

REGION 10

Activities Handbook

2025-27

Cottonwood - East - Highland - Jordan - Juan Diego

Judge Memorial - Murray - Park City

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Disclosure Statement

A local school board shall require the development of activity disclosure statements for each school-sponsored group, club or program which involves students and faculty in grades 9 through 12 in contests, performances, events or other activities that require them to miss normal class time or take place outside regular school time.

The activity disclosure statements shall be disseminated to the students desiring involvement in the specific activity or to the students' parents or legal guardians or to both students and their parents.

An activity disclosure statement shall contain the following information:

- The specific name of the club, team, group or activity
- The maximum number of students involved
- Whether or not tryouts are used to select students, specifying date and time requirements for tryouts, if applicable
- Beginning and ending dates of the activity
- A tentative schedule of the events, performances, games or the other activities with dates, times and places specified if available
- If applicable, designation of any non-season events or activities, including an indication of the status, required; expected, suggested or optional, with the dates, times and places specified if available
- Personal costs associated with the activity
- The name of the school employee responsible for the activity
- Any additional information considered important for the students and parents to know

Policies and Procedures for Athletic Contests

Administration

- Schools and individuals are subject to sanction by the Region 10 Board of Managers for any misconduct. The Region 10 Board of Managers reserves the right to discipline member schools and/or individuals according to the provisions of the current UHSAA handbook. (See Penalties)
- The principal or designee is responsible for the conduct and control of his/her school. The principal or designee should identify himself/herself to the host school prior to the start of the competition. Schools are advised to have adequate security for certain activities based on the needs of the school.
- Updated contact list of all coaches, administration, AD, etc. will be kept by individual schools and transferred to the Glide App used by Region.

- Failure to abide by Region rules and/or guidelines may result in the offending school, coach or advisor being disciplined. The Region 10 Board of Managers will determine the nature of the discipline. (See Penalties)
- All region schools declare which sports they are going to participate in at the beginning of the school year. No entry will be accepted after the starting of the sport. Unless there are more than 50% of Region 10 schools participating in UHSAA sanctioned activities, the Region will not sponsor that event.
- Moratorium: No practices or games may be scheduled during the officially established moratorium dates. A fine may be assessed to the offending school or directly to the coach if there is a violation as well as reported to the UHSAA. This fine is \$300.00 and is assessed to the coach of the sport in violation.(Reference the UHSAA Calendar for Moratorium Dates)
- The region will not financially support coaches meetings, unless previously approved.
- Individual coaches must contact their AD/Admin or Region Chairperson with specific questions. They can also reach out to the school overseeing the sport, but should not communicate with the region chair directly.

Region Chair Duties:

1. Conduct all meetings pertinent to respective activity.
2. Coordinate and manage all region competitions and tournaments of respective activity.
3. Select (through individual sports policy) and honor respective All-Region teams where applicable.
4. Be a direct liaison to the Region Board of Managers.
5. Be responsible for all awards, trophies, medals, etc. pertinent to respective activity.

Chair Person Assignments:

Activity	School	Email	Chairperson
Baseball	Juan Diego	robertjacobson@skaggscatholiccenter.org	Robby Jacobson
Boys Basketball	Jordan	jason.long@canyonsdistrict.org	Jason Long
Boys Golf	Park City	gmurphy@pcschools.us	George Murphy
Boys Soccer	Murray	bsmith@murrayschools.org	Brady Smith
Boys Tennis	Judge Memorial	amiles@jmchs.org	Alex Miles
Boys Volleyball	Park City	jsheetz@pcschools.us	Jamie Sheetz
Cheer	East	skip.lowe@slcschools.org	Skip Lowe
Cross Country	Highland	swede.robinson@slcschools.org	Swede Robinson
Debate	Cottonwood	Mkfarmergraniteschools.org	Michelle Farmer
Drama	Cottonwood	Adsnarr@graniteschools.org	Ashley Snarr
Drill	Jordan	david.barrett@canyonsdistrict.org	Dave Barrett
Football	Jordan	joel.sundquist@canyonsdistrict.org	Joel Sundquist
Girls Basketball	Jordan	jason.long@canyonsdistrict.org	Jason Long
Girls Golf	Park City	gmurphy@pcschools.us	George Murphy
Girls Soccer	Murray	bsmith@murrayschools.org	Brady Smith
Girls Tennis	Judge Memorial	amiles@jmchs.org	Alex Miles
Instrumental Music	Murray	jjensen@murrayschools.org	Jon Jensen
Softball	Juan Diego	juliusbarnes@skaggscatholiccenter.org	Julius Barnes
Swimming	Cottonwood	jbrooks@graniteschools.org	Jeremy Brooks
Track and Field	East	skip.lowe@slcschools.org	Skip Lowe
Vocal Music	Murray	panderson@murrayschools.org	Paul Anderson
Girls Volleyball	Park City	jsheetz@pcschools.us	Jamie Sheetz
Wrestling	Highland	swede.robinson@slcschools.org	Swede Robinson
E-Sports	Murray	arogers@murrayschools.org	Amber Rogers

Supervision at Region Events

- It is the responsibility of the host school to provide adequate general supervision for the activity.
- Visiting schools will provide supervision for football, basketball, and soccer.
- Any school hosting a region tournament or dual competition, for varsity, is responsible for providing adequate administrative supervision of the activity. There must be administrative supervision from the opposing school if there is a sponsored group of students from their school attending the activity.
- School administrators who are present at games agree to take immediate, definitive action towards disruptive or unsportsmanlike students or fans.
- It is the responsibility of the chair of each individual activity to see that region tournaments and meets are planned and well organized with region admission charged where appropriate(See Region Chair Duties)
- Forfeitures are to be approved by the Region 10 Board of Managers. However, during a game the officials have that authority.

Failure to Participate:

The failure of a team to participate in a scheduled contest without prior mutual consent and board approval at all levels, including Varsity, J.V., Sophomore, Etc., will result in a fine of \$100.00 payable to the Region Board plus reimbursement for the cost of any officials.

Number of Games:

Teams which exceed the number of games allowed in any season will forfeit from their region schedule the number of games exceeding the limit, beginning with game number one and proceeding on until the excess number is equaled. The Region Board of Managers may impose a fine or written reprimand for first infractions of this policy. The Region Board of Managers may also impose suspensions if warranted. These instances will be handled by the Region Board of Managers case by case. It is the duty of the member school to notify the Region Board of Managers when this infraction has occurred. (See Penalties)

Penalties:

Region 10 upon having knowledge of an infraction of a rule or policy in assessing penalties may initiate action. Region 10 Board of Managers may consider any of the following:

1. Forfeiture of contests of rules violations, etc.
2. Reprimand by official letter to individual(s) and/or school in regard to the offense committed with a warning to correct the situation(s).

3. Probation of individual(s) and/or school by official letter advising parties of the probationary status and the conditions of probation.
4. Restrictions which would restrict individual(s) and/or school in region, group of state activities.
5. Suspension would result in dropping the school from membership in region activities for a specified time period.
6. Fines to the coach, principal and/or school may be assessed.

All Penalties imposed by the Region 10 Board of Managers are final.

Trophies and Awards:

Baseball

One Region Trophy

Basketball (Boys and Girls)

One Region Trophy each

Cross Country (Boys and Girls)

One Region Meet Trophy each

10 Medals for places 1-10

Certificates for J.V. places 1-10

Drama

Six 4x6 Plaques - Outstanding Performances in Region 10

One-Act Plays

100 Individual Superior Ranking Medals

Drill Team

One Region Trophy Plaques—1st, 2nd and 3rd place in each category: dance, military, show. Three drill down medals for 1st, 2nd through 5th place. Certificates for State Qualifiers

Football

One Region Trophy

Forensics/Debate

One Region Trophy See page 45 for list of other awards

Boys and Girls Golf

One Region Trophy 10

Medals for 12 low medalists

Music

Certificates for Superior (I) Ratings in Orchestral, Large Choir, Madrigals, Solo & Ensemble, and Jazz Band Festivals.

Certificates for all participating bands according to rating in Region Marching Band competition. The Region Marching Band competition will also include trophies for Music Caption, Visual Caption, Percussion Caption, and Drum Major.

Soccer (Boys and Girls)

One Region Trophy each

Softball

One Region Trophy

Swimming (Boys and Girls)

One Region Trophy each

Six Medals for places 1st – 6th individual and 1st and 2nd in relays

Tennis (Boys and Girls)

One Region Trophy each

28 Medals for girls and 28 Medals for boys

Medals:

1st – 4th place in 5 categories: 1st singles; 2nd singles; 3rd singles; 1st doubles; 2nd doubles

Track (Boys and Girls)

One region Meet Trophy each

Medals for places 1st – 6th individual and 1st and 2nd relays

Certificates for Sophomore 1st – 6th places individuals and 1st place relays

Volleyball

One Region Trophy

Wrestling

One Region Trophy for Dual Meet

*Divisional takes place of Region Tournament. Medals for 1st-8th place provided by host school & A Regions.

Contest Limitations:

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).
3. Baseball: 25 games. Each game played counts as one game.
4. 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.
5. Competitive Cheerleading: 4 qualifying competitions. The four competitions includes divisionals. The live practicum does not count toward the contest limitations.
6. Cross Country: 10 meets per individual. The UIAAA Cross Country Meet does not count toward the contest limitations.
7. Drill Team: 4 qualifying competitions. The four competitions includes a region competition if held. The live practicum does not count toward the contest limitations.
8. 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.
8. Golf: 14 meets. One (1) multi-day event may count as one (1) meet.
9. Lacrosse: 18 games. Each game played counts as one game.
10. Soccer: 18 games (boys 17). Each game played counts as one game.
11. Softball: 28 games. Each game played counts as one game.
12. Swimming: 14 meets per individual.
13. Tennis: 18 matches per individual. Each match counts as one (1) match. Tournaments, including Region Tournaments count as one match for each tournament day. This means that a two (2) day tournament will count as two (2) matches towards the total contests. The State Tournament and Play-in matches DO NOT count toward the contest limitations.
14. Track: 12 meets per individual. An individual may participate in no more than eight (8) qualifying meets in addition to the region meet.

15. Volleyball: 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.

16. Boys 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 10 duals and 6 tournaments before the post-season qualifying and state tournaments. Teams may not compete in more than 3 dual meet style tournaments.

17. Girls 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 8 duals and 8 tournaments before the post-season qualifying and state tournaments. Teams may not compete in more than 4 dual meet style tournaments.

17. Music: 3 contests per category.

18. Speech: 10 meets per individual.

Athlete Eligibility

- Eligibility of participating students must follow guidelines of the current UHSAA handbook. Individual districts may add to the guidelines but may not subtract from them.
- Only full time students may be considered eligible to compete in interscholastic competition as deemed by the school district. Exceptions include alternative school eligibility and home/private school student participation.
- Students must earn a minimum of 2.0 GPA in the grading period previous to participation. Students also cannot fail more than one subject in the proceeding grading period.
- To establish academic eligibility for 1st term of a new school year, 4th term grade deficiencies must be made up in the same subject area by attending summer school, night school or by any other method acceptable to and by the deadline prior to the 1st term of the preceding year and shown on the student's transcript.
- During the school year (2nd, 3rd and 4th terms), make up can only be done during the next quarter. For example, a student who fails multiple classes 1st term cannot do alternative school to make up the class and become eligible prior to the end of 2nd term.
- Eligibility will be determined on the day grades are posted.
- An Incomplete (I), no grade (NG), and no credits (NC) are considered failures (F) until made up.

Activity guidelines

- For all varsity events, the host school will provide someone to meet the bus and direct the visiting team to the locker room. Schools should also inform bus drivers where visiting team buses are to park. Dressing rooms should be appropriately prepared for visiting teams with a clean area, lockers, showers, taping tables and whiteboard. A key or a representative with a key will be provided for the visiting team for access to the dressing room. If a key is issued, the visiting team must return it to the head coach or athletic director of the host school before departure.
- All students are expected to respect the facilities of the host school. Facilities will be opened to visiting schools one hour prior to the event start time. Flexibility is requested due to the distances we travel within the region. Visiting teams should quickly leave the court and field after each contest.
- Visiting Teams should respect the host school and stay in assigned areas. Please do not wander the halls and other areas.
- All schools must provide their own towels. Mat towels and first aid materials must be provided by the host school.
- All schools are responsible to bring their own locks and/or means of securing valuables. It is not the host school's responsibility to secure valuables. **Students are urged not to take excessive amounts of valuables with them in order to avoid potential problems.**
- All schools are expected to provide competent or adult scores, timers, chain crew for all varsity events. These personnel and all others who assist are officials and not spectators in their behaviors.
- Coaches should supervise locker rooms to ensure the safety, security and proper decorum. All dressing room facilities must be left in a clean and orderly manner. The visiting head coach will check facilities prior to departure of the visiting team and report violations to the host administrators.
- The host schools will provide an area from which to film and/or coach.
- All media needs to get prior approval from the principal or designee before broadcasting an event.
- The home team is responsible for score reporting, specifically MaxPreps.

Prohibitions

- We support the guidelines issued by UHSAA concerning support items, in the state handbook. Drums are to be used only as part of the pep band, before the game, at the end of each quarter, at half-time, and official time-outs.
- No physical contact is allowed between opposing schools' mascots.
- Fans in the student section are not allowed to sit on the front row or stand on the floor in the gymnasium.
- Shirts must be worn at all times.

- The use of laser pointers is forbidden at all region events. The laser pointer will be confiscated and the spectator will be ejected from the event.
- Spectators are not allowed on playing fields or courts at any time, including halftimes and before and between games. After the game, no one will be allowed on the floor or field until visiting teams and officials have safely exited.
- Children under high school age are discouraged from being on the sideline, court or playing field.
- No masks or mask-like paintings are allowed. We need to be able to identify individual students.
- No Cow-Bells, Speaker Phones, Megaphones or noise making machines are allowed at any contest.

Sportsmanship

- Each student body is to exhibit good sportsmanship. The administrators and advisors are, in the interest of proper education, to stress positive sportsmanship and do all in their power to eliminate booing, catcalls or unsportsmanlike behavior.
- Coaches are responsible for the conduct of their athletes. No team or individual activity will be conducted to belittle or humiliate opponents, including violating the warm up area of the opposing team, organized post-game demonstrations on an opponent's floor or field. Infractions will be referred to the Region 10 Board of Managers for appropriate action.
- Racism will not be tolerated by our Region. We will follow the UHSAA policy in regards to discipline for member schools whose students, fans/patrons or players engage in such behavior. The Region 10 Board of Managers expects that if racist or derogatory comments are being made that the host schools administration will stop the contest and make an announcement to the entire student section or crowd that this behavior won't be tolerated. Removal of fans, parents/patrons or players is at the discretion of the host administration/athletic director and should be considered if the situation warrants it.
- A well-planned flag ceremony should be encouraged prior to the start of the event.
- Schools are encouraged to read a sportsmanship statement at all varsity athletic activities (example below):

“Ladies and gentlemen, welcome to _____ High School for (today’s event). We welcome our guests from _____ and wish all players good luck in tonight’s game. Both schools are members of the Utah High School Activities Association and support the statewide sportsmanship program ***Raise-the-Bar***. Tonight’s game features the _____ versus _____! The Utah High School Activities Association encourages respect for all fans and participants tonight. Take the time to respect all who are attending and participating in this education-based activity setting. Respect others and expect to receive

respect from others. Be inclusive in your behavior and ***Do Rowdy Right.*** Thank you for your cooperation and enjoy the game.”

It is recommended that a flag ceremony/National Anthem be conducted at each event where possible.

* Activity should remain suspended until the flag ceremony is over including ticket and concession sales and entry to the event.

- *Post-game celebrations on the court or field are discouraged in order to avoid conflict and to show respect and positive sportsmanlike conduct.*
- After contests, the visiting team should exit the floor or field immediately.
- Team post-game talks should be held in the locker room (but must be brief), or on the bus. For Football, teams may choose to come out of the locker room at half with all their gear. That way when the contest is over, team meetings can happen on the field, on the visitors side. This decision will be left up to individual schools/teams.
- Defacement or improper behavior may result in sanctions by the Region 10 Board of Managers in accordance with the UHSAA policies and procedures outlined in the current UHSAA handbook.

Scheduling

- A change of time or date of an activity may be affected only through inclement weather or unplayable fields or mutual agreement of **both schools’ principals/athletic directors**. The host school must notify the arbiter of the change in time to notify officials.
- In case of calendar scheduling conflicts, region and varsity events take precedence over non-region events, non-varsity and practice in other activities.
- Spring Break Schedule Changes: Must be a mutual agreement of the schools’ principals/athletic directors. Changes for spring break must be done before the sports – start date.
- All dates in this handbook are subject to change. Any date changes only require approval by the affected schools and do not need to be approved by the Board of Managers.
- Region schedules will be created with League Scheduler, at random, and given to member schools. There are some sports where League scheduler will not be used due to scheduling issues and region formats.

Officials

- UHSAA arbiter or an approved association will assign officials for league events. Encouragement is given to local qualified people to participate in officiating through their local approved association.
- UHSAA arbiter will be used to assign all VARSITY contests in football, girls’ and boys’ basketball, girls’ and boys’ soccer, baseball, softball and wrestling.
- Host schools will arrange for all officials.

- All officials will be paid according to rates established by the UHSAA office.
- Host schools will provide for someone to meet officials and show them to their dressing rooms both before and after any event. Any misconduct of officials, including failure to show up or tardiness, is to be reported to the region chairperson in charge of the involved activity. A detailed report including names and improper conduct shall be submitted in writing to the UHSAA office and to the arbiter involved.

DETERMINATION OF REGION CHAMPIONS AND PLACEMENT FOR STATE TOURNAMENT

Tie-Breaker Rule – The UHSAA RPI ratings will solve the majority of the tie-breaker situations as it relates to state tournament seeding. For those sports not using RPI, an established tie-breaker scenario is found in the sport specific guidelines.

- Ties in win-loss records between teams for first place will result in Region Co-Champions being declared and duplicate trophies will be awarded.
- Sports conducting a region tournament or meet will determine a region champion using established criteria found in the sport specific guidelines.

All Region and Academic All Region Awards

- All Region Awards will follow the guidelines set in the sport specific guidelines
 - MVP's are voted on by the coaches
- Academic All-Region selection will be varsity senior participants with a 3.75 or higher cumulative GPA. Schools will present their own awards. Region 10 Certificates are available for use by the schools.

Appeals Process

- The **Appeals Process** for perceived violations of Region rules, ethics or fairness is as follows:
 - a. Attempts to mutually resolve the issue between the involved schools' representatives.
 - b. Referral to the Region representative over the activity for mediation.
 - c. Referral to the Region Chair to facilitate a Region Board of Managers' resolution or decision.

- d. If the above steps do not provide satisfactory results as deemed by the Region Board of Managers, UHSAA mediation and support will be sought to give judgment or direction regarding the matter.

Region Events

Schools hosting region events are responsible for all costs associated with the event including the payment of officials and judges. Schools will then submit reimbursement from the region with an itemized invoice detailing the expenses incurred. This will make sure that we are paying vendors and officials promptly.

Default start times for region events are 3:30 PM unless otherwise noted.

Region Revenues

- Region Dues: \$4,000
- Region Activity Admission Fee Schedule:

\$ 8.00 = per ticket including transaction fees

Free = Senior Citizens 62 and over and children 5 and under when accompanied by an adult = free

- Tickets will be sold at varsity football and all levels of basketball.
- Money for state playoff games will follow state guidelines.
- During region tournaments, all admissions will be by ticket only. Team members, managers, bus drivers, cheerleaders, and coaches will be admitted free into region tournaments. Drill team members and band members will be admitted with a uniform only.
- Student Government Officers with sweater or jacket with ID will be allowed into region contests free.

Baseball

Games will be played on Tuesdays, Wednesdays, and Fridays

Tuesdays will be a Varsity/ JV DH at Team #1

Wednesdays will be a Varsity game at Team #2 and a Frosh DH at Team #1 (Varsity could start at 4:00 PM)

Fridays will be a Varsity/ JV DH at Team #1

All Region Team will be based on the following:

1. All Region 1st Team – 1st place team would get 4 picks (including the MVP); 2nd place team – 3 picks; 3rd place – 2 picks; 4th-6th place teams would get 1 pick each
2. All Region 2nd Team – each school would get 2 picks
3. Honorable Mention – each school would get 2 picks

Academic All-Region: Any SENIOR player with a cumulative GPA of 3.75 or higher will be named academic All-Region.

Basketball (Boys and Girls)

Region Chairs:

Boys: Jason Long, Jordan High, jason.long@canyonsdistrict.org / 801.826.6212

Girls: Sarah Thomas, Jordan High, sarah.thomas1@canyonsdistrict.org / 801.826.6215

2025-2026 Important Dates:

- Oct 27 - Nov 9 - Two Weeks Prior Restrictions
- Mon Nov 10 - Practice/Team Selection Begins
- Nov 27 - 30 - Moratorium
- Dec 21 - 25 - Moratorium
- Jan 1 - Moratorium
- Feb 6 - Season End Date for 4A
- Feb 10 - 4A First Round @ Home Sites (Boys)
- Feb 11 - 4A First Round @ Home Sites (Girls)
- Feb 13 - 4A 2nd Round @ Home Sites (Boys)
- Feb 14 - 4A 2nd Round @ Home Sites (Girls)
- Feb 19-21 - 4A Quarters/Semis/Championship

Gameday expectations:

- 20 minute minimum warm-up for Varsity
- 15 minute minimum warm-up for sub varsity games;
- Home Team provides water
- Home team must provide white board in visitor locker room

All-Region Team selection process

- All teams will submit up to 5 nominations to Region Chairs
- Region Chairs will create a ballot and send to coaches for voting
- Coaches will vote for 10 student athletes, ranked. Top choice will receive 10 points and so on, the 10th choice will receive 1 point. Coaches will not vote for their own players.
 - Coaches will also vote for Defensive Player of the Year, each team will nominate 1 player for this ballot. Top vote getter will be named Defensive Player of the Year
- Top Vote Getter will be named Region MVP
- Next 5 student athletes will be named All-Region 10 1st Team
- Next 5 student athletes will be named All-Region 10 2nd Team
- Any remaining student athletes that received votes will be named Honorable Mention

Academic All-Region

- Any **senior, varsity eligible** player with a cumulative GPA of 3.75 or higher will be named academic All-Region.

Schedule - 2025-2026

- [Link to Schedule](#)
- Changes between schools must be communicated/approved through the Region Chair.

Cheer/Drill/Band

- Drill team members and cheerleaders in uniform with advisors will be admitted to the game without charge. Each group must have an advisor present during performances.
- Placement of Pep Squad, Cheerleaders and Drill Team and visiting fans is at the discretion of the host school. Schools should locate the cheerleaders in the safest, most practical areas of the court side. Shared time on the court needs to be coordinated between Captains prior to games. Cheerleaders may not be in the foul lanes extended under the basket and should stand outside the extended lines.
- Maximum number of cheerleaders(on the floor) for certain sports:
 - Basketball = 12
 - Volleyball = 8
 - Wrestling = 8
- There are to be **NO** derogatory/obscene signs or cheers. Region 10 supports cheering for your own team and not against the opposing team. No singling out individuals or heckling, etc., (including parents, referees, players, etc). Only constructive, positive signs and posters may be used.
- Megaphones are to be used only by official cheerleaders for communication with cheering sections **only** in football. There will not be megaphones allowed in the gymnasium during competition.
- Cheerleaders are to cheer only positive cheers during free throw shooting.
- Drill teams will not expect to march at visiting schools unless invited or by mutual agreement with the host school.
- Only cheerleaders are allowed on the court or field for cheers, activities or demonstrations unless specifically sponsored by the host school administration.
- Cheerleaders will observe all state or district guidelines for pyramids and stunting.
- Football half-time: Performing groups have ten (10) minutes which includes time to get on and off the field. Exceptions can be made by mutual agreement for special occasions.
- Basketball half-time: Maximum of seven (7) minutes for half-time entertainment which includes time to get on and off the floor. Exceptions can be made by mutual agreement for special occasions.
- Pep band will be provided by the host school only. Exceptions by mutual agreement. During basketball games, pep bands are to play during regulation time-outs, quarters and half-time only. An advisor must always be present if a band is to perform. Drums are to play only as part of the pep band or as accompaniment to a cheer by the cheerleaders.
- Host school will provide all music which includes, but is not limited to: pre-game, time outs, inning breaks, walk up music, etc. Visiting team will not bring music without prior approval.

Cross Country

Meets will start at 4pm unless otherwise noted.

- Hosting schools will have a designated team location for teams and restrooms readily available.
- Host schools will upload times into Athletic.net

Awards:

- Top 10 individual Awards Varsity for both boys and girls (medals)
- Schools can provide JV medals
- Trophy for team region champions for both boys and girls
- All region teams: First team is 1-7. Second team 8-14. (Might change this to first team 1-10, second team 11-20).

Region Tournament Criteria:

- 7 athletes in Varsity
- Everyone else will run JV

Placements at Divisionals determine your qualifying for the state championship race.

Cross Country Important dates:

Pre-State Meet Wednesday September 13, and Thursday September 14, 2023 (RAC)

Regional Athletic Complex, Rose Park, Utah

2280 N Rose Park Ln, Salt Lake City, UT 84116

(Schedule will be sent out as soon as it is known)

3 Region 10 Friday September 29, 2023, 8:00am)

Cottonwood Complex

4500 S 1300 E, Murray, UT 84117

Times are subject to change depending on how many other regions will run on the same day.

Time 8:00am Coaches Meeting

Time 8:30am Girls JV Race

Time 9:00am Boys JV Race

Time 9:30am Girls Varsity Race

Time 10:00am Boys Varsity Race

Time 10:45am Awards

2023 Divisional Tuesday October 10 lakeside Park Orem, Utah. 400 S 1850 W, Orem, UT 84058

JV meet. Murray PARK October 17th. Time TBD

2023 Tues. 24th Oct. State XC Meet (RAC) Regional Athletic Complex, Rose Park, Utah
2280 N Rose Park Ln, Salt Lake City, UT 84116
(Schedule will be sent out as soon as it is known)

Debate

Forensics

Region Administrator – Jeremy Brooks, Cottonwood High

jbrooks@graniteschools.org

801-440-8141

Tournament Chair

Jon Lundgreen, Tooele High

jlundgreen@tooeleschools.org

Region Tournament

Location: Hillcrest High School

Date: Saturday, February 22, 2025, beginning at 8:00 AM

Registration Deadline: Wednesday, February 19, 2025

1. Region Format

- a. Number of Contestants
 - i. Policy - Four Teams
 - ii. Lincoln-Douglas - Four Teams
 - iii. Public Forum - Four Teams
 - iv. Student Congress - Four Contestants
 - v. National Extemp - Four Contestants
 - vi. International Extemp - Four Contestants
 - vii. Original Oratory - Four Contestants
 - viii. Impromptu - Four Contestants
 - ix. Informative - Four Contestants
 - x. Interps (HI, DI, or POI) - Four Contestants
- b. All region events will align with state events.
- c. Events
 - i. Speech Events (IEs): Oratory , Informative Impromptu, National Extemp, Foreign Extemp, Interps (HI, DI, or POI)
 - ii. Debate Events: Policy , Lincoln Douglas, Public Forum, Congress
 - iii. Double entry will align with state guidelines. Double entry in one speech and one debate event is allowed. Double entry at your own risk as rounds will NOT be held up for double entries.

2. Judge Requirements

- a. Schools must bring the following judges:
 - i. One qualified judge per two debate entries
 - ii. One qualified judge per four IE entries

- iii. One Congress judge for any Congress entries
 - iv. Schools that do not fulfill their judging requirements will have their entries dropped from competition in the areas where they did not bring judges.
- b. The qualified judges for Congress rounds will be confirmed by their coaches. If possible, Parliamentarian will be unaffiliated.
- c. Coaches (paid or volunteer) cannot act as judges in any event.

3. Region tournament pairings

- a. Each school shall rank its debate competitors 1 to 4, with 1 being the best team, according to their coach.
- b. Debate rankings will be power matched in Tabroom in Rounds 1 and 2 with teams 1 meeting 4s. The intent is to have each school meet every school in the Region. Debaters should not meet their own team members except in the final round. If this is not possible or practical, the pairings will be made within reason.
- c. Appropriate numbers of rounds will be necessary to determine the full quartiles.
- d. IE pairings will be done randomly, four rounds of competition will take place if necessary.
- e. Congress contestants will be placed in one house. A panel of at least three judges shall be used per session with a parliamentarian consistent in both sessions. One bill shall be selected from the State docket by each Congressperson. Additional bills needed to fill the docket will be selected from the State docket by the coaches. Legislation will be released at least two weeks before region. Two sessions of 2.5 hours will be held. If the judges are the same in both sessions, priority will not be reset between sessions. Docket will be pre-set. Congress may be shortened to one round due to double entry in speech and debate.
- f. Schools will not face another team member from their school in any event except congress unless they are the only competitors in that event.
- g. All coaches competing at region must respond in a timely manner to electronic communications and votes on region issues. Last minute decisions will be discussed and voted upon at region meet.

4. Scoring

- a. The top 1/4 of contestants are given superior ratings. (CX and PF - 10 pts; other events - 5 pts)
- b. The next 1/4 of contestants are given excellent ratings (CX and PF - 6 pts; other events - 3 pts)
- c. The next 1/4 of contestants are given good ratings. (CX and PF - 2 pts; other events - 1 pt)
- d. The bottom 1/4 of contestants will score no sweepstakes points.

- e. Only contestants pre-registered for the Region Tournament will be included in the quartiling for Sweepstakes points. No-shows and drops on the day of the tournament will automatically be placed in the lowest quartile.
- f. Ties will not be broken; each quartile will be chosen by marking the number which least skews the brackets.

5. Awards

- a. Medals will say the event name and "Superior" and will be given to the top quartile finishers in each event.
- b. The following number of medals will be needed:
 - i. Public Forum - 12 medals
 - ii. LD - 6 medals
 - iii. Policy - 6 medals
 - iv. National Extemp - 6 medals
 - v. Foreign Extemp - 6 medals
 - vi. Oratory - 6 medals
 - vii. Impromptu - 6 medals
 - viii. Congress - 6 medals
 - ix. Interps - 6 medals
 - x. Informative Speech - 6 medals
 - xi. 6 blank Superior medals in case of ties.
- c. Overall 1st place trophy will be awarded.
- d. Top 2 finishers in each event will be designated as all-region.

6. General Guidelines

- a. Tournament limitations are ten meets per individual per year, excluding region, state and national competitions.
- b. Region will pay for judges at Region Meet; \$100 for each judge who judges on Saturday (as per UHSAA guidelines).
- c. March/April LD topic and March PF topics will be used for the Region Meet.
- d. Please refer to "General Policies" in the Region Handbook for all other Region Rules, and the UHSAA Handbook for UHSAA rules.
- e. All teams sending students to compete in region must be accompanied by a coach or designated replacement.

Drama (Theater)

Region One-Acts - March 21st at Jordan High School - All Day

Region IEs - March 22nd at Stansbury High School - After school

Region Awards:

Festival Play: Seven plaques for "Outstanding Performance" will be awarded to performers.

Sweepstakes: 1st place and 2nd place region trophies will be provided. And a 3rd place plaque will be provided.

One-Act Plays: Three Plaques will be awarded. 1st place, 2nd place, 3rd place.

Individual Events: Medals will be given to the top three places in each individual event.

Contemporary Scenes: 9 medals

Classical Scenes: 9 medals

Pantomime: 6 medals

Musical Theatre: 12 medals

Dramatic Monologues: 3 medals

Humorous Monologues: 3 medals

Pantomime, and Musical Theatre may have more than one person in their event win.

Three certificates for 1st place, 2nd place, and 3rd place will be ordered in case more than one student wins.

Musical Theatre has the possibility of four winners per category. Each certificate will say the following information:

Contemporary Scenes – 1st, 2nd, and 3rd place

Classical Scenes – 1st, 2nd, and 3rd place

Pantomime – 1st, 2nd, and 3rd place

Musical Theatre – 1st, 2nd, and 3rd place

Dramatic Monologues – 1st, 2nd, and 3rd place

Humorous Monologues – 1st, 2nd, and 3rd place

Drill

Categories: Military-Dance-Show

2025-2026 Calendar:

- Jun 30 - Jul 6 ... MORATORIUM -- no practices, competitions, meetings or travel
- Aug 23... Drill Judges' Clinic (UHSAA)
- Nov 3... First Contest Allowed
- Nov 21... Rosters in Aktivite
- Nov 27 - Nov 30... MORATORIUM -- no practices, competitions, meetings or travel
- Dec 21 - Dec 25... MORATORIUM -- no practices, competitions, meetings or travel
- Jan 1... MORATORIUM -- no practices, competitions, meetings or travel
- Jan 6 - Feb 3... Academic All-State Applications Accepted
- Jan 20... Season End Date
- Jan 21... State Tournament Bracket Reveal - 10:00am
- Jan 26... State Championship Quarterfinals
- Jan 29 & Jan 30... State Championship
- Feb 14... Drill Team Budget Declaration Due
- Jun 29 - Jul 5... MORATORIUM -- no practices, competitions, meetings or travel

All-Region Team selection process:

- Each Team may select 3 team members per school

All-Region Academic:

- Senior Athletes with a GPA Average of 3.75 or higher.

Region Awards:

- Plaques are for first, second, and third team winners in each category.
- 1st - 5th medals for drill down winners
- 1st Place Trophy for Region Champions

Region Tournament:

- Jordan High School will host Region 10 Drill Comp - Jan 17th, 2026 - 4:00p
- Juan Diego Catholic High School will host Region 10 Drill Comp - Jan 16th, 2027

Football Guidelines Region X

Region Activity Chairperson: Joel Sundquist — Jordan High School 801.712.1733

Representative: Head Coach — Marcus Albertson - Jordan High School

For General Football info please go to www.uhsaa.org/fall/football.html

Varsity games: All games are to begin at 7:00 p.m. Home teams wear dark jerseys, visiting teams wear light jerseys.

1. Junior Varsity and Sophomore Games: Each school will play a full schedule of sophomore and Junior Varsity games. The Junior Varsity game will start at 4:00 pm and the Sophomore game will begin twenty minutes following the conclusion of the J.V. game. Junior varsity and Sophomore Games will be played at the same site, opposite the varsity game. Home teams wear dark jerseys, visiting teams wear light jerseys when available. Region teams must be notified by August 5, 2025, if a team is unable to field a J.V. or sophomore team.

2. Chain Crews: All schools are required to use adults on chain and down markers for varsity games.

3. Change of Time: A change of time may be affected through mutual agreement of both schools -Coach, Principal, and Athletic Director. The host school must notify Arbiter of the change of time, for them to notify the officials. The host school or Region X school (pre-season) shall notify other region schools if a change is made. All officials (Varsity, Junior Varsity, and Sophomore) will be Arbitrated by the UHSAA. Call any changes to the UHSAA.

4. Change of Date: The Region X board of managers must approve a change of date after mutual agreement between schools concerned.

5. Scouting: Is to be done from the spectators stands. No video filming of future opponents will be allowed at the Varsity, Junior Varsity, or the Sophomore level.

6. Sidelines: No one will be allowed on the field or sidelines during the game without a sideline pass. Each school (home team) will develop and distribute their own sideline passes. The athletic director who meets the opponents bus will give the head coach the number of sideline passes that are needed.

7. It is the responsibility of the participating schools to keep their sidelines and track areas clear of all spectators. No spectators will be allowed on the field during the game or at half time, except when approved by administration.

8. Film Exchange: Each Region X school is expected to subscribe and use HUDL. All film exchange will be done via HUDL. All filming must be done by adults. During filming, all players on the playing field must be visible from the break of the huddle until the snap of the ball. Once the snap has occurred, the angle can be changed. Each team must film every play. Teams must also film the scoreboard after each scoring play and at the end of each quarter. Each team will upload their two previous games. The previous two games must be uploaded to HUDL no later than 10:00 am the day following the game.

9. Dress and Locker Rooms: The home school is to provide a lockable dressing facility with a white board or chalkboard and writing instruments. Locker rooms must be available two hours before game time. The home team should provide a guide to meet the bus, show the team the locker room, and be available if needed. Junior Varsity and Sophomore teams should dress at their own schools. In case of inclement weather, Junior Varsity and Sophomore teams will be provided shelter at half time. The visiting team is responsible for cleaning their locker room immediately following half time. Following half time all valuables will be removed from the locker room and taken to the sideline. Visiting teams will not be allowed back in locker rooms after the game.

10. Visiting Team Location on Sidelines: Visiting team spotters/coaches must remain on the visiting team's side/selection of the stadium unless the head coaches agree upon other accommodations. Please be the type of host that you would hope to encounter as a guest.

11. Electronic Communication: Equipment that has been approved by the UHSAA may be used at and during the game.

12. Rosters: Rosters will be entered into Register My Athlete prior to the first game.

13. Officials and Game Clock: Any current employee of a school may not officiate in any Varsity game in which his/her school is involved. The game clock is to be managed by an adult for Varsity games and when possible, for Junior Varsity and Sophomore games. Home site may film sub-varsity games and exchange.

14. Post-Game Activities: At the conclusion of the Varsity, Junior Varsity or Sophomore games, and after the traditional "Handshake" visiting teams will not participate in any post-game activities. Teams will retrieve their gear and load the bus no more than fifteen minutes following the game.

15. Public Address Announcer: Public address announcers are not to be commentators, cheerleaders, or second-guess officials.

All Region Team Determination: Region X coaches will meet on Monday October 20, 2025, at 6:00 pm. to determine the all-region team.

16. Guidelines for Choosing the All-Region Team: Each team will nominate an outstanding student for offensive player, defensive player, and special team player. The players will be voted on by the coaches. All region players will be determined by coaches using the following format based on Region Finish:

- 1 Region Overall MVP (Voted by Coaches)
- 1 Region Defensive MVP (Voted by Coaches)
- 1 Region Offensive MVP (Voted by Coaches)
- 1 Special Teams MVP (Voted by Coaches)
- 1 st Place team 7 Players
- 2 nd Place team 6 Players
- 3 d Place team 5 Players
- 4 th Place team 4 Players
- 5 th Place team 3 Players
- 6 th Place team 2 Players
- 7 th Place team 2 Players

Second Team All-Region
Same as first team minus MVP's

Honorable Mention

Each coach will be allowed to nominate as many players as needed.

17. Certificates: Each school will be sent a template to print their own certificates

18. Academic All-Region team: Any senior with a 3.70 GPA or higher

19. Trophy: A region trophy will be given to the first-place team for the regular season

20. Each team may play 9 regular season games and 1 Endowment game.

Region X Football Coach Information

Cottonwood

Tui Satuala

Tsatuala1@graniteschools.org

East

Brandon Matich

brandon.matich@slcschools.org

tripleoption3@gmail.com

Highland
Kautai Olevao
kolevao@outlook.com

Jordan
Marc Albertson
Marcus.albertson@canyonsdistrict.org

Juan Diego
Danny Larson
dannylarson@jdchs.org

Murray
Dalton Dunn
ddunn@murrayschools.org

Skyline
Marcus Mailei
Mamailei1@graniteschools.org

Region X Pre-Season Schedule 2025

Week 1 (Endowment) - August 15-16

Cottonwood vs North Sanpete
East vs Mt. Crest
Highland vs West Lake
Jordan @ Canyon View
Juan Diego Bye
Murray @ Uintah
Skyline @ Stansbury

Week 2 -August 22

Cottonwood @ Bear River
East vs Olympus
Highland vs Hunter

Jordan vs Viewmont
Juan Diego @ Manti
Murray @ Taylorsville
Skyline @ West Field

Week 3 – August 29

Cottonwood @ Hillcrest
East @ Skyridge
Highland @ Viewmont
Jordan @ Clearfield
Juan Diego vs Judge
Murray vs Hurricane
Skyline vs Olympus

Region X Football Schedule 2025 and 2026
Region Games

Fall 2025

Week 4

Highland @ Cottonwood
Murray @ Jordan
Juan Diego @ Skyline
(East Bye)

Week 5

Cottonwood @ Murray
East @ Highland
Jordan @ Juan Diego
(Skyline Bye)

Week 6

Murray @ East
Skyline @ Jordan
Juan Diego @ Cottonwood
(Highland Bye)

Week 7

East @ Juan Diego
Cottonwood @ Skyline
Highland @ Murray
(Jordan Bye)

Week 8

Skyline @ East
Jordan @ Cottonwood
Juan Diego @ Highland
(Murray Bye)

Week 9

East @ Jordan
Highland @ Skyline
Murray @ Juan Diego
(Cottonwood Bye)

Week 10

Cottonwood @ East
Skyline @ Murray
Jordan @ Highland
(Juan Diego Bye)

Fall 2026

Week 4

Cottonwood @ Highland
Jordan @ Murray
Skyline @ Juan Diego
(East Bye)

Week 5

Murray @ Cottonwood
Highland @ East
Juand Diego @ Jordan
(Skyline Bye)

Week 6

East @ Murray
Jordan @ Skyline
Cottonwood @ Juan Diego
(Highland Bye)

Week 7

Juan Diego @ East
Skyline @ Cottonwood
Murray @ Highland
(Jordan Bye)

Week 8

East @ Skyline
Cottonwood @ Jordan
Highland @ Juan Diego
(Murray Bye)

Week 9

Jordan @ East
Skyline @ Highland
Juan Diego @ Murray
(Cottonwood Bye)

Week 10

East @ Cottonwood
Murray @ Skyline
Highland @ Jordan
(Juan Diego Bye)

Golf (Boys and Girls)

Region 10 Boys Golf

Host Murray Wed. August 16 th (SQ) Meadowbrook GC 8:00 am Shotgun
Host Hillcrest Wed. August 23 rd (SQ) Riveroaks GC 8:30 am Shotgun
Host Tooele Tues. August 29 th (SQ) Oquirrh Hills GC 8:00 am Shotgun *
Host Cottonwood Wed. September 6 th (SQ) Murray Parkway GC 8:00 am Shotgun
Host Park City Thur. September 14 th Park City GC 9:00 am Shotgun
Host Jordan Wed. September 20 th (SQ) Mt View 8:00 am Shotgun
Host Stansbury Wed. September 27 th Overlake 9:00 am Shotgun (tentative)
Region Championship Mon. October 2 nd (SQ) The Ridge GC 8:00 am Shotgun
State Championship October 11 th and 12 th The Ridge GC
SQ =State-Qualifying Tournaments

* 8 Varsity 4 JV

Optional - JV Duels: Schedule on Tues. or Thurs. *Home Team First

Week 1 Bye Park City August 15th

Hillcrest vs Murray

Tooele vs Jordan

Cottonwood vs Stansbury

Week 2 Bye Murray August 22nd

Hillcrest vs Tooele

Stansbury vs Jordan

Cottonwood vs Park City

Week 3 Bye Cottonwood August 29th

Murray vs Park City

Hillcrest vs Jordan

Stansbury vs Tooele

Week 4 Bye Stansbury September 5th

Jordan vs Murray

Park City vs Hillcrest

Tooele vs Cottonwood

Week 5 Bye Hillcrest September 12th

Park City vs Stansbury

Jordan vs Cottonwood
Tooele vs Murray

Week 6 bye Jordan September 19th
Murray vs Stansbury
Cottonwood vs Hillcrest
Park City vs Tooele

Week 7 Bye Tooele September 26th
Stansbury vs Hillcrest
Jordan vs Park City
Murray vs Cottonwood

Region 10 Girls Golf

Host Murray	March 6 th	(SQ) Parkway GC
Host Hillcrest	March 13 th	(SQ) Riverbend GC
Host Stansbury	March 18 th	(SQ) Stansbury Park
Host Tooele	March 20th	(SQ) Oquirrh Hills GC
Host Jordan	April 8th	(SQ) Mt View
Host Cottonwood	April 10 th	(SQ) Meadowbrook GC
Host Park City	April 24th	Park City GC
Region Championship May 1 st TBD		
State Championship May 8 th and 9 th TBD		

Optional - JV Duels: Schedule on Tues. or Thurs. *Home Team First

Week 1 Bye Park City March 5th
Hillcrest vs Murray
Tooele vs Jordan
Cottonwood vs Stansbury

Week 2 Bye Murray March 12th
Hillcrest vs Tooele
Stansbury vs Jordan
Cottonwood vs Park City

Week 3 Bye Cottonwood March 19th
Murray vs Park City
Hillcrest vs Jordan
Stansbury vs Tooele

Week 4 Bye Stansbury March 26th
 Jordan vs Murray
 Park City vs Hillcrest
 Tooele vs Cottonwood

Week 5 Bye Hillcrest April 7th
 Park City vs Stansbury
 Jordan vs Cottonwood
 Tooele vs Murray

Week 6 bye Jordan April 12th
 Murray vs Stansbury
 Cottonwood vs Hillcrest
 Park City vs Tooele

Week 7 Bye Tooele April 23th
 Stansbury vs Hillcrest
 Jordan vs Park City
 Murray vs Cottonwood

1. Each team will play eight players the total of the low four scores of those eight will be counted as the team score. After the completion of the final region match the team with the highest cumulative score (see "Scoring" above) will be declared the region champion. In the case of a tie there will be co-region champions. 1st tie breaker- total strokes for team scores during varsity tournaments played. 2nd a coin flip will determine who is entered in 1st place at State

2. Scoring: Points will be awarded to each school based on placing in each Region tournament. The school with the most accumulated points at the end of the season will be the Region VI Champion. Ties split points.

3. Each school will be responsible for green fees for their own players at each match. The host school will be in charge of having scorecards, hole assignments, and any other administrative duties necessary for the match completed before the designated start time.

4. Region VI Tournament Scoring:

<i>1st</i>	<i>2ⁿ_d</i>	<i>3^r_d</i>	<i>4^t_h</i>	<i>5^t_h</i>	<i>6th</i>	<i>7th</i>
7	6	5	5	3	2	1

5. The Final 18-Hole Championship:

<i>1st</i>	<i>2ⁿ_d</i>	<i>3^r_d</i>	<i>4^t_h</i>	<i>5^t_h</i>	<i>6th</i>	<i>7th</i>
14	12	10	8	6	4	2

6. JV Duel Match Scoring is as follows: Each foursome is competing for 5 total points. There will be 4 foursomes in a match, 8 players per team. Individual Head to Head stroke Play = 1 Point (#1 v #1, #2 v #2, etc.) Individual Match Play = 1 Point (#1 v #1, #2 v #2, etc.) Team Match Play = 1 Point (#1 & #2 v #1 & #2, etc.) In case of a tie, points will be split among the teams.

7. Individual medals will be given to the 10 players with the lowest total score for 18-hole region tournaments played. A player must play in all region varsity events (can drop one low score or miss one) and the Region Championship to be eligible for top 10. All scores in the Region Championship will count (cannot be dropped). Awards will be given to all region medallists.

8. During a Region tournament, if JV players are allowed to complete, the pairings will strictly be JV or Varsity, no JV player will not be grouped or mark/score a Varsity group.

9. Electric carts are not to be used by the players. Exceptions will be made for ADA qualified players on a case by case basis.

10. Coaches are responsible to see that all players are dressed in appropriate golfing attire and comply with local course rules.

11. Play will be governed by USGA and any applicable local rules, UHSAA, and Region VI sportsmanship code.

12. Team shirts are highly recommended.

13. Meets canceled due to unplayable weather will be rescheduled based on course availability.

14. Parents may not give any advice to players while on the golf course. This means to keep a reasonable distance (30 feet) from players and have no private conversations with players during their round.

15. ALL UHSAA Golf Championships (boys and girls) will use a Maximum Stroke Play Scoring System. Contestants will PICK UP after reaching a maximum score of 9 strokes on any hole of a competition.

- a. 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.
- b. All designated or sanction Region Events should also use this scoring system. It will provide consistent and fair qualification for the state competitions and All-State considerations.
- c. 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 32 Bogey, "Par and Stableford Competitions". Please review these prior to the start of the golf season.

1 Region Trophy

12 Medals for 12 Low Medalists

MUSIC:

INSTRUMENTAL

1. Adjudicators will be contracted for festivals as follows:
 - a. Solo & Ensemble – 10 full-day adjudicators
 - b. Concert Band – 3 full-day adjudicators
 - c. Jazz Band – 3 full-day adjudicators
 - d. Orchestra – 3 full-day adjudicators
2. Each school may submit unlimited qualified entries to the Solo & Ensemble Festival; however, entries should be properly screened through a school-level festival or other vetting process to ensure that they can have a positive experience at the Region Level.
3. All students participating in instrumental music festivals must be members of the school's music program.
4. Regarding Region Jazz Festival – please refer to the UMEA Jazz Policy – <http://umea.us/pdfs/jazzpolicy.pdf>. Region VII will follow the same format/guidelines as the State Jazz Festival.
5. Regarding Region Concert Band Festival – please refer to the UMEA State Band Festival Requirements – <http://umea.us/stband.php> Region VII will follow the same format/guidelines as the State Concert Band Festival.

Region Jazz:

Hillcrest, March 3rd

Instrumental S&E Festival

Tooele, March 17th

Concert Band Festival

Cedar Valley, March 31

Orchestra Festival

Hillcrest, April 27

VOCAL GUIDELINES:

1. Adjudicators will be contracted for festivals as follows:
 - a. Solo & Ensemble – 10 half-day adjudicators or 6-7 full-day
 - b. Chamber Choir – 3 half-day adjudicators
 - c. Large Choir – 3 full-day adjudicators
 - d. Men's and Women's Choir - 3 half-day adjudicators
 - e. Training Choir – 2 half-day adjudicators
2. Each school may submit unlimited qualified entries to the Solo & Ensemble Festival; however, entries should be properly screened through a school-level festival or other vetting process to ensure that they can have a positive experience at the Region Level.
3. All students participating in vocal music festivals must be members of the school's music program.
4. Regarding Choir Festivals – please refer to the UHSAA handbook regarding performance length, group sizes, and other festival guidelines and rules.

Vocal Music Festival Schedule

Vocal Solo and Ensemble @ Jordan HS
March 5, 2024

Training Choir Festival @ Cottonwood
Not a State Qualifier
March 13, 2024

Chamber Choir Festival @ Murray
March 18, 2024

Large Choir Festival (SATB, Men's and Women's) State Qualifier
Stansbury, April 10, 2024

Soccer (Boys and Girls)

Game Start Time (include all levels):

Varsity and JV (3:30/ 5:15)

Game day of the week (include all levels):

Girls: Tuesday and Thursday

Boys: Tuesday and Friday

Sport Specific Guidelines:

- Field set up will dictate where teams are set up, same side or opposite sides

Region Qualification Procedures (non-RPI sports/activities):

All-Region Team selection process

1. First place team: 5 players
2. Second place team: 4 players
3. Third place team: 3 players
4. Fourth place team: 2 players
5. Fifth place team: 1 players
6. Sixth place team: 1 player
7. Seventh Place Team: 1 player
8. Eighth place Team: 1 player

Each team will choose 2 second team athletes and also 2 honorable mention athletes.

Region Coaches will vote for who is region MVP after season completion.

1. Game Day Expectations:
 - a. Home team will provide ball “shaggers” during varsity matches
 - b. Teams choosing to play seniors at the JV level must disclose this prior to the games being played
 - c. Host team will provide a location to fill up water bottles/jugs
2. Sport Specific Guidelines
 - a. Field set up will dictate where teams/fans sit
 - i. Soccer field- teams on same side, fans sit directly across
 - ii. Football Stadium- Teams on opposite sides of field, fans behind teams
 - b. Field Location and type (Can be moved for Senior Night)
 - i. Cottonwood. At School
 1. Boys-Grass
 2. Girls- Grass
 - ii. Park City
 1. Boys at School- Turf
 2. Girls at Park City Sports- Grass
 - iii. Jordan- At School

1. Girls- Grass
2. Boys Turf
- iv. Judge Memorial - At School
1. Boys- Turf
2. Girls- Turf
- v. Juan Diego - At School
1. Boys- Turf
2. Girls- Turf
- vi. Murray- At School
1. Boys- Turf
2. Girls- Turf
- vii. East- At Stadium
1. Boys- Turf
2. Girls- Grass
- vii. Highland- At Stadium
1. Boys- TBD - Grass/Turf
2. Girls- TBD - Grass/Turf

Park City - Stadium Field at Park City Sports Complex

Girls Soccer Schedule 2025-2026

Boys Soccer Schedule 2025-2026

Softball

Game Start Time (include all levels):

- Varsity: 3:30pm
- JV to follow immediately after
 - 1 ½ hour time limit

Game day of the week (include all levels):

- Tuesday and Friday

Gameday expectations :

- Visiting team will take the field at 3:00pm for infield
- Home team will take the field at 3:15pm for infield
- Please follow Region music guidelines

Sport Specific Guidelines :

- Varsity games are seven (7) innings
 - Run rule: 15 runs after 3 inning or 10 runs after 5 innings
- If score is tied after 7 innings, international tiebreaker will go into effect
- JV games to follow immediately after varsity games
 - 1 ½ hour time limit. No new inning after 1 ½ hour
 - A team may only score 6 runs per half inning in a JV game
 - Rules for JV play will be agreed upon by the region in order to provide a developmental atmosphere and to accommodate facility conflicts
- Home team is responsible for:
 - An adult scorekeeper
 - Two new game balls
 - Paying for officials
 - Field markings, maintenance, and management
 - Reporting final scores to required media outlets
- Postponed games will follow UHSAA suspended game procedures
 - Home team will call their opponent and officials by noon (12:00pm)
 - Game will be rescheduled on the first available weekday as agreed upon by the involved coaches and approved by the involved principles
 - Priority should be given to region games
 - In the first round of region play, the postponed game may be “flip-flopped” to the visiting field if it is deemed playable. The second round will be reversed.
- Teams agree to accept all National Federation Rules
- All seniors nominated for Academic All-State will receive Academic All-region (3.75 or higher)
- Senior recognition day will be communicated between the two teams prior to the game.

Region Schedule:

- Coaches need to work together when making changes for spring breaks. All changes need to be approved by involved principals.

All-Region Team selection process:

- MVP needs to be voted on
 - Each school nominate one player with stats
 - Each school gets one vote but cannot vote their own player
 - Send nominations to Scott Carrell at scott.carrell@canyonsdistrict.org by May 11th
- All-Region (1st team and 2nd team)
 - 1st place = 5 players
 - 2nd place = 4 players
 - 3rd place = 3 players
 - 4th place = 2 players
 - 5th-7th place= 1 player

Region Champion Criteria including tiebreaker scenarios -

- One region trophy will be awarded to the first place team. In the event of a tie, we will award trophies to the co-champions.

Softball Schedule 2026-27

Swimming

1. A maximum of 14 meets/contests will be held.
2. All region meets will have a Start Time: 3:30 (Warm up starts at 2:30) Meets at Tooele or Stansbury will have a 3:00 pm start time with 2:00 pm warm-up.
3. Game day of the week (include all levels): Thursday
4. Home team will be in the odd lanes, the visiting team will be in the even lanes.
5. The Region Championships will be held January 27th, 2024 at the Wasatch Aquatic Center - gate will be charged at the Region Meet and will follow region pricing
6. The State Championships will be held, February 9th-10th, 2024 at BYU
7. Each School's entries for the Region Championship will be limited to all official entries in each event and each relay. All times must be the best time from meets during the current season.
 - a. All swimmers must meet eligibility requirements as per National Federation Rules.
 - b. The top four swimmers from each school may score towards the Region Championship.
 - c. Scoring format will be sixteen places.
 - d. Region Championship information will be sent out on January 10, 2022. This will include entry due dates and times. Entries will be sent to Ron Lockwood at RonLockwood@live.com.
 - e. Trophies and medals will be awarded as follows:
 - i. 1 Region Championship Trophy Each (Girls and Boys)
 - ii. Medals for Top 6 Individual and Top 3 relays. (Girls and Boys)
 - iii. Academic All Region recognition and certificate for all seniors with a cumulative 3.75 GPA and higher.
9. All Hosting of dual meets will have the following:

	Dual Meets	Region Championships
Starter	\$40.00	\$60.00
Referee	\$40.00	\$60.00
Stroke Judge	\$40.00	\$30.00 (10)
Head Timer	\$40.00	\$40.00 (2)
Announcer		\$30.00
Hospitality		\$30.00
Hospitality Budget		\$????????
Meet Director		\$150.00

Tennis (Boys and Girls)

Game Start Time (include all levels): 3:30 PM

Gameday of the week (include all levels): T, TH

Each team will play once per season and rotate home court the next year. Schedule will roll from back to front after two years.

Gameday expectations:

- Provide water for visiting teams, bring own water bottles
- Bring own warm-up tennis balls

Sport Specific Guidelines:

- Three singles, two doubles at varsity and JV, but
- Continuous coaching is not allowed at Varsity or JV matches matches/duals

Will qualify for state per UHSAA guidelines by UTR

- In the case of a divisional tournament, a region tournament will still be played and will be used to seed the divisional tournament.

- The players that qualify for state must go to state

Region Champion Criteria including tiebreaker scenarios

- One point per win in each dual meet (up to 5 points per match (3-2, 2-3, 4-1, etc.)

Region Meet

- 1st = 5

- 2nd = 3

- 3rd = 2

- 4th = 1

- In the event of a team tie, teams will be co-champions and two trophies will be awarded
- Region title is the culmination of points from region play and the region tournament.

Region Tournament Criteria

- Girls Region Tournament - 9/15 (JV) 9/18-19 (Varsity)

- Boys Region Tournament - 4/27 (JV) 4/30-5/1 (Varsity)

Players must have played in a region match in order to participate in the region meet.

All placement matches will be played - For the final round of the region tournament, if competitors have already played each other in an earlier round, the result of that previous match stands, and the final match will not be played.

Varsity Tournament will be double elimination with a back draw with no direct connection to the winners bracket.

The JV Tournament will be single elimination.

JV Tournament will be on the Monday before Varsity tourney @ Highland(girls) and Cottonwood(Boys) hosts by the school and run by Judge Memorial

Will attempt to reschedule JV tourney if time allows in case of inclement weather

Region Criteria for seeding tie breaker: (UTR is the first level)

1. Head-to-head
2. Fewest sets lost
3. Fewest games lost/differential

Boys Region matches will begin on March 21 to accommodate Spring Breaks and rescheduling due to weather.

Girls region tournament September 18 and 19 at Highland

Girls State Tournament: October 2nd

Boys Region JV Tournament: April 27 @ Cottonwood High School

Boys Region Varsity Tournament: April 30 May 1 @ Cottonwood High School

Boys State Tournament: May 7th

Girls Tennis Schedule 2023-2024

Boys Tennis Schedule 2023-2024

TRACK & FIELD GUIDELINES

Regular Season Region Meets

1. Track & field meets will begin at 3:30.
2. Any changes in the region schedule (see below) must be approved by the administration and/or athletic director of the affected schools and communicated to the region chairperson over track and field. The host school's principal will determine whether a meet should be canceled.
3. At dual/tri region meets, the host school will be responsible to conduct and take care of all preparation and equipment needs.
4. Visiting schools will run assigned event(s) at region dual/tri meets.
5. Each school will furnish their own adhesive finish tags for region meets.
6. Athletes can participate in no more than 12 meets. Only 8 of the 12 can be qualifying meets, plus the region and state meet. (Consult the [UHSAA website](#) for any updates or changes.)
7. Order of events for one-day dual/tri meets is provided below.

Region Championship Meet

8. Qualifying for state through the Region Championship Meet will follow the state guidelines. Currently that means the top four (4) finishers in each individual event and the top four (4) finishers in each relay will qualify for the state meet. (Consult the [UHSAA website](#) for any updates or changes.)
9. Medals will be awarded to the top six (6) finishers at the Region Championship Meet in each individual event. One medal will be awarded to each member of the top three (3) relay teams for both girls and boys relay events.
10. Each school will provide two adult volunteers to help run events at the Region Meet.
11. The Region will pay for a head starter and four other officials at the Region Meet.
12. The winner of the region trophy will be determined by team scores at the Region Meet.
13. Scoring at the Region Championship Meet will be as follows: 10,8,6,5,4,3,2,1 points for individual events and 10,8,6,5,4,3 for relays.
14. Each school will be allowed five (5) individuals at the Region Championship Meet in each individual event, unless a school has more than five (5) individuals that are already qualified for State, in which case all qualified individuals may be entered. Each school will be allowed one (1) scoring relay team in each relay event.
15. Tie-breaking protocol will follow the NFHS rule book per the event. If, after applying the protocol, a tie still remains, the points will be divided between the tied athletes' teams. If a clear differentiation is required (like for a 4th place finish to determine state qualification), then a "run-off" or "jump-off" protocol will be used, and the points will be awarded to each team based on the athletes' final placement.
16. Order of events at the two-day Region Meet will follow the schedule outlined below (based largely on the state meet), unless otherwise agreed upon.

17. At the Region Championship Meet all athletes must be in uniform, which consists of a school-issued track and field top and bottom. (See federal handbook Rule 4, Section 3, Article 1-4)
18. The host school will act in the role of the meet director

All-Region Status

19. All-Region athletes will be recognized by each team at their own awards event (like a banquet) rather than at the region championship meet.
20. For Individual Events: *All-Region First Team* status will be awarded to the top four (4) finishers in each individual event at the Region Championship Meet. *All-Region Second Team* status will be awarded to the 5th and 6th place finishers in each individual event at the Region Championship Meet. And *All-Region Honorable Mention* status will be awarded to the 7th and 8th place finishers in each individual event at the Region Championship Meet.
21. For Relay Events: *All-Region First Team* status will be awarded to the first place team in each relay event. *All-Region Second Team* status will be awarded to the second place team in each relay event. *All-Region Honorable Mention* status will be awarded to the third & fourth place teams in each relay event.
22. For Academics: *Academic All-Region* status will be awarded to senior varsity athletes who have a cumulative GPA of 3.7 or higher.

Girls & Boys Volleyball

Game Start Time:

3:30 Sophomore

5:00 JV / 5:00 Freshman

6:30 Varsity

Game day of the week:

Tuesday / Thursday

Gameday expectations:

Home team will provide warm-up balls, a ball cart, locker room, water jug (or convenient water bottle filling station) for the visiting team.

Senior night activities will be kept to no longer than 15 minutes.

Teams will stay on same side

Warm-ups will consist of 5 minutes of court time for each team.

Sport Specific Guidelines (i.e. pitch count in baseball)

Varsity matches will follow the UHSAA format.

All sub-varsity matches will follow the best of 5 games format:

Games 1 and 2 will go to 25, win by 2, cap at 27

Games 3, 4, 5, will go to 15 win by 2, cap at 17

Freshman games: No new set will begin after 6:00pm.

All-Region Team selection process

All-Region First Team (13 players)

- First and Second place teams: 3 players each
- Third and Fourth place teams: 2 players each
- Fifth, Sixth, Seventh, and Eighth place teams: 1 player each
- 1 MVP will be chosen from the 13 players nominated to the All-Region First Team. Coaches will vote for MVP (coaches may not vote for their own player in this vote).

All-Region Second Team (11 players)

- First, Second, Third, and Fourth place teams: 2 players each
- Fifth, Sixth, and Seventh place teams: 1 player each

All-Region Honorable Mention (7 players)

- Each team will choose 1 player

Academic All-Region - Certificate Awarded to senior members of the volleyball team with a cumulative 3.75 GPA or higher.

Region Champion Criteria including tiebreaker scenarios: Head to Head W/L Match Record -
Teams with identical records are co-champions and receive a trophy

Girls Volleyball Schedule 2023-2024

Stansbury High School (2023-24)

Volleyball, Girls Varsity

Games				
Thu 8/24/2023	Hillcrest High School - UT @ Tooele High School	Jordan High School @ Stansbury High School	Murray High School @ Park City High School	Bye Cottonwood High School
Tue 8/29/2023	Cottonwood High School @ Hillcrest High School - UT	Tooele High School @ Murray High School	Stansbury High School @ Park City High School	Bye Jordan High School
Thu 8/31/2023	Jordan High School @ Cottonwood High School	Murray High School @ Hillcrest High School - UT	Stansbury High School @ Tooele High School	Bye Park City High School
Tue 9/5/2023	Cottonwood High School @ Murray High School	Park City High School @ Jordan High School	Hillcrest High School - UT @ Stansbury High School	Bye Tooele High School
Thu 9/7/2023	Park City High School @ Cottonwood High School	Stansbury High School @ Murray High School	Tooele High School @ Jordan High School	Bye Hillcrest High School - UT
Tue 9/12/2023	Cottonwood High School @ Stansbury High School	Park City High School @ Tooele High School	Jordan High School @ Hillcrest High School - UT	Bye Murray High School
Thu 9/14/2023	Tooele High School @ Cottonwood High School	Hillcrest High School - UT @ Park City High School	Murray High School @ Jordan High School	Bye Stansbury High School
Tue 9/19/2023	Tooele High School @ Hillcrest High School - UT	Stansbury High School @ Jordan High School	Park City High School @ Murray High School	Bye Cottonwood High School
Thu 9/21/2023	Hillcrest High School - UT @ Cottonwood High School	Murray High School @ Tooele High School	Park City High School @ Stansbury High School	Bye Jordan High School
Tue 9/26/2023	Cottonwood High School @ Jordan High School	Hillcrest High School - UT @ Murray High School	Tooele High School @ Stansbury High School	Bye Park City High School
Thu 9/28/2023	Murray High School @ Cottonwood High School	Jordan High School @ Park City High School	Stansbury High School @ Hillcrest High School - UT	Bye Tooele High School
Tue 10/3/2023	Cottonwood High School @ Park City High School	Murray High School @ Stansbury High School	Jordan High School @ Tooele High School	Bye Hillcrest High School - UT
Thu 10/5/2023	Stansbury High School @ Cottonwood High School	Tooele High School @ Park City High School	Hillcrest High School - UT @ Jordan High School	Bye Murray High School
Tue 10/10/2023	Cottonwood High School @ Tooele High School	Park City High School @ Hillcrest High School - UT	Jordan High School @ Murray High School	Bye Stansbury High School

Season End = Oct 17

Boys Volleyball Schedule 2023-2024

Wrestling

Dual Weigh in 3:30

JV boys/Girls 4:30

Varsity boys/ girls 6:00

Tri dual weigh in at 2:30

Run on 2 mats JV on one and Varsity on the other.

First dual 3:30

Second dual 5:30

Third dual 7:00

- Lineups need to be entered into trackwrestling by 12:00 PM the day of the match.**

Wrestling Schedule 2023-2024

Firefox

<https://www1.arbitersports.com/arbitergame/LeagueScheduling/printschedule?uniqueTeam...>

Stansbury High School (2023-24)

Wrestling, Boys Varsity

Games

Thu 12/7/2023	Tooele High School @ Jordan High School (12/13)	Cottonwood High School @ Murray High School	Bye Stansbury High School
Thu 12/14/2023	Stansbury High School @ Park City High School	Bye Tooele High School	
Thu 1/4/2024	Tooele High School @ Stansbury High School	Bye Hillcrest High School - UT	
Thu 1/11/2024	Stansbury High School @ Cottonwood High School	Park City High School <i>or Jordan</i> @ Murray High School	Bye Jordan High School
Thu 1/18/2024	Jordan High School @ Cottonwood High School	Murray High School @ Tooele High School	Bye Park City High School
Thu 1/25/2024	Stansbury High School @ Jordan High School	Tooele High School <i>+ Park City</i> @ Cottonwood High School	Bye Park City High School
Thu 2/1/2024	Murray High School @ Stansbury High School	Bye Jordan High School	

Lacrosse (Boys/Girls) * East (Girls), Highland, Jordan, Juan Diego,
Judge Memorial (Girls)

Lacrosse (Boys/Girls) Schedule

	Men's Schedule by Date
4/10	Jordan - BYE
	Hillcrest @ Judge
	Waterford @ Juan Diego
4/12	Jordan @ Hillcrest
	Judge @ Juan Diego
	Waterford - BYE
4/17	Waterford @ Jordan
	Judge - BYE
	Juan Diego @ Hillcrest
4/19	Jordan @ Juan Diego
	Waterford @ Judge
	Hillcrest - BYE
4/24	Hillcrest @ Waterford
	Juan Diego - BYE
	Judge @ Jordan
4/26	Jordan - BYE
	Judge @ Hillcrest
	Juan Diego @ Waterford
5/1	Hillcrest @ Jordan
	Juan Diego @ Judge
	Waterford - BYE

5/3	Jordan @ Waterford
	Judge - BYE
	Hillcrest @ Juan Diego
5/8	Juan Diego @ Jordan
	Judge @ Waterford
	Hillcrest - BYE
5/10	Waterford @ Hillcrest
	Juan Diego - BYE
	Jordan @ Judge

	Women's Schedule by Date
4/10	Jordan - BYE
	Judge @ Hillcrest
	Juan Diego @ Waterford
4/12	Hillcrest @ Jordan
	Juan Diego @ Judge
	Waterford - BYE
4/17	Jordan @ Waterford
	Judge - BYE
	Hillcrest @ Juan Diego
4/19	Juan Diego @ Jordan
	Waterford @ Judge
	Hillcrest - BYE
4/24	Waterford @ Hillcrest
	Juan Diego - BYE
	Jordan @ Judge

4/26	Jordan - BYE
	Hillcrest @ Judge
	Waterford @ Juan Diego
5/1	Jordan @ Hillcrest
	Judge @ Juan Diego
	Waterford - BYE
5/3	Waterford @ Jordan
	Judge - BYE
	Juan Diego @ Hillcrest
5/8	Jordan @ Juan Diego
	Judge @ Waterford
	Hillcrest - BYE
5/10	Hillcrest @ Waterford
	Juan Diego - BYE
	Judge @ Jordan