email changes back to the meet director BEFORE a psych sheet is sent out. Times must be verified using the Utah Swim Coach Associations Top 100. Once the psych sheet is sent to coaches, entries and entry times cannot be altered. The only changes allowed are scratches and substitutions to relay participants.

*The times entered must come from the current season and be verified on the Top 100 site by the head coach of each school. Swimmers who do not have verifiable times may be entered into events with an NT.

*Relay times may be entered with the BEST verifiable time for that school in the current season OR an aggregate time made up of the fastest times posted by each swimmer in the leg they are swimming. Aggregate times may not be faster than the fastest verifiable time from that season.

*Only one relay per school may score. The number of exhibition relays may be limited by the host school to allow for time or other considerations. "A" relays will be seeded together in the fastest heat of each relay event.

*No videoing or picture taking is allowed on the deck behind the starting block area at any high school swim meet.

*Athletes must be affiliated with a member school in good standing with the UHSAA to swim in all high school meets.

SCORING

*Individual event scoring as follows: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

*Relay event scoring as follows: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 (only one relay per school may score)

* Team trophies are awards to the 1st Place Boys and Girls teams

*Individual medals will be awarded to the top 3 finishers in each event

Region Championship Hosting Rotation

2022 - Pine View
2023 - Crimson
2024 - Hurricane
2025 - Snow Canyon
2026 - Desert Hills
2027 - Cedar City
2028 - Dixie
2029 - Pine View

POSTSEASON MEETS:

Region Swimming –

State Swimming –

Swimming Medals

EVENT	Girls Medals	Boys Medals
50 Free	1-3 place	1-3 place
100 Fly	1-3 place	1-3 place
100 Free	1-3 place	1-3 place
100 Backstroke	1-3 place	1-3 place
100 Breaststroke	1-3 place	1-3 place
200 Freestyle	1-3 place	1-3 place
200 IM	1-3 place	1-3 place
500 Freestyle	1-3 place	1-3 place
200 Freestyle Relay	1-3 place (set of 4)	1-3 place (set of 4)
200 Medley Relay	1-3 place (set of 4)	1-3 place (set of 4)
400 Freestyle Relay	1-3 place (set of 4)	1-3 place (set of 4)

Wrestling (Boys and Girls)

- a. Varsity wrestling matches will begin at 7:00 P.M. Junior Varsity matches will begin at 5:30 P.M. with exhibition matches following. **Exhibition matches must conclude by 6:45 P.M.** Coaches are encouraged to communicate several days prior to a meet to determine the number of possible exhibition matches. The following are possible solutions for handling time problem:
 - a. Use of two mats
 - b. Wrestle remainder of exhibition matches in another area. (Wrestling room)
 - c. Abbreviate match time - 3 one minute rounds
- b. Weigh-ins for Region 10 matches will take place at 4:00 P. M. and must be verified by a certified official or representatives from both schools. There will be no weigh-in allowances by mutual consent, except in accordance with the National Federation Rule Book.
- c. The Region trophy will be awarded to the team (s) with the best overall region record.
- d. Divisional seeding is done by RPI

UHSAA Guidelines will be followed.

Wrestling 2023-24

Practice begins Nov. 6 - First Contest Nov. 21

Thursday November 30	Thursday December 7	Thursday December 14
Cedar @ Pine View	Crimson Cliffs @ Cedar	Dixie @ Cedar
Desert Hills @ Hurricane	Hurricane @ Pine View	Crimson Cliffs @ Hurricane
Dixie @ Snow Canyon	Snow Canyon @ Desert Hills	Pine View @ Snow Canyon
CRIMSON CLIFFS BYE	DIXIE BYE	DESERT HILLS BYE

Thursday January 4	Thursday January 11	Thursday January 18
Hurricane @ Dixie	Desert Hills @ Crimson Cliffs	Desert Hills @ Dixie
Cedar @ Desert Hills	Dixie @ Pine View	Hurricane @ Snow Canyon
Crimson Cliffs @ Snow Canyon	Cedar @ Snow Canyon	Pine View @ Crimson Cliffs
PINE VIEW BYE	HURRICANE BYE	CEDAR BYE

Thursday January 25
Crimson Cliffs @ Dixie
Cedar @ Hurricane
Pine View @ Desert Hills
SNOW CANYON BYE

Divisional Tournaments as of 7/27/2023

Boys

- **Division A @ Green Canyon HS**
- **Division B @ Uintah HS**

Girls

- **Division A @ Green Canyon HS**
- **Division B @ Uintah HS**

State Tournament

Boys

- **February 16-17 @ Utah Valley University**

Girls

- **February 14-15 @ Utah Valley University**

SPRING SPORTS

Baseball and Softball

REGION 10 BASEBALL RULES AND REGULATIONS

1. All region varsity games at Cedar will start at 3:00 P.M. All other schools will begin at 7:30 P.M. JV games in Washington County starting at 4:30 PM, and end after 7th inning; No New Inning after 6:30PM. (At Cedar the JV game needs to start no later than 20 min after the end of the Varsity game) Every effort should be made to keep teams in school as long as possible. Freshman game times start @ 3:00pm in Cedar for double headers and 5:00pm in Washington County.
2. All games at all levels will be seven innings except those affected by the 10 run rule. The umpire may call the game due to darkness or inclement weather. Per NFHS rules, games are considered official after five (5) complete innings and will not be made up. Games called prior to five complete innings must be made up on the first available date, (based on availability of Officials and Facilities) including Saturdays if both schools agree. Every effort should be made to complete the game as soon as possible to keep pace with region play. Call the Principal's or AD's before canceling the games. UHSAA procedures for suspended game (pg. 58):

Suspended Game Procedures

- a. DEFINITION: A suspended game/contest is a contest where the game/contest is stopped because of weather, mechanical or facility problems and is not considered a complete game per NFHS rules or UHSAA policy for that sport.*
 - b. PROCEDURE: The point of suspension will be marked in the scorebook for future reference. A tentative date for resumption of play will be decided at that time and the officials will be notified. The same officials should complete the game. If there is more than one suspension, they will be made up in the same order as they were suspended (a Tuesday suspension will be made up before a Wednesday suspension in the same week). All games/contests will continue from the point of suspension until the game is completed. Lineups will remain the same as they were at the time of suspension. Pitching restrictions will remain in effect (14 innings in a period from 12:01 a.m. Sunday to 12:00 p.m. Saturday). In baseball and softball, if five innings are completed and suspension occurs, the game is considered complete unless the game is tied. At that time the suspended game rule will apply.*
 - c. METHOD OF PAYMENT FOR OFFICIALS: 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 mileage. Should the contest be more than one-half completed, the officials will receive the standard amount paid for a completed game. 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 return 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*
3. Teams may NOT arrive at the game field prior to **1 hour** before the game starting time. Batting and infield practice cannot begin prior to 1 hour before the game starting time.

SOFTBALL GUIDELINES

1. Time limits for sub-varsity games only. Time limits will NOT apply to varsity level games (2A-5A). Occasionally, member schools will play softball on city or county park properties that may impose a specific time limit. If a facility restriction is in place, a 1 and ½ hour time limit may be used. There will be no time limit for playoffs and championship games in any classification. A 1 ½ hour time limit will be in effect for all (2a-5a) sub-varsity games. Refer to UHSAA handbook-pg. 73
2. All games will be seven innings unless affected by the 10 run rule or both coaches agree to shorten the game. The umpire may call a game due to darkness or inclement weather. If called before a full five innings, the game will be replayed on the earliest date agreed upon by representatives of both schools. After five innings, the game is considered complete and will not be made up. The International Tie-Breaker Rule is in effect for all games. Call the principals or AD's before canceling the games.

UHSAA procedures for suspended game (pg. 58):

CONTEST LIMITATIONS / Softball (UHSAA Handbook pg. 43)

UHSAA

Pitch Count Rule

Approved Nov 9, 2016

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Revised

June 2017

Effective Spring 2017 Baseball Season

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

Pitching Limits Varsity Pitches Required Rest

86-110 3 days

61-85 2 days

36-60 1 day

1-35 0 days*

More info

- *- Additionally, no pitcher may throw more than 75 pitches over two days. If they throw 75 pitches in two days, there will be one day of required rest.
- A pitcher will be allowed to finish a batter if they hit the limit (110 in varsity play; 85 in sub-varsity) during an at-bat, but must exit the game after the hitter.
- Each contest must be recorded with the opposing team, noting the names of each pitcher and how many pitches that the pitcher threw in the game. This information must be recorded in MaxPreps, along with the result of the contest, within 24 hours of the game. Note: The UHSAA recommends using Game Changer, as it is a free app for Apple products and can be easily exported into MaxPreps.

PENALTY:

If the pitch count rule is exceeded, the first offense is a coach suspension for two games; the second offense and subsequent offense is forfeiture of contest. If there is a postseason violation, it is a forfeit.

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

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

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8/3/17

JJC

Interps & Guidelines 2.2.2: CONTEST LIMITATIONS

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

Region 9 Baseball
Schedule 2024
(Revised 7/06/23)

Tue. 3/12

Hurricane @ Crimson Cliffs
Desert Hills @ Dixie
Cedar @ Pine View
Bye – Snow Canyon

Tue. 3/19

Snow Canyon @ Hurricane
Crimson Cliffs @ Desert Hills
Dixie @ Cedar
Bye – Pine View

Tue. 3/26

Desert Hills @ Hurricane
Crimson Cliffs @ Cedar
Snow Canyon @ Pine View
Bye – Dixie

Tue. 4/2

Desert Hills @ Cedar
Snow Canyon @ Crimson Cliffs
Pine View @ Dixie
Bye – Hurricane

Tue. 4/9

Cedar @ Snow Canyon
Hurricane @ Dixie
Crimson Cliffs @ Pine View
Bye – Desert Hills

Tue. 4/16

Pine View @ Hurricane
Snow Canyon @ Desert Hills
Dixie @ Crimson Cliffs
Bye – Cedar

Tue. 4/23

Hurricane @ Cedar
Pine View @ Desert Hills
Dixie @ Snow Canyon
Bye – Crimson Cliffs

Thur. 3/14

Crimson Cliffs @ Hurricane
Dixie @ Desert Hills
Pine View @ Cedar
Bye – Snow Canyon

Thur. 3/21

Hurricane @ Snow Canyon
Desert Hills @ Crimson Cliffs
Cedar @ Dixie
Bye – Pine View

Fri. 3/29

Hurricane @ Desert Hills
Cedar @ Crimson Cliffs
Pine View @ Snow Canyon
Bye – Dixie

Fri. 4/5

Cedar @ Desert Hills
Crimson Cliffs @ Snow C
Dixie @ Pine View
Bye – Hurricane

Fri. 4/12

Snow Canyon @ Cedar
Dixie @ Hurricane
Pine View @ Crimson Cliffs
Bye – Desert Hills

Fri. 4/19

Hurricane @ Pine View
Desert Hills @ Snow Canyon
Crimson Cliffs @ Dixie
Bye – Cedar

Fri. 4/26

Cedar @ Hurricane
Desert Hills @ Pine View
Snow Canyon @ Dixie
Bye – Crimson Cliffs

Baseball sites

Washington Co. – Varsity 7:30pm & JV 4:30pm. Freshmen doubleheaders 5:00pm & second game to follow.
Iron Co. – Varsity 3:00pm & JV 5:30pm. Freshmen doubleheaders 3:00pm & second game to follow.

Softball sites

Washington Co. – Varsity 7:00pm, JV 5:00pm. Freshmen doubleheaders 5:00pm & second game to follow.

Iron Co. – Varsity 3:00pm & JV 5:00pm or following Varsity game. Freshmen double headers 3:00pm and second game to follow.

Baseball

* The Freshmen time for Wash. Co is 5pm and 7pm DH*

* The Freshmen time for Iron Co. 3pm and 5pm DH*

**Baseball Freshmen
(Revised 7/06/23)**

Mon. 3/18

Cedar @ Hurricane

Desert Hills @ Pine View

Snow Canyon @ Dixie

Bye – Crimson Cliffs

Mon. 3/25

Pine View @ Crimson Cliffs

Desert Hills @ Hurricane

Snow Canyon @ Cedar

Bye – Dixie

Mon. 4/1

Pine View @ Dixie

Hurricane @ Snow Canyon

Crimson Cliffs @ Desert Hills

Bye – Cedar

Mon. 4/8

Cedar @ Pine View

Dixie @ Hurricane

Snow Canyon @ Crimson Cliffs

Bye – Desert Hills

Mon. 4/15

Hurricane @ Pine View

Dixie @ Crimson Cliffs

Cedar @ Desert Hills

Bye – Snow Canyon

Mon. 4/22

Hurricane @ Crimson Cliffs

Cedar @ Dixie

Desert Hills @ Snow Canyon

Bye – Pine View

Mon. 4/29

Crimson Cliffs @ Cedar

Pine View @ Snow Canyon

Dixie @ Desert Hills

Bye – Hurricane

- **All games are double headers.**

**Region 9 Softball
Schedule 2024
(Revised 07/06/2023)**

Tue. 3/12

Crimson Cliffs @ Hurricane
Dixie @ Desert Hills
Pine View @ Cedar
Bye – Snow Canyon

Tue. 3/19

Hurricane @ Snow Canyon
Desert Hills. @ Crimson Cliffs
Cedar @ Dixie
Bye – Pine View

Tue. 3/26

Hurricane @ Desert Hills
Cedar @ Crimson Cliffs
Pine View @ Snow Canyon
Bye – Dixie

Tue. 4/2

Cedar @ Desert Hills
Crimson Cliffs @ Snow Canyon
Dixie @ Pine View
Bye – Hurricane

Tur. 4/9

Snow Canyon @ Cedar
Dixie @ Hurricane
Pine View @ Crimson Cliffs
Bye – Desert Hills

Tue. 4/16

Hurricane @ Pine View
Desert Hills @ Snow Canyon
Crimson Cliffs @ Dixie
Bye – Cedar

Tue. 4/23

Cedar @ Hurricane
Desert Hills @ Pine View
Snow Canyon @ Dixie
Bye – Crimson Cliffs

Thur. 3/14

Hurricane @ Crimson Cliffs
Desert Hills @ Dixie
Cedar @ Pine View
Bye – Snow Canyon

Thur. 3/21

Snow Canyon @ Hurricane
Crimson Cliffs @ Desert Hills
Dixie @ Cedar
Bye – Pine View

Fri. 3/29

Desert Hills @ Hurricane
Crimson Cliffs @ Cedar
Snow Canyon @ Pine View
Bye – Dixie

Fri. 4/5

Desert Hills @ Cedar
Snow Canyon @ Crimson Cliffs
Pine View @ Dixie
Bye – Hurricane

Fri. 4/12

Cedar @ Snow Canyon
Hurricane @ Dixie
Crimson Cliffs @ Pine View
Bye – Desert Hills

Fri. 4/19

Pine View @ Hurricane
Snow Canyon @ Desert Hills
Dixie @ Crimson Cliffs
Bye – Cedar

Fri. 4/26

Hurricane @ Cedar
Pine View @ Desert Hills
Dixie @ Snow Canyon
Bye – Crimson Cliffs

Frosh Schedule 2024

Softball

(Revised 7/06/23)

Mon. 3/18

Hurricane @ Cedar
Pine View @ Desert Hills
Dixie @ Snow Canyon
Bye - Crimson Cliffs

Mon. 3/25

Crimson Cliffs @ Pine View
Hurricane @ Desert Hills
Cedar @ Snow Canyon
Bye - Dixie

Mon. 4/1

Dixie @ Pine View
Snow Canyon @ Hurricane
Desert Hills @ Crimson Cliffs
Bye - Cedar

Mon. 4/8

Pine View @ Cedar
Hurricane @ Dixie
Crimson Cliffs @ Snow Canyon
Bye - Desert Hills

Mon. 4/15

Pine View @ Hurricane
Crimson Cliffs @ Dixie
Desert Hills @ Cedar
Bye - Snow Canyon

Mon. 4/22

Crimson Cliffs @ Hurricane
Dixie @ Cedar
Snow Canyon @ Desert Hills
Bye - Pine View

Mon. 4/29

Cedar @ Crimson Cliffs
Snow Canyon @ Pine View
Desert Hills @ Dixie
Bye - Hurricane

Girls Golf

1. The HOST school will be responsible for:
 - a. Starting times and scoring for the meet.
 - b. Local pro to explain course rules
2. Play will be from the tees as directed by the local pro.
3. **MAXIMUM STROKE PLAY SCORING FORMAT (2019-20)**
 - a. All UHSAA Golf Championships (boys and girls) will use a Modified Stroke Play Scoring System. Contestants will PICK UP after reaching a maximum score of nine (9) strokes on any hole of a competition.
 - b. Markers will record a 9 on any hole where the maximum score is scored and then it will be circled on the card for easy identification of that score.
 - c. All designated region events shall also use this scoring system. It will provide consistent and fair qualification for the state competitions and All-State considerations.
 - d. Advantages of using this system are increased speed of play and less pressure to finish a very bad hole. This system will also use the modification for Penalties and Disqualification Penalties that are listed under USGA Rules of Golf, Rule 21.2
4. **Region Match Schedules:** It is recommended that Regions hold at least SIX 18-hole matches
5. **The last region match will be rotated on an annual basis. A regional championship will no longer be held at the end of the season. Region play points will be used to determine region medalists and region team champions. The top 3 teams from Region play will be awarded a 1st place, 2nd place, and 3rd place trophy.**
6. **Qualifying for State Playoffs**
 - a. **4A-Team Qualifications:** Region 9 will have 6 teams qualify for the state tournament. Individuals who do not otherwise qualify through a team but are in the top twelve (12) for the region are eligible to enter.
7. Each team will play 6 golfers; the low 4 scores from each team will be counted. If for any reason a team cannot post 4 scores, that team must take the highest individual score at the tournament.
8. Region **team** scoring/standings will be determined by the following cumulative point system. The top four (4) teams will qualify for the state tournament at the conclusion of the season.
 - a. 1st Place - 7 Points
 - b. 2nd Place - 6 Points
 - c. 3rd Place - 5 Points
 - d. 4th Place - 4 Points
 - e. 5th Place - 3 Points
 - f. 6th Place - 2 Points
 - g. 7th Place - 1 Point
9. Tie - breaker for Region team and individual champion:
 - a. If there is a team tie for the Region Championship, the top 4 golfers from each team that is tied will then defer to total strokes of the top 4 golfers from each team. The 4 players identified will have their total strokes from the season added up to break the tie. The same procedure will apply to the individual champion as well. If a tie exists for the final team or individual playoff spot, this procedure will be applied as well.
10. Region **individual** scoring/standings will also use a cumulative point system. Only the top 6 golfers will score each week. Yet we will medal the top 12 individuals at the conclusion of the season determined by points. The same scoring system used for team scoring will be used. Any ties will be broken by deferring to total strokes from the entire season. Twelve (12) individuals who do not otherwise qualify through a team but are in the top twelve individuals for the region are eligible for the state tournament.
11. Spectators are allowed as per the discretion of the local course. Spectators are not allowed within 50 feet of any player during play. Spectators cannot give advice during competitions nor shuttle players without prior approval of coaches and/or course. If players are shuttled between holes, all players must have that opportunity.
 - a. Penalty – 1st offense will be a warning. 2nd offense **may** result in disqualification.
12. Caddies are not allowed at any time.
13. **Distance Measuring and Electronic Devices -** Participants may use “distance measuring devices” that conform to the Rules of Golf- Rule 14-3 Note; Appendix I. This limits the distance measuring to only measure distance and not slope, wind, or barometric pressure, etc. Turning off the applications other than distance on a device does not bring it into compliance. In fairness to the field: a player using a “distance measuring device” must allow a fellow competitor within their grouping to use the information from that device upon request. If the player does not comply, permission to subsequently use of the device will be withdrawn. No cell or smart phones, or other electronic devices may be used during the competition.
14. The host pro or course representative will consult with the golf coaches to determine whether a course is playable. Leaving the course or interrupting continuous play is grounds for disqualification. NFHS lightning protocol will be followed. If play is suspended, NFHS and UHSAA rules regarding play will be enforced. **Region 9 has adopted the standard that lightning within 7 MILES is grounds to suspend play.**

15. Dress Code- Appropriate golf attire is required for all golfers at all UHSAA sanctioned events.
16. All golfers will respect the courses and facilities. Profanity will not be allowed. Any damage to the courses such as throwing clubs, unprofessional conduct or use of profanity may be grounds for disqualification and /or elimination from further participation in region competition.
17. The Utah Section PGA will provide "Call-in Rules Help" should the Region committees or school coaches need additional help. Please call or text the following numbers for Rules Help: Devin Dehlin (801) 556-0393; Annie Fisher (801) 558-2410; Aaron Goodman (801) 910-2159 Doug Vilven (801) 502-5432;. A USGA interactive rules training module is available for coaches and players use at www.usga.org/rules/trainers

2022 Region X Girls Golf

Monday 2/28	Team Selection / First day of Practice	
Thurs 3/10	Dixie Red Hills (9 holes)	1:30
Thur 3/17	Southgate	1:00
Thurs 3/24	Sky Mountain	1:00
Wed 3/30	Sunriver	1:00
Wed 4/6	Sand Hollow (Links X2)	1:00
Thurs 4/14	Sunbrook	1:00
Wed 4/20	Green Spring	1:30
Wed 4/27	Cedar Ridge	1:00
May 2 - 6	Make Up / JV Tournament	TBD
May 11 & 12	State Tournament @ Sunbrook	

<p><u>Pairings (Girls Golf)</u> Golf pairings will go as follows: 1. The first 5 contests are randomly done and set before the season begins. 2. The last 3 contests are done by ranking from the first 5 contests. 3. Put the #6s in a place on the course where they will need to be faster and pick up after 9 shots. 4. Keep the teams on successive holes. Pairings First Five Weeks Equity First Five Weeks The host coach will check with the course prior to the match regarding the start time and any special rules that are specific to that course. The rules and time changes will be communicated to the host Athletic Director and Region X golf coaches.</p>	<p><u>Athletic Directors Contact Information</u> Dustin Drake - DHHS 435-632-0306 Marcus Matua -HHS 801-310-4307 Ryan Christiansen - PVHS 435-862-9020 Conley Gali -SCHS 435-669-9259 Mike Bair -DHS 435-632-3271 Danny Lewis - CHS 435-868-8459 Michael Winslow -CCHS 435-817-1086 Rusty Taylor - Region X Rep 435-705-4021</p>
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Cedar Ryan Johnson ryzansun@gmail.com
Dixie Adam Massey adam.massey@washk12.org
Hurricane Steve Jurca steve.jurca@washk12.org
Pineview Matt Wieland longhorn5243@gmail.com
Snow Canyon Kenny Kunde kenny.kunde@washk12.org
Crimson Jared Huddleston jared.huddleston@washk12.org
Desert Hills-Kyla Smith kyla.smith@washk12.org

Boys Soccer

BOYS SOCCER GUIDELINES

1. Game times: for Cedar, Varsity will begin at 4:00 pm and the JV & **Freshmen** games to follow 15 minutes after the varsity game (on two fields simultaneously). For Crimson Cliffs, Desert Hills, Dixie, Desert Hills, Hurricane, Pine View and Snow Canyon, the **Freshmen** game will start at 4:00pm, JV game at 5:30pm and the Varsity will start at 7:00pm.
2. Should a game be postponed due to weather or field conditions (in the first half), the game will be made up on the first available agreed date.
3. For tie games in league play, two ten-minute overtime periods must be played. The first team to score wins. If no team scores, the game remains a tie.
4. The UHSAA has approved a two-minute water break during each half of play. The break will be at the 20-minute mark of each half.
5. **All game time for Boys and Girls Soccer will be kept on the Scoreboard clock. The clock needs to be operated by a responsible adult.**

Team Schedule

Desert Hills	BAHAAHA BHAHHAH	2,4/4,2
Cedar	ABHHAHH HBAAHAA	4,2/2,4
Snow Canyon	HABHABA AHBAHAH	3,3/3,3
Dixie	HAHBHAH AHABAHA	4,2/2,4
Pine View	AHAHBAH HAHABHA	3,3/3,3
Hurricane	AHAAHBA HAHHABH	2,4/4,2
Crimson Cliffs	HHAAHAB AAHHAHB	3,3/3,3

The rotation of sports was drawn by the Athletic Directors. After each year each team will move up one spot in the rotation, within each season.

Spring # 1 Desert Hills, 2 Cedar, 3 Snow Canyon, 4 Dixie, 5 Pine View, 6 Hurricane,
7 Crimson Cliffs

This schedule will mirror Boys Volleyball 2024

BOYS SOCCER SCHEDULE 2024

(revised 05/24/23)

Monday 2/26

First Day of Try-outs/Team Selection

(WCSD Spring Break March 11-15, 2024)

Tuesday 3/19 (1st Region Contests)

Cedar @ Snow Canyon
Pine View @ Dixie
Hurricane @ Crimson Cliffs
Desert Hills **BYE**

Tuesday 3/26

Hurricane @ Desert Hills
Pine View @ Cedar
Crimson @ Dixie
Snow Canyon **BYE**

Tuesday 4/2

Desert Hills @ Dixie
Cedar @ Crimson Cliffs
Snow Canyon @ Hurricane
Pine View **BYE**

Tuesday 4/9

Desert Hills @ Cedar
Snow Canyon @ Dixie
Hurricane @ Pine View
Crimson Cliffs **BYE**

Tuesday 4/16

Pine View @ Snow Canyon
Crimson Cliffs @ Desert Hills
Hurricane @ Dixie
Cedar **BYE**

Tuesday 4/23

Snow Canyon @ Desert Hills
Cedar @ Hurricane
Pine View @ Crimson Cliffs
Dixie **BYE**

Tuesday 4/30

Desert Hills @ Pine View
Cedar @ Dixie
Snow Canyon @ Crimson Cliffs
Hurricane **BYE**

End Date Tue 5/7, State Tournament Bracket Reveal Wed May 8th @ 9:00am

State Tournament 1st Round @ Home Site Fri 5/10

State Tournament 2nd Round @ Home Site Tue 5/14

State Tournament Quarterfinals @ Home Site Thu 5/16

State Tournament Semifinals @ Zions Bank Stadium Tue 5/21

State Tournament Finals @ Rio Tinto Thu 5/23

Monday - Saturday 3/4 - 3/9

Non-League/Tournament Games

(ICSD Spring Break April 1-5, 2024)

Friday 3/22

Snow Canyon @ Pine View
Desert Hills @ Crimson Cliffs
Dixie @ Hurricane
Cedar **BYE**

Thurs 3/28 (Easter Weekend)

Desert Hills @ Snow Canyon
Hurricane @ Cedar
Crimson Cliffs @ Pine View
Dixie **BYE**

Fri 4/5

Pine View @ Desert Hills
Dixie @ Cedar
Crimson Cliffs @ Snow Canyon
Hurricane **BYE**

Friday 4/12

Snow Canyon @ Cedar
Dixie @ Pine View
Crimson Cliffs @ Hurricane
Desert Hills **BYE**

Friday 4/19

Desert Hills @ Hurricane
Cedar @ Pine View
Dixie @ Crimson Cliffs
Snow Canyon **BYE**

Friday 4/26

Dixie @ Desert Hills
Crimson Cliffs @ Cedar
Hurricane @ Snow Canyon
Pine View **BYE**

Friday 5/3 (Last Region Contest)

Cedar @ Desert Hills
Dixie @ Snow Canyon
Pine View @ Hurricane
Crimson Cliffs **BYE**

Boys Tennis
(Boys and Girls)
Updated 5-16-2022

Region 10 recognizes and supports the United States Tennis Association Code of Ethics.

Dual Meets and Region Tournament: All schools will compete in all scheduled Region matches. No stacking will be permitted. Lineups must be as follows: the 1st Singles player must be better in head-to-head matches vs the 2nd Singles player, and the 2nd Singles player must be better in head-to-head matches vs the 3rd Singles player. The 1st Doubles team must be better in head-to-head matches vs the 2nd Doubles team. This applies to all categories.

The twelve-point tiebreaker will be used for all dual meets and for Region Tournament.

Coaching: State Tournament guidelines will be used in Region matches. Coaching is allowed on change over only during 90-second allotment. A two minute break will be allowed after the 1st set. A ten minute break will be allowed after the 2nd set if the match goes 3 sets.

Matches will begin at **4:00 p.m.**

To be eligible to compete in the state qualifying tournament, players shall compete in a minimum of five (5) matches during the season. This may include matches played at the varsity or junior varsity level and in the singles or doubles position. Injury or special situations will be considered but must be approved by the Region Tennis Chair and in turn the UHSAA prior to the player participating. Because of the stacking guidelines, regions/divisions should not dictate that a certain percentage of matches be played at a certain position (i.e. 1st singles, 2nd singles).

Our Region trophy will be awarded to the team that wins the region tournament. The trophy will be presented at the region tournament. Seeding for the region tournament will be based upon Region matches. Seeding for state will be based on RPI. Team scoring will be awarded by place. The player is awarded the amount of points that coincides with their place. Ex: 6th place is awarded 6 points. The team with the lowest score is the region champion.

Medals will be awarded to the first, second and third place winners in the region seeding tournament.

Vulgar language, racket throwing or any other form of unsportsmanlike conduct will not be tolerated. The point-game-match penalty will be used.

Tie breakers will defer to tie-breaker rules.

Continuous coaching during the region schedule is allowed for JV only.

**Region 9 Boys Tennis 2023-24 Schedule
(Feb 26, Begin Practice)-(March 4, First Contest Allowed)**

		Thursday, April 4
		Pine View @ Dixie
		Snow Canyon @ Hurricane
		Crimson @ Desert Hills
		Cedar @ Bye
Tuesday, April 9		Thursday, April 11
Cedar @ Dixie		Hurricane @ Cedar
Hurricane @ Desert Hills		Desert Hills @ Pine View
Crimson @ Pine View		Snow Canyon @ Crimson
Snow Canyon @ Bye		Dixie @ Bye
Tuesday, April 16		Thursday, April 18
Hurricane @ Pine View		Pine View @ Snow Canyon
Desert Hills @ Dixie		Cedar @ Desert Hills
Snow Canyon @ Cedar		Dixie @ Crimson
Crimson @ Bye		Hurricane @ Bye
Tuesday, April 23		Thursday, April 25
Dixie @ Hurricane		Pine View @ Cedar
Desert Hills @ Snow Canyon		Dixie @ Snow Canyon
Cedar @ Crimson		Crimson @ Hurricane
Pine View @ Bye		Desert Hills @ Bye

- State First Round May 4 @ TBA
- State Tennis May 10-11 @ Liberty Park

Track (Boys and Girls)
2022-2023

1. All UHSAA rules and guidelines will be followed.
2. A total of Eight qualifying individual contests, plus the region and state meets are allowed per individual.
3. Region Meets will start at 3 or 4 pm, unless transportation or other issues arise, and coaches agree to a later start time.
4. A boy's trophy and a girl's trophy will be awarded to the teams winning the region meet. Medals will be awarded to the individuals winning the first three places in the region meet in each event for both boys and girls. **JV Medals will be awarded for 1-3 places in each event for boys and girls.**
5. Host schools will be responsible to conduct and to take care of the needs of all track meets held at their school. Schools hosting region track meets may request schools participating in the track meet to bring needed equipment to the meet (i.e. hurdles, etc.)
6. Each school may qualify **4 individuals/events** to participate in the region track events.
7. Region 9 will encourage member schools to host freshman and/or Junior Varsity track meets.
8. The host school may request adults from member schools to officiate at the region track meet.
9. Need official for Region Meet.
10. Official Timer will be paid \$200 for the JV meets and \$400 for the invitationals.
11. **New Tracks Have To Use 1/8 Needle Spikes or 1/4 Pyramid Spikes. 1/4 Pyramid Spikes at BYU.**

Rotation of Region Meets:

2021 - Desert Hills	2027 - Hurricane
2022 - Crimson Cliffs	2028 -
2023 - Dixie	2029 -
2024 - Pine View	2030 -
2025 - Cedar	2031 -
2026 - Snow Canyon	2032 -

REGION X TRACK AND FIELD CHAMPIONSHIPS

Meet Format

Wednesday, Trials Start at 4:00 PM

Running Events:

1600 M Run Finals (**Box Ally start, 4 athletes in each box, remaining athletes will fill in behind 1st tier of athletes**)

100 M Hurdles

110 M Hurdles

100 M Dash

400 M Dash

300 M Hurdles

4 x 8 Relays

200 M Dash

Field Events: Varsity (top 9 go to finals)

All Field events start at 4:00 PM

Boys Long Jump

Boys Shot put

Boys Javelin

Girls Discus

Girls High Jump

Thursday, Finals start at 4:00 PM

Running Events:

3200 M Run

100 M Hurdles

110 M Hurdles

100 M Dash

4 x 800 M Relay

400 M Dash

300 M Hurdles

4 x 2 Relays

800 M Run (Box Ally start, 4 athletes in each box, remaining athletes will fill in behind 1st tier of athletes)

200 M Dash

1600 M Relay

Field Events:

All field events start at 4:00 PM

Girls Long Jump

Girls Shot put

Girls Javelin

Boys Discus

Boys High Jump

Notes:

Field event officiating assignments will be made by the host school (unless our region will provide officials from the Utah High School Officials pool).

Shot, Disc, Javelin, High Jump, Long Jump

*Location: as per rotation

* Girls followed by boys in all running events.

*Limit 4 Varsity athletes per event

*Limit 4 events per athlete

*Limit 1 of each relay per team

*Top 4 athletes and top 4 relay teams qualify for state.

*Scoring will be 7 places 10, 8, 6, 5, 4, 3, 2, 1.

*Medals will be awarded to the top 3 varsity finishers in individual events and to the top varsity 3 relay

Medals for Region Track Meet

EVENT	Girls Medals	Boys Medals	
Long Jump	1-3 place	1-3 place	
High Jump	1-3 place	1-3 place	
Shot put	1-3 place	1-3 place	
Discus	1-3 place	1-3 place	
Javelin	1-3 place	1-3 place	
3200 M Run	1-3 place	1-3 place	
1600 M Run	1-3 place	1-3 place	
800 M Run	1-3 place	1-3 place	
400 M Dash	1-3 place	1-3 place	
200 M Dash	1-3 place	1-3 place	
100 M Dash	1-3 place	1-3 place	
4x100 Relays	1-3 place (set of 4)	1-3 place (set of 4)	
4x200 Relays	1-3 place (set of 4)	1-3 place (set of 4)	
4x400 Relays	1-3 place (set of 4)	1-3 place (set of 4)	
4x800 Relays	1-3 place (set of 4)	1-3 place (set of 4)	
300 M Hurdles	1-3 place	1-3 place	
110 M Hurdles		1-3 place	
100 M Hurdles	1-3 place		

MEET SCHEDULE: Spring 2022

March 8 (T)	JV meet @ PVHS (Relays only) - 5 pm
March 11-12 (F/S)	Snow Canyon Invitational - 2 pm Fri/9 am Sat
March 22 (T)	JV meet @ Crimson Cliffs (Hurricane Host) 2 pm
March 25-26 (F/S)	Pine View Invitational (2 pm Fri/9 am Sat)
April 2 (S)	Desert Hills Invitational (9 am)
April 8 (F)	JV meet @ Snow Canyon - 2 pm
April 9 (S)	Crimson Cliffs Invitational (9 am)
April 19 (T)	JV meet @ Dixie - 2 pm
April 22-23 (F/S)	Dixie Invitational (2 pm Fri/9 am Sat)
April 29 (F)	JV Meet @ Cedar - 2 pm
April 30 (S)	Cedar Invitational - 9 am
May 3	JV Region Qualifier @ Desert Hills - 2 pm
May 6-7	BYU Invitational
May 11-12	Region Track @ Crimson Cliffs - 5pm
May 19-21	State Track @ BYU

Each Schools Admin and Track Coaches will monitor, and be responsible to keep the general public off the Field and Track. Include Gatekeepers, ticket Lanyards, etc..... to monitor the required traffic.

Boys Volleyball

1. National Federation/UHSAA rules and guidelines will be followed.
2. Matches will be based on a 25-point games rally scoring without a cap. Match winner must win three of five games. Fifth game is played to 15 rally score, no cap.
3. Sub Varsity matches first two games will be rally scoring to 25 with a cap of 27. Games 3, 4, and 5 will be rally scoring to 15 with a cap at 17.
4. Game times will be as follows:
 - a. JV 5:30 pm
 - b. Varsity 7:00 pm

(Bring Stats on Players)

1 or Co-MVP/s if coaches agree by vote

6 - 1st team boys + libero

6 - 2nd team boys + libero

6 - Honorable mentions boys + libero

Break down on who gets what

1st place 5 boys

2nd place 5 boys

3rd place 4 boys

4th place 3 boys

5th place 2 boys

6th place 1 boy

7th place 1 boy

8th place 1 boy

Feb 11 - Feb 25 - Two Week Restrictions 2024

Feb 26 Begin Practice/Team Selection

Mar 4 - First Contest Allowed

Volleyball Game limitations: a maximum 28 games total for the season.

The following guidelines pertain to the tournaments: no more than 6 total matches in a tournament, no more than 4 matches in a single day, and tournaments may not exceed three days in length.

For varsity matches inside a tournament one of the two following options can be considered: 1) All matches are a best 3 out of 5 sets or 2) Pool play can be a best 2 out of 3 sets and at least two bracketed matches must be a best 3 out of 5 sets. For varsity matches outside a tournament, all matches are a best 3 out of 5 sets.

BOYS VOLLEYBALL SCHEDULE 2024

(revised 05/31/23)

Monday 2/26

First Day of Try-outs/Team Selection

WCSD Host Tournaments - March 8-9

(WCSD Spring Break March 11-15, 2024)

Friday 3/12 (First Region Contest)

Cedar @ Desert Hills
Dixie @ Snow Canyon
Pine View @ Hurricane
Crimson Cliffs **BYE**

Tuesday 3/19

Cedar @ Snow Canyon
Pine View @ Dixie
Hurricane @ Crimson Cliffs
Desert Hills **BYE**

Tuesday 3/26

Hurricane @ Desert Hills
Pine View @ Cedar
Crimson @ Dixie
Snow Canyon **BYE**

Tuesday 4/2

Desert Hills @ Dixie
Cedar @ Crimson Cliffs
Snow Canyon @ Hurricane
Pine View **BYE**

Tuesday 4/9

Desert Hills @ Cedar
Snow Canyon @ Dixie
Hurricane @ Pine View
Crimson Cliffs **BYE**

Tuesday 4/16

Pine View @ Snow Canyon
Crimson Cliffs @ Desert Hills
Hurricane @ Dixie
Cedar **BYE**

Tuesday 4/23

Snow Canyon @ Desert Hills
Cedar @ Hurricane
Pine View @ Crimson Cliffs
Dixie **BYE**

Tuesday 4/30 (Last Region Contest)

Desert Hills @ Pine View
Cedar @ Dixie
Snow Canyon @ Crimson Cliffs
Hurricane **BYE**

End Date Tue 4/30, State Tournament Bracket Reveal Wed 5/1 @ 9:00am

State Tournament 1st Round @ Home Site Sat 5/4

State Tournament @ Utah Valley University Fri 5/10 - Sat 5/11

Monday - Saturday 3/4 - 3/9

Non-League/Tournament Games

(ICSD Spring Break April 1-5, 2024)

Friday 3/15

Snow Canyon @ Pine View
Desert Hills @ Crimson Cliffs
Dixie @ Hurricane
Cedar **BYE**

WCSD Host Tournaments March 22-23

Thurs 3/28 (Easter Weekend)

Desert Hills @ Snow Canyon
Hurricane @ Cedar
Crimson Cliffs @ Pine View
Dixie **BYE**

Fri 4/5

Pine View @ Desert Hills
Dixie @ Cedar
Crimson Cliffs @ Snow Canyon
Hurricane **BYE**

Friday 4/12

Snow Canyon @ Cedar
Dixie @ Pine View
Crimson Cliffs @ Hurricane
Desert Hills **BYE**

Friday 4/19

Desert Hills @ Hurricane
Cedar @ Pine View
Dixie @ Crimson Cliffs
Snow Canyon **BYE**

Friday 4/26

Dixie @ Desert Hills
Crimson Cliffs @ Cedar
Hurricane @ Snow Canyon
Pine View **BYE**

FINE ARTS

Drama 2022-2023

DRAMA

1. Host schools for drama events are to pay all expenses and submit a claim for reimbursement from Region 10.
2. The host school for plays should involve other Region 10 drama coaches in the selection of the judges for the region meet.
3. It is recommended that the Region Drama Chair (principal) serve as a "Tab Room Mediator". His/her purpose is to resolve any controversial issues, which may arise during the tournament.
4. All regional level problems should be routed as follows: Host Teacher (school), Chair Principal, and Region Chair. Each school within the region will be responsible to arrange for 6 individual events judges for the region. The pay for judges will be \$40 per day for individual events; and 1 Act judges will be paid \$125 for the day.
5. Host teachers for the region events must follow the procedures [FOUND HERE](#) to get judges paid.

It is essential that all drama coaches are familiar with the UHSAA Theater guidelines, found on page 156-163 of the [UHSAA Handbook](#)

Drama Event Schedule 2023

March 24, 2023	Region Drama One-Act Plays
March 23, 2023	Region Drama Individual Events
April 20-22, 2023	State Drama Meet

Region Awards & Medals

(Region Trophy from Jostens, all other medals and plaque from Clark & Linford)

Region Trophy (Sweepstakes Winner)

1st Place 1-Act Plaque

Humor Monologue Medals 1-1st Place; 1-2nd Place, 1-3rd Place

Dramatic Monologue Medals 1-1st Place, 1-2nd Place, 1-3rd Place

Contemporary Scene Medals 3-1st Place, 3-2nd Place, 3-3rd Place

Classical Scene Medals 3-1st Place, 3-2nd Place, 3-3rd Place

Pantomime Medals 2-1st Place, 2-2nd Place, 2-3rd Place

Musical Theater Medals 4-1st Place, 4-2nd Place, 4-3rd Place

Year	1 Act Host	I.E. Host
2021	Cedar	Desert Hills
2022	Desert Hills (Crimson)	Snow Canyon
2023	Crimson Cliffs	Cedar
2024	Dixie	Hurricane
2025	Pine View	Crimson Cliffs
2026	Snow Canyon	Pine View
2027	Hurricane	Dixie

Forensics
2022-2023

1. No Forensics meet may be held prior to September 27, 2022
1. Contest Limitations: A debate student cannot compete in more than 10 competitions per year. Any meet or game (this does not include practices and scrimmages) in which 4+ schools participate, judging/feedback is provided, and students earn NSDA points counts toward the contest limitation. Practice, Scrimmage, or combined learning opportunities, may not include more than 4 schools, must be online/virtual format, and no judging or NSDA points earned.
2. Host schools for the Region 10 tournament are to pay all expenses and submit a claim to Region 10 for reimbursement.
3. The rate of pay for judges is according to state guidelines for each judge. The arbiter for Forensics is to receive \$100.00 for his/her services for the school year. This may be divided among host schools.
4. No entry fee in excess of \$4 per student per event, per day can be charged. A maximum of \$15 school entry fee per day may be charged.
5. Each school shall provide the required number of judges per their entry. Failure to provide your judges may result in disqualification. All region level problems should be routed as follows: host teacher (school), principal over event, region chairman.
6. Registration forms must be submitted to the regional representative one-week prior to the specific contest dates.
7. In sweepstakes, when there is a team tie for the final qualifying spot, the tie will not be broken. Both teams will go to state competition, if allowed.
- 8. Sweepstakes - Forensics (points)**

Lin/Doug: Superior = 5, Excellent = 3, Good, = 1, Fair = 0

Individual Events and Student Congress (Quartile systems used):

Superior = 5, Excellent = 3, Good = 1, Fair - 0
Top quartile = Superior
Second quartile = Excellent
Third quartile = Good
Fourth quartile = Fair
9. Student Congress: Participants will bring 30 typed copies of their resolution in order to participate in the Congress.
10. There will be a limit of 4 teams per school for debate and 4 entries for Lincoln/Douglas. A limit of 3 from each school in Student Congress and individual events.
11. Student Congress for Region 10 will conform to state tournament guidelines. A trophy will be awarded to the first place winner in forensics (including combined points from debate and individual events).
Limited to ten per year with no more than three 150-mile trips (one way.)
12. All Region 10 teams must support ALL local meets.
13. The host coach for the Region meet must follow the procedures [FOUND HERE](#) to get the judges paid.

**Two all-region tournaments per season, with hosting duties rotating yearly as agreed upon by the coaches each year (host schools will cover expenses, schools can work together to share the hosting duties) These two tournaments will include judges that are paid (½ of the state rate - \$25 per day or \$10 for a half day – at least 2 rounds).

- The culminating region championship tournament will continue, with hosting duties assigned and agreed upon by the principals (found in the region handbook). At this meet judges will be paid the same rate listed above. The region will continue to cover the expenses related to this event.
- These 3 region tournaments will start on a Friday at 1 pm. This will allow the entire competition to be completed in one day (eliminating the two day events will help students stay committed)
- Outside of these 3 events, individual schools will host or participate in at least 2 scrimmages (these scrimmages will not have judges; coaches will work as facilitators and give feedback). These scrimmages will be smaller and only include 2-3 schools. At least one of the other schools must be a region school.
- Each team will be expected to participate in one tournament outside of the region during the season.

Awards - At the region championship tournament, the UHSAA medals and region trophy will be awarded. There will be an addition of circuit awards (certificates and some trophies) that will be awarded based on a compilation of points from the two region tournaments. These circuit awards will be paid for out of the registration fees for the championship tournament.

FORENSICS SCHEDULE 2022-2023

<u>DATE</u>	<u>LOCATION</u>
Oct. 27	Crimson Cliffs
Nov. 10	Cedar
Dec 2	Desert Hills
Jan. 14	Beaver Battles - Beaver High
Feb. 28	Region Forensics Meet SUU
Mar. 10-11	State Forensics Tournament @ Ridgeline

Rotation Schedule for Region Host

Year	Host School
2021	Hurricane
2022	Pine View (SC host because PV did not have a teacher/program)
2023	Dixie
2024	Crimson Cliffs
2025	Desert Hills
2026	Snow Canyon
2027	Cedar

Forensics Medals to be presented at the Region Competition

EVENT	Medals
Policy Debate	1-3 place (set of 2)
Original Oratory	1-3 place
Public Forum	1-3 place (set of 2)
Lincoln Douglas Debate	1-3 place
National Extemporaneous	1-3 place
Foreign Extemporaneous	1-3 place
Student Congress	1-3 place
Impromptu	1-3 place
Mixed Interpretive (added 21-22)	1-3 place
Informative Speech (added 21-22)	1-3 place

Music
2022-2023

1. Each regional festival falls under UHSAA supervision. The music region chair will do all communication between host schools and UMEA/UHSAA directors. State Solo & Ensemble falls under UHSAA supervision, all other state festivals fall under UMEA supervision.
2. The host school must pay adjudicators following the approved region payment process. Adjudicators are paid through the region chair principal and secretary. The payment procedure is outlined on a separate document [LINKED HERE](#). Following the festival, the host will need to secure copies of the required paperwork to submit to the region chair principal for reimbursement.
3. The host school will provide information on starting times, procedures, available instrumentation, seating, adjudication, etc. at least ten school days in advance.
4. At the conclusion of each region festival, with the exception of Solo & Ensemble, a host school administrator will be asked to announce the groups that have qualified for the state festival. In addition, at the region jazz festival - outstanding soloists/sections and outstanding sight reading will be announced.
5. 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. Each music director should instruct their students on proper concert etiquette and remain in the performing areas while groups perform. It is each director's responsibility to monitor student behavior inside and outside performing areas. It is expected that each school will arrange schedules to stay and listen to at least 2 groups following their performance. Adjustments can be made dependent on travel and hosting situations.
6. Each school shall furnish its own adjudication forms. Forms must follow the UHSAA guidelines for color and format. Each school director must review every adjudication form for accuracy before the event.
7. Original scores with numbered measures are required at region festivals and state festivals. A group or individual may not qualify for the state festival if this procedure is not followed.
8. Academic All State - Any senior student enrolled in a performing group is eligible for recognition through the Academic All State program. This is done through the RegisterMyAthlete program.
9. All festivals shall begin at 3:30 pm, unless approval for a change has come from the region music chair.
10. The host school should be the first performance. Traveling schools should not be scheduled to perform before 4 pm.

CALENDAR DATES for 2023-2024 (Updated March 23, 2023)

February 28	Region Jazz Festival
March 6 (Wednesday)	Instrumental S&E
March 11-15 - Wash County Spring Break	
March 20 (Wednesday)	Vocal S&E
March 27 (Wednesday)	Region Concert Band
Iron County Spring Break	
April 10 (Wednesday)	Region Large Choir
April 17 (Wednesday)	Region Orchestra

PROCEDURES

I. Eligibility

1. A participant must be enrolled and in good standing in the high school music program which is being taught by a teacher certified by the Utah State Board of Education. If a school has no music program, #3 below is invoked.
2. For Washington County schools, 9th Graders are NOT Eligible to participate in Solo & Ensemble events, and can only participate in large group events (including Chamber Choirs) if they are enrolled in the performing class at the high school. (Per UMEA and UHSAA)
3. Because music activities are curriculum related and designed to serve those students who have chosen to study music through the school program, a participant must be enrolled in a school music class or be a member of a school band, orchestra or choir during the current school year to be eligible to participate **(including minimum 2.0 GPA and no more than 1 F in previous quarter)** in the instrumental and/or vocal events at the region and state music festivals.
4. All participants must be approved for participation in the music festival by the administrator of the member school in the region where the student is in attendance. An accompanist may or may not be a student participant. However, all participants in ensembles must be students.

II. Ratings and Special Recognition

1. Ratings may include pluses or minuses for each entry with the maximum (highest) rating being a (I).
2. Guidelines for ratings:
RATING I: SUPERIOR—A first-rate performance for the event and the class of participants being judged. To receive a superior rating a performance must meet the highest expectations in every category of adjudication. Memorization of instrumental solos is optional. Piano soloists and vocal soloists must perform from memory.

RATING II: EXCELLENT—a commendable performance showing a high standard of musical accomplishment but lacking in one or more of the characteristics of a superior rating. Music may be used.

RATING III: GOOD—an average performance lacking in several characteristics of a superior rating. Music may be used.

RATING IV: FAIR—a below average performance requiring many specific improvements.

RATING V: POOR—a performance lacking sufficient preparation and exhibiting major deficiencies.

3. The region music chair will create certificates for the following:

- Region Jazz - Outstanding Soloists, Outstanding Sections
- Solo & Ensemble - Any soloist receiving a superior (I) rating
- Piano soloists who receive a superior (I) rating
- Any ensemble receiving a superior (I) rating

III. **Additional Large Group Information**

1. For large group festivals, each school must inform the festival host ONE MONTH in advance of the number of entries they intend to enter. **If a school fails to notify the host before the month deadline, the host has discretion to not allow festival participation.** It is the responsibility of the festival host to see this deadline is met.
2. Each school will be allowed thirty minutes maximum time on stage, including entrance and exit time. It is the responsibility of each music director to stay within these time limits. The festival host should monitor the timing and communicate with adjudicators about any concerns.
3. Groups shall not perform a selection they have used at any adjudicated festival within the last five years.
4. Concert bands must use music from the approved UMEA music list.
5. Additional **Jazz Festival** Information
 - Each jazz festival must include an adjudicated sight reading portion. The sight-reading adjudication score is not used to determine if a band qualifies for state. During the sightreading portion, the band will have 5 minutes to review the selected piece. Students are allowed to play during those 5 minutes.
 - Each jazz ensemble is required to perform at least one swing and one ballad or combination thereof. The emphasis shall be on jazz, not rock.
 - Points will be deducted for doubling. Example: two alto saxophones playing the first part at the same time or at different octaves. However, the lead trumpet part and only the lead trumpet part may be doubled down an octave because it is standard jazz practice. Using two like instruments at different times is permissible. However, it is the ensemble's responsibility to make it obvious there is no doubling of parts.

IV. **Festival Hosting**

1. Schools will follow a rotation schedule. The schedule can be found at the end of this document.
2. Festival Host Responsibilities:
 - Coordinate certified adjudicators (UMEA/UHSAA certification required). It is highly recommended that adjudicators be selected from the local Southern Utah area if possible. UHSAA and Region 9 will NOT reimburse a school for hotel costs.
 - Follow the prescribed procedure in relation to adjudicator contracts and payments
 - Create the performance schedule and share it with participating directors AT LEAST 2 weeks before the event
 - Arrange for needed technology (recorders, computers, etc) for the adjudicators to use
 - Schedule the needed facilities and related student technicians and custodians for the duration of the event.
 - It is expected that each site will provide warm-up rooms. These warm-up rooms shall be equipped with the basic performance needs including: chairs, stands, rhythm section instruments, piano, etc.
 - Organize a directors room that is private and away from the students. It is recommended that food be provided for all directors and adjudicators.

- It is HIGHLY RECOMMENDED that host schools have their pianos tuned before the event.
 - If hosting an instrumental festival, host directors shall communicate what equipment will be available for use and what equipment schools will need to bring.
 - Meet with adjudicators before the start of the festival. Give explanation of festival procedures, expectations, and applicable awards.
3. Solo & Ensemble (vocal & instrumental) - The host school will create and share a google document for self scheduling of performance times. At Vocal S&E the festival host will schedule Chamber Choirs.

V. Entries Per School

1. Solo and Ensemble
 - Vocal, Strings, Winds, & Percussion
 - Each school may submit unlimited, qualified entries to the region Solo & Ensemble festival, however entries should be properly screened through a school level festival or other vetting process to ensure they can have a positive experience at the region level.
 - Each school must have their entries posted into the online schedule within 14 days of the festival. This is necessary for the host school to plan for the number of rooms and adjudicator needed for the event.
 - Piano
 - 8 Solos (no duets) (this number is based on the number of schools in the region)
2. Large Group (Concert Bands, Orchestras, Large Choirs)
 - Up to three groups per school per area (three bands, three orchestras, three choirs)
3. Jazz Ensemble - Up to two groups per school

VI. Adjudicator Information

1. Number of Adjudicators required for each event:
 - Solo & Ensemble
 - Brass and percussion - 2-3
 - Woodwinds - 2-3
 - Strings - 3-4
 - Vocal solos (small ensembles mixed in) - 4-5
 - Vocal Chamber Choirs - 3
 - Piano - 1
 - Large Groups - 3
 - Jazz Ensemble - 3 for performance, 1 for Sight reading

VII. State Qualification Guidelines

1. Solos & Ensembles - Superior rating. (1 minus does not qualify.)
2. Chamber Choirs - Superior rating (1,1,1 or 1,1,1-)
3. Large Group and Jazz Ensemble (1,1,1 or 1,1,1-)

VII. Memorization of solos

1. Piano and vocal solos must be memorized in order to qualify for the state festival.
2. Memorization of instrumental music is optional.

VIII. Duties of Region Festival Chair

1. Coordination with festival hosts
2. Printing of certificates
3. Liaison between UMEA, UHSAA, and Region Nine music teachers.
4. Creating yearly festival dates. Maintain rotation schedule

Region IX Music Event Hosts - 2020-2028

<p>Large Choir</p> <p>2020 Crimson Cliffs 2021 Canyon View 2022 Snow Canyon 2023 Cedar 2024 Hurricane 2025 Desert Hills 2026 Pine View 2027 Crimson Cliffs 2028 Dixie</p>	<p>Vocal/Piano Solo & Ensemble</p> <p>2020 Pine View 2021 Crimson Cliffs 2022 Dixie 2023 Desert Hills 2024 Pine View 2025 Crimson Cliffs 2026 Dixie 2027 Snow Canyon 2028 Cedar</p>
<p>Instrumental Solo & Ensemble</p> <p>2020 Tuacahn 2021 Dixie 2022 Cedar 2023 Pine View 2024 Crimson Cliffs 2025 Dixie 2026 Snow Canyon 2027 Cedar 2028 Hurricane</p>	<p>Orchestra</p> <p>2020 Cedar 2021 Snow Canyon 2022 Desert Hills 2023 Dixie 2024 Snow Canyon 2025 Cedar 2026 Hurricane 2027 Desert Hills 2028 Pine View</p>
<p>Band</p> <p>2020 Desert Hills 2021 Pine View 2022 Crimson Cliffs 2023 Hurricane 2024 Desert Hills 2025 Pine View 2026 Crimson Cliffs 2027 Dixie 2028 Snow Canyon</p>	<p>Jazz</p> <p>2020 Hurricane 2021 Desert Hills 2022 Pine View 2023 Crimson Cliffs 2024 Dixie 2025 Snow Canyon 2026 Cedar 2027 Hurricane 2028 Desert Hills</p>

APPENDIX AND RESOURCES

Dare to Lead Conference

- Event hosted by the Region
- Each school allowed to send 4 students to participate
- One day event, held close to the start of school

Assignments and basic outline

Mike Winslow - Event Chair, Keynotes, registration and flier

Conley - Location - set-up, tech needs

Mike Bair - Service Project/ Lunch - Island Grinds?

Danny Lewis - Shirts

Ryan - Sportsmanship Specialist

Marcus, and Terri - Classes/Curriculum

Service Project Idea - visit nursing homes

Schedule

9-9:45 am - Welcome and Opening Keynote

9:45 - Break

10-10:50 - Session 1

10:50 - 11 - Break

11-11:50 - Session 2

11:50 - 1 pm - Lunch

1-3 pm - Service Project

3-3:30 pm - Closing Keynote

****Be sure to invite smaller schools including Water Canyon, Enterprise, Canyon View, etc.****

2023-2024 Regions Champions