# REGION VIII HANDBOOK

## Table of Contents

- Region VIII Administration ................................................................. 3
- Region VIII Activity Responsibilities ....................................................... 4
- Sportsmanship Award ........................................................................... 5
- State Standards & Guidelines For Student Extracurricular Activities .......... 5-6
- Policies And Procedures For Athletic Contests ........................................ 7-10
- Trophies & Awards.................................................................................. 11
- Official's Pay Scale .............................................................................. 12-14
- Baseball Guidelines ............................................................................. 15
- Baseball Schedule ............................................................................... 16-18
- Basketball Guidelines .......................................................................... 19-20
- Basketball Schedule–Boys .................................................................. 21
- Basketball Schedule–Girls ................................................................... 22
- Cross Country Guidelines ..................................................................... 23
- Cross Country Schedule ...................................................................... 24
- Drama Schedule and Guidelines ............................................................ 25
- Drill Team Guidelines ......................................................................... 26-27
- Drill Team Schedule ............................................................................ 27
- Football Guidelines ............................................................................ 28-29
- Football Schedule ............................................................................... 30
- Forensics Guidelines .......................................................................... 31-33
- Forensic Schedule ............................................................................... 34
- Forensic Orders of the Day ................................................................. 35
- Golf Guidelines-Boys & Girls .............................................................. 36-37
- Golf Schedule-Boys ........................................................................... 38
- Golf Schedule-Girls ........................................................................... 39
- Music Guidelines ................................................................................ 40
- Music Procedures .............................................................................. 41-42
- Music Schedule ................................................................................ 43
- Soccer Guidelines .............................................................................. 44-46
- Soccer Schedule -- Girls ................................................................. 47
- Soccer Schedule -- Boys ............................................................... 48
- Softball Guidelines .......................................................................... 49-50
- Softball Schedule ............................................................................ 51
- Swimming Guidelines ......................................................................... 52
- Swimming Schedule .......................................................................... 53
- Tennis Guidelines ............................................................................. 54-55
- Tennis Schedule -- Girls ................................................................. 56
- Tennis Schedule -- Boys ............................................................... 57
- Track And Field Guidelines ............................................................... 58
- Track And Field Schedule ................................................................. 59
- Volleyball Guidelines ....................................................................... 60-61
- Volleyball Schedule ......................................................................... 62
- Wrestling Guidelines ........................................................................ 63-64
- Wrestling Schedule ........................................................................... 65
- Region VIII Meeting Dates .............................................................. 66
<table>
<thead>
<tr>
<th>Region</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Maple Mountain</td>
<td>51 North 2550 East, Spanish Fork, 84660 Fax 794-6744</td>
<td>801-794-6740</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Shae Bradshaw</td>
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<td>Terry (KJ) Krieger-James</td>
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<tr>
<td></td>
<td>Jeff {Whites} Nelson</td>
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<td></td>
<td>Dave Boyack {AD}</td>
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</tr>
<tr>
<td>Park City</td>
<td>1750 Kearns Blvd, Park City, 84060 Fax 435-645-5658</td>
<td>435-645-5650</td>
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<tr>
<td></td>
<td>Roger Arbabi</td>
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<td></td>
<td>Jamie Sheetz {AD}</td>
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<tr>
<td>Payson</td>
<td>1050 South Main, Payson, 84651</td>
<td>801-465-6025</td>
<td></td>
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<tr>
<td></td>
<td>Jesse Sorenson</td>
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<td></td>
<td>David Rockwood</td>
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<td></td>
<td>Brian Argyle {AD}</td>
<td></td>
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</tr>
<tr>
<td>Provo</td>
<td>1199 N. Lakeshore Dr., Provo, UT 84604 Fax 801-374-4880</td>
<td>801-373-6550</td>
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</tr>
<tr>
<td></td>
<td>Boyd McAffee</td>
<td></td>
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<tr>
<td></td>
<td>Jose Ventura</td>
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<td></td>
<td>Mary James</td>
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<td>Jenni Thurston</td>
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<td></td>
<td>Mike Hunter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salem Hills</td>
<td>150 N. Skyhawk Blvd., Salem, 84653 Fax 423-3206</td>
<td>801-423-3200</td>
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<tr>
<td></td>
<td>Bart Peery</td>
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<td></td>
<td>Brett White</td>
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<td></td>
<td>Curtis Burton</td>
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<td></td>
<td>Lee Gillie {AD}</td>
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</tr>
<tr>
<td>Spanish Fork</td>
<td>99 N. 300 W., Spanish Fork, UT 84660 Fax 798-4004</td>
<td>801-798-4060</td>
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<tr>
<td></td>
<td>Matt Christensen</td>
<td></td>
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<tr>
<td></td>
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<td></td>
<td>Jade Andersen</td>
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<td></td>
<td>Steve Dudley {AD}</td>
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<td></td>
</tr>
<tr>
<td>Springville</td>
<td>1205 East 900 South, Springville, UT 84663 Fax 489-2806</td>
<td>801-489-2870</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Robert Fleming</td>
<td></td>
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<tr>
<td></td>
<td>Jason Beardall</td>
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</tr>
<tr>
<td></td>
<td>Tona Graff</td>
<td></td>
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<tr>
<td></td>
<td>Mark Binks {AD}</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wasatch</td>
<td>930 South 500 East, Heber City, UT 84032 Fax 435-654-3011</td>
<td>435-654-0640</td>
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</tr>
<tr>
<td></td>
<td>Tod Johnson</td>
<td></td>
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<tr>
<td></td>
<td>Adam Hagan</td>
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</tr>
<tr>
<td></td>
<td>Claire Mair</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>Ryan Bishop. {Region 8 UHSAA Rep}</td>
<td></td>
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<tr>
<td></td>
<td>Brad Foster {AD}</td>
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<td>School Activity</td>
<td>Responsible</td>
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<td>-----------------</td>
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</tr>
<tr>
<td>Region Chair</td>
<td>Wasatch</td>
<td>Ryan Bishop</td>
<td>435-709-1851</td>
</tr>
<tr>
<td>Calendaring</td>
<td>Maple Mountain</td>
<td>Jeff Nelson</td>
<td>801-376-3794</td>
</tr>
<tr>
<td>Sportsmanship</td>
<td>Provo</td>
<td>Jose Ventura</td>
<td>801-373-6550</td>
</tr>
<tr>
<td>Baseball</td>
<td>Payson</td>
<td>Brian Argyle</td>
<td>801-636-4405</td>
</tr>
<tr>
<td>Basketball</td>
<td>Spanish Fork</td>
<td>JoLynn Ford</td>
<td>801-310-5563</td>
</tr>
<tr>
<td>Cross Country</td>
<td>Maple Mountain</td>
<td>Dave Boyack</td>
<td>801-358-3975</td>
</tr>
<tr>
<td>Drama</td>
<td>Provo</td>
<td>Jenni Thurston</td>
<td>801-372-9965</td>
</tr>
<tr>
<td>Drill Team</td>
<td>Payson</td>
<td>Holly Henderson</td>
<td>801-995-0101</td>
</tr>
<tr>
<td>Football</td>
<td>Nebo District</td>
<td>Everett Kelepolo</td>
<td>801-319-7354</td>
</tr>
<tr>
<td>Forensics</td>
<td>Salem Hills</td>
<td>Brett White</td>
<td>801-368-3167</td>
</tr>
<tr>
<td>Golf</td>
<td>Park City</td>
<td>Jamie Sheetz</td>
<td>417-824-0846</td>
</tr>
<tr>
<td>Music</td>
<td>Maple Mountain</td>
<td>Shea Bradshaw</td>
<td>801-391-5139</td>
</tr>
<tr>
<td>Soccer</td>
<td>Salem Hills</td>
<td>Curtis Burton</td>
<td>801-592-2136</td>
</tr>
<tr>
<td>Softball</td>
<td>Spanish Fork</td>
<td>Steve Dudley</td>
<td>801-361-6220</td>
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<tr>
<td>Swimming</td>
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<td>Steve Marsing</td>
<td>801-598-9460</td>
</tr>
<tr>
<td>Tennis</td>
<td>Provo</td>
<td>Mike Hunter</td>
<td>801-602-8624</td>
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<tr>
<td>Track</td>
<td>Springville</td>
<td>Jason Beardall</td>
<td>801-420-0143</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Park City</td>
<td>Jamie Sheetz</td>
<td>417-824-0846</td>
</tr>
<tr>
<td>Wrestling</td>
<td>Payson</td>
<td>Dave Rockwood</td>
<td>801-503-6892</td>
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In an effort to recognize and promote good sportsmanship, the Board of Managers has established the Region VIII Sportsmanship Award to be presented after the Fall, Winter, and Spring sports seasons. For each season, the selected school will receive the sportsmanship trophy.

The criteria for selection are:

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

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

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

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

**STANDARDS**

1. We adhere to the Utah State Board of Education, UHSAA and NFHS guidelines, standards and playing rules.

2. All head coaches must either hold a current Utah Secondary Teaching Credential (PE/Coaching Major or Minor) or must have successfully completed the state sponsored UHSAA/USOE coaches training. Aides and/or paraprofessionals employed or used in coaching assignments must also meet the requirements of the UHSAA/USOE coaches certification program (see the UHSAA handbook).

3. School personnel, activity leaders, coaches, advisors, etc., shall not require students to attend out-of-school camps, clinics, workshops, etc., for which they, activity leaders, coaches, advisors, etc., receive compensation from a source other than the school or district in which they are employed.
GUIDELINES

1. Local boards of education and district superintendents should continually reaffirm the central purpose of schooling -- the academic program of students. Extracurricular activities should be just that, extracurricular, and should support the academic program.

2. Local boards of education, superintendents, and school principals are urged to guarantee a productive instructional setting for students who remain behind while their classmates and teachers are gone for participation in extracurricular activities. The "warehousing" of students not involved in extracurricular activities negatively compounds the differences between students involved and those not involved in extracurricular activities.

3. Local boards of education and district superintendents are urged to disapprove travel for extracurricular activities that would result in teachers and students being gone for more than three consecutive school days. Preferably, approved out-of-state travel for extracurricular activities will be limited to summer months or other times when school is not in session.

4. Local boards of education and district superintendents are urged to disapprove all travel, trips, excursions, appearances, cruises, etc., which are sponsored by commercial interests for profit. Such travel, while often popular with students and patrons, represents a serious misuse and manipulation of schools and students. Approved in-state and out-of-state travel for extracurricular activities should involve students in verified and documented educational experiences.

5. It is recommended that the Utah High School Activities Association and local schools and districts continue their practice of delaying the starting time for extracurricular activities until after school. In addition, the periodic realignment of the regions of the Utah High School Activities Association should continually seek to reduce travel and time out of school for students and teachers.

6. Region VIII recognizes the importance of Utah Code 53-11-908 with the intent to promote good sportsmanship.
### General Guidelines and Policies

#### 1. UHSAA State Event Guidelines

In the chart below, ONLY those items marked “Yes” will be allowed as support items at all UHSAA state tournaments and meets. It is recommended that schools follow these same regulations during regular season and region tournament play. Sportsmanlike vocal cheering and support from team bench area are encouraged.

**LEGEND:**

- BB Baseball
- BSK Basketball
- CC Cross Country
- DR Drill Team
- GO Golf
- SC Soccer
- SB Softball
- TE Tennis
- TR Track & Field
- VB Volleyball
- WR Wrestling

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<th></th>
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<th>BSK</th>
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<th>TE</th>
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<td>YES</td>
<td>NO</td>
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<td>Megaphones (non-electronic)</td>
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<td>School bands (including drums)</td>
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<td>Shirts on fans; spectator faces must be identifiable</td>
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<td>Artificial noise makers (shakers, clickers, bells, cow bells, buzzers, thundersticks)</td>
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<td>Air horns, sirens, electronic bull horns, horns, vuvuzelas</td>
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<td>Banners on wall except welcome or corporate sponsor</td>
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<td>Banners for teams to run Through</td>
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<td>Laser light/pointer</td>
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2. The throwing of any objects by spectators will not be allowed at athletic events, including confetti, torn paper scraps, crepe paper, toilet tissue, mini-balls, frisbees, etc. (Violating schools may be fined)

3. The use of laser pointers is forbidden at all region events. The laser pointer will be confiscated and the spectator will be ejected from the event.

4. Constructive, positive signs and posters may be used by the home team. All derogatory signs are prohibited. No hand held posters are allowed. School flags are permitted at outdoor events on your own side line.

5. Moratorium: No practices or games may be scheduled during the officially established moratorium dates unless a request has been made to and approved by the UHSAA.

6. Breach of contract: In the case of breach, the region board of managers shall have the authority to assess a penalty and or fine, not to exceed $1,000 per game against the offending coach and/or school.

7. Spectators are not allowed on playing fields or courts at any time, including halftimes and before and between games unless under the direction of the administration. For the safety of officials and visiting teams, post game demonstrations on the floor or the field are not allowed. Demonstrations meant to taunt or demean the opposing team are prohibited.

8. Placement of visiting student body, pep squad, cheerleaders, and drill team is at the discretion of the host school. Spectators in the student section are not allowed to sit on the front row or stand on the floor in the gymnasium. Jumping on bleachers is discouraged.

9. Schools that violate region rules may be fined. The amount of the fine to be determined by the Region Board of Managers.

10. A well-planned flag ceremony should be encouraged prior to start of the event.

11. Each student body is to exhibit good sportsmanship. The administrators and advisors are, in the interest of proper education, to stress positive sportsmanship. Schools are encouraged to read a sportsmanship statement at all varsity athletic activities. An example is given below:

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

12. All dressing room facilities must be left in a clean and orderly manner. The visiting head coach is responsible to check the facilities prior to departure.

13. In case of scheduling conflicts, region and varsity events take precedence over non-region events and activities/practices. Students should not be penalized for missing non region events or practices due to participation in scheduled region events.

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

State tournament seeding will be determined by the RPI rating.
15. Unless stated otherwise in this handbook, region scheduled outdoor afternoon events will begin no earlier than 3:30 p.m. (exceptions to be approved by both Principal’s and the manager over the activity).

16. A change of time or date of an activity may be affected only through mutual agreement of both school’s principals or their designee. The host school must notify the arbiter of the change in time for him to notify the officials. The host school must also notify other Region VIII schools unless postponement is weather related.

17. Host school and visiting team own the rights to video production of all events. The region retains the rights to Region Championship competitions. All radio and television stations need to get prior approval from the principal or designee before broadcasting an event.

See UHSAA handbook for filming guidelines

18. REGION APPROVED TICKET PRICES TO MAJOR SCHOOL ACTIVITIES:

   $20.00 = 1 family*
   $  5.00 = 1 adult
   $  5.00 = 1 student

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

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

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

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

19. Money from state play-off games (not going to state) will be retained by the host school (after expenses) and divided with the visiting school. (refer to the UHSAA handbook regarding disbursement of money).

20. There will be a limit of 75 Region Activity Passes issued to each school. The region chair will send (20) region passes to each school district office.

21. Each school will be issued a maximum of twenty five (25) Region Activity Passes for Student Body Officers. Student Body Officer passes allow 1 person with ID in free.

22. Academic All-Region selection will be senior varsity players only and 3.7 or higher cumulative GPA. Schools will present their own awards. Region VIII certificates are available for use by the schools. Nominations for Academic All Region need to be submitted to the Region Chair over each activity in a timely manner.

23. Host schools will provide supervision and an athletic trainer at all home events, Supervision and athletic trainers by both schools will be provided for Football and Basketball. Water and cups will be provided for both teams at all home events.

24. Host schools will provide for someone to meet officials and show them to their dressing rooms both before and after any event

25. Region VIII Eligibility Requirements: The minimum GPA a student must have in order to participate is 2.0 and not more than one, F, I, or NG, for the previous grading period.
26. The region will not financially support coaches meetings.

**Cheer/Drill/Band**

1. Drill team members in uniform and cheerleaders in uniform with an advisor will be admitted to the game without charge. Each group must have an advisor.

2. All cheering **SHOULD** be under the direction of the cheerleaders. There are to be **NO** derogatory or obscene cheers.

3. Cheerleaders are to refrain from conducting cheers during free throw shooting.

4. Placement of visiting student body, pep squad, cheerleaders, and drill team is at the discretion of the host school.

5. Only varsity cheerleaders and mascots are allowed on the court or field for cheers, activities, or demonstrations unless specifically sponsored by the host school administration. Children below high school age are prohibited from being used in connection with any Region VIII interscholastic activity except during approved halftime performances.

6. Cheerleaders will observe all State or District guidelines for pyramids, stunting and tumbling. Tumbling is allowed by home team only.

7. Football half-time: Performing groups have ten (10) minutes which includes time to get on and off the field. Exceptions can be made by mutual agreement for special occasions.

8. Basketball half-time: A maximum of seven (7) minutes is allotted for half-time entertainment which includes time to get on and off the floor. Exceptions can be made by mutual agreement for special occasions.

9. Drill teams will perform only at home games unless by mutual agreement with the host school.

10. Pep band will be provided by the host school only with exceptions by mutual agreement. During basketball games, pep bands are to play during regulation time-outs, quarter breaks and halftime only. An advisor must always be present if a band is to perform. Drums are to play only as part of the pep band or as accompaniment to a cheer by the cheerleaders.
The Region Board of Managers agrees to fund the following Awards, Medals and Trophies.

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

Baseball ................................................................................................................1 Region Trophy
Basketball (Boys) .................................................................................................1 Region Trophy
Basketball (Girls) ..................................................................................................1 Region Trophy
Cross Country (Boys)* .................................................... 1st-10th Place Medals / 1 Region Trophy
11th- 20th Place Ribbons 1st-10th J.V. Ribbons
Cross Country (Girls)* ..................................................... 1st-10th Place Medals / 1 Region Trophy
11th- 20th Place Ribbons 1st-10th J.V. Ribbons
Drama ................. $100.00 for Certificates for Region Drama Awards...... / Award Certificates
Drill Team ................................................................. 1 Region Trophy
1st-3rd place Plaques for each category (military, character, and dance)
1st- 5th place medals for drill down - Trophy for overall drill down winner
Forensics ............ 1st – 4th place medals in each category (see page 32 #7) / 1 Region Trophy
Football .................................................................................................................1 Region Trophy
Golf (Boys) ................................................................. 1st- 12th Place Medals / 1 Region Trophy
Golf (Girls) ................................................................. 1st- 12th Place Medals / 1 Region Trophy
Music ................... $100.00 for certificates for Region Music Awards /Award Certificates
Soccer (Boys) .................................................................1 Region Trophy
Soccer (Girls) ........................................................................................................1 Region Trophy
Softball .................................................................1 Region Trophy
Swimming (Boys)*................................................. 1st- 8th Place Medals / 1 Region Trophy
Relay events 1st -3rd
Swimming (Girls)*................................................. 1st - 8th Place Medals / 1 Region Trophy
Relay events 1st -3rd
Tennis (Boys)* ............ 1st - 4th Place Medals Varsity / 1st – 4th Place Ribbons JV / 1 Region Trophy
Tennis (Girls)* ............ 1st - 4th Place Medals Varsity / 1st – 4th Place Ribbons JV / 1 Region Trophy
Track (Boys) 1st – 4th for relay* ......................................................... 1st - 4th Place Medals / 1 Region Trophy
Track (Girls) 1st – 4th for relay* ......................................................... 1st – 4th Place Medals / 1 Region Trophy
Volleyball ..............................................................................................................1 Region Trophy
Wrestling .............................................................................................................1 Region Trophy

Medals will be given to those who qualify individually for State placement by placing at the Region meet ** RIBBONS WILL BE ATTACHED TO ALL MEDALS
## REGION VIII OFFICIAL’S PAY SCALE  
### 2020-2021

<table>
<thead>
<tr>
<th>SPORT</th>
<th>VARSITY</th>
<th>J.V./SOPH</th>
<th>POST SEASON</th>
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<tbody>
<tr>
<td>Baseball</td>
<td>$54.00</td>
<td>$44.00</td>
<td>$59.00</td>
</tr>
<tr>
<td>Basketball</td>
<td>$59.00 (2 officials)</td>
<td>$44.00</td>
<td>$64.00</td>
</tr>
<tr>
<td>Basketball</td>
<td>$54.00 (3 officials)</td>
<td>$44.00</td>
<td>$64.00</td>
</tr>
<tr>
<td>Football</td>
<td>$59.00 (4 officials)</td>
<td>$44.00</td>
<td>$64.00</td>
</tr>
<tr>
<td>Football</td>
<td>$57.00 (5 officials)</td>
<td>$44.00</td>
<td>$64.00</td>
</tr>
<tr>
<td>Football - Foul Recorder</td>
<td>$20.00 - no travel</td>
<td>NA</td>
<td>$20.00</td>
</tr>
<tr>
<td>Soccer Referee</td>
<td>$53.00 (3-person)</td>
<td>$34.00</td>
<td>$56.00</td>
</tr>
<tr>
<td>Soccer Linesman</td>
<td>$37.00 (3-person)</td>
<td>$34.00</td>
<td>$56.00</td>
</tr>
<tr>
<td>Soccer - Both Officials</td>
<td>$63.50 (2-person)</td>
<td>$51.00</td>
<td>$56.00</td>
</tr>
<tr>
<td>Softball</td>
<td>$44.00</td>
<td>$39.00</td>
<td>$49.00</td>
</tr>
<tr>
<td>Volleyball</td>
<td>$42.50 (R1)</td>
<td>$32.00</td>
<td>$49.00</td>
</tr>
<tr>
<td>Volleyball</td>
<td>$42.50 (R2)</td>
<td>$32.00</td>
<td>$49.00</td>
</tr>
<tr>
<td>Wrestling*</td>
<td>$54.50</td>
<td>$40.50</td>
<td>*see wrestling pay below</td>
</tr>
</tbody>
</table>

- Volleyball Tournament per match: $32.00 for varsity and $27.00 for sub-varsity (per best of 3); $37.00 for varsity and $32.00 for sub-varsity (per best of 5)  
- Softball Tournament per game (with a maximum time limit of 90 minutes): $37.00 per game

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

### Mileage Reimbursement:
- Driver: $.46 per mile for all miles over 50 that the official has driven.  
- Rider: $.11 per mile for all miles traveled over 50.

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

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**WRESTLING TOURNAMENT PAY SCALE (14 WEIGHTS)**

### VARSITY:
Dual meet value: $54.50 initial, $48.50 subsequent

### JUNIOR VARSITY:
Dual meet value: $40.50 initial, $34.50 subsequent

For varsity tournaments, pay will be the greater of $150.00 per day (6 hours or more) OR $54.50 for the first dual equivalent (14 individual matches) and $48.50 for each dual equivalent thereafter. For subvarsity tournaments, pay will be the greater of $100.00 per day (6 hours or more) OR $40.50 for the first dual equivalent (14 individual matches) and $34.50 for each dual equivalent thereafter

Dual meet wrestling tournaments are paid for each dual officiating in accordance with the above rates. Region wrestling tournaments pay the same rate paid for regular season tournaments. State wrestling tournament pays a base rate of $180.00 per day. Mileage is added for each official as well.
A. Daily minimums or dual meet values will dictate the cost of ALL tournaments except the State Tournament.
B. Add $.46 (driver) per mile and $.11 cents (rider) per mile over 50 miles to all dual meets and tournaments.
C. Byes in tourneys may be deducted out of the pay but exhibition matches beyond 14 individual matches per dual will be paid $2.50 per individual match.

ADDITIONAL CHARGES:

**Mileage:** $.40 per mile for all miles over 50 that the official has driven. The other officials on the game will receive $.05 per mile for all miles traveled over 50. Assigners will make every effort to assign officials to games in an effort to reduce mileage fees to schools. Officials are responsible to list round-trip mileage on their voucher in order to be reimbursed. If an official works a J.V. game plus a Varsity game, the official will receive the mileage allowance only once, not for each of the two games officiated.

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

**Drill Team Judges:**
- State Meet – $125.00 (plus travel allowance)
- Region Meet -- $65.00 (plus travel allowance)

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

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

**Region Drama:**
- Compensate play judges $100.00, Individual Events judges $25.00.

**Region Drama One Acts Coordinator** $50.00
**Forensics:** $30.00
WRESTLING TOURNAMENT PAY SCALE (14 WEIGHTS)

**VARSITY**

- Dual meet value -- $54.00
- 2 Duals-Double dual-$98.00
- 3 Duals-Tri-dual-$147.00
- 4 Duals-4 team tourney-$196.00
- 12 Duals-8 team tourney-$588.00
- 21 Duals-12 team tourney-$1,029.00
- 29 Duals-16 team tourney-$1,421.00

**JR. VARSITY**

- Dual meet value -- $50.00
- 2 Duals-Double Dual-$70.00
- 3 Duals-Tri-dual-$105.00
- 4 Duals-4 team tourney-$140.00
- 12 Duals-8 team tourney-$420.00
- 21 Duals-12 team tourney-$735.00
- 29 Duals-16 team tourney-$1,015.00

Each dual match for varsity averages to $3.50 per match, a J.V. match equals $2.50 per match.

The total pay is calculated by multiplying these figures by the number of duals occurring in the tournament; for example, a normal dual match is 14 bouts x $3.50=$49.00. The total may also be calculated by taking the number of duals in one bracket in a tournament, (a 16-team tournament has 29 duals in a bracket), multiply that number by $49.00 and it totals $1,421.00. That figure is divided by the number of officials in the tournament. Mileage is added to each official as well.

A. Dual meet values will dictate the cost of ALL tournaments except the state Meets.
B. ADD .34 cents (driver) .05 cents (rider) for each mile over 50 miles to all dual meets and tournaments.
C. Byes in tournaments may be deducted out of the pay but exhibition matches will be paid $2.50/bout.

**GENERAL PAYMENT INFORMATION**

Officials shall be paid at the contest site prior to the start of the contest or may be paid by mail after the contest. The principal at each school has responsibility to ensure that all officials are paid as required.

Officials shall receive one fee per contest.

Officials and schools assigned by the UHSAA shall not be permitted to negotiate fees or mileage other than as printed in this manual and in the UHSAA constitution and By-laws.

Should a contest be stopped because of conditions beyond the control of the officials (weather, power outage, etc.) before the contest is one half completed, or the contest is not started after the officials arrive at the site, the officials will be paid one game fee which they will divide. Each official will receive $10.00 for mileage. Should the contest be more than one-half completed, the officials will receive the standard amount paid for a completed game.
REGION ACTIVITY CHAIRPERSON: Brian Argyle - Payson

1. Beginning practice and team selection date: March 1, 2021
First contest date: March 8, 2021

2. All games will begin at 3:30. JV games will begin not more than 15 min. following the varsity games. Varsity players will be excused so that they will arrive at the field no earlier than 1.5 hours before the contest begins. Home team will have the infield 30 minutes before game time. Visiting team will have the infield 15 minutes before game time. If the visiting team is late, they may forfeit warm-up time so the game will not be delayed.

3. Schools may postpone league games without region clearance for the following reasons:
   a. Poor weather conditions
   b. Field in unplayable condition
   c. Make-up games to accommodate playoff games
   d. Home team coach will notify the visiting coach ASAP on rain delays or rain-outs and contact the officials. In case of a region game cancellation due to the above conditions, the game will be played on the next available school day. Saturdays are an option if both coaches agree. Pre-empt to include sophomore and JV games only. Non-league varsity games and tournament travel day will not be pre-empted as contracts with other schools need to be honored.

4. No team shall attempt to change their schedule for the purpose of gaining an advantage on pitching rotation or other pertinent factors.

5. Each team is expected to participate in a JV and sophomore schedule with each playing another member of the region at least twice. See JV schedule. Sophomore teams play on Monday and Friday at the opposite site of the varsity game. No sophomore team players will be excused from school to participate in region contests.

6. The home team will be responsible to have an official scorekeeper, and a pitch count official, refer to the UHSAA handbook for guidelines.

7. A maximum of 25 games will be played. (See state handbook regarding tournament games.)

8. The 10-run rule after five (5) innings will be used.

9. One trophy will be awarded to the winner of region play. Co-champions will each receive a trophy.

10. In the event of a tie in region standings, see the guidelines for all sports on page 11. If there is a tie for the final playoff spot, the game will be played at a site agreed upon by the coaches. The home team will be determined by the results of head to head competition between the two teams. If they have a split, a coin flip will determine the home team.

11. Game time may be changed only by agreement of the two principals involved.

12. In case district spring breaks do not coincide, schools with scheduled games during spring breaks may, by mutual consent, work out an alternate date that is agreeable with the administrators of both schools.

13. The coach of the first place team will be in charge of organizing the selection of the all region team. All region coaches will participate in the selection process.

14. Dead time period applies to all current 9th through 12th grade students. During the dead time there should be no coach to player contact related to the sport. This includes not observing players perform in that sport. Baseball dead time is 4 weeks after the championship, beginning the 2nd Monday in August and 8 weeks beginning the 1st Monday in November.

15. Academic All-State nominations will be accepted between March 23rd – April 22nd
<table>
<thead>
<tr>
<th>Date</th>
<th>Games</th>
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<tbody>
<tr>
<td><strong>Tuesday, March 30</strong></td>
<td><strong>Week #1</strong></td>
<td><strong>Thursday, April 1</strong></td>
<td><strong>Week #1</strong></td>
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<tr>
<td>30th (3:30)</td>
<td>Maple Mountain @ Spanish Fork</td>
<td>Spanish Fork @ Maple Mountain</td>
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<td>Provo @ Wasatch</td>
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<td>Springville @ Park City</td>
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<td>Payson @ Salem Hills</td>
<td>Salem Hills @ Payson</td>
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<tr>
<td><strong>Monday, April 5</strong></td>
<td><strong>Week #2 Spring Break</strong></td>
<td><strong>Tuesday, April 6</strong></td>
<td><strong>Week #2 Spring Break</strong></td>
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<tr>
<td>6th (3:30)</td>
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<td>Springer @ Payson</td>
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<td>Wasatch @ Spanish Fork</td>
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<td>Salem Hills @ Park City</td>
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<td><strong>Tuesday, April 13</strong></td>
<td><strong>Week #3</strong></td>
<td><strong>Thursday, April 15</strong></td>
<td><strong>Week #3</strong></td>
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<tr>
<td>13th (3:30)</td>
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<td>Payson @ Maple Mountain</td>
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<td>Springville @ Provo</td>
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<td>Spanish Fork @ Salem Hills</td>
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<td>Park City @ Wasatch</td>
<td>Park City @ Salem Hills</td>
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<td><strong>Tuesday, April 20</strong></td>
<td><strong>Week #4</strong></td>
<td><strong>Thursday, April 22</strong></td>
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<tr>
<td>20th (3:30)</td>
<td>Wasatch @ Maple Mountain</td>
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<td>Spanish Fork @ Provo</td>
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<td>Salem Hills @ Springville</td>
<td>Springer @ Salem Hills</td>
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<td>Park City @ Payson</td>
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<td><strong>Tuesday, April 27</strong></td>
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<td><strong>Thursday, April 29</strong></td>
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<tr>
<td>27th (3:30)</td>
<td>Maple Mountain @ Park City</td>
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<td>Provo @ Salem Hills</td>
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<td>Springville @ Spanish Fork</td>
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<td>Payson @ Wasatch</td>
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<td><strong>Tuesday, May 4</strong></td>
<td><strong>Wednesday, May 5</strong></td>
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<td>Wasatch @ Springville</td>
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<td><strong>Monday, May 10</strong></td>
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<td>Salem Hills @ Wasatch</td>
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<tr>
<td>Date</td>
<td>Week #</td>
<td>Opponents</td>
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<tr>
<td>Tuesday, March 30th (5:30)</td>
<td>Week #1</td>
<td>Maple Mountain @ Spanish Fork</td>
<td>Friday, April 2nd (3:30)</td>
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<td>Monday, April 5th (5:30)</td>
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<td>Provo @ Maple Mountain</td>
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<td>Week #5</td>
<td>Maple Mountain @ Park City</td>
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<td>Provo @ Salem Hills</td>
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<th>Date</th>
<th>Week #</th>
<th>Opponent 1</th>
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<tr>
<td><strong>Monday, March 29th</strong> (3:30 Double Header)</td>
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<td><strong>Monday, May 10th</strong> (3:30 Double Header)</td>
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<td>Payson</td>
<td>Salem Hills</td>
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REGION ACTIVITY CHAIRS: Jo Lynn Ford/Jade Andersen – Spanish Fork

1. Game Times and Locations:

<table>
<thead>
<tr>
<th>Gym 1</th>
<th>Gym 2</th>
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<tbody>
<tr>
<td>3:30 Girls JV</td>
<td>Boys JV</td>
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<tr>
<td>5:15 Girls Varsity</td>
<td>Boys Soph</td>
</tr>
<tr>
<td>7:00 Boys Varsity</td>
<td>Girls Soph</td>
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Girls JV will be in the main gym through January 26 and exchange locations with Boys JV starting Jan 29.

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

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

2. Region VIII Varsity, Junior Varsity, and Sophomore teams may schedule twenty games during the season. Post-season play-offs or State Tournament games will not be counted as part of the (20) twenty games. Junior Varsity and Sophomore league games will be played on the same date as the Varsity.

3. Only by mutual consent of principals from both schools involved can the starting times be changed. The Region Basketball Chairman must be notified of any change in the starting time. Change of dates must be approved by the Region VIII Board of Managers. (The home team will notify the arbiter in case of any change.)

4. Girls will use the smaller ball.

5. The visiting school may film a varsity game from its own student section.

6. Practice will start for basketball November 9 – first contest November 24. No practice games are to be scheduled prior to. (No coaching, intramural, or other methods of selecting a team may be held prior to the starting dates).

7. The home team will furnish, whenever possible, a chalk board and taping table for visiting teams for all games. Teams will provide their own towels.

8. The home team will provide water and cups for visiting teams.

9. Moratorium dates are: Summer 2020: June 28 - July 4 and August 1- August 14
   Thanksgiving: November 26- November 29
   Winter Break: December 23- December 27 and January 1
   Spring: March 6- March 20 (Boys) Mar 7 – 21 (Girls)
   Summer 2021: July 4-10, 2021

10. The team in the Region which has the best region win/loss percentage will be declared the Region Champion and will be awarded a trophy. In case of a tie for first place, the Region Champion will be the team with the highest RPI.

11. The Region Champion Head Coach of the girls' and boys' teams will be responsible to get the other girls' and boys' coaches together to select an All-Region Girls' and Boys' teams and Academic team.
The Academic All Region team will be senior players. This meeting must be held one week after the State Tournament (site selected by the region champion).

12. Spectators are not allowed on the playing floor at any time before games or at half-time. This applies to all levels of play. Balls need to be put up at half-time.

13. The floor should be swept at half-time prior to resuming play.

14. Pre-game music will be allowed at both boys' and girls' games.

15. Students will not be allowed to sit on the first row of the student section or stand on the floor.

16. Moratorium period applies to all current 9th through 12th grade students; during the moratorium time there should be no coach-to-player contact related to the sport. This includes not observing players perform in that sport.

17. Coaches should check the new guidelines in the UHSAA Handbook under By Laws Article 2: Activity Limitations, for game limitations and out of season participation.

18. Basketball Academic All-State nominations are accepted between Jan 12 – Feb 9, 2021.
BASKETBALL SCHEDULE - BOYS
2020-2021

Tuesday, January 5
Park City vs Maple Mt
Springville vs Spanish Fork
Salem Hills vs Payson
Provo vs Wasatch

Friday, January 8
Park City vs Salem Hills
Payson vs Springville
Spanish Fork vs Wasatch
Provo vs Maple Mt

Tuesday, January 12
Springville vs Park City
Maple Mt vs Spanish Fork
Salem Hills vs Provo
Payson vs Wasatch

Friday, January 15
Salem Hills vs Spanish Fork
Wasatch vs Park City
Provo vs Springville
Maple Mt vs Payson

Tuesday, January 19
Park City vs Provo
Payson vs Spanish Fork
Maple Mt vs Wasatch
Springville vs Salem Hills

Friday, January 22
Salem Hills vs Maple Mt
Payson vs Park City
Springville vs Wasatch
Spanish Fork vs Provo

Tuesday, January 26
Maple Mt vs Springville
Wasatch vs Salem Hills
Provo vs Payson
Spanish Fork vs Park City

Friday, January 29
Maple Mt vs Park City
Spanish Fork vs Springville
Payson vs Salem Hills
Wasatch vs Provo

Tuesday, February 2
Park City vs Springville
Wasatch vs Payson
Spanish Fork vs Maple Mt
Provo vs Salem Hills

Friday, February 5
Salem Hills vs Park City
Springville vs Payson
Wasatch vs Spanish Fork
Maple Mt vs Provo

Tuesday, February 9
Park City vs Wasatch
Payson vs Maple Mt
Spanish Fork vs Salem Hills
Springville vs Provo

Friday, February 12
Provo vs Park City
Spanish Fork vs Payson
Wasatch vs Maple Mt
Salem Hills vs Springville

Tuesday, February 16
Park City vs Payson
Provo vs Spanish Fork
Maple Mt vs Salem Hills
Wasatch vs Springville

Friday, February 19
Park City vs Spanish Fork
Payson vs Provo
Springville vs Maple Mt
Salem Hills vs Wasatch

Feb 24/26
Boy’s State Playoffs - 1st/2nd Rounds
March 3, 5, 6
5 A State Tournament @ Weber State Univ.
Tuesday, January 5
Park City vs Maple Mt
Springville vs Spanish Fork
Salem Hills vs Payson
Provo vs Wasatch

Friday, January 8
Park City vs Salem Hills
Payson vs Springville
Spanish Fork vs Wasatch
Provo vs Maple Mt

Tuesday, January 12
Springville vs Park City
Maple Mt vs Spanish Fork
Salem Hills vs Provo
Payson vs Wasatch

Tuesday, January 19
Park City vs Provo
Payson vs Spanish Fork
Maple Mt vs Wasatch
Springville vs Salem Hills

Friday, January 22
Salem Hills vs Maple Mt
Payson vs Park City
Springville vs Wasatch
Spanish Fork vs Provo

Tuesday, January 26
Maple Mt vs Springville
Wasatch vs Salem Hills
Provo vs Payson
Spanish Fork vs Park City

Friday, January 29
Maple Mt vs Park City
Spanish Fork vs Springville
Payson vs Salem Hills
Wasatch vs Provo

Tuesday, February 2
Park City vs Springville
Wasatch vs Payson
Spanish Fork vs Maple Mt
Provo vs Salem Hills

Friday, February 5
Salem Hills vs Park City
Springville vs Payson
Wasatch vs Spanish Fork
Maple Mt vs Provo

Tuesday, February 9
Park City vs Wasatch
Payson vs Maple Mt
Spanish Fork vs Salem Hills
Springville vs Provo

Friday, February 12
Provo vs Park City
Spanish Fork vs Payson
Wasatch vs Maple Mt
Salem Hills vs Springville

Tuesday, February 16
Park City vs Payson
Provo vs Spanish Fork
Maple Mt vs Salem Hills
Wasatch vs Springville

Friday, February 19
Park City vs Spanish Fork
Payson vs Provo
Springville vs Maple Mt
Salem Hills vs Wasatch

Feb 23/25
Girls State Playoffs --1st/2nd Rounds
March 3, 5, 6
5 A State Tournament @ Weber State Univ
REGION ACTIVITY CHAIRPERSON: Dave Boyack, Maple Mountain

Beginning date meets may be held is August 10, 2020

1. Time for cross country is 3:30pm.

2. The host school will arrange a safe, well-marked course for the Pre-Region and Region Meets. Distance for both meets will be approximately three miles. A finish chute will be required on all meets. Host school will provide an adequate number of volunteers to assist with the meets. Registration will be on runnercard.com, and at least one certified official will be provided by the Region.

3. Each school will furnish their own adhesive-backed finish tags for Pre Region and the Region will provide Running Bibs {Chip Timing} for the Region 8 Meet. Tags should represent school colors.

4. In the Region Meet, the first four qualifying teams and the top three individual finishers from non-qualifying teams will go to the State Meet.

5. The winner of the Region 8 trophy is determined by the scores in the Region Meet.

6. Medals will be awarded to the first ten finishers in the Region Varsity Meet in both boys and girls divisions, and ribbons for 11th - 20th place. Ribbons will be awarded to the first ten finishers in both girls and boys JV races.

7. The season will consist of a maximum of ten meets per team, not per individual, plus the Region and State Meets.

8. The Region coaches will choose an All-Academic Region Team composed of senior varsity runners with a 3.7 or higher GPA for their cumulative grades. The names must be turned in to the host school no later than one week before the Region Meet is to be held.

9. Dead time periods apply to all current 9th through 12th grade students. During the dead time there should be no coach to player contact related to the sport. This includes not observing players perform in that sport.


11. Cross Country Academic All-State nominations are accepted between September 1-September 30, 2020.

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

**Varsity Schedule**

**Pre-Region Meet**
Host: Springville  
Date: Wed. August 19, 2020  
Time: 6:00 pm

**Region Meet**
Host: Springville  
Date: October 2nd or 9th (depending on Sectionals)  
Time: 4:00 pm

**Cross Country State Meet**
Host: Sugarhouse Park/Highland High School  
Date: Wed. October 21, 2020

**Cross Country Region Meet Rotation**
2021: ??
REGION ACTIVITY CHAIRPERSON: Jenni Thurston, Provo High

One Act Plays  Individual Events
March 25, 2020  March 27, 2020
During School  3:00 start time
Wasatch  Payson
Coach Host: Laurie Turnblom  Coach Host: Rock White

STATE DRAMA FESTIVAL
April 22nd – 24th @ Farmington and Viewmont

1. DATES AND HOSTING SCHOOLS: Dates and location for the Regional Competition Plays and the Individual Events will be determined at the annual spring planning meeting held the preceding year. State drama competition is always held at a predetermined high school on the third weekend of April. (Please no music department trips that conflict with these dates.)

2. The Host School will be given $40.00 for hosting the One Act Plays, and $100.00 for hosting Region Individual Events.

3. COST AND FEES FOR JUDGES:
   Compensate play judges $120.00, Individual Events judges $50.00
   (Rationale: State pays judges for 1A, 2A plays--$150 for 8 plays, and $150 for 3A, 4A judges for 12 plays)

4. Alumni or student teachers from any of the seven Region VIII schools will not be used as judges for any portion of the competition. Alumni may be used if they have been graduated for three years.

5. All Region Drama teachers will meet at least one month prior to the Region competitions to discuss judges, starting times, qualifying, and any other business deemed necessary before the Region Tournaments.
1. Instill the Highest Ideals of Character
2. Complete UHSAA Coaches’ Certification and Register My Coach (See UHSAA Handbook)
3. Complete an Annual UHSAA Drill Team Rules Clinic New coaches are strongly encouraged to attend the live rules clinic. Failure to attend the live rules clinic, watch the Demonstration Clinic, and/or complete the online rules clinic and quiz by the deadline will result in a $100.00 fine to the school.
4. Adhere to UHSAA and NFHS Rules During Practices and Performances To maintain participant safety, coaches must adhere to UHSAA and NFHS Spirit Rules during all practices, performances and competitions. Drill is a female only sport. Drill is NOT considered a coeducational sport. Coaches should bookmark the Drill page at www.uhsaa.org for the latest info.
5. Adhere to UHSAA Contest Limitations Drill teams may only compete in a TOTAL of four (4) competitions prior to the state competition (this includes the region competition).
6. Adhere to UHSAA Budget Restrictions for State Competition Routines To create a level playing field between all participating programs and to limit the financial burden incurred by the participants, coaches shall operate their programs within the stated limitations. Donated supplies and all monies, including budgeted school funds, out-of-pocket expenses, fundraised or donated funds for costumes and supplies which are used for state competition routines performed during the drill team season (competition start date through the state competition) must not exceed $600 times the number of girls on the team.
7. Submit a UHSAA Budget Declaration Form by the Second Friday in February Coaches are required to submit a “UHSAA Drill Budget Declaration Form” by the second Friday in February.
8. Submit “Dead Time Period” Form to UHSAA by January 15
9. Adhere to UHSAA Guidelines for Invitational Competitions Invitational Teams will be assigned to all qualifying competitions. The maximum number of teams allowed to participate in an invitational is 30. The time frame for the team competition is a start time no earlier than 8:00AM and a finishing time, with awards completed, no later than 7:00PM. If an additional space is needed for auxiliary routines, an auxiliary space (small gym/auditorium) should be utilized. A full panel of judges is NOT required for auxiliary routines, but a technical safety and floor judge shall be included. Teams will send in competition declaration request form by July 1, each year. Teams will be notified as to which qualifying competitions they are assigned by August 1, each year. Judges for each qualifying competition will be assigned by UHSAA and competitions not in compliance with UHSAA policies and guidelines may result in a loss of UHSAA sanctioning and/or other penalties. Qualifying Competition venue/host will determine the competition director and tabulator. Coaches and judges should submit, in writing, any allegations relating to violations not in compliance with the UHSAA rules, to the UHSAA. Qualifying Competitions must use the UHSAA score sheets posted on the Drill page (uhsaa.org). Qualifying competitions must use UHSAA-certified judges, competition directors and tabulators. For the UHSAA state categories, qualifying competitions will be assigned. (5) routine judges, two (2) difficulty category judge, and two (2) technical judges, per panel. For solo competitions and/or auxiliary routines, judges must also be UHSAA certified; a full panel of judges is NOT required but a technical judge shall be included. Solo competitions shall adhere to UHSAA and NFHS rules. A region who fails to select a competition director will have one assigned by the UHSAA Arbiter. It is the
responsibility of the competition director to arrange for a UHSAA certified tabulator who uses the current UHSAA tabulator’s computer program for scoring. Judges for all competitions will be assigned by the UHSAA Arbiter. Any routine performed by a drill team or drill team member must follow the NFHS Spirit Safety Rules and UHSAA rules. Soloists 2019-20 UHSAA HANDBOOK DRILL TEAM 89 are not exempt from these requirements and must adhere to these rules and be assessed penalties for violation(s) of said rules in UHSAA sanctioned competitions. Soloists must be eligible members of UHSAA high school drill team programs.

10. Drill State Qualifying:
- Each school will receive a rating at Qualifying Competitions (formerly known as Invitations) based on how they finish in each category and overall finish. 20% Military 20% Dance 20% Character 40% Overall.
- The 5A classification will compete in 4 qualifying competitions.
- 2A, 3A, 4A, 6A classifications will compete in 3 qualifying competitions and one region competition.
- The top 12 ranked teams will have a bye into the semifinal round of the tournament site at UVU for the 4A 5A 6A classification.
- All 2A and 3A teams will be placed in PODS for the semifinal round.
- Teams will compete in their respective pod during the semifinal round of the State competition. The top two (2) teams from each pod will move on to the final round. The next qualifying team will be determined using the ranking system wild card placement. This team will be determined at the conclusion of both pods, per classification.
- The Quarter Finals will be held to advance the final four teams for 4A, 5A, 6A on Friday January 24th. Qualifying Competition Dates: December 7, 14, 21, January 4, 11 Semifinal Round: 5A 6A January 28, 2 A 3A 4A January 30 Final Round: 2A 3A 4A January 31, 5A 6A February 1
- SEMIFINAL POD PLACEMENT 3A 4A 5A 6A
Refer to the UHSAA Handbook DRILL pages for pod information.
We have a lot of big changes this in 5A drill—read the UHSAA Handbook closely!
REGION ACTIVITY CHAIRPERSON: Everett Kelepolo, Nebo District

1. Starting Date for football is **July 27, 2020**. An Endowment game may be held on **August 14th or 15th**, regular Varsity games may be held beginning **August 20th** and the first JV/Sophomore games may be held **August 19th**. Each team is allowed to play 9 regular season games (non-endowment/post-season games).

2. **Out of Season Participation** state guidelines are as follows:
   - **Moratorium** (Please see handbook for exact dates: 2 weeks following championship game, Christmas Break, Feb 22nd–Mar 7th, June 28th–July 4th): no coaching, no organized practices, meetings or competitions, nor coach/player contact related to the sport. No “open field” is permitted.
   - **Spring**: no organized practice or intra-school scrimmages, no competitions or scrimmages with other schools, no helmets or pads worn.
   - **Summer after Memorial Day**: 5 consecutive days in pads may be requested in writing to the Activities Association prior to the use of any pads.
   - **Football Heat Acclimatization and “3-Weeks Prior” Guidelines** See state handbook for exact details.

3. **Region Scheduling** will stay the same for two years with home sites changing each year.

4. **Region Finishes** will be determined by 1st criteria: region record, 2nd criteria: head to head competition. Tie Breakers will be decided according to guidelines in the Region Handbook:
   “The region championship will be determined by the best record in region play, in the event of a tie, co-region champions will be named and trophies awarded to both teams. State tournament seeding will be determined by the RPI rating.”

5. **Varsity Game Time** is 7:00 p.m. **Junior Varsity** is 3:30 p.m. and **Sophomore** is 6:00 p.m. (both played the day before Varsity at opposite site).

6. **Change of Date and Time** must be approved by Board of Managers after mutual agreement is reached between schools (coaches and administration) concerned. Change of date should be approved at least one week prior. Host school must notify the UHSAA arbiter and Region VIII Head Football Coach of changes.

7. Sub-Varsity (JV/Sophomore) It will be the responsibility of the coaches at the games to consider player safety and to monitor playing time accordingly. Seniors are allowed to participate in Junior Varsity games.

8. **Uniforms** for home teams will be dark, while traveling teams will be white. (Rule 1, Artic. 1, Sec. 5)

9. **Dressing Facilities**, including a chalkboard, will be provided by the home school. Each school will provide their own towels. Locker rooms will be cleared one and two hours before game. A guide will meet the bus to show to locker room, etc. Efforts to secure locker rooms during games are expected of the home administration.

10. **Announcers** are not to be commentators or to second-guess the officials.

11. **Region VIII Prices** will be charged at all varsity games, including non-Region games (excluding endowment and playoff games).

12. If teams pick each other up when **Using Headsets**, both teams will turn off their headsets until the problem is resolved.

13. **Scouting** is to be done from the spectator bleachers/areas.

14. **Coaches will Communicate** during the season:
   - Each Region School is expected to **Exchange the Two previous Game Films** in preparation for their Varsity games. This will be done through HUDL. Videos will include filming when huddle breaks, all plays with a pre-snap alignment at wide angle and still shots of the scoreboard by quarter and after each scoring play. The same extension of courtesy will be given visiting filmers as to home
filmmers. Provisions will be extended to “spotters” for both teams. All post-season film exchanges will be at the discretion of the individual coaches.

- Each coach will **Send Schedules and Team Rosters** to all Region schools one week before first region game. The roster shall be updated and complete on the Register My Athlete website.
- The region chair shall initiate communication with all the Region coaches regarding selection of the **All-Region VIII Team** at the end of Region play. All region teams will be assigned for 1- and 2- teams by the following breakdown:
  - 1st place 7 players and One Region MVP
  - 2nd place 6 players
  - 3rd place 5 players
  - 4th place 4 players
  - 5th place 3 players
  - 6th place 2 players
  - 7th place 2 players

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

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

15. Dead Time period applies to all current 9th through 12th grade students. During the dead time there should be no coach to player contact related to the sport. This includes not observing players perform in that sport.
17. Football Academic All-State nominations (See UHSAA calendar)
18. Football rules clinic (See UHSAA calendar)
# FOOTBALL SCHEDULE
## 2020-2021

### Region 8 Football Schedule 2020

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<tr>
<th>Date</th>
<th>Matchups</th>
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<tr>
<td>August 14, 2020</td>
<td>Endowment Game</td>
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<tr>
<td>August 21, 2020</td>
<td>Pre-season</td>
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<td>August 28, 2020</td>
<td>Pre-season</td>
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<tr>
<td>September 4, 2020</td>
<td>Provo @ Spanish Fork</td>
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<td>Salem Hills @ Open</td>
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<td>Wasatch--Bye</td>
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<td>September 11, 2020</td>
<td>Open @ Maple Mountain</td>
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<td>Springville @ Provo</td>
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<td>Spanish Fork @ Wasatch</td>
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<td>Salem Hills--Bye</td>
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<tr>
<td>September 18, 2020</td>
<td>Maple Mountain @ Wasatch</td>
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<td>Salem Hills @ Spanish Fork</td>
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<td>Open @ Springville</td>
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<td>Provo--Bye</td>
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<td>September 25, 2020</td>
<td>Springville @ Salem Hills</td>
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<td>Spanish Fork @ Maple Mountain</td>
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<td>Wasatch @ Provo</td>
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<td>October 1, 2020</td>
<td>Salem Hills @ Provo</td>
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<td>October 2, 2020</td>
<td>Open @ Wasatch</td>
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<td>Springville @ Spanish Fork</td>
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<td>Maple Mountain--Bye</td>
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<td>October 8, 2020</td>
<td>Spanish Fork @ Open</td>
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<td>Wasatch @ Salem Hills</td>
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<td>Provo @ Maple Mountain</td>
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<td>Springville--Bye</td>
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<td>October 8, 2020 (Thur)</td>
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<td>Springville--Bye</td>
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<td>October 14, 2020 (Wed)</td>
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<td>Provo @ Open</td>
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<td>Maple Mountain @ Salem Hills</td>
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<td>Spanish Fork--Bye</td>
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<tr>
<td>October 23, 2020</td>
<td>Playoffs</td>
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<tr>
<td>October 30, 2020</td>
<td>Playoffs</td>
</tr>
<tr>
<td>November 6, 2020</td>
<td>Quarter-finals</td>
</tr>
<tr>
<td>November 13, 2020</td>
<td>Semi-finals</td>
</tr>
<tr>
<td>November 20, 2020</td>
<td>Finals</td>
</tr>
</tbody>
</table>
REGION ACTIVITY CHAIRPERSON: Brett White, Salem Hills

1. **Tentative Location and date of Region Forensics Meet for the next year, 2021.**

<table>
<thead>
<tr>
<th>Date</th>
<th>Events</th>
<th>Location</th>
<th>Starting Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 27, 2021</td>
<td>Region Forensics Meet</td>
<td>Provo High School</td>
<td>8:00 a.m.</td>
</tr>
</tbody>
</table>

2. Deadline for forensic entries: Drops may be made until February 20th with a $25.00 drop fee thereafter. Changes (replacing one entry with another name in the same event) may be made up until tournament check-in. Registration needs to be emailed to Tournament Director, Rachel Billings at Sky Ridge High School.

3. State Forensic Meet: March 19-20, 2021 @ Wasatch High School

4. 2020-2021 Region Representative – Brett White, Salem Hills High School

5. **Region Format**

<table>
<thead>
<tr>
<th>Event</th>
<th>Number of Contestants</th>
</tr>
</thead>
<tbody>
<tr>
<td>CX Debate/Public Forum</td>
<td>Four Teams</td>
</tr>
<tr>
<td>Lincoln Douglas</td>
<td>Four Contestants</td>
</tr>
<tr>
<td>Foreign Extemp</td>
<td>Three Contestants</td>
</tr>
<tr>
<td>National Extemp</td>
<td>Three Contestants</td>
</tr>
<tr>
<td>Original Oratory</td>
<td>Three Contestants</td>
</tr>
<tr>
<td>Impromptu</td>
<td>Three Contestants</td>
</tr>
<tr>
<td>Congress</td>
<td>Six Contestants</td>
</tr>
</tbody>
</table>

**JUDGING REQUIREMENTS:**

- One judge for every two policy teams or portion thereof
- One judge for every two PF teams or portion thereof
- One judge for every two LD entries or portion thereof
- One judge for five IE entries or portion thereof
- One judge for Congress if bringing any entries

Failure of your required number of judges to check in and be available for rounds will result in a $10 fee assessed per round missed.

**DEBATE PAIRINGS:**

When possible all rounds will be randomly selected and pre-set using TRPC and TRIEPC, with manual checking that schools are meeting as many different schools as possible. If a bye is required, the bye will be determined by random computer selection, and will count as a win (speaker points will be the average of all other rounds). Four rounds of debate will be held. In the event of a tie rounds cannot be paired by computer, coaches will hand pair at the coaches meeting on Thursday.
INDIVIDUAL PAIRING: Random selection shall be done in each event by TRIEPC. Contestants from the same school will not meet each other if it can be avoided. Three rounds of competition will take place. Each round to have 4-7 constants.

CONGRESS PAIRINGS: All contestants placed in one house. A panel of judges, 1 ½ or 2 per school, shall be used. There will be two sessions of 2 hours each. Only bills of a substantive and serious nature should be introduced. Congress must follow the Orders of the Day, or risk disqualification in the tab room.

6. Region will pay for judges at the Region Forensics Meets. (410 per round with a maximum of $30 full day). Schools must apply to the UHSAA Region for reimbursement.

7. Medals/Trophies will be awarded to the top 4 contestants in each event, 2 medals and an overall sweepstakes will be awarded to the top school in points. Region will pay for 1 medal in team debate; both individuals will receive a medal.

8. Region will pay for lunch of participating coaches and judges and students.

9. Appropriate fines will be assessed to schools responsible for building damage.

10. LD and PF debates will use the same topic as that which will be used at State (March topic.)

11. Quartiling will be used to determine school points.

12. Each Congress competitor may submit two bills; second bills may not be presented until all competitors have debated their 1st bill.

REGION VIII SCORING/PAIRING GUIDELINES

The region coaches/tournament host will make every effort to provide for fair scoring with the following stipulations:

COACHES

A. All region VIII coaches will meet at least 1 month prior to the region competition to discuss judges, starting times, qualifying, and any other business deemed necessary.

B. Coaches will be fair, honest, and exhibit good sportsmanship at all times!

C. Coaches will NOT ask a judge to change or alter their decision for any reason.

JUDGES

A. A team WILL NOT be judged by someone representing their own school except:

1. In cases of IE’s when it cannot be avoided or
2. With permission of both teams and their coaches in case of a judging time conflict.

B. If a team violates this rule, they will be subject to disqualification as decided by the region rep/coaches.

C. Judges will not score based on personal biases or preference of styles. (They will strive to be objective)

D. Congress judges will not collaborate on their scores.

SCORING
A. All coaches will be present when tabulating scores.
B. All scores will be double-checked for accuracy and approved before making the final announcement.
C. Only competitors receiving a superior rating or finishing in the top 50% or 10 contestants (whichever is larger) will qualify for state. Debaters must have a winning or tie record to qualify under this rule.

TIE BREAKERS:
First: All boxes of Superior, Excellent, Good and Fair will be tabulated based on the following scale.
   The individual with the highest total score will win.
   * Superior: 5
   * Excellent: 4
   * Good: 3
   * Fair: 2

Second: If all the boxes remain tied, the break will be done by the judges’ preferences (best ranking). The entry that had two of the three judges preference will win the tie.
(Example: A score of 2S, 1S, 5S will win to a 2S, 3S, 3S)

Third: If a tie continues to exist, a run-off will be provided as soon as possible. In cases where a run-off is not possible, the decision will be made by coin toss.

COMPUTER TABULATION:
The TRPC and TRIEPC programs will be used to set rounds and for tabulation. All pairings will be checked by hand for confirmation to tournament and state rules. All tabulation entries will be made by teams of two for verification.

RESOLUTIONS:
If any questions should arise upon which these rules are silent or ambiguous, the Utah Forensics Association rules and guidelines will be used. If those documents are silent or ambiguous on the topic, the NFL National and District Tournament rules and guidelines will be used.
FORENSICS TOURNAMENT SCHEDULE
2020-2021

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

1. This Body shall use Roberts Rules of Order, Newly Revised, except that the Orders shall take precedence. This rule cannot be changed without the approval of the tournament director.

2. The Body shall be presided over by a Chair who shall be elected by a plurality of the Body and shall serve for 60 minutes, or until three bills or resolutions have been considered, whichever comes first. Upon expiration of the Chair’s term, the motions on the floor are immediately tabled and the election is conducted. After the election, the items tabled for the election are immediately taken up as though no interruption occurred (except time for the election is not included in the time limit for considering legislation).

3. Legislation to be considered by this Body is limited to bills or resolutions that were submitted and approved before the tournament, typewritten on white paper, and a copy distributed to each member of the Body. Each line of text shall be sequentially numbered.

4. Legislation shall be selected at random by the Chair. No senator may have a second item introduced until all senators who desire to introduce legislation have done so.

5. The Body shall observe speaking priority. Speaking priority will begin afresh for each session, as though no one had spoken previously. This rule cannot be changed without the approval of the tournament director.

6. Senators introducing legislation shall have two minutes to read and move the bill. Upon second, the introducing senator shall be recognized for three minutes to speak without interruption in favor of the bill, and then to answer questions from the Body for one additional minute. During this time, no other motions are in order.

7. Debate on the bill will be three minute speeches, alternating against and for. Speakers may not yield any unused time to another speaker, but may use their time to take questions from the Body.

8. All amendments must be submitted in writing to the Chair before consideration. While an amendment is on the floor, no other amendments are in order.

9. Twenty minutes after the introduction of a main motion, no further debate will be in order. Any amendments to the motion will be immediately put to a vote, and then the main motion shall immediately be put to a vote.

10. Any member of the Body can be removed for obstruction, disorderly conduct, or other good cause by a 2/3 vote of the body and the concurrence of the Chair. The Chair can be impeached by a unanimous vote of the Body excluding the Chair.

11. This body shall act as a federal policy maker for the United States Of America.
BOY’S AND GIRL’S GOLF GUIDELINES
2020-2021

REGION ACTIVITY CHAIRPERSON: Jamie Sheetz, Park City

1. A rules/etiquette clinic will be held prior to the first region match. Check the power point on the UHSAA website or contact the PGA for any new information.

   Girls: The first practice may begin March 1, 2021. The first golf match may be held March 8, 2021.

3. Region play will consist of eight different 18-hole matches for boys and six for girls (because of weather). Two coaches are allowed per team.

4. Region Champion, All-Region Team, and Individual Medalists will be determined by stroke play. When there is a tie between teams or players for region standing, we will follow the process they use at the state tournament; if it impacts 1st and 2nd place or if two teams are vying for a spot to go to state. Individual medals will be given to the twelve players with the lowest total score for 7 of the 8 (5 of the 6 for girls) 18-hole matches. Each player will be able to drop one 18-hole score to determine whether or not they finish in the top 12 individual qualifying spots for state. A player must play in at least 7 (5 for girls) tournaments to be considered for All-Region.

5. Spectators must maintain their distance from players (at least 30 to 40 feet). They cannot give advice nor can they shuttle players without approval of the coaches, which will be determined before the tournament begins. Parents are allowed to help look for golf balls and give words of encouragement. Any advice given by spectators or parents will be in violation of a rules infraction and will be given a warning, followed by a 2 stroke penalty assessed to the player for an additional infraction.

6. All golfers are required to show etiquette and follow the rules outlined by the USGA. The rules enforced by UHSAA and the PGA of Utah at the state tournament will be enforced for region.

7. Rangefinders are allowed and caddies are not. Players must carry their own bag or use a pull cart.

8. Dress Code: Refer to UHSAA handbook

9. All golfers will be expected to respect the rules and facilities and not use profanity. Violation pertaining to course damage, throwing clubs, or use of profanity will be punished in the following manner: 1st offense - warning 2nd offense - 2 stroke penalty 3rd offense – disqualification.

10. Scoring:
   - A maximum of 10 will be given on any hole if a player doesn’t complete the hole within 10 shots.
   - All golfers must exchange cards and score another golfer’s card. May not score each other’s card.
   - Each score should be written down before the group tees off on the next hole. Any changes must be initialed by the scorer.
   - Once golfers leave the final hole, they are required to check in at the signing table with their group. Failure to do so in a timely manner may result in a disqualification. Once the scorecard is signed, it cannot be changed.
   - USGA rules are in effect unless modified by local rules.
Coaching Responsibilities:

A. Schedule your home course far enough in advance with your local course to avoid any conflicts, preferably after the date is set after from the fall coach’s meeting. (You are responsible for letting all coaches know if there is a change with your home match)

B. Submit/update your 8-player lineup by 6 pm the night before the tournament. (Google doc) the four lowest scores will be counted towards the overall team score.

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

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

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

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

G. The coaches, along with the local head pro will determine whether the course is playable or not due to inclement weather. NFHS lightning protocol must be
2020 Region 8 Boys Golf Schedule

1. Hobble - Aug 3 or 4  
   Springville
2. Gladstan - Aug 5 or 6  
   Salem Hills ($20 player/ $24 for 3 lg. Buckets)
3. Fox Hollow - Aug 10 or 11  
   Payson
4. Wasatch - Aug. 17th  
   Wasatch ($18 per player)
5. Oaks at SF - Aug 24th (9 am)Spanish Fork
6. Week of Aug 31st (bye week)
7. Park City GC - Sept 10th  
   Park City
8. Soldier Hollow - Sept 17th  
   Maple Mountain ($15 per player)
9. East Bay - Week of Sep 21  
   Provo
10. (Make up day if needed) - Sept 28

- State tourney at Soldier - Oct 5 and 6 (Monday and Tuesday)
- Host school will pay all green fees and range balls
- Rules sheet will be sent to coaches by the night prior to the tournament
- Only two coaches may coach players during the tournament

Pairings will be as follows.

<table>
<thead>
<tr>
<th>Group 1: #1, #1, #1, #1</th>
<th>Group 6: #4, #4, #4, #4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group 2: #1, #1, #2, #2</td>
<td>Group 7: #5, #5, #5, #5</td>
</tr>
<tr>
<td>Group 3: #2, #2, #2, #2</td>
<td>Group 8: #5, #5, #6, #6</td>
</tr>
<tr>
<td>Group 4: #3, #3, #3, #3</td>
<td>Group 9: #6, #6, #6, #6</td>
</tr>
<tr>
<td>Group 5: #3, #3, #4, #4</td>
<td></td>
</tr>
</tbody>
</table>
Salem Hills (Thursday, March 18 @Nephi-10 am shotgun) - 6 players ($12 player)

Provo (Thursday, March 25 @ Fox Hollow - 9 am shotgun) - 8 players ($15 player)

Maple Mountain (Wednesday, March 31 @ Sleepy Ridge - 8:30 am shotgun) - 8 players ($18 player)

April 5th-SPRING BREAK (no tournament)

Spanish Fork (Thursday, April 15 @ Spanish Oaks - 9 am shotgun) - 8 players ($20 player/$8 per bucket for range balls)

Wasatch (Friday, April 16 9 am shotgun) - 8 players ($18 player)

Payson (Wednesday, April 21 @ Gladstan - 11 am shotgun) - 6 players ($20 player/$24 team for range balls)

Springville (Monday, April 26 @ Hobble Creek - 11 am tee times) - 6 players ($20 per player, $25 per team for Range Balls)

**State team entry forms are due Tuesday, April 27th**

**5A Girls Golf State Tournament**

- Monday, May 3 - Tuesday, May 4 - Spanish Oaks (State Site)
REGION ACTIVITY CHAIRPERSON: Shea Bradshaw, Maple Mountain

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

1. The **publicity** is the responsibility of the host school for each festival and specifically requires an announcement of the festival before it takes place. A summary of the results should follow the festival. The summary will be completed by the festival chairperson and sent to the Region Music Chairperson.

2. The **host school** should pay the adjudicators and then bill the Region for reimbursement. The region will pay $100 for a hospitality room at region solo ensemble events.

3. Participant schools may award a certificate to each solo and each ensemble entry that earns a one rating. Each school may issue the Region Certificate after completion of the festival.

4. The **maximum number of people permitted to perform** in an ensemble must be consistent with the maximum number permitted to perform in an ensemble in the State Music Festival.

5. The host school will provide **information on starting time**, procedures, list of suggested judges (for approval), adjudication, etc. (at least ten (10) school days in advance).

6. The host school must see that adjudicators understand that they accept the responsibility to name superior groups for state participation.

7. Every school receiving a "Superior" rating should also be recognized.

8. One of the most worthwhile experiences to come from participation in the Region Music Festivals is the opportunity to hear and see other students perform and remain to the end of the festival. Instrumental and choral groups are expected to see and hear at least two other schools perform, due to the length of instrumental performances. If you are sponsoring a music festival (whether instrumental or vocal), please provide **sufficient supervision** to help encourage students to stay in the performing areas. Also, please provide proper seating facilities for all participants. Music directors should be careful to instruct their students to remain in the performing areas while students from other schools perform their numbers. Students remain in performance clothing in performance areas.

9. **Eligibility list due date for the State for Music is February 28, 2020.**
1. **Eligibility:**
   
a. **Large Group Festivals:** All high schools in the Region will be eligible to enter groups in any of the festivals.

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

3. **Adjudicating Festivals:**
   
a. The host school will have the responsibility of presenting a list of potential adjudicators to the directors.
   
b. **Fee for adjudication:** Adjudicators will be paid at the rate of $140.00 per day (+5 hrs.) or $90.00 per half day (3-5 hrs.), $25 for 1-2 hours, plus mileage. If their combined travel and adjudication time is less than 7 hours, they should be paid for that portion of their time that is used. Mileage will be .46¢ cents per mile, and 11¢ cents per mile for rider, for all miles traveled over 50 miles round trip.
   
c. **Number of adjudicators:**
   
   1) **Instrumental Solo/Ensembles** - one adjudicator per thirty (30) entries, number of entries to be determined by each school director. (Each school should inform the Festival Chairman two (2) weeks in advance of the number of entries they intend to enter.) The host school and the Region Chairman may regulate the number of entries if necessary.
   
   2) **Vocal Solo/Ensemble** (16 entries), **Piano Solos** (1 x number of schools in region) - one adjudicator per thirty (30) entries, number of entries to be determined by school directors. (Each school should inform the festival chairman two (2) weeks in advance of the number of entries they intend to enter.) The host school and the Region Chairman may regulate the number of entries if necessary.

   Quality required, not numerical limits for Vocal Solo/Ensemble entries

   Guideline – no more than 5 piano solos per school.

   3) **Jazz Instrumental** - three (3) adjudicators

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

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

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

6. Certificates: One certificate will be awarded to the following for all "Superior" ratings:
   a. Concert Bands - One certificate per each superior band
   b. Large Vocal Groups - One certificate per superior group
   c. Instrumental Jazz Ensemble - Individual certificate
   d. Vocal Jazz Ensemble - Individual certificate
   e. Chamber Choir (Madrigals) - One certificate per choir
   f. Orchestra - One certificate per orchestra
## MUSIC SCHEDULE
### 2020-2021

<table>
<thead>
<tr>
<th>EVENT</th>
<th>DATE</th>
<th>LOCATION</th>
<th>HOST/HOSTESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Region Marching Band</td>
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<tr>
<td>Region Directors Planning Meeting</td>
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<tr>
<td>Region Jazz</td>
<td>March 3</td>
<td>Maple Mountain</td>
<td>Joshua Hurst</td>
</tr>
<tr>
<td>Region Vocal/Piano S&amp;E</td>
<td>March 10</td>
<td>Salem Hills</td>
<td>Justin Bills</td>
</tr>
<tr>
<td>Region Chamber Choir</td>
<td>March 10</td>
<td>Salem Hills</td>
<td>Justin Bills</td>
</tr>
<tr>
<td>Region String S&amp;E</td>
<td>March 24</td>
<td>Park City</td>
<td>Scott Tanner</td>
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<tr>
<td>Region Winds/Perc S&amp;E</td>
<td>March 24</td>
<td>Park City</td>
<td>Bret Hughes</td>
</tr>
<tr>
<td>State Jazz Festival</td>
<td>March 25-27</td>
<td>Park City</td>
<td>UMEA – Beckstrand</td>
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<tr>
<td>Region Concert Band</td>
<td>March 31</td>
<td>Provo</td>
<td>Eric Nix</td>
</tr>
<tr>
<td>Region Large Choir</td>
<td>April 14</td>
<td>Provo</td>
<td>Kenny Wiser</td>
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<tr>
<td>Region Orchestra</td>
<td>April 21</td>
<td>Nebo Summit Center</td>
<td>Aileen Keliiliki</td>
</tr>
<tr>
<td>Region Training Choir</td>
<td>April 28</td>
<td>Maple Mountain</td>
<td>Braden Rymer</td>
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<tr>
<td>State Solo &amp; Ensemble</td>
<td>May 1</td>
<td>Provo</td>
<td>UHSAA – Kenny Wiser</td>
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<tr>
<td>State Band</td>
<td>May 6-8</td>
<td>Corner Canyon</td>
<td>UMEA – Randal Clark</td>
</tr>
<tr>
<td>State Choir</td>
<td>Fri.-Sat. May 13-15</td>
<td>U of U, Libby Gardner Hall</td>
<td>UMEA</td>
</tr>
<tr>
<td>State Orchestra</td>
<td>Thu.-Sat. May 20-22</td>
<td>Orem</td>
<td>UMEA - Matt Tippetts</td>
</tr>
</tbody>
</table>

### Other Dates of Interest
- UMEA All-State Choir: Oct. 8-10, 2020 (SLC Tabernacle)
- UMEA All-State Band & Orchestra: January 14-16, 2021 (Abravanel Hall)
- UMEA Honor Choir: January 22-23, 2021 (Abravanel Hall)
- UMEA/NAfME Mid-Winter Conference: February 5-6, 2021 (St. George)
- ACDA National Conference: March 17-20, 2021 (Dallas, TX)
- Wasatch Spring Break: March 15-19, 2021
- Nebo, Provo, Park City Spring Break: April 5-9, 2021
REGION ACTIVITY CHAIRPERSONS:
Curtis Burton, Salem Hills, curtis.burton@nebo.edu
Lee Gillie, Salem Hills, lee.gillie@nebo.edu,

UHSAA Summer Moratorium       June 28 - July 4, 2020
UHSAA Winter Moratorium        November 22, 2020 - January 1, 2021
UHSAA Summer Moratorium        July 4-10, 2021

GIRLS
Two Week Prior:               July 13-26, 2020
Beginning Practice Date:      July 27, 2020
First Game may be held:       August 3, 2020

BOYS
Two Week Prior:               February 15-28, 2021
Beginning Practice Date:      March 1, 2021
First Game may be held:       March 8, 2021

1. When weather conditions make playing of games impossible, the home schools will notify the visiting school by 1:30 p.m. If weather conditions are questionable, final determination will be made by consent of both schools. If the two teams cannot reach a consensus prior to game, the referee shall make the final decision.

2. In the event of a game cancellation due to weather or field conditions, the game will be made up on the earliest available date by mutual consent of both schools involved.

3. Varsity game times for girls and boys will be at 4:00 p.m. All JV games will commence no later than 15 minutes after the end of the varsity game. Provo will host teams at 5 p.m. for JV and 7 p.m. for Varsity.

4. The number of games to be played, including both non-region and region games, will match the limit set by UHSAA, which is currently sixteen (16), not to include state tournament games.

5. Varsity matches will consist of two forty-minute (40) halves. Junior varsity matches will be of the same length unless shortened by weather or daylight visibility, as per mutual decision by the coaches.

6. As per UHSAA rules all games will end with a winner, no ties. When a game ends in regulation time with a draw, then the teams proceed to golden goal overtime, first goal scored wins, up to two ten-minute overtime periods may be played. If the match plus the overtime periods still results in a draw, then the teams will proceed to a shootout to determine a winner, from a shootout then to sudden death until a winner is determined.

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7. The home team must wear dark jerseys and the visiting team must wear white jerseys as per NFHS soccer rules. Socks must match the color of the jersey being worn.

8. Academic All-Region selections will be senior varsity players who have a 3.75 or higher cumulative GPA. Schools will present their own certificate. Region VIII certificates are available for use by the schools from the Region VIII website. Nominations for Academic All-Region need to be submitted to the region chair in a timely manner.

9. Each school in Region VIII is expected to participate in a JV schedule. JV games that end in a draw will not go to overtime periods. If no notice is given of no JV team a fine may be imposed.

10. The fighting rule, as found in the UHSAA Handbook and in the NFHS Officials Rulebook, will be strictly enforced. Any coach, player, or bench personnel ejected by an official for unsportsmanlike behavior or violent conduct shall be suspended from the next regularly scheduled game at that level of play and any intervening level of play:
   Examples:
   A. If ejected from a JV game, the individual cannot participate in either the following varsity game or the next JV game.
   B. If ejected from a varsity game, the individual cannot participate in either the following JV or the next varsity game. If the coach or participant is involved in a second incident/ejection, he/she will be suspended for the next two regularly scheduled games. A third ejection will result in suspension for the remainder of that season. Ejections occurring on the final game of the season will carry over for all underclassmen to the first game of the succeeding season in that sport.

11. From the Region VIII Handbook, page 5, each student body is to exhibit good sportsmanship. The administrators and advisors are, in the interest of proper education, to stress positive sportsmanship. Schools are encouraged to read a sportsmanship statement at all varsity athletic activities. An example is given below:
   Good afternoon ladies and gentlemen; welcome to today's contest between {Visiting team/mascot} and {Home school/mascot}. On behalf of the faculty, staff and student body of (host school) we remind you that the ideals of good sportsmanship are a major part of this contest. Each of us should make every effort to promote this goal. Please stand and remove your hats for the presentation of colors.

12. Fall & Spring breaks for the districts in the region are:
   a. Fall Break:
      i. Nebo: Oct 15-16
      ii. Park City: Oct 16
      iii. Provo: Oct 15-16, 19
      iv. Wasatch: Oct 14-16
   b. Spring Break:
      i. Nebo, Park City & Provo: Apr 5-9
      ii. Wasatch: Mar 15-19
13. Team Rosters should include: player’s name, position, grade, and jersey number. Each team will supply the opposing team with a copy of their roster.

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

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

16. Soccer Academic All-State nominations are accepted between:
   Girls: September 1-30, 2020    Boys: March 23 - April 12, 2021

17. UHSAA Dates:
   a. Girls
      i. Rules Clinic-live: July 28, 2020 6 pm (@UHSAA office)
      ii. Rules Clinic-online: July 30 - September 13, 2020
      iii. Rosters to RMA & team photo to MaxPreps: August 28, 2020
   b. Boys
      i. Rules Clinic-online: January 18 - March 2, 2021
      ii. Rosters to RMA & team photo to MaxPreps: March 19, 2021
### Game 1 - Thu, Aug 13
Wasatch @ Spanish Fork  
Salem Hills @ Maple Mtn.  
Payson @ Provo  
Springville @ Park City

### Game 2 - Tue, Aug 18
Springville @ Maple Mtn.  
Spanish Fork @ Payson  
Provo @ Salem Hills  
Park City @ Wasatch

### Game 3 - Thu, Aug 20
Payson @ Salem Hills  
Spanish Fork @ Maple Mtn.  
Wasatch @ Springville  
Park City @ Provo

### Game 4 - Tue, Aug 25
Payson @ Wasatch  
Provo @ Springville  
Salem Hills @ Spanish Fork  
Maple Mtn. @ Park City

### Game 5 - Thu, Aug 27
Spanish Fork @ Provo  
Springville @ Payson  
Maple Mtn. @ Wasatch  
Park City @ Salem Hills

### Game 6 - Tue, Sept 1
Provo @ Maple Mtn.  
Wasatch @ Salem Hills  
Springville @ Spanish Fork  
Payson @ Park City

### Game 7 - Thu, Sept 3
Salem Hills @ Springville  
Provo @ Wasatch  
Payson @ Maple Mtn.  
Spanish Fork @ Park City

### Game 8 - Thu, Sept 10
Spanish Fork @ Wasatch  
Maple Mtn. @ Salem Hills  
Provo @ Payson  
Park City @ Springville

### Game 9 - Tue, Sept 15
Maple Mtn. @ Springville  
Payson @ Spanish Fork  
Salem Hills @ Provo  
Wasatch @ Park City

### Game 10 - Thu, Sept 17
Salem Hills @ Payson  
Maple Mtn. @ Spanish Fork  
Springville @ Wasatch  
Provo @ Park City

### Game 11 - Tue, Sept 22
Wasatch @ Payson  
Springville @ Provo  
Spanish Fork @ Salem Hills  
Park City @ Maple Mtn.

### Game 12 - Thu, Sept 24
Provo @ Spanish Fork  
Payson @ Springville  
Wasatch @ Maple Mtn.  
Salem Hills @ Park City

### Game 13 - Tue, Sept 29
Maple Mtn. @ Provo  
Salem Hills @ Wasatch  
Spanish Fork @ Springville  
Park City @ Payson

### Game 14 - Thu, Oct 1
Springville @ Salem Hills  
Wasatch @ Provo - **Fri, Oct 2**  
Maple Mtn. @ Payson  
Park City @ Spanish Fork

Fri, Oct 2: RPI end date  
Sat, Oct 3: state tourn. bracket revealed, 9 a.m.  

**State Playoffs**  
Thu, Oct 8: First Round - Home Sites  
Tue, Oct 13: Second Round - Home Sites  
Thu, Oct 15: Quarterfinals - Home Sites  
Tue, Oct 20: Semifinals - Juan Diego HS  
Fri, Oct 23: Finals - Rio Tinto Stadium
<table>
<thead>
<tr>
<th>Game 1 - Tue, Mar 16</th>
<th>Game 8 - Thu, Apr 15</th>
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<tbody>
<tr>
<td><strong>Wasatch @ Spanish Fork</strong></td>
<td>Spanish Fork @ Wasatch</td>
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<td>Salem Hills @ Maple Mtn.</td>
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<th>Game 2 - Thu, Mar 18</th>
<th>Game 9 - Tue, Apr 20</th>
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<tr>
<td>Springville @ Maple Mtn.</td>
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<td>Park City @ Wasatch**</td>
<td>Wasatch @ Park City</td>
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<th>Game 3 - Tue, Mar 23</th>
<th>Game 10 - Thu, Apr 22</th>
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<tr>
<td>Payson @ Salem Hills</td>
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<th>Game 4 - Thu, Mar 25</th>
<th>Game 11 - Tue, Apr 27</th>
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<td>Payson @ Wasatch</td>
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<td>Provo @ Springville</td>
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<td>Salem Hills @ Spanish Fork</td>
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<td>Maple Mtn. @ Park City</td>
<td>Park City @ Maple Mtn.</td>
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<th>Game 5 - Tue, Mar 30</th>
<th>Game 12 - Thu, Apr 29</th>
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<tr>
<td>Spanish Fork @ Provo</td>
<td>Provo @ Spanish Fork</td>
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<td>Springville @ Payson</td>
<td>Payson @ Springville</td>
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<td>Maple Mtn. @ Wasatch</td>
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<td>Park City @ Salem Hills</td>
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<th>Game 6 - Thu, Apr 1</th>
<th>Game 13 - Tue, May 4</th>
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<tr>
<td>Provo @ Maple Mtn.</td>
<td>Maple Mtn. @ Provo</td>
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<tr>
<th>Game 7 - Tue, Apr 13</th>
<th>Game 14 - Thu, May 6</th>
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<tr>
<td>Salem Hills @ Springville</td>
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</table>

Tue, May 11: RPI end date  
Wed, May 12: state tourn. bracket revealed, 9 a.m.  

**State Playoffs**  
Fri, May 14: First Round - Home Sites  
Tue, May 18: Second Round - Home Sites  
Fri, May 21: Quarterfinals - Home Sites  
Tue, May 25: Semifinals - TBD  
Thu, May 27: Finals - Rio Tinto Stadiu
REGION ACTIVITY CHAIRPERSON: Steve Dudley, Spanish Fork 801-361-6220

1. Beginning practice and team selection date will be March 1st.
2. The first contest may be held on or after March 8th
3. A maximum of 22 games will be played (all games count). See State Handbook, for tournament exceptions.
4. The National Federation of State High School Association Official Softball Rules are to be followed.
5. One trophy will be awarded to the Region Champion. Co-champions will both be awarded trophies in the event of a tie.
6. Two umpires will be provided by arbitration as approved by the Region. Only certified umpires may be used.
7. All Region Varsity games will start at 3:30 p.m. Junior Varsity games will begin no later than 20 minutes after the end of the Varsity game on the same field as the Varsity game. Sophomore games will begin at 3:30 p.m. and will be played on a separate field. Varsity and Junior Varsity teams will play 7 innings and the 10 run rule will take effect after 5 innings and the fifteen run rule will take effect after three innings. Sophomores will play for 3 outs per inning, with a maximum of 7 innings. (1 ½ hr.) Junior Varsity and Sophomore games will be held on the same day same site.
8. Any varsity game postponed by weather must be made up at the first available date. Saturdays may be used if other days are unavailable. Schools may postpone (change) league games without Region clearance for the following reasons:
   A. Poor weather condition
   B. Field in unplayable condition
   C. Make-up games to accommodate playoff games
9. An All-Region Team will be selected by the head coaches under the direction of the coach of the Region 8 Champion on May 11th at 7 p.m. at Springville High School or by phone. Selection will be as follows:
   First Team: Region champ team will choose MVP and 4 other players. 2nd place team choose 3, 3rd place team choose 2, the remaining teams will choose one each.
   Second Team: Region champs, 3 players, second place 2 players, the rest of the teams will choose one each.
Honorable Mention: As decided by coaches.
10. An All-Region Academic Team, comprised of senior varsity athletes, will be selected by each school. The students must have a 3.7 or higher GPA for this honor. Each school will print their own certificates.
11. Moratorium period applies to all current 9th through 12th grade students. During the dead time there should be no coach to player contact related to the sport. This includes not observing players perform in that sport.
12. Softball Moratorium: Moratorium dates 4 weeks with the Christmas and New Year moratorium dates. It is the coaches’ responsibility to check dead time restrictions as
they are listed in the UHSAA handbook. Nov 22nd to Jan 1st; two weeks prior, Feb. 15 – Feb. 28. July 4th – July 10th, dead time
13. Softball academic All-State nominations are accepted between March 23rd and April 22nd. Senior only with a 3.75 or higher can be nominated.
**First and second round of State tournament to be held at home schools on May 14th; round 1; May 15th and 17th, second round best of 3; May 20-21, third round, best of 3.
**State Tournament at Cottonwood complex May 24th to May 28th.
<table>
<thead>
<tr>
<th>Date</th>
<th>Home Team @ Away Team</th>
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<tbody>
<tr>
<td>March 18 (Thursday)</td>
<td>Park City @ Wasatch</td>
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<td>Provo @ Springville</td>
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<td>Salem Hills @ Payson</td>
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<td>Park City @ Spanish Fork</td>
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<td>Maple Mountain @ Springville</td>
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<td>Payson @ Springville</td>
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3. Team selection and first practice cannot be held before Monday September 28, 2020
   The first swimming meet cannot be held before Friday October 30, 2020

4. A maximum of fourteen (14) meets can be participated in by region teams, including state qualifying meets.

5. Region VIII will pay for swimming officials at the following meets:
   Region Championships
<table>
<thead>
<tr>
<th>Official Role</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Referee (1)</td>
<td>$40</td>
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<tr>
<td>Starter (1)</td>
<td>$40</td>
</tr>
<tr>
<td>Stroke Judges (8-10)</td>
<td>$35</td>
</tr>
<tr>
<td>Scorers Tables (3)</td>
<td>$25</td>
</tr>
</tbody>
</table>

6. The Region VIII Swim Championships February 6, 2021 @ Wasatch High School
   a. Warmups begin at 8:15 am
   b. Meet Starts at 10 am
   c. Region VIII Swim Championships entries will be submitted electronically to the Meet Director: Steve Marsing @ steven.marsing@wasatch.edu. By Tuesday February 2nd by 3 pm.

7. The 5A State Swim Meet will be held on February 19 & 20, 2021.

8. Region VIII Swim Championship entry guidelines
   a. Unlimited entries per individual event.
   b. 3 relays for 200 Medley & 200 Free relays, 2 relays for 400 Free Relays per team.
   c. Only one (1) relay from each school per relay event will score towards the Region Championship and earn awards.
   d. All swimmers must meet eligibility requirements as per National Federation Rules. (Swimmers may compete in 4 events, one (1) must be an individual event)
   e. Only top four (4) swimmers from each school will score towards the Region Championship and earn awards.
   f. Scoring format will be sixteen (16) places as per National Federation rules.

9. Region VIII Swim Championships Awards (boys/girls)
   Region Championship Trophy (boys & girls)
   Medals for places 1-8 in individual events
   Medals for places 1-3 in relay events
Region Meets

Pre-Region Meet Friday October 30, 2020 @ Wasatch
Warm-ups begin at 1:15 pm Meet starts at 3 pm

Tri-meet Schedule ALL Meets begin at 3:45 pm

Thursday November 12, 2020
Payson & Wasatch @ Provo

Tuesday November 17, 2020
Maple Mountain*, Spanish Fork & Wasatch @ Springville

Wednesday November 18, 2020
Salem Hills, Springville @ Park City

Thursday December 8, 2020
Maple Mountain, Springville @ Provo
Payson, Salem Hills* & Spanish Fork @ Springville

Wednesday December 16, 2020
Payson & Provo @ Park City

Wednesday January 13, 2021
Maple Mountain & Spanish Fork @ Park City

Wednesday January 20, 2021
Payson, Spanish Fork & Springville* @ Springville
Wasatch @ Park City

Thursday January 21, 2021
Salem Hills & Springville @ Wasatch

Tuesday January 26, 2021
Salem Hills, Spanish Fork* & Provo @ Springville

Thursday January 28, 2021
Maple Mountain, Payson* & Salem Hills @ Springville

* marks which team will host at Springville

Guidelines for Tri Meets:

a. Unlimited entries on all events
b. Double dual scoring will be used as per 2020-21 as per National Federation rules.
c. Coaches may agree to alter entry limits and scoring prior to the meet.
d. Coaches may agree to add teams outside the Region to these meets.
REGION ACTIVITY CHAIRPERSON: Mike Hunter, Provo

Girls beginning practice date Aug. 3, 2020. First competition can be held Aug 10, 2020
Boys beginning practice date Mar 1, 2021. First competition can be held March 8, 2021.

Jul 20 – Aug 2, 2020   – Girls Tennis Two Weeks Prior Restrictions
Feb14 – Feb 28, 2021 – Boys Tennis Two Weeks Prior Restrictions

1. Region VIII will adopt the rules and code of conduct outlined by USTA and ITCA; coaches are expected to keep players and spectators of their school in compliance with the rules and expectations outlined here. Violations of this code could result in a point penalty. Coaching will be permitted during net changeovers and during set changeovers, including a new policy of “continuous coaching” for Varsity and JV players during the 20 seconds in between points. Players may only leave the court between the second and third set or in an emergency situation. Players will be permitted a 10-minute warm-up at the beginning of each match.

2. The best singles player must be in the number one slot, the next best singles player in the number two slot, and so on. The same policy must be used for doubles. The best player may play either first singles or first doubles.

3. In case of a substitution, players do need to be moved up in skill order in accordance to stacking regulations. (See UHSAA Handbook page 116)

4. The Region Team Championship will be determined by the results from the Region Dual meets. In the dual meets, one (1) team point will be given the winners of the five matches. A team could receive 0, 1, 2, 3, 4, or 5 points per dual match.

5. Players will be seeded according to their record at that position but consideration regarding any conflict may be addressed at the Coaches Meeting prior to Region Tournament. (see UHSAA Handbook page 116)

6. High school tennis players must compete in a minimum of (5) matches during the high school season in order to compete at the Region tournament. This includes matches at the varsity or junior varsity level and in the singles or doubles category. Injury or special situations will be considered but must be approved by the Region VIII tennis chair prior to the student athlete participating in the Region tournament. The philosophy that the best player should compete in any given category, i.e., first singles, second singles, etc, is still appropriate. Stacking is not permissible and could result in Region VIII action. If a coach suspects that another coach is stacking their players to gain an advantage, the coach will immediately contact the Region tennis chair who will contact the coach in question and ask for documentation or other evidence or proper player placement.

7. All Region matches will begin at 3:30 pm.

8. All Region matches will be played on the date scheduled unless weather or other conditions require a change. The coaches involved will determine the new playing dates required. Host coach will be responsible for contacting the coach of the visiting team about playing conditions no later than 1:30; conversations between coaches are encouraged to guarantee good communication regarding the match play.
9. Medals will be awarded to Region VIII Tournament 1st -5th place finishers (Singles & Doubles). Players 1-4 will go on to be seeded for the State Tournament, including 1-5 for 3rd Singles, according to positions granted by UHSAA. A trophy will be awarded to Region VIII Season Champions.

10. The home team will provide the tennis balls for the match. Wilson is the UHSAA sponsored tennis ball.

11. Coaches will provide a written line-up of players by position as they arrive for all dual matches.

12. Each team should wear proper tennis attire. This includes school identification which can be by letter or name. Teammates should wear the same style and color of shirt. Team uniforms with school identification are required for region and state tournaments. Coaches and Assistant Coaches should also wear identifying shirts.

13. Sixteen matches are allowed per individual. The number of matches counted for a tennis tournament shall be equal to the number of days scheduled for the tournament; e.g.; a one-day tournament shall count as one match, a two-day tournament shall count as two matches, etc.

14. A maximum of 3 designated coaches are allowed for Region VIII varsity play. Additional coaches are subject to approval if the Region Tournament is held at two separate sites. The number of coaches designated for Junior Varsity matches will be decided before the matches begin.

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

   All Sport Summer Moratorium: June 28-July 4
   All Sport Winter Moratorium: November 22-Dec 30th, Also Jan 1

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

   Girls Tennis: Sept 1 -- Sept 30, 2020
   Boys Tennis: Mar 23 – April 22, 2021

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

   2020 State Finals for Girls will be: Oct 1 & Oct 3, 2020
   2021 State Finals for Boys will be: May 20 & May 22, 2021

18. AP Tests are the first two weeks of May. Make sure athletes have scheduled an alternate test time if it interferes with any Region Tournaments.

19. Other important dates for coaches to know:

   Girls Tennis Rules Clinic Quiz: Aug 6 -- Sept 13, 2020
   Girls Tennis Roster due on RMA – Aug 28. 2020

   Boys Tennis Rules Clinic Quiz: Feb 15 – Mar 9, 2021
   Boys Tennis Roster Due on RMA – March 19, 2021
<table>
<thead>
<tr>
<th>GIRL'S TENNIS SCHEDULE</th>
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<tbody>
<tr>
<td>2020-2021</td>
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<table>
<thead>
<tr>
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<tr>
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<tr>
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<td>Salem Hills @ Springville</td>
<td>Varsity Region September 23-24</td>
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<td>Payson @ Maple Mountain</td>
<td>State October 1 &amp; 3 @ Liberty Park</td>
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<td>JV Alternate Region</td>
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<td>VAR Region May 5-6</td>
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<td>State May 20 &amp; 22</td>
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REGION ACTIVITY CHAIRPERSON: Jason Beardall, Springville

1. Track Meets will begin at 3:30.
2. Visiting schools will run assigned event at Quad Meets.
3. Each School will furnish their own adhesive finish tags for the region meets.
4. Athletes can participate in no more than 12 meets, only 8 of the 12 can be qualifying meets, plus the region and state meet.
5. The top four (Determined by State Guidelines) in each individual event in the region Championship Meet and the top four finishers in each relay will qualify for the state meet.
6. The winner of the Region trophy will be determined by team scores at the Region Meet.
7. Medals will be awarded to the State Qualifiers at the Region Meet in each boy and girl event. One medal will be awarded to each member of the winning relay team for both girls and boys events.
8. Each school will provide two volunteers to help run events at the Region Meet.
9. The Region will pay for a head starter and four other officials at the Region Meet.
10. The top eight places will be scored at the Region Meet using 10,8,6,5,4,3,2,1 points.
11. Each school will be allowed six individuals at the region meet in each event, unless a school has more than six individuals qualify for State, those individuals who qualify for State can participate at the Region Meet.
12. Change in the Region schedule must be approved by the Region Rep. over Track and Field. A fine may imposed for failure to notify the Region Rep. The host school’s principal will determine whether a meet should be cancelled.
13. At the Region Championship Meet all athletes must be in uniform, which consists of a school issued track and field top and bottom, which declares school affiliation (See federal handbook Rule 4, Section 3, Article 1-4)
14. The region coaches will select an All-region Academic Team composed of senior varsity athletes who have a cumulative GPA of 3.7 or higher.
15. At Quad Region meets, the host school will be responsible to conduct and take care of all preparation and equipment needs.
Region 8 Track Meet - Hosted by Provo on May 5th and 6th
JV Region Track Meet - Hosted by Spanish Fork on April 27th

Region 8 Track Schedule

Tuesday, March 23rd
Host School - Springville: Attending schools - Park City, Maple Mountain, Payson
Host School - Spanish Fork: Attending schools - Wasatch, Provo, Spanish Fork

Tuesday, April 13th
Host School - Payson: Attending schools - Park City, Provo, Wasatch
Host School - Maple Mountain: Attending schools - Salem Hills, Maple Mountain, Springville

Tuesday, April 20th
Host School - Wasatch: Attending schools - Maple Mountain, Springville, Provo
Host School - Park City: Attending schools - Spanish Fork, Salem Hills, Payson
1. Important Dates:
   MORATORIUM - NO PRACTICE ALLOWED - June 28 - July 4, 2020
   Two Weeks Prior Restrictions - July 19 - August 2, 2020
   The beginning practice date is August 3, 2020
   The first game may be held on August 13, 2020
   Upload team photo to MAXPREPS by August 22, 2020
   Roster with Players & #s on Register My Athlete Deadline is August 28, 2020
   Academic All-State Applications accepted between September 1- Sept 30, 2020
   Nominees are Varsity High School Seniors with a GPA of 3.7 or higher
   The dead periods are detailed on #9
   Fall Break is Thursday, October 15 & Friday October 16, 2020

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

3. Game times: In accordance with the UHSAA State Official Guidelines, game times are
   as follows. Sophomore 3:30 p.m. Freshman & J.V. 4:45 p.m. Varsity 6:00 p.m. without
   the possibility of starting earlier. Admission to be charged at all Freshman, Sophomore,
   Junior Varsity, and Varsity Matches.

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

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

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

5. Warm-Up prior to games will be four (4) minutes for visiting team, and four (4) minutes for
   home team followed by two (2) minutes shared serving.
6. The Host School will control warm-up music, and provide practice balls and ball cart for the visiting team as well as access to a locker room/team meeting facility. Host school will also provide a water jug at the end of each bench making sure that it is re-filled for the varsity match. Host team is NOT responsible for providing cups. It is suggested that players have their own water bottles to fill. The National Anthem or The Pledge of Allegiance is also encouraged at home matches.

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

8. Region Honors:
The Region 8 Champions Head Coach will be in charge of the compilation of the Region MVP and All-Region Teams. All varsity players are eligible. All-Region 1st Team, 2nd Team, Honorable Mention, Academic All-Region and Academic All- State will be recorded in an article and sent to the local newspapers. Coaches will automatically place any Senior, Varsity athlete with a 3.7 or higher GPA to the Academic All-Region Team. Deadline is 2 weeks following the state tournament. The immediate completion of these honors is important so that proper recognition is given. It means a lot to the athletes and their families. Details on this step are attached. Coaches will meet on October 29, 2020 at Provo high at 7:30 to determine Region Honors.

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

   June 28, 2020 – July 4, 2020: Summer Moratorium. No coaching, practices, competitions, observing, meetings or travel. No conditioning, gym time or open gym allowed.
   July 27, 2020 – Aug 9, 2020: 2 Weeks Prior. No coaching, practice sessions, drills, scrimmages, tape review or team camps. Activities that ARE ALLOWED include weight lifting, conditioning, sport specific exercise, and open gym (as long as there are no fees, team selection or coaching).
   Nov 22, 2020 – Dec 30, 2020: Regular and Holiday Moratorium. No coaching, practices, competitions, observing, meetings or travel. No conditioning, gym time or open gym allowed.

10. State Tournament -
November 3 (Tuesday) First Round (Home Site)
November 5-7 (Friday/Saturday) 2nd Rounds to Final - UVU
VOLLEYBALL SCHEDULE
2020-2021

September 1, 2020 (Tuesday)
Springville @ Park City
Provo @ Payson
Maple Mtn @ Salem
Wasatch @ Spanish Fork

September 2, 2020 (Wednesday)

September 3, 2020 (Thursday)
Payson @ Wasatch
Maple Mtn @ Springville
Park City @ Provo
Salem Hills @ Spanish Fork

September 8, 2020 (Tuesday)
Spanish Fork @ Payson
Park City @ Salem
Provo @ Springville
Wasatch @ Maple Mtn

September 10, 2020 (Thursday)
Salem @ Provo
Payson @ Park City
Maple Mtn @ Spanish Fork
Springville @ Wasatch

September 15, 2020 (Tuesday)
Park City @ Maple Mountain
Salem @ Payson
Wasatch @ Provo
Spanish Fork @ Springville

September 17, 2020 (Thursday)
Salem Hills @ Wasatch
Maple Mtn @ Provo
Springville @ Payson
Spanish Fork @ Park City

September 22, 2020 (Tuesday)
Payson @ Maple Mtn
Provo @ Spanish Fork
Park City @ Wasatch
Salem @ Springville

September 24, 2020 (Thursday)
Payson @ Provo
Salem @ Maple Mtn
Park City @ Springville
Spanish Fork @ Wasatch

September 29, 2020 (Tuesday)
Springville @ Maple Mtn
Provo @ Park City
Spanish Fork @ Salem
Wasatch @ Payson

October 1, 2020 (Thursday)
Payson @ Spanish Fork
Salem @ Park City
Springville @ Provo
Maple Mtn @ Wasatch

October 6, 2020 (Tuesday)
Provo @ Salem
Park City @ Payson
Spanish Fork @ Maple Mtn
Wasatch @ Springville

October 13, 2020 (Tuesday)
Maple Mtn @ Park City
Payson @ Salem
Provo @ Wasatch
Springville @ Spanish Fork

October 20, 2020 (Tuesday)
Salem Hills @ Wasatch
Park City @ Spanish Fork
Provo @ Maple Mtn
Payson @ Springville

October 22, 2020 (Thursday)
Maple Mtn @ Payson
Spanish Fork @ Provo
Wasatch @ Park City
Springville @ Salem
REGION ACTIVITY CHAIRPERSON: David Rockwood - Payson High School

General Guidelines:
- The starting date for wrestling practice is November 9, 2020
- The first match of the year cannot be held prior to November 24, 2020
- Moratorium Dates for 2020-2021 school year:
  - November 26 - 29, 2020
  - December 20 - 27, 2020
  - January 1, 2021
- The NFHS rulebook will be followed for all rules, including weight classes, weight control, weigh-ins, tournament scoring, and every other situation unless otherwise directed by the UHSAA
- All wrestlers are allowed 16 credits. All tournaments count as one credit. Individuals may compete in no more than six tournaments per season. No more than three of six tournaments can be dual tournaments.
- The officials for all region and practice matches will be assigned by the state arbiter for varsity, junior varsity, and sophomore meets. All officials must be certified.
- All coaches must be registered/certified in the Register My Coach system as required by UHSAA

Region Dual Meet Guidelines:
- Gym cleared: 3:30 pm
- Weight in: 4:00 pm
- Junior Varsity matches: 5:00 pm
- Varsity matches: 7:00 PM
The gym must be cleared of all other activities by 3:30 pm so the floor can be set-up. A change in starting time requires mutual agreement between the principals of the two schools involved. As a courtesy, schools who believe that their JV matches will be short (due to a small number of JV wrestlers) may contact the other school and arrange a later start time for JV matches according to the outlined procedure. Changes in the date of an activity requires the approval of the Region 8 Board of Managers. Host schools are responsible to notify the arbiter of any time or date change.

Divisional Tournament Guidelines:
- Each school is allowed to enter two (2) wrestlers per weight class at the Varsity level.
- Divisional seeding is determined by UHSAA. The seeding criteria is on their website.
- Divisional Tournament site will be determined by invitation by the UHSAA. Dates are January 26-27

Region Wrestling Awards:
Region 8 will present one trophy to the school with the best record in Region 8 dual competition

Academic All-Region awards will be presented by the individual schools. The criteria are: any varsity, senior wrestler with a cumulative GPA of 3.70 or higher

Wrestling Off-Season:

- The sport specific moratorium period applies to all current 9th through 12th grade students. During the moratorium there must be no coach-to-player contact related to the sport. This includes coaches not observing players perform in that sport.
- All-Sport Moratorium: June 28 - July 4, 2020
- Wrestling Moratorium: July 30 - August 26, 2020
Wrestling Schedule
2020-2021

REGION ACTIVITY CHAIRPERSON: David Rockwood - Payson High School

Start Date: November 9, 2020
First Match: no earlier than November 24, 2020

Divisional Tournaments: February 5-6, 2021
State Wrestling Tournament: February 17-18, 2021

Dual Meet Info:
Weigh in: 4:00 pm
JV Matches: 5:00 pm
Varsity Matches: 7:00 PM

Dual 1 (Dec 2)
Maple Mt. @ Park
City Provo @ Payson
Salem Hills @ Spanish
Fork Wasatch @ Springville

Dual 2 (Dec 3)
Provo @ Maple Mt.
Payson @ Park
City
Spanish Fork @ Wasatch
[Springville @ Salem Hills -rescheduled for Jan 28, see below]

Dual 3 (Dec 9)
Maple Mt. @ Spanish
Fork Springville @
Payson Salem Hills @
Provo
Park City @ Wasatch

Dual 4 (Dec 16)
Payson @ Salem
Hills Maple Mt. @
Wasatch

(Dec 17)
Park City @ Provo
Springville @ Spanish Fork

Dual 5 (Jan 7) Springville
@ Maple Mt. Park City @
Salem Hills Spanish Fork
@ Payson Provo @
Wasatch

Dual 6 (Jan 14)
Payson @ Maple Mt. Park
City @ Spanish Fork
Springville @ Provo Salem
Hills @ Wasatch

Dual 7 (Jan 21)
Maple Mt. @ Salem Hills
Spanish Fork @ Provo
Wasatch @ Payson
Park City @ Springville

*Dual 2 rescheduled date Jan 28
Springville @ Salem Hills

Wrestling Divisional (Feb 5-6)
Tournament @ TBD
## 2020-2021 UHSAA MEETING SCHEDULE

### EXECUTIVE COMMITTEE MEETING DATES @UHSAA Offices

Ryan will attend all UHSAA EC meetings

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Thursday, August 6</td>
<td>10:00 am</td>
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<td>Wednesday, September 30</td>
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<td>Wednesday, November 11</td>
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<td>Wednesday, January 13</td>
<td>8:00 am @ Sleepy Ridge</td>
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<td>Wednesday, March 17</td>
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<td>Wednesday, April 28</td>
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### REGION 8 MEETING DATES (Tuesday Following EC)

Principal/AD’s/Extra Curricular AP’S are welcome to attend all meetings

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<tr>
<td>Tuesday, August 11</td>
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