

Region XI – General Policies

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Region XI Board of Managers

| | | | |
|--------------|-----------|----------------------------|--|
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Region XI Athletic Directors

| | | | |
|-----------------|------|------------------------|--|
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REGION XI

General Policies

I. Admission Ticket Prices

- A. Region XI will charge \$6.00 per adult, \$5.00 students and senior citizens for all activities where admission is charged, unless approved in advance by the Region XI Board of Managers. Inter-region game prices will be set by the UHSAA.
- B. Ticket sales should begin no later than 30 minutes prior to the start of Varsity Football, and all levels of Basketball, Volleyball, and Wrestling. Admission will be charged at the first game when they are held in the same gym.
- C. Practice and Region home games are free to home team students who show a current school activity card. Excludes postseason play and endowment games.
- D. Student Body Officers with a Region Card with a photo and Cheerleaders in uniform will be admitted free of charge for all Region XI events.
- E. Admission is free only to holders of Region XI and UHSAA passes.

II. Banners and Signs

- A. Only positive banners or posters will be displayed in the area of competition. A sign welcoming the visiting team is encouraged.
- B. A home team positive run-through banner on the football field will be allowed.
- C. A school flag may be used as long as it is not used on the other school's side.

III. Cheerleaders

- A. The host school cheerleaders should initiate a meeting with the guest cheerleaders. If physically possible, the host school will provide equitable positioning and visibility for visiting cheerleaders, by their own team, during the game. This also applies to the host school. The two groups should work cooperatively during the game.
- B. The State of Utah Risk Management Policy will govern all stunts and pyramids.
- C. Cheerleaders will encourage good sportsmanship and citizenship at all times. Cheers and songs, which are derogatory or insulting, should not be used by either school. No cheer, which

is derogatory or uncomplimentary, is acceptable behavior, especially when directed toward any individual.

- D. A host school may permit cheerleaders to use no-shed pompons.
- E. Megaphones may be used only by cheerleaders at football games and only for communicating with cheering fans.
- F. No electronic cheering methods will be allowed.
- G. Legs and feet are not to be under the wrestling mat at any time.
- H. A supervisor must be present when cheerleaders perform.
 - 1. Cheer advisor or parent chaperone must be in attendance at games. If Cheer Advisor is unable to attend, they will let Administration know who will be chaperoning.
- I. Leave proper space on end of gyms for safety.
- J. Stunts and Tumbling only by the home team.
- K. Maximum of 12 Cheerleaders on respective baselines on home and away games

IV. Coaches

- A. Any complaint or protest is to be referred through the principal.
- B. Coaches are not to call the arbiter. The arbiter is to accept change requests only from the principal or athletic director.
- C. Coaches are not to exert undue influence on the officials before, during, or after any contest.
- D. Coaches may not approach an official to question or discuss any aspect of the completed activity without prior approval from the official.

V. Duties of Region XI Athletic Directors / Chairpersons

- A. The AD/Chair will conduct all meetings pertinent to their respective activity, including scheduling.
- B. The AD/Chairperson will coordinate and manage all region competitions and tournaments of the respective activity with the host school in charge.

- C. The AD/Chairperson will conduct the selection and honoring respective all-region teams where applicable.
- D. The AD/Chairperson will be the direct liaison to the Region Board of Managers.
- E. The AD/Chairperson will be responsible to present all awards, trophies, medals, etc., pertinent to the respective activity over which he/she chairs.
- F. The AD/Chairperson should meet with all coaches of the respective activity within two weeks of the conclusion of the activity to select all-region teams.
- G. The AD/Chairperson shall establish guidelines for the activities they are responsible for and review them with the region coaches/advisors on an annual basis and update when necessary.
- H. The ADEC rep. will be elected by region ADs/principals every three years or as necessary.

VI. Eligibility

- A. The UHSAA By-Laws will determine *minimum* eligibility rules for Region XI. These rules are found in the UHSAA Handbook By-Laws, Article I.
- B. Any exception must be approved by the Region XI Board of Managers.
- C. Schools may have stronger policies.

VII. Filming Opponents

- A. It is strongly recommended that film exchange occur between coaches in Region XI. When this is not possible, schools are permitted to film a future opponent's game under the following guidelines. The host school will not provide space or electricity for anyone other than the school they are playing at that time. Filmers are encouraged to sit in the visitors seating. Never will a school / coach / representative be allowed to film any other school's practices.

VIII. Inter-Region Games

- A. According to State Policy

IX. Number of Games

- B. According to State Policy

- C. Teams that exceed the number of games allowed in any season will forfeit from their region schedule the number of games exceeding the limit
- D. Games forfeited will begin with the first win on the current Region XI schedule.
- E. Coach will be suspended for the number of games they have gone over. The suspended games will take place immediately after the infraction is discovered.

X. Officials

- A. The host school should provide for someone to meet officials in order to show them their dressing room before any event ***and escort them at the conclusion of the event.***

XI. Participation

- A. All region schools are expected to participate in a full region schedule in order to compete in the region and state qualifying tournament. Failure to fulfill a region schedule meet at any level will result in a fine.
- B. All region schools are expected to pay region dues of \$3000 in a timely manner.
- C. Revenues from region events must be paid to the Region within 30 days of event.
- D. Reimbursement requests must be made within 30 days of event. Events held on Saturday will be charge a reasonable amount for custodial expenses.
- E. Any student competing at the region championship meets / competitions must have competed in at least two (2) region meets / competitions prior to the region championship meet. This ruling applies to all individual qualifying sports. In the instance of a legitimate medical situation or unforeseen circumstances the Region Board of Managers will make a determination in this matter.

XII. Pep Bands at Region XI Activities

- A. Only the host school's Pep Band will be allowed to participate at an activity. Pep Bands are to play only before games, after games, during regulation time-outs, between quarters and at half time. An advisor must be present if the Pep Band is to perform.

- B. Drums are to be used to play with the Pep Band, to play as part of an organized cheer, and to play for the Pep Club's marching activity. Drums are not permitted to be used indiscriminately as noisemakers.

XIII. Pre-Game, Half-Time, and Post-Game Activities

- A. The starting line-up may be introduced prior to the activity. A well-planned flag ceremony should be held prior to the introduction of players.
 - 1. Every announcer must read the official citizenship statement immediately prior to the flag ceremony. (See UHSAA Sportsmanship Handbook, Appendix, Public Address Announcer.)
 - 2. All activity should come to a halt immediately when the flag ceremony begins. Headgear should be removed. Activity should remain suspended until the flag ceremony is over. This includes ticket and concession sales. Starting line-ups may be introduced following the flag ceremony. All pre-game activities should be concluded before the official time of the event.
 - 3. The announcer should call everyone to attention as the flag enters and remind the audience to respect our flag by removing headgear.
- B. Senior Nights: There is a time limit of 10 minutes for Senior presentations. The game has to start on time, and cannot take away from coaches time. If held after the game, there isn't a time limit. The home school will send an itinerary to the opposing school. It is strongly recommended to use the banquets for presentation of gifts, senior information, etc.
- C. Football half-time: Half-time entertainment has fifteen minutes which includes time to get on and off the field. Exceptions can be made by mutual agreement for special occasions such as homecoming and must be coordinated with the visiting team and the officials.
- D. Basketball half-time: A maximum of ten minutes for half-time\which includes time to get on and off the floor. Exceptions can be made for special occasions.
- E. Visiting teams must exit the playing field or gymnasium immediately following shaking hands with the home team after the conclusion of the game or match. No post-game celebration by the visiting team will be allowed. Visiting teams must hold post-game team meetings away from the playing area. (ie... sideline or end zone). Fine will be assessed if not determined by the board of managers.
- F. The home team fans are not allowed on the field or floor until the visiting team has left.

- G. A supervisor must be present when student groups perform.

XIV. Region XI Awards

- A. Region XI will honor all participants in an activity with a certificate who have achieved academic excellence.
- B. The following is a breakdown of awards presented by Region XI for each activity.

Baseball (Mountain Crest)

1st Place Trophy & All-Region Certificates

Basketball – Boys (Logan) & Girls (Bear River)

1st Place Trophy

All-Region Certificates – 1st team, 2nd team, and Honorable Mention

Cheer- (Ridgeline)

Cross Country (Mountain Crest)

1st Place Trophy for both Boys and Girls

Medals for Top Ten Finishers for both Boys and Girls

Drama (Logan)

Certificate for Each Competitor

1st Place Overall Trophy

1st Place Medals in Each Category

Certificates for 2nd & 3rd Place

Categories: Humorous Interp
Dramatic Interp
Mono – Acting
Pantomime
Scenes from Plays

Drill (Green Canyon)

1st Place Overall Trophy

1st Place Trophy in each category: Kick, Dance, & Military

2nd and 3rd Place Certificates in each of the above categories

Medals for three Top Finishers in Drill Down

Certificates for All-Region Team

Rotation: Ridgeline, Sky View, MC, Logan, GC, Bear River

Football: (Ridgeline)

1st Place Trophy & All-Region Certificates

Forensics/Debate (Logan)

1st Place Trophy

Schedule for Northern Circuit

- **Green Canyon - Oct 20-21**
- **Ridgeline - November 18**
- **Sky View (Cache Classic) - 26 (maybe 19th)**
- **Bear River - February 23-24**

Rules changes

- No Preset Recency at Region unless it is a state requirement (in handbook) - Pass
- Competitors and members of the team cannot shadow at Region - Pass
- Each Region competitor must sign a rules acknowledgement before Region - Pass
- Coaches and assistant coaches cannot judge at the Region tournament - Pass
- Once the Region schedule has been determined at the Region planning meeting, the schedule will not be changed barring natural disaster, building catastrophe, or act of God - Pass

Instrumental: (Sky View)

Golf (Ridgeline)

Boys – 1st Place Trophy and Medals to the 6 members of the Region Champion Team and the Top 5 Individuals

Girls – 1st Place Trophy and Medals to the 4 6 members of the Region Champion Team and the Top 5 individuals

Music (Green Canyon)

Large Groups Region XI certificate for all individuals receiving 1 and 1-

Solo/Ensemble Pin and Region XI certificate for soloists receiving a 1 rating

Region XI certificate for each soloist receiving a 1- rating

Region XI certificate for each ensemble receiving a 1 or 1- rating

Soccer – Boys & Girls (Sky View)

1st Place Trophy for both & All-Region certificates

Softball (Bear River)

1st Place Trophy & All-Region certificates

Swimming - Boys & Girls (Mountain Crest)

- 1st Place Team Trophy for both
- 1st – 6th Place Individual Medals
- 1st – 3rd Place Relay Medals

Tennis – Boys & Girls (Green Canyon)

- 1st Place Trophy for both
- 1st, 2nd, 3rd Place Medals in each Division

Track & Field (Ridgeline)

- 1st Place Team Trophy for both Boys and Girls
- Medals for 1st – 6th Individual Events
- 1st Place Medal for Relays

Volleyball (Green Canyon)

- 1st Place Trophy & All-Region certificates

Wrestling “Boys” (Ridgeline)

- 1st Place Team Trophy for Region Tournament Winner
- Medals for Top 4 Finishers: Gold, Silver, Bronze, Bronze for 14 weight classes.

Plaques for Outstanding Wrestler in Upper & Lower Weights
Weights – 145 lbs. & above, 140 lbs. & below

XV. Region XI Rules for Tournaments

- A. All Region XI Tournaments will follow the same rules established by the UHSAA.
- B. Admission will be charged at Region prices for the following sports: Drill, Swimming, Track & Field.
- C. Income realized from Region XI activities minus legitimate expenses, belongs to Region XI. The host school will present a financial report to the Region XI Board of Managers at the next regularly scheduled meeting. In case of a deficit, the Region XI Board of Managers can reimburse the school for all approved expenditures.

XVI. Scheduled Events

- A. All Region XI regularly scheduled events constitute a contract between schools, which cannot be broken. A breach of contract will result in a penalty as determined by the Region XI Board of Managers in keeping with the UHSAA Constitution. This will result in a five hundred dollar

(\$500) fine on the 1st offense and a one thousand dollar (\$1,000) fine on the 2nd offense and each offense thereafter, payable to Region XI plus reimbursement to the UHSAA for the cost of any official's fines.

- B. Any changes in time or date, at any level, of regularly scheduled Region XI games or activities, will be cleared through the principals of the schools involved. All teams, coaches and principals must agree before changes can be initiated. Every effort should be made to play make-up games at the earliest possible date.

1) Each region school must make every reasonable effort to fill varsity and sub-varsity teams in each sport.

- C. All invitational meets, matches or tournaments must be approved by the UHSAA according to the UHSAA policy.

- D. Starting times:

| | |
|------|---|
| TBD | Golf |
| 3:30 | Tennis, Basketball, Softball, Volleyball, Track & Field, Baseball |
| 7:00 | Varsity Girls Soccer (Bear River 3:30) |
| 5:00 | JV Girls Soccer (Bear River 5:30) |
| 4:00 | JV Boys Soccer (Bear River 5:30) |
| 6:00 | Varsity Boys Soccer (Bear River 3:30) |
| 3:30 | JV Football |
| 5:30 | Freshman Football |
| 4:00 | Cross Country |
| 5:30 | JV Wrestling |
| 7:00 | Varsity Wrestling |
| 7:00 | Football |
| 7:00 | Varsity Lacrosse |
| 5:00 | JV Lacrosse |

XVII. Spectator Conduct / Citizenship

- A. All schools will encourage student groups to initiate sportsmanlike activities throughout the school year.
- B. Other than authorized spirit groups (Cheerleaders, Drill Team); no spectators will be allowed on the field or floor during game time, between quarters, and half time at Region XI activities unless pre-approved by the host school. No outside basketballs allowed in the gym.
- C. Region XI will follow the guidelines from the UHSAA Handbook for Spectator Support Items.

- D. The throwing of any objects by spectators is not allowed. Team members or Cheerleaders may throw t-shirts into the crowd.
- E. Visiting schools are not to conduct any type of post-game activities.
- F. Each school should discourage the use of the “Goodbye Cheer” when players are removed from games or at the end of the game when time is running out.
- G. No student body seating is allowed in region basketball games on the front row of bleachers in gymnasiums. The host school should monitor spectators.

XVIII. Supervision of Region Activities / Tournaments / Meets

- A. Any school hosting a region tournament, dual competition or activity is responsible for providing adequate administrative supervision for the event.
- B. Every host school must have school administrative/designee supervision at home varsity games. Visiting teams are encouraged to have an administrator/designee in attendance at Football, Boys & Girls Basketball and Boys & Girls Soccer unless mitigating circumstances are communicated to the host school. The supervisors should seek out the host school administration.
- C. School administrators who are present at games agree to take immediate, definitive action toward disruptive or unsportsmanlike students and fans.
- D. The host school will clearly define seating areas for both home and visiting students. These areas should accommodate cheerleaders as well as the general student body.
- E. If violent problems occur at any region site as a result of a host school’s failure to follow these recommended procedures, including proper supervision, the Region Board of Managers ***may impose sanctions*** against the offending school.

XIX. UHSAA Sportsmanship Policy

- A. Refer to State Handbook

XX. Visiting Team Accommodations

- A. Dressing rooms should be appropriately prepared for visiting teams with a clean area, lockers, showers.

- B. All dressing room facilities must be left clean and orderly. It is the responsibility of the head coach to check facilities upon entering and prior to departure. If a head coach receives a key to dressing room facilities from the host school, the key must be returned to the host school's AD. Coaches and players are encouraged not to leave valuables in the locker room. **LOCKER ROOMS SHOULD BE SECURED AND LOCKED AT ALL TIMES.**
- C. Visiting schools are responsible for any damage.

BASEBALL BY-LAWS

Responsible School: Mountain Crest

Region 11 Baseball By-Laws

- Canceled games will be made up in order at the next available dates.
- Home team is responsible to report final box score to all newspapers
- There must be a pitch count posted somewhere that is visible to both teams and umpire. This is the official pitch count so it should be operated by an adult.
- Home team provides the official scorekeeper which should be an adult.
- Each team/field should have an adequate bullpen for the visitors.

BOYS BASKETBALL BY-LAWS

Responsible School: Logan

Boys Basketball * All Region 11 * 2021-22

- ✓ Send your votes to Mitchell Argyle at mithell.argyle@loganschools.org and Van Park clay.chournos@besd.net and **cc your AD**
- ✓ Logan High will add up the votes and send in everyone's vote and the results to the athletic directors (to be transparent).
- ✓ The vote counter will screenshot when all votes came in (including the vote counter) Who will vote first so results are not skewed and send it to the AD's.

Voting Process

1. *Coaches will vote 1-10 with your #1 receiving 10 pts down to 10 receiving 1 pt*

2. *Coaches can't vote for their own players.*
3. *The top receiver of votes (points) will be MVP*
4. *The next five would be 1st team then the next five would be 2nd team*
5. *Everyone receiving votes will be honorable mention.*
6. *Vote for 1 "Defensive Player Of The Year"*
 1. *(can also be on a 1st, 2nd or honorable mention team)*
7. *Vote for 1 "Newcomer Of The Year"*
 1. *(can also be on a 1st, 2nd or honorable mention team)*
8. *Vote for 1 "Coach Of The Year"*

GIRLS BASKETBALL BY-LAWS

Responsible School: Bear River

- A.) All teams will play a home and away schedule with each region school.
- B.) Girls' teams will play four levels of games. If a school doesn't have enough players to have one of the levels it needs to be communicated to all the schools ASAP.
- C.) When possible sophomore games will be played at 4:00 PM followed by freshman and JV at 5:30. Varsity games will begin at 7:00 with at least 15 mins of warm up for sub varsity and 20 for Varsity. If because of facilities game times need to be adjusted it should be communicated to the Athletic Director and Coaches ASAP.

All-Region Team Selection:

- A.) The school responsible for scheduling Region XI Girls Basketball games, as assigned by the principals, will also be responsible for organizing the selection of the All-Region team. That same school will also be responsible for contacting the major newspapers, Salt Lake Tribune, and Deseret News. Individual schools will be responsible for contacting their local paper.
- B.) The head coach of each region team will nominate players from his/her team who he/she believes are worthy of Region XI honors. They can do this by either meeting together as coaches or send the names and stats to each coach prior to voting. The region coaches' then vote for the top 10 players in their region. **You cannot vote for your own players.**
- C.) The votes will be assigned a value according to the place of the vote. 1st = 10pts, 2nd = 9pts, 3rd = 8pts on down to 10th = 1pt. Then the top point getter will be MVP with the next 5 receiving 1st team honors and the next 5 receiving 2nd team honors. Anyone else on the list receives honorable mention. An individual coach can add other honorable mention players as seen fit. When reporting, MVP is included on first team and defensive MVP is place wherever they are voted.
- D.) In case of a tie, all names will be included on the higher team.
- E.) The coaches will also vote on who they believe should receive the Defensive player of the Region. Each coach will nominate one from their team and one from another team. Then the coaches will

vote on their top three but they cannot vote for their own player. Scoring will be like the scoring of MVP

F.) Coaches will also vote on Region XI Coach of The Year.

Contact Information:

Bear River - Josie Pugsley-Ph# 435-279-3036

Email Josie.pugsley@besd.net

Green Canyon - Coach Alexis Bird - Ph# 435-830-6180

Email alexis.bird@ccsdut.org

Logan - Coach Josh Zentner - Ph# 801-836-6817

Email jzentner14@gmail.com

Mt Crest - Coach Megan Smith -Ph# 435-760-7738

Email msmittyo6@gmail.com

Sky View - Coach Vanessa Hall -Ph# 435-994-1061

Email vanessa.hall@ccsdut.org

Ridgeline - Coach Ainsli Jenks -Ph# 435-757-8909

Email ainsli.jenks@ccsdut.org

CROSS COUNTRY BY-LAWS (Boys/Girls)

Responsible School: Mountain Crest

1. It is mandatory that a school attends their scheduled region meets.
2. All region meets will begin at 3:30 p.m. unless there are extenuating circumstances and a mutual agreement between principals.
3. Directions to the meet site and two (2) maps of the course must be sent to the visiting coaches prior to the meet date. BE SURE TO INCLUDE ALL RACE TIMES. An address of the site will be sent to the school's athletic director that is responsible for cross country.
4. The suggested order of races are girls then boys.
5. The costs for the Region Championship Meet will be paid for by the region, including professional timing and the cost of the course.
6. A region trophy will be awarded to both varsity boys and girls. Medals will be awarded to the top 10 finishers in the region meet in both boys and girls varsity races. Trophies and medals will be paid for by the region.

7. Medals will be awarded to the top 15 JV finishers for both boys and girls. The cost of the medals will be divided among the region schools and taken out of the cross country budgets.

8. Teams may only enter seven athletes for the varsity race at the Region Championship.

9. In order for 2 sport athletes to race varsity at the Region Championship:

They must race in 2 meets. One of the two must be a region meet with an honest racing effort. The following count as region meets:

9/11

9/18

9/25

10/2

10/9

Coaches will report all 2 sport athletes on a shared google doc and indicate what meets they plan on having them participate in and afterwards reporting their times

If there are extenuating circumstances that prevent a 2 sport athlete to compete in the two required races, including but not limited to, illness or injury the coach must tell coaches of the situation at least a week before the region championships and a vote among coaches will be taken to determine eligibility in the varsity race of Region (at least 4 of 6 coaches must agree)

Teams may elect to not race their varsity at 1 of the following region races (Sep 18th, Oct 2nd or Oct 9th)
Coaches must declare at the beginning of the season which race they have chosen.

DRAMA BY-LAWS

Responsible School: Logan

DRILL BY-LAWS

Responsible School: Ridgeline

FOOTBALL BY-LAWS

Responsible School: Ridgeline

FORENSICS/DEBATE BY-LAWS

Responsible School: Logan

GOLF BY-LAWS (Boys/Girls)

Responsible School: Ridgeline

LACROSSE (Boys & Girls) BY-LAWS

Responsible School: Green Canyon

Tryouts Mar Feb 28th

1st Contest March 7th

Game Limitation 16

Moratoriums:

Nov 25-28

Dec 22-26

Jan 1

June 29-July 5

2 weeks prior:

Feb 15-28

Start Times:

Varsity 5:00 pm

JV 3:30 or 6:30 depending on site and who has a JV team.

1. Seniors will not be allowed to play Junior Varsity unless prior discussion by the head coaches allows them to.
2. In the event of postponement, it will be the responsibility of the home team athletic director or head coach to notify the visiting school and the officials. This should be done by one o'clock the day of the game.
3. Teams will sit on opposite sides of the field. Fans will sit behind their teams.
4. Any necessary changes to these arrangements will be determined between the two principals and/or Athletic Directors involved.
5. ALL Coaches must have completed the documentation on RMC prior to the first Region game or they will not be allowed to coach.

6. It is the responsibility of both head coaches after each game to get their scores posted on Max Preps.

MUSIC BY-LAWS

Responsible School: Green Canyon

- A State Choir - October 10
 - All-State Band and Orchestra - January 16-18 @ Abravanel Hall
 - Men's and Women's State Honor Choir Festival January 24-25 @ _____ / Abravanel Hall
 - UMEA Midwinter Professional Development Conference February 7-8, in St. George
 - All Region Solo and Ensemble entries submitted to Festival Host - March 1
 - Training Choir Festival - Wednesday March 1 (This even is up to the choir)?????? directors, if you desire to continue this you can organize it however you see fit)
- The above dates to be confirmed with State and Choir organizers

Region/State Festivals:

- Region Jazz Tuesday March 3
- Instrumental Solo and Ensemble - Tuesday March 10
- Vocal/Piano Solo and Ensemble Thursday March 19
- State Jazz Festival March 20-21
- All State Solo and Ensemble Entries Submitted to State - March 30
- Region Concert Band Festival Wednesday April 15
- Region Orchestra Festival Tuesday April 21
- Region Choir Festival Thursday April 16
- State Solo and Ensemble Festival, April 25
- State Band Festival May 1-2
- State Choir Festival May 8-10
- State Orchestra Festival May 15-16

REGION 11 SCHOOLS-Festival Hosting Rotation

| School/Event Host | Region Jazz | Band/Orch S&E | Vocal/Piano S&E | Region Band | Region Choir | Region Orchestra |
|-------------------|-------------|---------------|-----------------|-------------|--------------|------------------|
| Bear River | XXX | XXX | 2018 | XXX | 2023 | 2019 |
| Grn. Canyon | 2022 | 2020 | 2019 | 2021 | 2018 | 2020 |

| | | | | | | |
|-----------|------|------|------|------|------|------|
| Logan | 2018 | 2021 | 2020 | 2022 | 2019 | 2021 |
| Mt. Crest | 2019 | 2022 | 2021 | 2018 | 2020 | 2022 |
| Ridgeline | 2020 | 2018 | 2022 | 2019 | 2021 | 2023 |
| Sky View | 2021 | 2019 | 2023 | 2020 | 2022 | 2018 |

SOCCER BY-LAWS (Boys/Girls)

Responsible School: Sky View

SOFTBALL BY-LAWS

Responsible School: Bear River

| <u>School</u> | <u>Coach's Name</u> | <u>Coach's email</u> | <u>Coach's Cell phone</u> |
|----------------|---------------------|--|---------------------------|
| Bear River | Jordan Theurer. | Jordan.theurer@besd.net | 435-452-2054 |
| Green Canyon | Joe Astle | jljfarm9010@gmail.com | 801-898-2754 |
| Logan | Lexi Hatch | lexi.hatch88@gmail.com | 801-842-6004 |
| Mountain Crest | Courtnee Maughan | jandc08@hotmail.com | 435-757-1315 |
| Ridgeline | Michael Anderson | michael.b.anderson@rrd.com | 435-232-2999 |
| Sky View | Amanda Robinson | amanda.robinson@ccsdut.org | 435-770-5157 |

SWIMMING BY-LAWS (Boys/Girls)

Responsible School: Mountain Crest

1. All region meets will begin between 3:00-3:30 unless there are extenuating circumstances and a mutual agreement between coaches/schools.
 2. Region 11 Championships
 - a. Trophies/Awards: Region Championship Trophy (1 boy & 1 girl), 48 individual medals (1-6 for 8 events) for boys and girls, 12 relay medals (3 relays) for boys and girls.
1. Region meet entries are due sometime the week of the region meet (at the discretion of the region host).

1. When hosting meets, the host team is responsible for providing all meet volunteers such as: timers, console operator, and computer operator. Officials are excluded from this.
1. When creating a swim meet in meet manager, the lanes must alternate by team.
1. Region 11 Championships: Jan. 25 @ Mountain Crest
1. State Tournament: Feb. 7-8 @ BYU

TENNIS BY-LAWS

Responsible School: Green Canyon

1. Schools may have Varsity and JV teams. Varsity teams will consist of 7 players—3 singles and 2 doubles, JV teams will vary.
2. A maximum of 16 matches may be played plus the Region and State Meets.
3. Region matches are scheduled to begin by 3:30. The only exception would be Region matches that are played before school starts. If this is the case then both coaches will decide on a starting time. Please do not start matches before the starting time of 3:30 for the sake of the parents and other spectators. The host school should provide half of their courts for the visiting team to warm up.
4. The home team determines both the order matches are played in and the courts played on. The home team will let the visiting team know how many singles and doubles in their JV ahead of time. It is requested that the coaches send line-ups the day before to the host school.
5. Matches to be played according to the schedule (subject to weather and court conditions). Host coach will be responsible to contact the visiting coach regarding the number of players for that day, court location, and/or cancellation and rescheduling plans by 1:00 p.m.
6. Matches and court conduct are to be governed by USTA rules, i.e. (racket, verbal abuse, and foot faults). If a player is breaking these rules, it will be up to the coach of that player to caution their own player. If a player requests a line judge then a parent from the opposing team may be requested to stand out on the court as an impartial line judge and will only overrule calls as necessary.
7. Matches will consist of two out of three sets—7 point tie break at 6-6. JV matches will be pro-sets—7 point tie break at 8-8.
8. Home team furnishes the balls. No new balls for the 3rd set except at the Region Tournament.
9. Players will be required to wear school color shirts and school color shorts/skirts. Warm-ups may be worn during inclement weather.
10. Players are limited to a 10 minute warm-up period with practice serves being taken during this time. Coaches should control the warm-up time.
11. Coaches should determine their team line up according to the honor system; The number one singles player should be a stronger player than the number two singles player and so on down to

3rd singles; just as the number one doubles team should be a stronger team than the number two doubles team. If at least 4 of the 6 other coaches believe a team is stacked in any way, the region director should be asked to collect all the scores of the players in question. This includes challenge match scores collected in the try-outs between their own players as well as scores collected in the dual matches. These scores would be used to determine if the team was stacked and a certain player or team was put in the wrong position. As a group, the coaches will decide either the validity of the line up or create a new line up for the region tournament. All protests concerning region dual matches must be filed within twenty-four hours from the time the match was played, both with the Region Board of Managers and the principal's of the two schools involved. All scores of challenge matches should be available and recorded. Challenge matches carry more weight if they are full 2 out of 3 sets matches, to mirror what is expected in Region play.

12. A coach may move players from singles to doubles and vice versa. However, the players must still be ranked in order of their ability with data to back it up.
13. A player/doubles team must play at least 5 of the dual matches at the JV or Varsity level to qualify for the Region and State Tournaments. In case of an injury or illness a change in line-up must be in order of ability and must be approved by the other coaches in the Region before the Region Tournament.
14. Coaches will send results of each Region meet to a designated Region coach each week to compile results as the season progresses. Those results will be sent out to all coaches each week.
15. Coaching will be allowed after the third game and on odd game changeovers and on mandatory 10-minute break between sets. No rest period or coaching between the 1st and 2nd game. Rest periods begin on the 3rd game changeover.
16. Bathroom breaks are permissible if taken within the allotted 3 minutes or a reasonable amount of time.

REGION 12 TENNIS CHAMPIONSHIPS ??????

1. Seeding for the region tournament will be determined by the record of the team wins over the team losses in that position during the 5 dual matches. If two schools have the same win-loss record in a certain position, the higher seed will be given to the winner of the head to head match. In the case of a three way tie, the three matches concerning these three teams/players would be the only data used in determining who would get the higher seed. The team/player who had the fewest number of sets lost would get the highest seed, and if there is still a tie, the team or player with the fewest number of games lost will get the highest seed. The results of the seeding will be sent to everyone the Monday before the Region Tournament. If by following these rules for seeding and if 4 out of the 6 coaches are not happy with the outcome (due possibly injuries or last minute changes to a team's line-up), the seeding will be discussed at the meeting one hour before the first match at the Region Tournament. If any changes are made there must be 4 coaches in favor of the change in order for the change to pass.

2. The attached bracket for 1st singles will be the example of the scheduling for our Region Tournament to be held at Green Canyon High School.
3. The first round will be played at 3:00 p.m. the first day. First and second seed will have a bye and won't play until the second day.
4. Matches will begin at 9 a.m. the second day. The Championship matches will go on at approximately 1:30, after the playing off for 3rd and 4th, and 5th and 6th.
5. **Five players/teams qualify for State:** The bracket will be as follows: Top-1st vs. Bye, 4th vs. 5th; Bottom – 3rd vs. 6th, Bye Vs. 2nd.

The highlighted will only apply when we only get to take 4 spots to State:

If a player wins their first match they qualify for State. If a player gets a bye and loses their first round match and next loses their second match when they play off for 3rd and 4th (not winning a single match during Region play) they will then need to be able to defeat the #5 player in order to compete at State. This is to insure we have the top 4 players for State and to prevent someone from going to State without winning a single match at the Region tournament.

6. Two coaches per school will be allowed to coach at the Region Tournament. One coach is allowed on the court at a time just like at the State Tournament. They must have completed all of their documentation on RMC and have been attending the practices throughout the entire season to be considered one of the two coaches

7. A USTA official will be provided for the region tournament according to the UHSAA guidelines. Only coaches may coach the players, and only coaches or players may ask for an official to come to their court.

8. **Scoring for Region Play:** 1 point for every win at the 5 dual matches for a total of 50 points possible

9. **Scoring at Region Tournament:** 20 pts for 1st place, 18 pts. for 2nd place, 16 pts for 3rd place, 14 pts for 4th place, 12 pts for 5th place, 10 pts for 6th place for a total of 120 pts. possible. The winner of the Region title will have the most points by adding their dual match points to their Region Tournament points

10. Medals will be awarded for the top 3 places in each position.

1. Region Team Trophy will be awarded to the 1st place team

2. JV Region Tournament. Time and Location TBD each year. It will consist of 3 singles and 2 doubles. Each round will be a pro-set with regular scoring, just as they do in Region play. Each position will get the same seed according to the rank of the varsity team.. example: A school has the 3rd most points before the Region Tournament, so each position is seeded 3rd. for that school.

TRACK AND FIELD (BOYS/GIRLS) BY-LAWS

Responsible School: Ridgeline

VOLLEYBALL BY-LAWS

Responsible School: Green Canyon

1) Times of region matches will be:

- a. Freshman 4:45 pm
- b. Sophomore 3:30 pm
- c. Junior Varsity 4:45 pm
- d. Varsity 6:00 pm

(The freshman game will start at 4:45 even if the Sophomore game is not over.)

2) All sub-varsity games will be best 3/5. Sets 1 & 2 will be to 25. Sets 3,4, & 5 will be to 15.

Varsity games will be best of 3/5. Sets 1-4 will be to 25. Set 5 will be to 15.

3) There will be 2 time-outs for each set at the varsity level; Sub-varsity will have 2 time-outs for sets 1 & 2, 1 time-out for sets 3, 4, and 5.

4) Standardized warm-up for all varsity and sub-varsity level is 4 minutes of general, and then teams will use the 4-4-2 format. General time starts after the coin toss.

5) Certified officials will referee all Region matches. The officials may split, where one referees the freshman game and the other referees the JV game.

6) A three-ball rotation is used in each match. Home team provides at least 2 people for the three ball rotation. Home team will provide volleyballs for the visiting team.

7) Official line judges must be provided for all matches. Home team will provide two line judges.

8) Seniors will not be allowed to play JV unless prior discussion by the head coaches a day in advance.

9) Home team and visiting team will both provide a book at the score table, both scorers need to have varsity scoring experience.

10) The winning team is responsible for calling in the scores to the Deseret News, Tribune, and Standard.

11) In cases where applicable, ties between volleyball teams for first place in region play will result in co-champions or tri-champions being declared and trophies will be awarded to all teams involved. Seeding for state will be determined by the region's volleyball tie-breaker rules.

12) The All-Region Team will be selected by the coaches at the end of the season. Coaches will determine recognitions that will include, but are not limited to, 1st Team, 2nd Team, and Honorable Mention.

13) The representatives to the state tournament will be determined by league play.

a. Tie-Breaker Format: the Region will use the following criteria to decide any ties that occur for first, second, third, or fourth places. Tie breaking is to only determine Region placement into the state tournament. If there is a tie that will cause one team to be eliminated from the state tournament, a playoff game will be used to break the tie. A tie breaker will NOT be determined by a coin toss.

i. Head to head between the tied schools

ii. Head to head sets won between the tied schools

iii. Points for/against head to head between the tied schools

- iv. Head to head between the next highest placed team
- vii. Playoff at a neutral site at the first available date which will be a best of 5 sets match

WRESTLING BY-LAWS

Responsible School: Ridgeline “Boys”