



5A REGION

6

HANDBOOK



2024
-
2025

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BASEBALL

General Information

Activity Chair

Jordan Kjar, Olympus cjkjar@graniteschools.org 801-706-4524

UHSAA Baseball Website: [UHSAA Baseball](#)

UHSAA Baseball Calendar Link: [UHSAA Calendar of Events](#)

Two-Week Prior Restrictions: February 9th – 23rd

Starting Date: February 24th

First Game: March 3rd

RPI/State Brackets Revealed: May 9th.

State Tournament: May 10th – 12th (Please see UHSAA website for official brackets and sites of games)

Academic All-State Accepted Between March 18th – Apr 17th.

Summer moratorium: Jun 28th – July 4th, Nov 28th – Dec 1st, Dec 2nd – Jan 1st.

Coaches

Alta High School

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Brighton High School

Mark Kleven mark.kleven@canyonsdistrict.org (702) 738-3946

East High School

Patrick Treend patrick.treend@slcschools.org (801) 903-8443

Highland High School

Jayson Kisselburg Jayson.kisselburg@gmail.com (801) 554-0747

Jordan High School

Chad Fife chad.fife@canyonsdistrict.org (801) 419-2251

Olympus High School

Corland Felts olympustitanbaseball@gmail.com (801) 808-5737

Skyline High School

Eric Morgan ermorgan1@graniteschools.org (801) 707-5981

West High School

Jordan Oseguera Jordan.oseguera@slcschools.org (801) 414-0840

Guidelines

1. Pregame warmups will begin 25 minutes prior to official start of game. Each team is allowed ten minutes of warmup time.
2. All league games will be played on the date and time (4:00 Varsity, 3:30 JV/Sophomore doubleheader) scheduled unless weather or field conditions cause a postponement. Varsity games are scheduled for Tuesday's, Wednesday's, and Friday's. JV/Soph's will play a double header on Monday's and Thursday's. JV will always start the double header on Monday's, and Sophomores will always start the double header on Thursday's. Each postponed game must be made up in the order of the postponement. A postponed game must be made up on the next available day (including Saturdays). Sub-Varsity games will be "bumped" or "moved" on the calendar to allow the varsity game at either field, or a neutral site as agreed mutually by the coaches. Flip/flopping the schedule and playing at the visiting team's field, if it is playable, will be done where it is possible to get the game in. If a game is "flip flopped" the visiting team would still be considered the home team. Consideration needs to be given when deciding to stick to the home fields to the visiting team's predicament. Every team will get at least one home game per region series. In the event of a postponed game because of bad weather, it will be the responsibility of the home team coach to notify the visiting school and the officials. This should take place by 1:00 p.m. It is the responsibility of both coaches to communicate with each other in the process of rescheduling games for the next available date.
3. The final week of region play will have a modified schedule. Varsity will play Monday, Tuesday, and Thursday. J/V and Soph double-headers will be Wednesday and Friday.
4. Any game(s) not made up on the next available date (including Saturdays) will result in a forfeit for one or both teams, depending on the offending team(s). Both coaches will be consulted to determine the offending team. No team will be made to play five (5) games in a week unless they choose to do so. Four (4) games in a week will be required, if necessary, as defined by UHSAA (Sunday to Sunday).
5. Teams may move a Varsity game up one day due to weather concerns, and to get the game in. Both coaches must communicate and agree. They will then notify their AD's, the Region Chair via text.
6. When an incomplete game (less than 5 innings) is "called" because of darkness or weather, etc., in their first game, the game will be resumed immediately before their

second game. If it is called during their second game it will be resumed immediately before the third game, if it is called during the third game it will be made up on the next available date (including Saturdays). Sub-Varsity games will be “bumped” to accommodate varsity make-up games. The home field coach will be responsible for notifying all those involved: Umpires, AD’s, Principals, Coaches, and the Region Chair.

7. The recommendation of UHSAA on number of pitches per week will be followed.
8. A region championship trophy will go to the first place in region play. In the event of a tie for first place, by record, the team with the head-to-head advantage will be considered region champs and receive the Region Trophy and #1 seed.
9. Please refer to “General Policies” in the Region VI Handbook for all other Region VI rules, and the UHSAA Handbook for all UHSAA rules.
10. The coaches will select the all-region team at their discretion according to the following criteria: 1st place – MVP + 5 players, 2nd place – 5 players, 3rd place – 4 players, 4th place – 3 players, 5th place – 3 players, 6th place 2 players, and 7th place 2 players. For second team all-region the same criteria apply except there will not be an MVP. All region is due to the region chair by May 13th. Coaches will also send each player’s stats. Coaches oversee getting the certificates from their principals and distributing them to their players.
11. Academic all-region will go to any Senior with a 3.700 GPA or higher. Coaches oversee getting the certificates from their principals and distributing them to their players.
12. Due to snowy conditions, Park City may have to play many of their games on the road until the snow melts. If they are scheduled as the home team and play at a visiting site, they still will be the home team.
13. Teams may opt out of playing the Thursday JV/Soph double header for the entire season. To do this, they must notify the region chair by January 15th, 2023. The region chair will then notify the Board and Region Coaches about the change to the schedule.

All-Region

The coaches will select the all-region team at their discretion according to the following criteria:

1st place – MVP + 5 players, 2nd place – 5 players, 3rd place – 4 players, 4th place – 4 players, 5th place– 3 players, 6th place - 3 players, 7th place - 2 players and 8th place – 2 players. For second team all-region the same criteria apply except there won’t be an MVP.

Please email me your players for First and Second Teams. I will then compile it and send it back out to everyone.

Trophy: Region Champions

***Weather Delay**

1. When a game is cancelled it is the HOME team's responsibility to communicate within 24 hours of the cancellation. This includes responding to communications made to re-schedule.
2. Region games take precedence over non-region games.
3. Scheduling of the umpires needs to be done by the AD's having some foresight and anticipating needs is crucial in being able to have coverage at a game.
4. If a team voluntarily schedules a non-region game to avoid playing a region game or the potential for a region game a forfeit should be required for the offending school.

Varsity Schedules

Varsity Schedule	2025 Season	
Week 1		
Tuesday, March 25th	Wednesday, March 26th	Friday, March 28th
East vs Brighton Skyline vs Olympus Alta vs West Jordan vs Highland	Brighton vs East Olympus vs Skyline West vs Alta Highland vs Jordan	East vs Brighton Skyline vs Olympus Alta vs West Jordan vs Highland
Week 2		
Tuesday, April 1st	Wednesday, April 2nd	Friday, April 4th
East vs Skyline Brighton vs Olympus West vs Jordan Alta vs Highland	Skyline vs East Olympus vs Brighton Jordan vs West Highland vs Alta	East vs Skyline Brighton vs Olympus West vs Jordan Alta vs Highland
Week 3		
Tuesday, April 8th	Wednesday, April 9th	Friday, April 11th
West vs East Olympus vs Alta Highland vs Brighton Jordan vs Skyline	East vs West Alta vs Olympus Brighton vs Highland Skyline vs Jordan	West vs East Olympus vs Alta Highland vs Brighton Jordan vs Skyline
Week 4		
Tuesday, April 15th	Wednesday, April 16th	Friday, April 18th
Highland vs East Olympus vs Jordan Brighton vs West Alta vs Skyline	East vs Highland Jordan vs Olympus West vs Brighton Skyline vs Alta	Highland vs East Olympus vs Jordan Brighton vs West Alta vs Skyline
Week 5		
Tuesday, April 22nd	Wednesday, April 23rd	Friday, April 25th
East vs Alta West vs Olympus Brighton vs Jordan Skyline vs Highland	Alta vs East Olympus vs West Jordan vs Brighton Highland vs Skyline	East vs Alta West vs Olympus Brighton vs Jordan Skyline vs Highland
Week 6		
Tuesday, April 29th	Wednesday, April 30th	Friday, May 2nd
Jordan vs East Highland vs Olympus Alta vs Brighton West vs Skyline	East vs Jordan Olympus vs Highland Brighton vs Alta Skyline vs West	Jordan vs East Highland vs Olympus Alta vs Brighton West vs Skyline

Week 7		
Monday, 5th	Tuesday, 6th	Thursday, 8th
Olympus vs East Skyline vs Brighton Highland vs West Jordan vs Alta	East vs Olympus Brighton vs Skyline West vs Highland Alta vs Jordan	Olympus vs East Skyline vs Brighton Highland vs West Jordan vs Alta

JV Schedules

JV/Soph Schedule	2025 Season
Week 1	
Monday, March 24th	Thursday, March 27th
Brighton vs East Olympus vs Skyline West vs Alta Highland vs Jordan	East vs Brighton Skyline vs Olympus Alta vs West Jordan vs Highland
Week 2	
Monday, March 31st	Thursday, April 3rd
Skyline vs East Olympus vs Brighton Jordan vs West Highland vs Alta	East vs Skyline Brighton vs Olympus West vs Jordan Alta vs Highland
Week 3	
Monday, April 7th	Thursday, April 10th
East vs West Alta vs Olympus Brighton vs Highland Skyline vs Jordan	West vs East Olympus vs Alta Highland vs Brighton Jordan vs Skyline
Week 4	
Monday, April 14th	Thursday, April 17th
East vs Highland Jordan vs Olympus West vs Brighton Skyline vs Alta	Highland vs East Olympus vs Jordan Brighton vs West Alta vs Skyline
Week 5	
Monday, April 21st	Thursday, April 24th
Alta vs East Olympus vs West Jordan vs Brighton Highland vs Skyline	East vs Alta West vs Olympus Brighton vs Jordan Skyline vs Highland

Week 6	
Monday, April 28th	Thursday, May 1st
East vs Jordan Olympus vs Highland Brighton vs Alta Skyline vs West	Jordan vs East Highland vs Olympus Alta vs Brighton West vs Skyline
Week 7	
Wednesday, May 7th	Friday, May 9th
East vs Olympus Brighton vs Skyline West vs Highland Alta vs Jordan	Olympus vs East Skyline vs Brighton Highland vs West Jordan vs Alta

Double Headers: JV first on Monday's, Sophomores first on Thursdays

BOYS BASKETBALL

General Information

Activity Chair

Matt Barnes, Olympus

Starting Date: **Monday, November 11, 2024**

First game: **starting Nov. 19**

Moratoriums: **June 28 – July 4, Nov. 28 -Dec. 1, Dec. 21-25, Jan. 1**

State Tournament: **Feb. 19 and 21- 1st 2 rounds home sites@ Weber St Feb. 26,28, March 1**

UHSAA Boys Basketball Website: [UHSAA Boys Basketball](#)

UHSAA Boys Basketball Calendar Link: [UHSAA Calendar of Events](#)

Coaches

Alta High School

Travis Ohrn

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Brighton High School

Tim Gardner

tingardner1@yahoo.com

East High School

Highland High School

Chris Jones

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Olympus High School

Matt Barnes

mbarnes@graniteschools.org

Skyline High School

Marcus Frazier

mcfrrazier@graniteschools.org

West High School

Mason Dupaix

mason.dupaix@slcschools.org

Guidelines

1. Games will be played on: Tuesday and Friday's at the following times:
 - a. Freshman - 5:15 pm aux gyms
 - b. Sophomore – 3:30 pm
 - c. Junior Varsity 5:15 pm
 - d. Varsity – 7:00 pm

2. Halftime for basketball will last ten (10) minutes. Halftime activities must be kept to seven (7) minutes. Minor variations can be made with mutual consent of schools involved.
3. Wilson EVO NXT is the designated ball for both Boys' and Girls' State Tournaments. Use of this ball is recommended for **Region VI** games.
4. UHSAA Moratorium dates are above. No games or matches or practices may be held during these designated times. A school is assessed \$200.00 fine if found in violation of the moratorium.
5. Pre-season game times and dates are site-based decisions. As a courtesy, copies of schedules and team rosters shall be emailed to each **Region VI** Athletic Director by Nov. 22, 2021.
6. In the event of a tie, the **Region VI** tie breaker rule applies.
7. Teams may film their own games; however, no filming of opponents is allowed at any level.
8. General courtesies recommended for games and are as follows:
 - A. Each school shall provide the visiting team with a secure, clean locker room, a writing board, and an area for private discussion during halftime. Accessibility to a taping table is encouraged.
 - B. If pre-game activities are expected to run longer or they are different than normal, a schedule of the events (including the flag ceremony and introduction of players) shall be provided to coaches and referees.
 - C. **5 Minute Courtesy Rule:** At the conclusion of each game, there is to be 5 minutes put on the time clock between games to have the team playing in the previous game clear the bench, allow teams to exit, the floor to be swept, etc. During this 5 minutes there is to be NO ONE on the floor.
9. Each school is responsible for providing a dressing room and private discussion area for officials.
10. The start times and dates can be changed only by mutual consent of both teams involved and approval by the **Region VI** Board of Managers. If a game time or date is changed, it is the responsibility of the home to notify the arbiter.

11. Selection of All-Region Teams takes place in a meeting of coaches under the direction of the Region Chairperson. An open format, to be decided by the coaches, determines the method of selection.
12. A Region VII trophy will be awarded to the first-place team based on winning percentage. Teams tied for first with the same winning percentage will be named co-champions and will share the title. Each co-champion team will receive a first place trophy.
13. A representative of **Region VI** basketball coaches will keep an up-to-date record of region standings.
14. Please refer to “General Policies” in the **Region VII** Handbook for all other **Region VII** rules, and the UHSAA Handbook for all UHSAA rules.

Schedules

Friday, Jan. 3

East @ Alta
Highland @ Olympus
Skyline @ Brighton
West Bye

Tuesday, Jan. 7

Olympus @ West
Brighton @ Highland
Alta @ Skyline
East Bye

Friday, Jan. 10

Skyline @ East
Alta @ Highland
Brighton @ West
Olympus Bye

Tuesday, Jan. 14

Highland @ East
West @ Alta
Brighton @ Olympus
Skyline Bye

Friday, Jan. 17

Highland @ Skyline
East @ West
Alta @ Olympus
Brighton Bye

Tuesday, Jan. 21

Alta @ Brighton
Skyline @ West
East @ Olympus
Highland Bye

Friday, Jan. 24

West @ Highland
Brighton @ East
Olympus @ Skyline
Alta Bye

Tuesday, Jan. 28

Alta @ East
Olympus @ Highland
Brighton @ Skyline
West Bye

Thursday, Jan. 30

West @ Olympus
Highland @ Brighton
Skyline @ Alta
East Bye

Friday, Jan. 31

East @ Skyline
Highland @ Alta
West @ Brighton
Olympus Bye

Tuesday, Feb. 4

East @ Highland
Alta @ West
Olympus @ Brighton
Skyline Bye

Friday, Feb. 7

Skyline @ Highland
West @ East
Olympus @ Alta
Brighton Bye

Tuesday, Feb. 11

Brighton @ Alta
West @ Skyline
Olympus @ East
Highland Bye

Friday, Feb. 14

Highland @ West
East @ Brighton
Skyline @ Olympus
Alta Bye

ALL FRESHMAN GAMES AT 5:15 – IN AUX GYM – OPPOSITE JV GAME

GIRLS BASKETBALL

General Information

Activity Chair

Whitney Hunsaker, Olympus

Starting Date: **Monday, November 11, 2024**

First game: **Starting Nov. 19, 2024**

Moratoriums: **June 28 – July 4, Nov. 28- Dec 1, Dec. 21-25, Jan. 1**

State Tournament: **Feb. 18 & 20- 1st & 2nd rounds @ home sites, Feb 26 & 28, March 1 @**

Weber State University - 8 teams

UHSAA Girls Basketball Website: [UHSAA Girls Basketball](#)

UHSAA Girls Basketball Calendar Link: [UHSAA Calendar of Events](#)

Coaches

Alta High School

Julie Larsen

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Brighton High School

Kane Stokes

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East High School

Taps Tapusoa

Tapasa.tapusoa@slcschools.org

Highland High School

Sala Asiata

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Olympus High School

Whitney Hunsaker

whunsaker@graniteschools.org

Skyline High School

Arielle Meredith

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West High School

Junior Solovi

osolovi@yahoo.com

olosaaolovi@slcschools.org

Guidelines

1. Games will be played on Tuesdays and Fridays at the following times:

Sophomore- 3:30 PM

Junior Varsity- 5:15 M

Freshmen (if applicable)- 5:15 PM opposite gym from JV.

Varsity – 7:00 PM

2. Halftime for basketball will last ten (10) minutes. Halftime activities must be kept to seven (7) minutes. Minor variations can be made with mutual consent of the schools involved.

3. **Wilson EVO NXT** is the designated ball for both Boys' and Girls' State Tournaments. Use of this ball is recommended for Region VI games.
4. UHSAA Moratorium dates can be found at <https://uhsaa.org/calendartentative/GBasketball.php>
No games, matches or practices may be held during these designated times. A school is assessed a \$200.00 fine if found in violation of the moratorium dates.
5. Pre-season game times and dates are site-based decisions. As a courtesy, copies of schedules and team rosters shall be emailed to **each Region VI athletic director by November 15, 2024.**
6. Teams may film their own games; however, no filming of opponents is allowed at any level.
 - a. Upon agreement, schools that have gym cameras (Hudl/NFHS) will share film with the visiting team in the film, within 48 hours of competition.
7. General courtesies recommended for games and are as follows:
 - a. Each school shall provide the visiting team with a secure, clean locker room, a writing board, and an area for private discussion during halftime. In addition, a water jug for the visiting team's bench. Accessibility to a taping table is encouraged.
 - b. If pre-game activities are expected to run longer or they are different than normal, a schedule of events (including flag ceremony and introduction of players) shall be provided to coaches and referees.
 - c. **2-Minute Courtesy Rule:** At the conclusion of each game, there is to be 5 minutes put on the time clock between games to have the team playing in the previous game to clear the bench, allows teams to exit, floor to be swept, etc. During these 5 minutes there is to be NO ONE on the floor.
8. Each school is responsible for providing a dressing room and private discussion area for officials.
9. The start times and dates can be changed only by mutual consent of both teams involved and approval by the Region VI Board of Managers. If a game time or date is changed, it is the responsibility of the home team to notify the arbiter.
10. Selection of All-Region Teams take place in a meeting of region coaches under the direction of the Region Chairperson. An open format, to be decided by the coaches, determines the method of selection. All-Region academic certificates are awarded to senior athletes with a

cumulative 3.75 GPA. Coaches shall provide names to the Region Chairperson at the All-Region selection meeting.

11. A Region VI trophy will be awarded to the first-place team based on winning percentage. Teams tied with the same winning percentage will be named co-champions and will share the title. Each co-champion team will receive a first-place trophy.
12. A representative of Region VI basketball coaches will keep an up-to-date record of region standings.
13. Please refer to “General Policies” in the Region VI Handbook for all other Region VI rules, and the UHSAA Handbook for all UHSAA rules.

Schedules

Friday, Jan. 3

Alta @ East
Olympus @ Highland
Brighton @ Skyline
West Bye

Tuesday, Jan. 7

West @ Olympus
Highland @ Brighton
Skyline @ Alta
East Bye

Friday, Jan. 10

East @ Skyline
Highland @ Alta
West @ Brighton
Olympus Bye

Tuesday, Jan. 14

East @ Highland
Alta @ West
Olympus @ Brighton
Skyline Bye

Friday, Jan. 17

Skyline @ Highland
West @ East
Olympus @ Alta
Brighton Bye

Tuesday, Jan. 21

Brighton @ Alta
West @ Skyline
Olympus @ East
Highland Bye

Friday, Jan. 24

Highland @ West
East @ Brighton
Skyline @ Olympus
Alta Bye

Tuesday, Jan. 28

East @ Alta
Highland @ Olympus
Skyline @ Brighton
West Bye

Thursday, Jan. 30

Olympus @ West
Brighton @ Highland
Alta @ Skyline
East Bye

Friday, Jan. 31

Skyline @ East
Alta @ Highland
Brighton @ West
Olympus Bye

Tuesday, Feb. 4

Highland @ East
West @ Alta
Brighton @ Olympus
Skyline Bye

Friday, Feb. 7

Highland @ Skyline
East @ West
Alta @ Olympus
Brighton Bye

Tuesday, Feb. 11

Alta @ Brighton
Skyline @ West
East @ Olympus
Highland Bye

Friday, Feb. 14

West @ Highland
Brighton @ East
Olympus @ Skyline
Alta Bye

IF PLAYING FRESHMAN GAMES: 5:15 – IN AUX GYM – OPPOSITE JV GAME

CHEER

General Information

Activity Chair

Heather Sonne, Skyline – hsonne@graniteschools.org
UHSAA Competitive Cheer Website: [UHSAA Competitive Cheer](#)

Coaches

Alta High School

Atlanta Jones – atlanta.jones@canyonsdistrict.org

Brighton High School

Taylor Ekstrom – taylor.ekstrom2000@gmail.com

East High School

Kasey

Highland High School

Ainsley Cannon – ainsley.cannon@slcschools.org

Olympus High School

Hailie Cummings Caso – olympus.cheerteam@gmail.com

Skyline High School

Jose Kennedy – jdkennedy@graniteschools.org

West High School

Jose Mendoza - Jose.Mendoza@slcschools.org

Guidelines

1. Competitive Cheer Season: November 1 through the state championships in January.
2. Competitive Cheer will be a winter sport.
3. Contest Limitations- A maximum of 4 contests, in addition to a qualifying and state finals competition will be allowed during the competition season. Competitive cheer teams may only participate in UHSAA sanctioned competitions during the competition season.
4. Utah State Risk Management will continue to safety certify coaches and cheer athletes.
5. How to qualify for the UHSAA Competitive Cheer Championships: Teams will compete in one of three geographically assigned qualifying competitions (North, Central, South). 70% of teams will move on to the state finals, which will be held by classification.
6. All competitive cheer athletes must register in RegisterMyAthlete. AD's will open registration Monday of the week following spring sports tryouts.
7. Competitive Cheer Coaches must be certified through RegisterMyCoach.

8. There will be no UHSAA governance for sideline/spirit cheer teams, except teams and coaches must safety certify through Utah State Risk Management, follow their cheer guidelines, and comply with UHSAA tournament guidelines for post season events.
9. There will be a 12-hour practice rule per week for competition routines beginning August 1 through the state championships.
10. Budget Declarations will be required by the 2nd Monday in February (\$800 per individual athlete).
11. Cheer Moratorium (2) 2-week moratorium periods, which two weeks is selected by each school).
12. 2024 - 2025 Competition Cheer Categories:
 - a. All-girl Show/Co-ed Show (70% of overall score) Teams may enter one (1) show category. Co-ed designation will be for teams with 1 or more male participants on their competition team.
 - b. Game Day: (30% of score).
13. Schools will compete in either an all-girl or co-ed division. Each school may only compete in one division. One state championship trophy will be awarded to each division per classification.
14. School competition teams must receive independent status if not participating in UHSAA qualifying and championship events.
15. There will not be a “two weeks prior” requirement for competitive cheer.
16. A high school competitive cheerleader may compete in up to two (2) national qualifying competitions, not sponsored by his or her school, with a private cheer organization, if the following conditions are met:
 - a. The outside team is attending an approved opportunity as verified by the UHSAA.
 - b. At least thirty (30) days prior to the competition, or event, the student must provide written notification, signed by the cheerleader and their parents/guardian, to his or her high school coach and the UHSAA.
 - c. Any missed academic lessons must be completed.
17. All Region Team will be selected with each coach choosing 3 cheerleaders from own school’s cheer team for 1st Team All Region, and 3 cheerleaders for 2nd Team All Region. Each school’s Athletic Director will print All Region Certificates.

18. Academic All Region: Seniors with 3.7 cumulative GPA or above. Each school's Athletic Director will print All Region Certificates.
19. Region Showcase: Monday February 3, 2025 at Olympus High School – No attendance fee, Olympus will ask for donations for charity/cause of their choice. Perform state or nationals' routine and announce All Region and Academic All Region Teams.
20. Competitive Cheer will follow all UHSAA Policies and By-laws, found in the UHSAA Handbook.

Divisional Dates

January 10, 2025 – Central Divisional @ Lifetime Activities Center – SLCC

January 11, 2025 – Northern Divisional @ Lifetime Activities Center – SLCC

DEBATE

General Information

Activity Chair

Brandon Jacobson, Alta High School (385)333-2780 / (801)826-5612 (office)
UHSAA Speech & Debate Website: [UHSAA Speech & Debate](#)
UHSAA Speech & Debate Calendar Link: [UHSAA Calendar of Events](#)
First Contest Date: **October 4, 2024**
Region Tournament Date: **February 21-22, 2025 @ Brighton High**
State Tournament Dates: **March 7-8, 2025**
Region Tournament Director: **Jacqueline Croswhite, Alta High School**

Coaches

Alta High School

Jacqueline Croswhite Jacqueline.croswhite@canyonsdistrict.org (801) 455-3711

Brighton High School

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East High School

Paul Lykins Paul.lykins@slcschools.org

Highland High School

Creed Archibald Creed.archibald@slcschools.org (435) 901-0393

Olympus High School

Cassidy Bone cbone@graniteschools.org (801) 865-7812

Skyline High School

Timothy Henry tfhenry@graniteschools.org (307) 640-4082

West High School

Ryan Knipple Ryan.knipple@slcschools.org (702)350-9681

Guidelines

1. Region Format
 - a. Number of Contestants
 - i. Policy Debate – 4 Teams (8 Participants)
 - ii. Lincoln Douglas – 4 Participants
 - iii. Public Forum – 4 Teams (8 Participants)
 - iv. Foreign Extemporaneous – 4 Participants
 - v. National Extemporaneous – 4 Participants
 - vi. Original Oratory – 4 Participants

- vii. Impromptu – 4 Participants
 - viii. Student Congress – 4 Participants
 - ix. Combined Interpretation – 4 Participants (No duo Teams)
 - x. Informative – 4 Participants
2. All events will count toward the Region Championship Trophy. The breakdown of events is as follows:
- a. Debate Events – Policy, Lincoln Douglas, Public Forum, Student Congress.
 - b. Individual Events – Original Oratory, Impromptu, Foreign Extemporaneous, National Extemporaneous, Informative, Combined Interpretation.
3. Policy and individual events will be on Friday. Policy, PF, LD and Congress will be on Saturday.
- 4. The Region Tournament will be held at Brighton High School for the 2024-2025 school year.**
5. Contestants may enter at most 1 event in speech and 1 event in debate.
6. Judge Requirements:
- a. Individual Events
 - i. 1 judge for every 4 IE competitors or fraction thereof
 - b. Debate Events
 - i. 1 judge per 2 Policy Teams or fraction thereof
 - ii. 1 judge per 4 Public Forum or LD entries, or fraction thereof. A team bringing a full slate of PF and LD entries must bring 3 total PF/LD judges.
 - c. Congress
 - i. 1 Congress judge for each school with Student Congress.
 - d. Current Head Debate Coaches should not judge unless approved by other head coaches. Under no circumstances will head coach judge his/her own team.

- e. Assistant Coaches may judge, if necessary, but must be disclosed as an assistant coach to all other coaches and approved to judge, prior to the tournament.
 - f. Judges will be paid by the Region. Per Region VI Board of Managers' approval, judges will be paid \$30 total on Friday (minimum availability of two rounds) and \$50 on Saturday (minimum availability of 3 rounds) up to obligation.
 - g. Students may not be judged by their family members.
 - h. Alumni shall be one year removed from graduation and shall not judge their former school and not in the event in which they mainly participated.
 - i. When possible, schools shall supply qualified judges.
 - j. All judges must complete judge training prior to the Region tournament.
 - k. Judges shall utilize the rubric to assist with their decisions.
 - l. Students and/or judges must disclose prior to the round any close personal relationship that may create bias.
7. Registration Deadline – All schools wishing to compete must submit their region registration via tournament software no later than February 18, 2025. Along with registration, each coach has the option to submit 30 impromptu topics (10 famous quotations, 10 social issues, 10 abstract/one word). In case of challenge, copies of oratories and informatives must be printed and present at the region meet.
8. Region coaches meeting – All schools competing at region must attend the pairing meeting for region on Thursday, February 20, 2025 electronically. All schools must send a coach or a coach designee to the pairing meeting. Head coaches who do not attend the meeting will be bound by the decision of those present at the meeting.
9. Debate Pairings
- a. All Rounds will be paired using tournament software.
 - b. The first two rounds will be randomly paired. The third and fourth rounds will be paired based on coaches vote during pairing meeting.

- c. Each school shall meet every school in the Region, if possible.
- d. Individual teams must not meet the same team more than once.
- e. Recommended: 3-4 rounds in policy, 4-5 in LD and Public Forum.
- f. The March resolution shall be used for PF and LD (the topic comes out February 1, 2025)

10. Individual Event Pairings

- a. Random selecting shall be done in each event as needed, for the first three rounds.
- b. 4 total rounds of competition will take place, with the 4th round acting as a hidden final.
- c. Where possible, competitors should not compete against other member of their own school's team.
- d. Round results will be based on rankings. Ratings from rubrics will not be considered. Rankings will be 1-5. If there are more than 5 competitors in a section, all those ranked beyond 5 will tie for 5th place.
- e. No coaching shall occur between extemp prep and when the speech is given.

11. Congress Pairings

- a. Congress will compete in two, 2.5-hour sessions. Legislation will be drawn from the state docket which will be released by UDCA.
- b. In Student Congress, UDCA rules will apply.
- c. Where possible, a panel of judges, with students in the House, will be added to determine final rankings. If possible, the parliamentarian in each House will be unaffiliated. In addition, there will be three judges per session. These judges will change for the second session. All judges will score all competitors.
- d. Chairs shall be judged as speeches. Best chair may be recognized.
- e. Final results will be based on rankings. Ratings from rubrics will not be considered. Rankings will be 1-12. If there are more than 12 competitors in a section, those ranked beyond 12 will tie for 12th place.

- f. In the event there are enough competitors for two Houses, it will be necessary to hold a 2-hour super session. The top 50% of the competitors in Congress in each House will advance to the super session. In this event, quar-tiling will be determined by rankings in each House.

12. Awards

- a. There will be overall region trophies awarded at the Region Debate Tournament for 1st place and 2nd place. Additionally, there will be a Debate Sweepstakes trophy and a Speech Sweepstakes trophy awarded.
- b. The following number of medals will be needed. Each medal will say the title of the event and 1st, 2nd, or 3rd place designation and will be given to the top three competitors in each event:
 - i. 6 Policy Debate Medals
 - ii. 3 Lincoln Douglas Debate Medals
 - iii. 6 Public Forum Debate Medals
 - iv. 3 Original Oratory Medals
 - v. 3 Impromptu Medals
 - vi. 3 Foreign Extemporaneous Medals
 - vii. 3 National Extemporaneous Medals
 - viii. 3 Student Congress Medals
 - ix. 3 Informative Medals
 - x. 3 Combined Interpretation Medals
- c. 10 additional blank medals will be provided for possible ties in any or all events.

13. Budget

- a. As stated in section 6f above, Judges will be paid by the Region. Per Region VI Board of Managers approval, judges will be paid \$30 total on Friday (minimum availability of 2 rounds) and \$50 on Saturday (minimum availability of 3 rounds).
- b. The region representative will receive \$300 to provide for judge/coach hospitality.

- c. Janitorial services for host school of the Region Tournament will be paid up to \$300.

14. General Guidelines

- a. In speech and debate competition, each individual competitor is limited to ten tournaments per year, excluding region, state, national qualifying tournaments, UDCA-sponsored tournaments, and NSDA/NCFL national competitions.
- b. Topics for Region Meet will be the same topics used at the State Meet. Extemporaneous topics will be drawn from January-March 2024-2025 school year NFHS topics.
- c. The number of participants filled by a team at the entry deadline cannot be increased at the tournament.
- d. If forfeits can be fixed, attempts will be made to do so but shall not be at the expense of delaying the tournament.
- e. Sweepstakes points will be calculated to match the state sweeps quartiling system.
- f. Ties will not be broken; each quar-tile will be chosen by marking the number which least skews all brackets, to the advantage of students.
 - i. The top 50% or 10 students or event teams, whichever is greater, will be outright qualifiers for State.
 - ii. If an odd number of schools are competing, the top 50% skews towards the greater amount.
- g. Electronic devices are permissible in Policy, Public Forum, Lincoln-Douglas, Student Congress and Extemporaneous events subject to any changes in state or NSDA requirements. No in-person or electronic communication with anyone during rounds and no coaching during rounds.
- h. The Region chairperson position will change every two years and will be chosen at each annual Region planning meeting.

DRAMA

General Information

Activity Chair

Stacey Hutchings, West High

Stacey.Hutchings@slcschools.org

UHSAA Theatre Website: [UHSAA Theatre](#)

UHSAA Theatre Calendar Link: [UHSAA Calendar of Events](#)

Guidelines

1. Dates and location for the Region Competition plays and individual events will be determined at the annual spring planning meeting held the preceding year.
2. Individual event judges will be paid \$100.00 each for half day and three One-Act judges will be paid \$200.00 each.
3. The competition play and individual event competition will follow the state rules that are printed in the current edition of the UHSAA handbook.
4. The medals round is optional and will be decided if it will take place at the teacher's meeting at least one month prior to the competition. It is the responsibility of the teacher to be aware of what was discussed at the meeting. Teachers are also expected to help with the planning, preparation and execution of the competition.
5. The medals that need to be ordered before the region meet takes place are as outlined in the "Medals needed for region theatre" document.
6. The number of superior performance (the 65+points performances) medals ordered may need to change depending upon the number of actors who earn that honor. This will not be known until after the region meet
7. Each coach is responsible for providing an equal percentage of judges in direct accordance to the number of entries they are bringing to the competition
8. Theater coaches have the responsibility for supervision of their students at the Region and State competition and cannot send them with parents or individually
9. 2024-25 Region Representative –Stacey Hutchings (stacey.hutchings@slcschools.org)

How does a play or individual performance qualify for state?

- For 3A, 4A, 5A & 6A, at the region level, competitors receiving 60 points or higher, qualify to move on to state competition regardless of their rankings.
- At the region level, all performances that advance to the final medals round will automatically qualify for state, even if they did not receive 60 or more points from their previous rounds.
- At the region level, the top 3 ranked play entries will qualify for state regardless of their cumulative points. In addition, the 4th place ranked play will qualify for state IF they are within 5 points of the third-place qualifying play. In the rare event of a tie for the 4th place play tie (two plays get the exact same score and are within the 5 points from the 3rd place play) both plays will qualify for state.

Judging individual events at UHSAA region and state drama

- A judge CANNOT be any individual who has previously worked with any participant in a theatre coaching capacity. In addition, relatives of any participant, coach, student-teacher or teacher may not judge the competition in any capacity, even if they do not judge the student they are related to. Judges cannot have attended high school with any participants. If they are related to any one of the participants in the competition, they are ineligible to judge the entire competition.
- All judges must be out of high school for at least 3 years before judging.
- Any contestant who knowingly allows themselves to be judged by any of the ineligible judges listed above, without informing the meet directors shall be ruled ineligible.
- A judges meeting will be held prior to each meet where rules and regulations will be reviewed with ALL participating judges by the meet director ONLY. The format and content of this meeting MUST follow the agenda found on the UHSAA website.
- All individual event pieces will be performed for three different judges in three different rounds of approximately 6 (but no less than 4) pieces per round. Judges will rank pieces 1-4 (any piece lower than 4 also receives a 4). If there are not enough entries to slate pieces in 3 rounds, you may put them all in one.
- At the region level, it is suggested that the 3 One-Act judges be acquired by 3 different schools. A One-Act judge is not allowed to judge in the same region 2 years in a row.
- A judge's final score must be whole numbers up to 25 points per round for individual events and up to 50 points per judge for the One Act plays.
- The top 5-8 ranked pieces in each individual event will participate in a final medals round. This will be determined in the following manner: a performance's 3 rankings will be totaled and the 5-8 pieces with the smallest total ranking are chosen for the final medals round. If a clear break cannot be determined to separate 5-8 pieces that will advance based solely on rank, the highest numerical scores can then be used as a tiebreaker. Meet director will determine that number in advance.

- In the final medals round, 3 judges watch all 5-8 performances together. When all have performed, each judge, without consulting with the other judges, ranks the pieces 1-6 (any piece lower than 6 also receives a 6)
- In the medals round, 1st, 2nd, and 3rd Place in each individual event will be determined by adding up the rankings given from all three judges in the medals round. The lowest cumulative ranking wins 1st Place, second lowest, 2nd Place, third lowest, 3rd Place. "In the event of a tie, the meet director will return to the highest cumulative scores given on the medals round ballots and add those numerical scores as an additional level of evidence for placing. Highest scores will break the tie. Ties will be rare, but can happen.
- The region will use the spreadsheet found on the UHSAA website to determine the prior information. If a medals round is to be employed, the numbers found on the spreadsheet stating the 1st, 2nd, and 3rd places will be used in the awards ceremony.
- Any school that does not provide the specified number of judges for the State meet will be fined. It is highly recommended that regions follow this guideline as well.
- If one-acts and individual events are held on separate dates, you must not reveal any results until after all results are in. For example, don't announce who won the one-act competition until you can announce who won sweepstakes.
- In all drama meets, a judge must never be alone with a competitor and must always have another competitor, performer, judge, time keeper, parent or observer present in the room for protection of both the judge and the student.
- Adherence to the time limits and subsequent consequences for time violations shall be followed. Time limits and procedures are posted on individual ballots and will be dealt with in the tabulation room by the meet director.
- Clerical errors in results may be corrected up to 72 hours after the conclusion of the meet. A team must file a written protest on behalf of an entry to the UHSAA within that time period. 72 hours after the conclusion of the meet, results will stand.
- All judging exceptions may be made in extenuating circumstances by consensus of meet directors.

Medals list for Region Theatre

Category	Placement	Quantity
Contemporary Scenes	First Place	3
Contemporary Scenes	Second Place	3
Contemporary Scenes	Third Place	3
Classical Scenes	First Place	3
Classical Scenes	Second Place	3
Classical Scenes	Third Place	3
Musical Theatre	First Place	4
Musical Theatre	Second Place	4
Musical Theatre	Third Place	4
Pantomime	First Place	2
Pantomime	Second Place	2
Pantomime	Third Place	2
Dramatic Monologue	First Place	1
Dramatic Monologue	Second Place	1
Dramatic Monologue	Third Place	1
Humorous Monologue	First Place	1
Humorous Monologue	Second Place	1
Humorous Monologue	Third Place	1
Region Individual Event	Superior Performance	80**May need to order more**

Trophies and Plaques

Plaque Region One-Act	First Place	1
Plaque Region One-Act	Second Place	1
Plaque Region One-Act	Third Place	1
Plaque Region One-Act	Outstanding Lead Performance	2
Plaque Region One-Act	Outstanding Supporting Performance	2
Plaque Region On-Acts	Outstanding Ensemble	1
Plaque Region One-Act	Special Recognition	1
Trophy Region Championship	First Place	1
Trophy Region Championship	Second Place	1

Certificate List for Region Theatre

Title of Certificate	Placement (if needed)	Quantity
Scenic Design	First Place	1
Scenic Design	Second Place	1
Scenic Design	Third Place	1
Costume Design	First Place	1
Costume Design	Second Place	1

Costume Design	Third Place	1
Blank Certificate title to be filled in by Region meet directors	Blank placement to be filled in by Region meet directors	6
One Act Play	Blank placement/score to be filled in by meet director	Enough for each school competing in the One-act event.

FOOTBALL

General Information

Activity Chair

Geoff Murdock, Skyline High School 385-646-5420

Representative: **Head Coach Marcus Mailei, Skyline High School**

UHSAA Football Website: [UHSAA Football](#)

UHSAA Football Calendar Link: [UHSAA Calendar of Events](#)

Coaches

Alta High School

Blake Burdette bgburdette2@gmail.com

Brighton High School

Casey Sutera Casey.sutera@canyonsdistrict.org

East High School

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Highland High School

Kautai Olevao kolevao@outlook.com

Olympus High School

Brandon Burt Bburt@graniteschools.org

Skyline High School

Marcus Mailei Mamailei1@graniteschools.org

West High School

Olosaa Solovi Olosaa.solovi@slcschools.org

Guidelines

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 3:30 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 2, 2023, 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 VI 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 VI board of managers must approve a change of date after mutual agreement between schools concerned.
5. Scouting: Is to be done from the spectator's 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 opponent's 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 VI 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.
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 may return to their locker room to retrieve their gear and load the bus no more than twenty 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 VI coaches will meet on Monday October 23, 2023, 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)
- 1st Place team 7 Players
- 2nd Place team 6 Players
- 3^d Place team 5 Players
- 4th Place team 4 Players
- 5th Place team 3 Players
- 6th Place team 2 Players
- 7th 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.

Pre-Season Schedule 2023

Week 1 (Endowment) - August 16

Alta vs Layton

Brighton @ Provo

Highland @ Payson

East vs Layton Christian

Olympus vs Spanish Fork

Skyline @ Viewmont

West @ Colquitte County GA

Week 2 -August 23

Alta @ Westlake

Brighton @ Syracuse

Highland @ West Jordan

East @ Servite High School CA

Olympus @ Provo

Skyline vs Summit Academy

West vs Clovis East CA

Week 3 – August 30

Alta @ West Jordan

Brighton vs Riverton

Highland vs Green Canyon

East Bye

Olympus @ Bountiful

Skyline vs Layton

West vs American Fork

Football Schedule 2023 Region Games

Week 4 - September 6

Alta @ East
Olympus @ West
Highland @ Brighton
Granger @ Skyline

Week 5 - September 13

Highland @ Skyline
West @ Alta
Brighton @ Olympus
East vs Valor Christian CO

Week 6 - September 20

Brighton @ Skyline
East @ Olympus
Alta @ Highland
West vs Rigby ID

Week 7 – September 27

Skyline @ West
Brighton @ East
Olympus @ Alta
Highland Bye

Week 8 – October 4

East @ Skyline
Highland @ West
Alta @ Brighton
Olympus Bye

Week 9 – October 9 & 10

Skyline @ Alta
West @ East
Olympus @ Highland
Brighton Bye

Week 10 – October 18

Skyline @ Olympus
East @ Highland
West @ Brighton
Alta vs Cedar Valley

BOYS GOLF

General Information

Activity Chair

Sarah Thomas, West sarah.thomas@slcschools.org

UHSAA Boys Golf Website: [UHSAA Boys Golf](#)

UHSAA Boys Golf Calendar Link: [UHSAA Calendar of Events](#)

Coaches

Alta High School

Cody Nesbit cody.nesbit@canyonsdistrict.org 801-787-9877

Brighton High School

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East High School

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Highland High School

Jack Whiteurs john.whiteurs@slcschools.org 801-712-6207

Olympus High School

Matt Barnes mbarnes@graniteschools.org 801-455-1812

Skyline High School

Kenny James kjames@graniteschools.org 801-865-5642

West High School

Mike Matheson Mike.Matheson@slcschools.org 801-913-7499

Guidelines

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 lowest cumulative score, will be declared the region champion. In the case of a tie there will be co-region champions. A coin flip will determine who is entered in 1st place at State.
2. The scores from each event will be recorded and then placement for region will go off average. Region standings will be decided by lowest average, the team with the lowest average will be the Region Champion. Every player who plays all the tournaments can drop one score. If you miss a tournament, then that counts as the score to drop.
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. A maximum of eight players will be allowed to play at all Region Matches. If the facility can accommodate additional players, permission from the UHSAA must be given on a case-by-case basis.
5. Individual medals will be given to the 12 players with the lowest total score for 18-hole region tournaments played (can drop one low score). The Region Championship must be played, and that score will count to be eligible for top 12. Scores in region championship will count. Awards will be given to all region medalists.
6. Range finders will be allowed. No caddie may be used by golfers.
7. Electric carts are not to be used by the players. Exceptions will be made for ADA qualified players on a case-by-case basis.
8. Coaches are responsible to see that all players are dressed in appropriate golfing attire and comply with local course rules.
9. Play will be governed by USGA and any applicable local rules, UHSAA, and Region VI sportsmanship code.
10. Each school will be responsible for their own rules clinic.
11. Coaches will agree before each match on tees from which to play. Majority rules.
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 (60 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 nine (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.
16. State Tournament Play-off Berth: In case of a tie for the last state berth, a three-hole play-off will occur at site of Region Championship with each team entering six (6) players counting four scores. In the event of a tie the next player's score will be used. In case there is still a tie a sudden death playoff will occur until the tie is broken.
17. AWARDS:
- a. 1 Region Trophy
 - b. 12 Medals for 12 Low Medalists
 - c. 1 JV Region Trophy
 - d. 12 medals for 12 Low JV Medalists

Region 6 Boys Golf Schedule 2024-2025

Varsity schedule. Schedule region matches on Wednesdays or Mondays.
Qualifier

SQ = State

Tryouts start August 5th

Host East	August 12th (SQ)	Bonneville GC	TBD
Host Highland	August 19-22	Mountain Dell (Canyon)	TBD
Host West	August 26-29 (SQ)	Rose Park GC	TBD
Host Brighton	September 2-5	Old Mill GC	TBD
Host Olympus	September 9-12 (SQ)	Glendale GC	TBD
Host Skyline	September 16-19 (SQ)	Gled Eagle GC	TBD
Host Alta	September 23-26 (SQ)	Mountain View GC	TBD
Region Championship	Sept 30-Oct 3 (SQ)	Meadowbrook GC	TBD
State Championship	October 14 & 15	Glen Eagle GC	9 a.m.
Region JV Tournament		Rose Park GC	TBD

Duals are JV. Roster will be up to the course and coaches. Schedule on Tuesday or Thursday after school gets out, if possible. Home team is listed first.

Week 1 - August 12th week

Bye Olympus

Highland vs Alta

Brighton vs Skyline

West vs East

Week 2 - August 19th week

Bye Highland

West vs Skyline

Olympus vs Alta

Brighton vs East

Week 3 - August 26th week

Bye Brighton

Skyline vs Olympus

East vs Highland

Alta vs West

Week 4 - September 2nd week

Bye West

East vs Olympus

Skyline vs Highland

Alta vs Brighton

Week 5 - September 9th week

Bye Alta

West vs Olympus

Skyline vs East

Highland vs Brighton

Week 6 - September 16th week

Bye Skyline

Highland vs West

Olympus vs Brighton

East vs Alta

Week 7 - September 23rd week

Bye East

Olympus vs Highland

Alta vs Skyline

Brighton vs West

GIRLS GOLF

General Information

Activity Chair

Jen Samples, East jennifer.samples@slcschools.org

UHSAA Girls Golf Website: [UHSAA Girls Golf](#)

UHSAA Girls Golf Calendar Link: [UHSAA Calendar of Events](#)

Coaches

Alta High School

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Brighton High School

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East High School

Troy Hardy thardy@mntwest.com 801-891-3837

Highland High School

Jack Whiteurs john.whiteurs@slcschools.org 801-712-6207

Olympus High School

Steve Loyola loyola_viper@yahoo.com 801-865-4410

Skyline High School

Kenny James kjames@graniteschools.org 801-865-5642

West High School

Mike Matheson mike.matheson@slcschools.org 801-913-7499

Guidelines

1. 12 medals for 12 Low scores. 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 lowest cumulative score, will be declared the region champion. In the case of a tie there will be co-region champions. A coin flip will determine who is entered in 1st place at State.
2. The scores from each event will be recorded and then placement for region will go off average. Region standings will be decided by lowest average, the team with the lowest average will be the Region Champion. Every player who plays all the tournaments can drop one score. If you miss a tournament that counts as the score to drop.

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. A maximum of 8 players will be allowed to play at all Region Matches. If the facility can accommodate additional players, permission from the UHSAA must be given on a case-by-case basis.
5. Individual medals will be given to the 12 players with the lowest total score for 18-hole region tournaments played (can drop one low score). The Region Championship must be played, and that score will count to be eligible for top 12. Scores in region championship will count. Awards will be given to all region medalists.
6. Range finders will be allowed. No caddie may be used by golfers.
7. Electric carts are not to be used by the players. Exceptions will be made for ADA qualified players on a case-by-case basis.
8. Coaches are responsible to see that all players are dressed in appropriate golfing attire and comply with local course rules.
9. Play will be governed by USGA and any applicable local rules, UHSAA, and Region VI sportsmanship code.
10. Each school will be responsible for their own rule's clinic.
11. Coaches will agree on tees from which to play before play begins each match. Majority rules.
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 (60 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 nine (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.
16. State Tournament Play-off Berth: In case of a tie for the last state berth, a three-hole play-off will occur at site of Region Championship with each team entering six (6) players counting four scores. In the event of a tie the next player's score will be used. In case there is still a tie a sudden death playoff will occur until the tie is broken.
17. AWARDS:
- a. 1 Region Trophy
 - b. 12 Medals for 12 Low Medalists
 - c. 1 JV Region Trophy
 - d. JV 12 Medals for 12 JV Low Medalists

Schedule

Schedule Regions on Wednesdays or Mondays SQ=State Qualifier

Tryouts start February 26 th			Time
Host: West	Tuesday March 19th (SQ)	Rose Park GC	9:00 am shotgun
Host: Alta	Wednesday March 27th (SQ)	Mountain View GC	9:00 am shotgun
Spring Break	April 1-5		
Host: Brighton	Wednesday April 10 th (SQ)	Old Mill GC	10:00 am shotgun
Host: Highland	Monday April 15 th	Stansbury Park GC	9:30 am shotgun
Host: Skyline	April 22-26 (SQ)	Soldier Hollow GC silver	TBD
Host: East	Tuesday April 30th (SQ)	Bonneville GC	8:00 am shotgun
Host: Olympus	Monday May 6th (SQ)	Glendale GC	8:00 am shotgun
Region Championship	Monday May 13 th (SQ)	Meadowbrook GC	8:00 am shotgun
State Championship	May 20-21 Mon/Tue	Soldier Hollow golf course	9:00 am

Duals are JV. Roster will be up to the course and coaches. Schedule on Tuesday or Thursday after school gets out if possible.

Home team first.

Week 1 Bye Olympus
Alta vs Highland
Skyline vs Brighton
East vs West

March 18-21

Monday March 18th 2:30 at Nibley Park

Week 2 Bye Highland
Skyline vs West
Alta vs Olympus
East vs Brighton

March 25-28

Tuesday March 26th 2:30 pm at Nibley Park

Week 3 Spring Break

April 1-5

Week 4 Bye Brighton
Olympus vs Skyline
Highland vs East
West vs Alta

April 8-12

Tuesday April 9th 2:30 at Glendale golf course

Week 5 Bye West
Olympus vs East
Highland vs Skyline
Brighton vs Alta

April 15-18

Tuesday April 16th Glendale 2:30

Week 6 Bye Alta
Olympus vs West
East vs Skyline
Brighton vs Highland

April 21-25

Wednesday April 23rd Glendale 2:30

Week 7 Bye Skyline
West vs Highland
Brighton vs Olympus
Alta vs East

April 29-May 2

Week 8 Bye East
Highland vs Olympus
Skyline vs Alta
West vs Brighton

May 6-10

Tuesday May 7th at Nibley Park 2:30

Region 6 JV Tournament

Date TBD Location Forest Dale Time TBD

BOYS LACROSSE

General Information

Activity Chair

Justin Pitcher (Assistant. Principal) – 801-826-5817

Chris Baer (Assistant Athletic Director: Park City High School)

UHSAA Boys Lacrosse Website: [UHSAA Boys Lacrosse](#)

UHSAA Boys Lacrosse Calendar Link: [UHSAA Calendar of Events](#)

Coaches

Alta High School

Brandon Horoba brandon.horoba@canyonsdistrict.org 801-598-5020

Brighton High School

Chris O'Donnell odonnellcp2@gmail.com 703-675-1173

East High School

Deen Anderson daniel.anderson@slcschools.org 801-448-2600

Highland High School

Neil Blaney blaney.neil@gmail.com 201-362-2475

Olympus High School

Nick Merrell nick.merrell89@gmail.com 801-631-1986

Park City High School

Michael Persky pcminerslacrosse@gmail.com 203-984-3130

Skyline High School

Ian Sime iansime19@gmail.com 435-714-0728

West High School

Ashton Hanks ashton.hank@slcschools.org 385-507-1433

West Jordan High School

Jeff Barton wjhsboyslacrosse@gmail.com 801-916-4932

Guidelines

Rules Clinic: See Lacrosse information slide show from UHSAA

- <https://www.uhsaa.org/glacrosse>
- Please refer to “General Policies” in the Region VI Manual for all other region rules, the UHSAA Handbook for all UHSAA rules, and the NFHS Lacrosse handbook/rules book.

Start Times:

- The recommended start times for Lacrosse are 7:00 p.m. for Varsity games and 5:00 for Junior Varsity games. However, the host school will determine the actual start time for each game which may be subject to change.

Supervision

- The administration of the home school will be available to supervise varsity home games.

Reporting Scores:

- Home school reports scores to MaxPreps and Deseret News on game days.

Region Trophy

- Region Trophy presented to the team(s) with the best win-loss record. If there is a tie, it will be determined by RPI

All-Region VI Boys Lacrosse Team Selection:

- All-Region VI Team will be decided by head coaches according to the teams' finish in region play. 1st place team gets 9 nominations, 2nd place gets 8 nominations, 3rd place gets 7 nominations, 4th place gets 6 nominations, 5th place gets 5 nominations 6th place gets 4 nominations, 7th place team gets 3 nominations, 8th place gets 2 nominations, and 9th place team gets 1 nomination. This is for a minimum of 45 player nominations (13 first-team and 13 second-team All-Region). All-Region VI Boys Lacrosse Team Selection Process: 1st Team All-region will be voted on by the coaches at the end of the season and before the state tournament begins. The 1st team will be 13 players by position (5 attack/5 mid/5 defense/5 lsm/5 goalie/2 fos/2 ssdm). The 2nd team will be 13 players by position (4 attack/4 mid/4 defense/1 lsm/1 goalie/1 fos/1ssdm). Each team will receive 2 honorable mentions for their own athletes. This will be determined in an All-Region Coaches Meeting the Saturday following the last region game.

Playing Field Locations

Alta	11055 S 1000 E, Sandy, UT 84094
Brighton	2220 E. Bengal Blvd., Cottonwood Heights, Utah 84121
East	840 South 1300 East Salt Lake City Utah 84102
Highland	2166 South 1700 East, Salt Lake City, Utah 84106
Olympus HS	Approx. 3900–4058 S Milky Way Salt Lake City, UT 84124
Park City	1750 Kearns Blvd Park City UT 84060
Skyline	Skyline High School 3251 E Upland Dr Salt Lake City, UT 84109
West	241 N. 300 W. Salt Lake City, UT 84103
West Jordan	West Jordan High School, 8136 2700 W, West Jordan, UT 84088

Schedules

	Alta	Brighton	East	Highland	Olympus	Park City	Skyline	West	West Jordan
3/26			vs Skyline						
3/28	vs Skyline	@ West Jordan	BYE	@ Olympus	vs Highland	@ West	@ Alta	vs Park City	vs Brighton
4/2	BYE	@ Park City	Spring Break	Spring Break	vs West Jordan	vs Brighton	@ East	Spring Break	Spring Break
4/4	vs Olympus	vs West	Spring Break	Spring Break	BYE	vs Alta	vs Park City	Spring Break	Spring Break
4/9	Spring Break	Spring Break	vs Park City	vs West	Spring Break	@ East	Spring Break	@ Highland	@ Olympus
4/11	Spring Break	Spring Break	vs West Jordan	BYE	Spring Break	@ Skyline	Spring Break	@ Brighton	@ East
4/16	@ Park City	vs Skyline	@ West	@ West Jordan	@ Alta	Spring Break	@ Brighton	vs East	vs Highland
4/18	vs West	@ Olympus	@ Highland	vs East	vs Brighton	Spring Break	vs West Jordan	@ Alta	@ Skyline
4/23	vs Brighton	@ Alta	BYE	@ Skyline	@ West	BYE	vs Highland	vs Olympus	BYE
4/25	@ West Jordan	vs East	@ Brighton	vs Park City	@ Skyline	@ Highland	vs Olympus	BYE	vs Alta
4/30	@ Highland	BYE	@ Olympus	vs Alta	vs East	vs West Jordan	@ West	vs Skyline	@ Park City
5/2	@ East	vs Highland	vs Alta	@ Brighton	@ Park City	@ Olympus	BYE	@ West Jordan	vs West
5/7	Make Up Game	Make Up Game	Make Up Game	Make Up Game	Make Up Game	Make Up Game	Make Up Game	Make Up Game	Make Up Game
5/9	Make Up Game	Make Up Game	Make Up Game	Make Up Game	Make Up Game	Make Up Game	Make Up Game	Make Up Game	Make Up Game
5/10	5A State Tourney Bracket Reveal 10:00 AM								
5/13	5A, 6A State Tournament First Round @ Home Sites								
5-15	5A State Tournament Second Round @ Home Sites								
5-17	5A State Tournament Quarterfinals @ Home Sites								
5-21	5A State Tournament Semifinals								
5-23	5A State Tournament Finals @ Zions Bank Stadium								

GIRLS LACROSSE

General Information

Activity Chairs

Justin Pitcher (Assistant. Principal)

Chris Baer (Assistant Athletic Director: Park City High School)

Melissa Nash (Brighton High School Girls Lacrosse Coach)

UHSAA Girls Lacrosse Website: [UHSAA Girls Lacrosse](#)

UHSAA Girls Lacrosse Calendar Link: [UHSAA Calendar of Events](#)

Coaches

Alta High School

Abi (Abigail) Breur Abigail.breur@canyonsdistrict.org 801-946-4737

Brighton High School

Melissa Nash Melissa.Nash@CanyonsDistrict.org 801-455-5559

East High School

Emily Lange coachemilylange@gmail.com 925-989-6848

Highland High School

Allison Liddle allison.liddle@slcschools.org 408-921-2554

Olympus High School

Zana Spratlin zanaspratling@gmail.com 801-349-7720

Park City High School

Mikki Clayton Mikki.ekfelt@gmail.com 435-776-6834

Skyline High School

Nicole Jermak nicole.jermak@live.com 847-393-3961

West High School

Megan Chambers Megan.Chambers@SLCSchools.org 614-378-1085

West Jordan High School

Cliff Tomlinson clifftomlin@gmail.com 801-673-1538

Guidelines

Rules Clinic: See Lacrosse information slide show from UHSAA

- <https://www.uhsaa.org/glacrosse>
- Please refer to “General Policies” in the Region VI Manual for all other region rules, the UHSAA Handbook for all UHSAA rules, and the NFHS Lacrosse handbook/rules book.

Start Times:

- The recommended start times for Varsity Lacrosse are 7:00 p.m. and 5:00 for Junior Varsity games. It is the preference that the Varsity game will follow the JV Game regardless of the start time.

Supervision

- The administration of the home school will be available to supervise varsity home games.

Reporting Scores:

- Home school is responsible to report scores to MaxPreps and Deseret News on game days.

Region Trophy

- Region Trophy presented to the team(s) with the best win-loss record. If there is a tie, it will be determined by RPI.

All-Region VI Girls Lacrosse Team Selection:

- 1st Team All-Region will have 15 total players. 4 attackers, 3 midfielders, 4 defenders, 1 goalie, and 3 additional players (any position). The 2nd Team All-Region will have 15 total players. 4 attackers, 3 midfielders, 4 defenders, 1 goalie, and 3 additional players (any position). The 3 additional players (6 total – 3 for 1st team and 3 for 2nd team) will be based on votes. Of the 30 All-Region winners (between 1st and 2nd team), all 9 teams will get 1 person guaranteed. The rest of the spots will be determined by coaches voting. There is not a maximum number of nominations for each team– coaches can nominate as many as they want, but they must label their players as 1st Team or 2nd Team nominees. To vote, the head coaches must attend the entirety of the All-Region Nomination meeting. If the head coach is not able to attend, they may send an assistant. whoever attends the meeting is the coach who must do the voting. In case of a tie, the head coaches will re-vote on those two players.
- All-Region teams must be decided by Saturday, May 11 at 11:59 p.m. (season end date is Friday, May 10). A time will be determined at the beginning of the 2023-24 season at the region meeting. All-Region teams are due to Coach Melissa Nash (UHSAA Girls Lax Rep) by May 13 at 11:59 p.m.

Dates to Remember:

<https://uhsaa.org/calendartentative/5AGLacrosse.php>

Playing Field Locations

Girls Varsity Lacrosse	Alta	11055 S 1000 E, Sandy, UT 84094
Girls Varsity Lacrosse	Brighton	2220 E. Bengal Blvd., Cottonwood Heights, Utah 84121
Girls Varsity Lacrosse	East High School	840 South 1300 East Salt Lake City Utah 84102
Girls Varsity Lacrosse	Highland	2166 South 1700 East, Salt Lake City, Utah 84106
Girls Varsity Lacrosse	Olympus HS	Approx. 3900–4058 S Milky Way Salt Lake City, UT 84124 United States
Girls Varsity Lacrosse	Park City	1750 Kearns Blvd Park City UT 84060
Girls Varsity Lacrosse	Skyline	Skyline High School 3251 E Upland Dr Salt Lake City, UT 84109 United States
Girls Varsity Lacrosse	West High School	241 N. 300 W. Salt Lake City, UT 84103
Girls Varsity Lacrosse	West Jordan High School	West Jordan High School, 8136 2700 W, West Jordan, UT 84088

Schedules

	Alta	Brighton	East	Highland	Olympus	Park City	Skyline	West	West Jordan
3/26			@ Skyline						
3/28	@ Skyline	vs West Jordan	BYE	vs Olympus	@ Highland	vs West	vs Alta	@ Park City	@ Brighton
4/2	BYE	vs Park City	Spring Break	Spring Break	@ West Jordan	@ Brighton	vs East	Spring Break	Spring Break
4/4	@ Olympus	@ West	Spring Break	Spring Break	BYE	@ Alta	@ Park City	Spring Break	Spring Break
4/9	Spring Break	Spring Break	@ Park City	@ West	Spring Break	vs East	Spring Break	vs Highland	vs Olympus
4/11	Spring Break	Spring Break	@ West Jordan	BYE	Spring Break	vs Skyline	Spring Break	vs Brighton	vs East
4/16	vs Park City	@ Skyline	vs West	vs West Jordan	vs Alta	Spring Break	vs Brighton	@ East	@ Highland
4/18	@ West	vs Olympus	vs Highland	@ East	@ Brighton	Spring Break	@ West Jordan	vs Alta	vs Skyline
4/23	@ Brighton	vs Alta	BYE	vs Skyline	vs West	BYE	@ Highland	@ Olympus	BYE
4/25	vs West Jordan	@ East	vs Brighton	@ Park City	vs Skyline	vs Highland	@ Olympus	BYE	@ Alta
4/30	vs Highland	BYE	vs Olympus	@ Alta	@ East	@ West Jordan	vs West	@ Skyline	vs Park City
5/2	vs East	@ Highland	@ Alta	vs Brighton	vs Park City	vs Olympus	BYE	vs West Jordan	@ West
5/7									
5/9	Make Up Game	Make Up Game	Make Up Game	Make Up Game	Make Up Game	Make Up Game	Make Up Game	Make Up Game	Make Up Game
5/10	5A State Tourney Bracket Reveal 10:00 AM								
5/13	5A, 6A State Tournament First Round @ Home Sites								
5-15	5A State Tournament Second Round @ Home Sites								
5-17	5A State Tournament Quarterfinals @ Home Sites								
5-20	5A State Tournament Semifinals @ Westminster College								
5-22	5A State Tournament Finals @ Zions Bank Stadium								

MUSIC – INSTRUMENTAL/VOCAL

General Information

Activity Chair

Adam Larson, Skyline

Erin Tall, Olympus

UHSAA Music Website: [UHSAA Music](#)

UHSAA Music Calendar Link: [UHSAA Calendar of Events](#)

Region Planning Meeting	March 3, 2025	TBD
Region Jazz	March 6, 2025, 4p	Highland HS
Vocal Solo and Ensemble	March 12, 2025, 3p	Brighton HS
Instrumental Solo and Ensemble	March 13, 2025, 3:30p	Olympus HS
Chamber Choir	March 25, 2025, 7p	Olympus HS
Training Choir	March 26, 2025, 12p	East HS
Large Choir	April 21, 2025, 5p	West HS
Region Band	April 16, 2025, 4p	Alta HS
Region Orchestra	April 23, 2025, 4p	West HS

Drama 1 act – Tues, March 11, 2025

Drama Individual – Tues, March 18, 2025

STATE DATES:

1. All State Choir – October 10-12, 2024
2. All State Orchestra – January 17, 2025
3. All State Band – January 18, 2025
4. Honor Choir – January 24-25, 2025
5. All State Jazz – February 8, 2025
6. State Jazz—March 21-22, 2025
7. State Solo & Ensemble – April 26, 2025
8. State Band – May 2-3, 2025
9. State Choir – May 9-10, 2025
10. State Orchestra – May 16-17, 2025
11. State Drama – April 17-18, 2025

Region 6 Contact info for 2024-25

School	Area	Director	Email	Cell phone
Alta	Band/Orch/Jazz	Caleb Shabestari	caleb.shabestari@canyonsdistrict.org	(801)-706-9815
Alta	choir	April Iund	april.iund@canyonsdistrict.org	801-712-5742
Brighton	Band/Jazz	Mikala Mortensen	mikala.mortensen@canyonsdistrict.org	801-703-7518
Brighton	Choir	Daniel Emrazian	daniel.emrazian@canyonsdistrict.org	801-879-5920
Brighton	orchestra	Alia Gonzales	alia.gonzales@canyonsdistrict.org	385-722-6272
East	Band/orch/jazz	Anthony Huntington	anthony.huntington@slcschools.org	570-406-6581
East	choir	Ryan Egan	ryan.egan@slcschools.org	469-766-4040
Highland	band/orch/jazz	Curtis Black	curtis.black@slcschools.org	801-664-3645
Highland	choir	Alisha Slater	alisha.slater@slcschools.org	435-830-1419
Olympus	band/jazz	Russell Graff	rjgraff@graniteschools.org	801-867-5688
Olympus	choir	Erin Tall	eaptall@graniteschools.org	801-651-6651
Olympus	orchestra	Tim McMurray	tjmcmurray@graniteschools.org	443-926-1853
SPA	jazz/guitar	Anthony Koch	akoch@saltlakespa.org	
SPA	choir	Landon Smith	lsmith@saltlakespa.org	801-657-8376
Skyline	Band/Orchestra	Adam Larson	al Larson2@graniteschools.org	801-792-5365
Skyline	Choir	Shae Bunker	slbunker@graniteschools.org	801-205-3687
West	Choral, IB music	Andrea Hernandez	andrea.hernandez@slcschools.org	801-649-9707
West	Band/Orch/Jazz	Brian Blodgett	brian.blodgett@slcschools.org	801-671-3039

GIRLS SOCCER

General Information

Activity Chair

Erin Tanner, Olympus etanner@graniteschools.org 801-560-9763

Representative

Shelly Munson shmunson@graniteschools.org (801) 674-8220

UHSAA Girls Soccer Website: [UHSAA Girls Soccer](https://www.uhsaa.org/GirlsSoccer)

UHSAA Girls Soccer Calendar Link: [UHSAA Calendar of Events](https://www.uhsaa.org/CalendarofEvents)

Important Dates:

June 28- July 4: Moratorium- no practices, competitions, meetings or travel

Jul 15 - Jul 29: Two weeks prior restrictions

Jul 29: Begin Practice/Team Selection

Aug 1 – Sep 15: Rules Clinic (on-line: [uhsaa.org/training](https://www.uhsaa.org/training))

Aug 5: First contest allowed

Aug 30: Rosters with numbers to RegisterMyAthlete.com

Aug 30: Team photo to MaxPreps.com

Sep 10 – Oct 8: Academic All-State applications accepted

Oct 4: Season end date

Oct 5: State Tournament Bracket Reveal @ 10:00 a.m.

Oct 10: State Tournament First Round @ Home Sites

Oct 15: State Tournament Second Round @ Home Sites

Oct 17: State Tournament Quarterfinals @ Home Sites

Oct 22: State Tournament Semifinals @ Zions Bank Stadium

Oct 25: State Tournament Finals @ America First Field (formerly called Rio Tinto Stadium)

Dec 2 – Dec 31: Moratorium - no practices, competitions, meetings or travel

Coaches

Alta High School

Mackenzie Hyer mackenziehyer@canyonsdistrict.org 801-633-9165

Brighton High School

Sara Cowley sacowley14@gmail.com 801-557-8416

East High School

Javier Viana javier.viana@slcschools.org 801-313-0443

Highland High School

Olympus High School

Jamie Evans jhevans01@gmail.com 801-931-9660

Skyline High School

Yamil Castillo yam.sue.cast@gmail.com 801-574-7877

West High School

Gabi Cheng Gabi@metasportfc.com

Guidelines

- 1) Varsity games will start at 3:30; JV to follow (5:15)
 - a. Olympus Monday home games: JV @ 5p on Grass Field, Varsity @ 7p in the stadium
 - b. One home night game for Senior Night can be played with the approval of both administrations; any additional change to start times must be agreed upon by administration of both schools and reported to the region prior to the game; Senior Night recognition will be kept to 10 minutes (maximum) if done prior to the game or at halftime
 - c. **Request: Teams that play on turf need to play a later game due to heat index. UHSAA has set up a strong recommendation to follow the heat index- [UHSAA SportsMed Handbook](#)- see p. 11 on heat acclimation and Wet Bulb Index**
- 2) Teams can play a maximum of 16 games (see UHSAA Handbook for tournament exceptions).
- 3) Home schools are responsible to report scores to MaxPreps and The Deseret News at the conclusion of varsity games.
- 4) RPI will be used for State Tournament seeding
- 5) The Goal Differential Rule will be used for all games - 8 goal differential after 10 min into the 2nd half will end the game.
- 6) Overtime Procedures: maximum of two 10-minute “sudden victory” periods; if still tied, NFHS shoot out procedures will be used to determine a winner (start with 5 shooters/team)
 - a. Varsity games must have a winner for RPI calculations
 - b. Sub-varsity games will not play overtime periods or have shoot outs to determine a winner
- 7) A Region Championship Trophy will be awarded to the team(s) with the best overall record of region games played.
- 8) All-Region 1st Team to be determined by coaches according to a teams’ finish in region play
 - a. 1st place: 5; 2nd place: 4; 3rd and 4th place: 3; 5th and 6th place: 2; 7th place: 1
 - b. Alta will be responsible for printing certificates.

- c. Nominees need to be to Alta by October 4th.

Region Awards:

Outstanding Goal Keeper _____

Outstanding Defender _____

Outstanding Midfielder _____

Outstanding Striker _____

REGION PLACE	FIRST TEAM	SECOND TEAM	HONORABLE MENTION
FIRST	5	5	2
SECOND	4	4	2
THIRD	3	4	2
FOURTH	3	3	2
FIFTH	2	3	2
SIXTH	2	2	2
SEVENTH	2	2	2

- d. Certificates will be printed and mailed with the final list to all the schools.

- 9) Academic All-Region awards will be given to all senior players with a cumulative 3.75 GPA or higher

- a. Olympus will be responsible to print the Academic All-Region certificates

- b. Nominees need to be to Olympus between September 10-October 8.

The dates are the same as State Academic submission. Send all nominations to shmunson@graniteschools.org

- 10) For UHSAA soccer information please go to: www.uhsaa.org/gsoccer/

- a. ODP and Next Level Opportunity information at uhsaa.org

Schedules [Link to Final Schedule](#)

*Varsity Games at 3:30 / JV Games to Follow (approx 5:15pm)			
*Olympus Monday home games JV @ 5p on Grass Field, Varsity @ 7p in the stadium			
*Brighton home games played at Cottonwood Heights Rec			
Monday, August 19		Thursday, September 12	
Home	Away	Home	Away
Alta	Brighton	Brighton	Alta
East	Highland	Highland	East
Olympus	Skyline	Skyline	Olympus
Bye West		Bye West	
Thursday, August 22		Monday, September 16	
Home	Away	Home	Away
Highland	Olympus	Olympus	Highland
Alta	East	East	Alta
West	Skyline	Skyline	West
Bye Brighton		Bye Brighton	
Monday, August 26		Thursday, September 19	
Home	Away	Home	Away
West	Highland	Highland	West
Olympus	Alta	Alta	Olympus
Brighton	East	East	Brighton
Bye Skyline		Bye Skyline	
Thursday, August 29		Monday, September 23	
Home	Away	Home	Away
Highland	Skyline	Skyline	Highland
Brighton	Olympus	Olympus	Brighton
West	Alta	Alta	West
Bye East		Bye East	

Wednesday, September 4		Thursday, September 26	
<i>Home</i>	<i>Away</i>	<i>Home</i>	<i>Away</i>
East	Olympus	Olympus	East
Alta	Skyline	Skyline	Alta
Brighton	West	West	Brighton
	Bye Highland		Bye Highland
Friday, September 6		Monday, September 30	
<i>Home</i>	<i>Away</i>	<i>Home</i>	<i>Away</i>
Highland	Alta	Alta	Highland
East	West	West	East
Skyline	Brighton	Brighton	Skyline
	Bye Olympus		Bye Olympus
Monday, September 9		Thursday, October 3	
<i>Home</i>	<i>Away</i>	<i>Home</i>	<i>Away</i>
Skyline	East	East	Skyline
Brighton	Highland	Highland	Brighton
West	Olympus	Olympus	West
	Bye Alta		Bye Alta

State Tournament	
1st Round	October 10 @ Home Sites
2nd Round	October 15 @ Home Sites
Quarterfinals	October 17 @ Home Sites
Semifinals	October 22 @ Zions Bank Stadium
Finals	October 25 @ American First Field (formerly called Rio Tinto Stadium)

SOFTBALL

General Information

Activity Chair

Kim Parkinson, Highland High

kim.parkinson@slcschools.org

UHSAA Softball Website: [UHSAA Softball](#)

UHSAA Softball Calendar Link: [UHSAA Calendar of Events](#)

Schedules

Thursday March 13

Highland @ West
Brighton @ Skyline
Olympus @ Alta
Bye: East

Tuesday April 8 (Canyons, Granite Spring Break)

Highland @ East
Bye: Alta, Skyline, Brighton, Olympus, West

Tuesday March 18

Highland @ Olympus
West @ Brighton
Skyline @ East
Bye: Alta

Thursday April 10 (Canyons, Granite Spring Break)

West @ East
Bye: Alta, Skyline, Brighton, Olympus, Highland

Thursday March 20

West @ Skyline
Alta @ Highland
East @ Brighton
Bye: Olympus

Tuesday April 15

West @ Highland
Skyline @ Brighton
Alta @ Olympus
Bye: East

Tuesday March 25

Olympus @ West
Skyline @ Highland
East @ Alta
Bye: Brighton

Thursday April 17

Olympus @ Highland
Brighton @ West
East @ Skyline
Bye: Alta

Thursday March 27

East @ Olympus
Brighton @ Highland
Alta @ West
Bye: Skyline

Tuesday April 22

Skyline @ West
Highland @ Alta
Brighton @ East
Bye: Olympus

Tuesday April 1 (SLC Spring Break)

Skyline @ Olympus
Brighton @ Alta
Bye: Highland, West, East

Thursday April 24

West @ Olympus
Highland @ Skyline
Alta @ East
Bye: Brighton

Thursday April 3 (SLC Spring Break)

Olympus @ Brighton
Alta @ Skyline
Bye: Highland, West, East

Tuesday April 29

Olympus @ East
Highland @ Brighton
West @ Alta
Bye: Skyline

Thursday May 1

Olympus @ Sklyine
Alta @ Brighton
East @ Highland
Bye: West

Tuesday May 6

Brighton @ Olympus
Skyline @ Alta
East @ West
Bye: Highland

SWIMMING

General Information

Activity Chair

April Sagala, East

UHSAA Swimming Website: [UHSAA Swimming](#)

UHSAA Swimming Calendar Link: [UHSAA Calendar of Events](#)

First Meet Allowed: **November 1, 2024**

Region Championships: **January 31, 2025 @ South Davis Recreation Center**

State Championships: **February 14-15, 2025 @ BYU**

Academic All-State Accepted Between: **January 6-February 4, 2025**

Coaches

Alta High School

Ryan Thierbach

trigueryan@yahoo.com

(801) 694-9379

Brighton High School

Todd Etherington

brightonswimming@gmail.com

(801) 541-6447

East High School

Griffin Hale

griffzillahale@gmail.com

(801) 652-2113

Highland High School

Sydney Havell

sydney.havell@slcschools.org

(480) 262-3358

Olympus High School

Tom Thorum

tthorum@gmail.com

(801) 913-2786

Skyline High School

Deni Cullom

cdcullom@graniteschools.org

(949) 547-3840

West High School

Casey Jackson

casonjackson@hotmail.com

(801) 502-5278

Guidelines

- 1) November 1, 2024 will be the first date a swimming meet may be held.
- 2) A maximum of fourteen (14) meets will be held. All region meets begin at 3:30 pm.
- 3) The Region Championships will be held on January 31, 2025 at South Davis Rec Center.
- 4) The State Championship meet will be held at BYU on February 14-15, 2025.
- 5) Home team will be in the odd lanes, the visiting team in the even lanes.

- 6) Each school's entries for the Region Championship will be limited to all official entries in each individual 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 (4) swimmers from each school may score towards the Region Championship.
 - c. Scoring format will be sixteen (16) places.
 - d. Entries are due Tuesday, January 28, 2025 by 7:00 PM. Please e-mail to brightonswimming@gmail.com.
 - e. Trophies and medals and Region Championships will be awarded as follows:
 - i. 1 Region Championship Trophy Each (Girls and Boys)
 - ii. 64 Medals Each (Girls and Boys) for places 1-8 in Individual Events (Total 128 Medals)
 - iii. 36 Medals Each (Girls and Boys) for places 1-3 in Relay Events (72 Total Medals)
- 7) Admission to the Region Championships will be \$10 per adult and \$5 per student/child.
- 8) All hosting of dual meets will have the following:

	Dual Meets	Region Championship
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

Academic All-Region names (Seniors only, 3.75 overall GPA or higher) must be submitted your Region Championship entries.

Schedules

Region 6 Swimming Schedule 2024-2025

November 14, 2024

Olympus @ Alta
West @ Highland

November 15, 2024

Skyline @ Brighton

November 21, 2024

Alta @ Highland
Brighton @ East
Skyline @ West

December 12, 2024

Alta @ East
Olympus @ Skyline

December 13, 2024

West @ Brighton

December 19, 2024

Alta @ Brighton
East @ Skyline
Highland @ Olympus

January 9, 2025

Brighton @ Olympus
East @ West
Skyline @ Highland

January 16, 2025

Alta @ West
Olympus @ East

January 17, 2025

Highland @ Brighton

January 23, 2025

Skyline @ Alta
East @ Highland
West @ Olympus

January 31, 2025

Region Championships @ South Davis
Recreation Center

February 14-15, 2025

5A State Championships @ BYU

BOYS TENNIS

General Information

Activity Chair

Christian Cowart, Brighton christian.cowart@canyonsdistrict.org

UHSAA Boys Tennis Website: [UHSAA Boys Tennis](#)

UHSAA Boys Tennis Calendar Link: [UHSAA Calendar of Events](#)

Two Week Prior Restrictions: February 9 – February 23, 2025

Rules Clinic (On-line: uhsaa.org/training): Feb. 21 – March 21, 2025

Begin practice/Team Selection: February 24, 2025

Rosters in Activate: March 2, 2025

First Contest Allowed: March 3, 2025

Academic All-State Applications Accepted: March 18 – April 17, 2025

Season End Date: April 30, 2025

State Roster Entry Deadline: April 30, 2025 at 5:00PM

State Tourney Bracket Reveal: May 1, 2025 10:00AM

State Tournament First Round: May 3, 2025 at Brighton High

State Tournament All Other Rounds: May 8th & 10th, 2025 at Liberty Park

Coaches

Alta High School

Bre deBry bredebry@gmail.com (801) 699-0557

Brighton High School

Natalie Meyer natalie.meyer@canyonsdistrict.org (801) 558-7029

East High School

George Lukes george.lukes@slcschools.org (801) 583-1661

Highland High School

Jeanine Elsholz jeanine.elsholz@gmail.com (435) 850-9134

Olympus High School

Josh Carter joshuarcarter@gmail.com (415)244-9622

Skyline High School

Jerry Cooper jlocooper12@gmail.com (801) 928-4078

West High School

Casey Jackson casey.jackson@slcschools.org (801) 502-5278

Guidelines

1. Schools will have varsity and JV level teams.
2. Teams will consist of 7 players for varsity and 7 players for JV: 3 singles players and 2 doubles teams on each team.
3. A maximum of 16 matches may be played plus Region and State tournaments.
4. Region matches are scheduled to begin by 3:30pm.

5. Matches are to be played on the date scheduled (subject to weather and court conditions). The host coach will be responsible to contact the visiting coach regarding the number of players for that day, court locations, and/or cancellation and rescheduling plans by 12:00pm.
6. Matches and court conduct are governed by USTA rules.
7. Varsity matches will consist of 2 out of 3 sets, regular scoring, with a 12-point tie break at 6-6. JV players will play an 8 game pro-set with no add scoring. A 12- point tie breaker will be used at 8-8.
8. Home team furnishes the balls (high altitude).
9. Players are limited to a 10-minute warm-up period with practice serves being taken during this time. Coaches should enforce the practice time limit.
10. Legitimate lineups according to skill ability: Skill ability shall be defined as the number 1 singles player shall be better than the number 2 singles player who shall be better than the number 3 singles player. The number 1 doubles team shall be better than the number 2 doubles team. Stacking is NOT permissible and could result in UHSAA sanctions. Juggling, shuffling, or forfeiting positions to gain an advantage is unsportsmanlike and creates an unhealthy educational environment. In the event of an injury, absence, ineligibility during any course of the season the next best player would move up to fill the spot vacated by the injured player.
11. A coach may move players from singles to doubles or from doubles to singles. However, the players must be ranked according to ability in either position.
12. To qualify for the Region and State Tournaments, players will follow the state tennis rules. The rule states that players must play 5 matches in either a varsity or JV position to qualify. Players do not need to play all 5 matches in a specific spot. All varsity players will play in the region tournament and will be seeded according to their UTR rating. All JV players will play in the region tournament and will be seeded according to their position record. Varsity players with a UTR rating in the top 24 in each position will qualify for the state tournament. The top 8 ranked players will get a bye the first round of state and automatically qualify for the second round. They will receive a point towards their team for the first round. Players ranked #9 - 24 will play the first round of state.
13. The Varsity Region Team Championship will be determined as follows:
 - a. 1 point for each Region Dual Meet match, with a total of 5 points possible per match.
 - b. By the finish of each player in the Region Tournament
 - 1st place = 4 points

2nd place = 3 points

3rd place = 2 points

4th place = 1 point

- c. The JV region tournament team points will include 1 point for each Region Dual Meet match, with a total of 5 points possible per match. (3 singles and 2 doubles)

1st place = 2 points

2nd place = 1 point

14. The Region will furnish the tennis balls for the Region Meet.
15. The format for the Region Tournament has been determined to be a single elimination 2-day tournament. Seeding for the tournament will be determined by UTR ratings. Varsity will play 2 out of 3 sets using regular scoring. The finals will determine 1st and 2nd place. Players who lose in the semi finals will play off for 3rd and 4th place. Players who lose in the first round of the region tournament will play a round robin set with each other on the second day of the tournament (no-add scoring). A JV tournament will also be held on the same days as the varsity tournament. JV seeding will be determined by position record. JV will be a single elimination tournament using an 8-game pro set with no-add scoring with a 12-point tie-breaker held at 8-8. With 7 teams in the region, the #1 seed will get a bye for the first round.
16. A player will not be required to play an opponent more than once in the Region Meet.
17. Changeovers have a time limit of 90 seconds, and the time limit is 2 minutes between the 1st and 2nd set and up to 10 minutes between the 2nd and 3rd set.

UHSAA Coaching Guidelines:

Coaching is only allowed by members of the coaching staff during allowed rest period, between sets and during changeovers. At Dual matches, Region, and State, all UHSAA certified coaches are allowed to coach at any given time and only one coach is allowed on any given court. Compliance with USTA time limitations regarding rest periods and changeovers are still in effect and USTA penalties for time violations on rest periods and changeovers will be enforced. Coaching is not permitted during the warm-up period, during a tiebreaker, during bathroom breaks, or following the 1st game of a set.

18. Players should go to the restroom before match play begins. In the event of an emergency situation, the player may leave the court to go to the restroom between

games. Coaches should be notified if a player needs to leave the court. Otherwise, players should not leave the court for any other reason.

19. Rest periods between matches at the Region Tournament will consist of 60 minutes for singles players and 30 minutes for doubles teams.
20. All credentialed coaches may participate in any region event as official coaches and must be certified as coaches through the appropriate channels. Coaches will be identified by all competing teams prior to the beginning of the match or tournament. For dual matches, all credentialed certified team coaches will be allowed to coach at one time and should be wearing the appropriate UHSAA credentials badge.

GIRLS TENNIS

General Information

Activity Chair

Christian Cowart, Brighton christian.cowart@canyonsdistrict.org

UHSAA Girls Tennis Website: [UHSAA Girls Tennis](#)

UHSAA Girls Tennis Calendar Link: [UHSAA Calendar of Events](#)

Moratorium: June 28 – July 24, 2024 no practices, competitions, meetings or travel

Two Week Prior Restrictions: July 22 – August 4, 2024

Begin practice/Team Selection: August 5, 2024

Rules Clinic (On-line: uhsaa.org/training): August 8 – September 15, 2024

Rosters in Activate: August 11, 2024

First Contest Allowed: August 12, 2024

Academic All-State Applications Accepted: September 10 – October 8, 2024

Season End Date: September 25, 2024

State Roster Entry Deadline: September 25, 2024 at 5:00PM

State Tourney Bracket Reveal: September 26, 2024 10:00AM

State Tournament First Round: September 28, 2024 at Brighton High

State Tournament All Other Rounds: October 3rd & 5th, 2024 at Liberty Park

Coaches

Alta High School

Bre deBry bredebry@gmail.com (801) 699-0557

Brighton High School

Natalie Meyer natalie.meyer@canyonsdistrict.org (801) 558-7029

East High School

George Lukes george.lukes@slcschools.org (801) 583-1661

Highland High School

Caleb Howard calebdh31@gmail.com (385) 282-1982

Olympus High School

Josh Carter joshuarcarter@gmail.com (415)244-9622

Skyline High School

Jenny Soulier jennifersoulier@yahoo.com (801) 824-2098

West High School

Casey Jackson casey.jackson@slcschools.org (801) 502-5278

Guidelines

1. Schools will have varsity and JV level teams.
2. Teams will consist of 7 players for varsity and 7 players for JV: 3 singles players and 2 doubles teams on each team.

3. A maximum of 16 matches may be played plus Region and State tournaments.
4. Region matches are scheduled to begin by 3:30pm.
5. Matches are to be played on the date scheduled (subject to weather and court conditions). The host coach will be responsible to contact the visiting coach regarding the number of players for that day, court locations, and/or cancellation and rescheduling plans by 12:00pm.
6. Matches and court conduct are governed by USTA rules.
7. Varsity matches will consist of 2 out of 3 sets, regular scoring, with a 12-point tie break at 6-6. JV players will play an 8 game pro-set with no add scoring. A 12- point tie breaker will be used at 8-8.
8. Home team furnishes the balls (high altitude).
9. Players are limited to a 10-minute warm-up period with practice serves being taken during this time. Coaches should enforce the practice time limit.
10. Legitimate lineups according to skill ability: Skill ability shall be defined as the number 1 singles player shall be better than the number 2 singles player who shall be better than the number 3 singles player. The number 1 doubles team shall be better than the number 2 doubles team. Stacking is NOT permissible and could result in UHSAA sanctions. Juggling, shuffling, or forfeiting positions to gain an advantage is unsportsmanlike and creates an unhealthy educational environment. In the event of an injury, absence, ineligibility during any course of the season the next best player would move up to fill the spot vacated by the injured player.
11. A coach may move players from singles to doubles or from doubles to singles. However, the players must be ranked according to ability in either position.
12. To qualify for the Region and State Tournaments, players will follow the state tennis rules. The rule states that players must play 5 matches in either a varsity or JV position to qualify. Players do not need to play all 5 matches in a specific spot. All varsity players will play in the region tournament and will be seeded according to their UTR rating. All JV players will play in the region tournament and will be seeded according to their position record. Varsity players with a UTR rating in the top 24 in each position will qualify for the state tournament. The top 8 ranked players will get a bye the first round of state and automatically qualify for the second round. They will receive a point towards their team for the first round. Players ranked #9 - 24 will play the first round of state.
13. The Varsity Region Team Championship will be determined as follows:
 - a. 1 point for each Region Dual Meet match, with a total of 5 points possible per match.

- b. By the finish of each player in the Region Tournament
 - 1st place = 4 points
 - 2nd place = 3 points
 - 3rd place = 2 points
 - 4th place = 1 point
 - c. The JV region tournament team points will include 1 point for each Region Dual Meet match, with a total of 5 points possible per match. (3 singles and 2 doubles)
 - 1st place = 2 points
 - 2nd place = 1 point
14. The Region will furnish the tennis balls for the Region Meet.
15. The format for the Region Tournament has been determined to be a single elimination 2-day tournament. Seeding for the tournament will be determined by UTR ratings. Varsity will play 2 out of 3 sets using regular scoring. The finals will determine 1st and 2nd place. Players who lose in the semi finals will play off for 3rd and 4th place. Players who lose in the first round of the region tournament will play a round robin set with each other on the second day of the tournament (no-add scoring). A JV tournament will also be held on the same days as the varsity tournament. JV seeding will be determined by position record. JV will be a single elimination tournament using an 8-game pro set with no-add scoring with a 12-point tie-breaker held at 8-8. With 7 teams in the region, the #1 seed will get a bye for the first round.
16. A player will not be required to play an opponent more than once in the Region Meet.
17. Changeovers have a time limit of 90 seconds, and the time limit is 2 minutes between the 1st and 2nd set and up to 10 minutes between the 2nd and 3rd set.

UHSAA Coaching Guidelines:

Coaching is only allowed by members of the coaching staff during allowed rest period, between sets and during changeovers. At Dual matches, Region, and State, all UHSAA certified coaches are allowed to coach at any given time and only one coach is allowed on any given court. Compliance with USTA time limitations regarding rest periods and changeovers are still in effect and USTA penalties for time violations on rest periods and changeovers will be enforced. Coaching is not permitted during the warm-up period, during a tiebreaker, during bathroom breaks, or following the 1st game of a set.

18. Players should go to the restroom before match play begins. In the event of an emergency situation, the player may leave the court to go to the restroom between games. Coaches should be notified if a player needs to leave the court. Otherwise, players should not leave the court for any other reason.
19. Rest periods between matches at the Region Tournament will consist of 60 minutes for singles players and 30 minutes for doubles teams.
20. All credentialed coaches may participate in any region event as official coaches and must be certified as coaches through the appropriate channels. Coaches will be identified by all competing teams prior to the beginning of the match or tournament. For dual matches, all credentialed certified team coaches will be allowed to coach at one time and should be wearing the appropriate UHSAA credentials badge.

BOYS VOLLEYBALL

General Information

Activity Chair

Melissa Lister, Alta High

Melissa.Lister@canyonsdistrict.org

TEL

UHSAA Boys Volleyball Website: [UHSAA Boys Volleyball](#)

UHSAA Boys Volleyball Calendar Link: [UHSAA Calendar of Events](#)

Schedules

	West	East	Highland	Alta	Brighton	Olympus	Skyline
Thu. 3/13	bye	vs. Skyline	vs. Alta	at Highland	vs. Olympus	at Brighton	at East
Tue. 3/18	at Olympus	vs. Alta	at Brighton	at East	vs. Highland	vs. West	bye
Thu. 3/20	vs. Brighton	at Highland	vs. East	vs. Skyline	at West	bye	at Alta
Tue. 3/25	at Alta	vs. Olympus	vs. Skyline	vs. West	bye	at East	at Highland
Thu. 3/27	at Skyline	at Brighton	at Olympus	bye	vs. East	vs. Highland	vs. West
Tue. 4/1	Spring Break	Spring Break	Spring Break	vs. Olympus	at Skyline	at Alta	vs. Brighton
Thu. 4/3	Spring Break	Spring Break	Spring Break	at Brighton	vs. Alta	vs. Skyline	at Olympus
Tue. 4/8	vs. East	at West	bye	Spring Break	Spring Break	Spring Break	Spring Break
Thu. 4/10	at Highland	bye	vs. West	Spring Break	Spring Break	Spring Break	Spring Break
Tue. 4/15	bye	at Skyline	at Alta	vs. Highland	at Olympus	vs. Brighton	vs. East
Thu. 4/17	vs. Olympus	at Alta	vs. Brighton	vs. East	at Highland	at West	bye
Tue. 4/22	at Brighton	vs. Highland	at East	at Skyline	vs. West	bye	vs. Alta
Thu. 4/24	vs. Alta	at Olympus	at Skyline	at West	bye	vs. East	vs. Highland
Tue. 4/29	vs. Skyline	vs. Brighton	vs. Olympus	bye	at East	at Highland	at West
Thu. 5/1	at East	vs. West	bye	at Olympus	vs. Skyline	vs. Alta	at Brighton
Tue. 5/6	vs. Highland	bye	at West	vs. Brighton	at Alta	at Skyline	vs. Olympus

GIRLS VOLLEYBALL

General Information

Activity Chair

Melissa Lister, Alta High

Melissa.Lister@canyonsdistrict.org UHSAA Girls

Volleyball Website: [UHSAA Girls Volleyball](#)

UHSAA Girls Volleyball Calendar Link: [UHSAA Calendar of Events](#)

Schedules

Thursday, September 5

West @ East
Olympus @ Brighton
Highland @ Alta
Skyline BYE

Tuesday, September 10

East @ Highland
West @ Olympus
Skyline @ Alta
Brighton BYE

Thursday, September 12

REGION BYE

Tuesday September 17

Alta @ East
Highland @ Brighton
Olympus @ Skyline
West BYE

Thursday September 19

East @ Olympus
Brighton @ Alta
Skyline @ West
Highland BYE

Tuesday September 24

Brighton @ East
Highland @ Skyline
Alta @ West
Olympus BYE

Thursday September 26

Skyline @ East
West @ Brighton
Olympus @ Highland
Alta BYE

Tuesday October 1

Brighton @ Skyline
Highland @ West
Alta @ Olympus
East BYE

Thursday October 3

East @ West
Brighton @ Olympus
Highland @ Alta
Skyline BYE

Tuesday October 8

Highland @ East
Olympus @ West
Alta @ Skyline
Brighton BYE

Thursday October 10 - Granite Fall Break

East @ Alta
Brighton @ Highland
West BYE

Tuesday October 15

Olympus @ East
Alta @ Brighton
West @ Skyline
Highland BYE

Thursday October 17 - Canyons + SL Fall Break

Skyline @ Olympus

Tuesday October 22

East @ Brighton
West @ Alta
Skyline @ Highland
Olympus BYE

Thursday, October 24

East @ Skyline
Brighton @ West
Highland @ Olympus
Alta BYE

Tuesday October 29

Skyline @ Brighton
West @ Highland
Olympus @ Alta
East BYE

WRESTLING

General Information

Activity Chair: Swede Robinson, Highland High School

Cell phone: 480-220-5986

Email: swede.robinson@slcschools.org

UHSAA Wrestling Website: [UHSAA Wrestling](#)

UHSAA Boys Wrestling Calendar Link: [UHSAA Calendar of Events](#)

UHSAA Girls Wrestling Calendar Link: [UHSAA Calendar of Events](#)

Moratoriums: Summer: June 28- July 4, August 1- August 25, 2024

Thanksgiving: November 28-December 1, 2024

Christmas: December 21-25, 2024

New Year: Jan. 1, 2025

Home Schedule for Officials Due: September 14, 2024

Rules Clinic: November 5, 2024

Start Date: November 4, 2024

Hydration Testing: November 22 and 23, 2024

First Contest: November 26, 2024

Eligibility List Due: November 29, 2024, on Aktivite/registermyathlete.com

Academic All-State Deadline: January 6-February 4, 2025

Girls 5A Divisional Tournament: January 29-30, 2025 (Ridgeline or Green Canyon)

Boys 5A Divisional Tournament: January 31- February 1(TBA or Cedar Valley)

Girls 5A State Tournament: February 12-13, 2025 @ Utah Valley University

Boys 5A State Tournament: February 14-15, 2025 @ Utah Valley University

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

Starting times for Region VI

Weigh-ins - 4:00 P.M.

JV matches - 5:30 P.M.

Varsity matches - 6:30 P.M. or following J.V.

All region matches must be held in the host school's main gym or in an auxiliary gym

The Region VI champion will be determined by the head to head results of the region duals. The team with the best overall record will be the region champion. In the event of two teams tying for the best record, the champion will be the team which won the head to head matchup. If there are three or more teams tied with the best record and they can't be separated through head to head matchups, co-champions will be named. A coaches' vote will determine the champion for any extenuating circumstances outside of the previously listed situations. A region champion medal will be provided by the region for any wrestler who has the most region wins at that weight. The home team of each region dual will be responsible for posting the results of the dual on trackwrestling.com. All activities are to be cleared from the competition area by 3:30pm to allow proper set up of mats (etc.) before weigh ins. The main gym of the host school needs to be made available for competitions.

Coaches' contact information

Alta Boys- Brett Fiene	brett.fiene@canyonsdistrict.org	801-647-9538
Alta Girls- Samantha LeFevre	samatha.webb@canyonsdistrict.org	301-848-7473
Brighton Boys- Burke Gappmayer	burke.gappmayer@canyondistrict.org	801-834-5810
Brighton Girls- Joidee Gappmayer	joidee.gappmayer@canyonsdistrict.org	801-834-5811
East Boys- Nick Hamilton	nicholas.hamilton@slcschools.org	801-759-9408
East Girls- Nick Hamilton	nicholas.hamilton@slcschools.org	801-759-9408
Highland Boys- Swede Robinson	swede.robinson@slcschools.org	480-220-5986
Highland Girls- Swede Robinson	swede.robinson@slcschools.org	480-220-5986
Olympus Boys- Devin Ashcroft	djashcroft@graniteschools.org	801-599-1057
Olympus Girls- Devin Ashcroft	djashcroft@graniteschools.org	801-599-1057
Skyline Boys- John Robbins	johnprobbins@icloud.com	801-707-1769
Skyline Girls- John Robbins	johnprobbins@icloud.com	801-707-1769
West Boys- Ramsey Nijem	Ramsey.Nijem@slcschools.org	801-414-9172
West Girls- Brandon Dansie	Brandon.Dansie@slcschools.org	801-573-5796

Region VI Wrestling Schedule

DECEMBER 5

HIGHLAND @ ALTA

EAST @ OLYMPUS

SKYLINE @ WEST

BRIGHTON BYE

DECEMBER 12

OLYMPUS @ SKYLINE

BRIGHTON @ WEST

ALTA BYE

DECEMBER 19

ALTA @ WEST

HIGHLAND @ OLYMPUS

EAST @ BRIGHTON

SKYLINE BYE

JANUARY 9