

REGION 5 GENERAL POLICIES & GUIDELINES

The following regulations pertain to more than one activity, and therefore are included at the beginning of the Region V Activity Manual. Specific regulations for each sport or activity will be found with the Region V schedule for that activity. All statewide regulations can be found in the UHSAA Handbook, or on the UHSAA website (www.uhsaa.org). It is the responsibility of all principals, coaches, moderators, and participants to become thoroughly familiar with these regulations.

NEW Region 5 STADIUM-ARENA-GYM HOME Varsity Game "5th Quarter" Policy

- By direction from the Region 5 Board of Managers and the regional coaching staff, All Region 5 schools will be complying with a new "5th Quarter" policy for home athletic events played in a stadium or in a Arena/basketball Gym
- Following the conclusion of the home game and after both teams shake hands, a 20 minute countdown will begin on the main game clock.
- The visitors will have 10 minutes to exit the stadium/gym through the Visiting Gate.
- The home crowd will have 20 minutes to exit the stadium/gym through the Home Gate.
- We ask that all attendees exit in an orderly and timely manner.
- At the end of this 20-minute "5th Quarter" period, the stadium/gym lights will be dimmed or turned off, and the facility will be secured.
- This procedure is designed to ensure that our coaches, players, opponents, fans, and staff can leave the event in a safe and timely manner. Thank you for your cooperation and understanding.

Region 5 Board of Managers and School Administration.

Admission Fees and Tickets

1. \$5.00 visiting high school students with activity cards and other school age children.
2. \$5.00 senior citizens (65 and over, Military)
3. \$10.00 adults and high school students without an activity card.
4. Pre-season games are the same as A, B, and C above.
5. Schools have the option of issuing season passes to home games only at a discounted price.
6. Region V home games are free to home students with activity card (pre-season games are up to each school).
7. Free to holders of Region V and UHSAA (Utah High School Activities Association) passes only! A limited number of Region passes will be given to schools in the Region. It is encouraged that Community members be issued a school created pass that allows access to home events only. Student Body Officers and Class Officers may be issued passes but must be wearing their sweater when using the pass.
8. Free to cheerleaders and drill team members in uniform, and student body officers (student government only, not club or other officers) in sweaters.
9. Free to children under five years of age, accompanied by a parent.

10. No one will be admitted without a ticket or a pass.
11. When admission is charged for Region V tournaments, the cost will match the UHSAA State Tournament pricing (\$5.00 for students [K-12] and senior citizens 65 years and older, \$10.00 for adults, and children 5 and under are free when accompanied by an adult). UHSAA possibly raising prices for 2024-25 school year. Region tournaments where admission is typically charged include drill, swimming, and track.
12. Online Ticket Sales vs Cash Options or both are at the discretion of each region school.

Supervision of Region Activities, Tournaments and Meets

1. Any school hosting a Region V tournament or dual competition activity is responsible for providing adequate administrative supervision for the activity.
2. The host school must have two administrators at home varsity football and boys' varsity basketball games. Visiting team must have an administrator and one other school official at varsity football and varsity basketball. It is recommended that an administrator be present at all activities, whenever possible. The administration/supervisory people are to meet prior to the game and work out supervisory details. They are also to stay following the end of the event until the crowds have dispersed.
3. It is the responsibility of the chairman of each individual activity to see that Region V tournaments and meets are planned and well organized. It is the responsibility of the host school to provide adequate general supervision for the activity. If the host school is not the school of the chairman, there should be a clear understanding between the activity chairman and the host principal regarding the activity. In any case, the host school must provide general supervision for activities taking place in that school. Provide police and administrative supervision at the events and in the parking lots and possible trouble spots as identified by the local school plan.
4. School administrators who are present at games agree to take immediate, definitive action towards disruptive or unsportsmanlike students or fans.
5. No sitting on the front row or standing on the floor in basketball or in volleyball.
6. The host school will clearly define seating areas for both home and visiting students. These areas should accommodate pep clubs as well as the general student body.
7. If problems of a violent nature occur at any region site because of a school's failure to follow these recommended procedures or to provide proper supervision, the Region V Board of Managers will take restrictive action against the offending school.

Accommodations for Visiting Teams

1. Dressing rooms should be appropriately prepared for visiting teams with a clean area, lockers, showers, and whiteboards. Towels will not be furnished to visiting teams by the host school. Visiting teams must bring their own towels if they desire to use them. All dressing room facilities must be left clean and orderly. The visiting head coach will check facilities prior to departure. If a head coach receives a key to dressing room facilities from the home school, the key should be returned to the home school's head coach or designee. LOCKER ROOMS SHOULD BE SECURED AND LOCKED AT ALL TIMES.
2. As a Region Rule, food preparation materials are not allowed in any region V gym unless granted by the host school. There are no tables, plug in items (warmers, crock pots, etc.) in

the gym. Brown bag items will be allowed in. Schools may designate a place at their discretion.

Policies for Region V Tournaments

1. All Region V tournaments will follow the same rules as UHSAA state rules. [click here](#) Any and all tournament expenses must be pre-approved by the Region V Board of Managers for payment.

Game Officials

1. Host Schools should provide for someone to meet officials and show them to their dressing rooms both before and after any event (and during halftime). Any misconduct of officials, including failure to show or tardiness is to be reported to the Arbiter in charge of the involved activity. A detailed report including names and improper conduct shall be submitted in writing to the Region V Board of Managers, the UHSAA office, and the arbiter involved.

Music, School Bands, and PA Announcers

1. Music through a loudspeaker, boombox, or music player may be provided by the host school only, NO PORTABLE MUSIC BY VISITING TEAMS, FANS, or SPIRIT SQUADS.
2. No PA. Band, or in Stadium/Arena Music will be played during game play.
3. All PA Announcements or dialogue, and any music will cease, (as an example in football), when the offensive team breaks the huddle. Also in football, for teams who run a hurry up offense or don't huddle as a team, the PA announcements or dialogue and any music must stop when the offensive teams line up for the snap.
4. The above policy also applies to the huddle of the kick-off team.
5. PA, Band, or in-stadium/arena music should be limited to dead ball situations: After a touchdown, quarter breaks, halftime, and timeouts.
6. PA announcers must always remain neutral. They are considered part of the game administrative team at the school before, during, and after the contest. PA announcers must never talk about opponents, make disparaging remarks about officials, coaches, and players. Their job as an announcer is to create an environment of respect for both teams and communities.
7. A pep band may be provided by the host school only. During basketball games, pep bands are to play during regulation time-outs, quarters, and half-times only. An advisor must always be present if a band is to perform.
8. Drums are to be used only as part of an organized cheer or to be part of the pep club's marching activities. Drums and any other instruments are not to be used indiscriminately as noisemakers or for drum rolls or instrumental fanfare after each basket (please refer to UHSAA State Event Guidelines on page 78).

Student Body Officers

1. Student Body Officers are expected to demonstrate good sportsmanship and to welcome visiting officers to their school.
2. Student Officers should be easily identifiable (sweaters, shirts, etc.) and available to help make interscholastic activities safe and successful.

Cheerleaders

1. Cheerleaders of the host school should initiate a meeting with the guest cheerleaders immediately before the game. The two groups should work cooperatively together during the game. At basketball games only eight (8) visiting cheerleaders are allowed on the floor during competition and the home school will determine where cheerleaders are to cheer during games. Cheers or songs which are derogatory, or insulting are not allowed. Cheers must be under the direction of official school cheerleaders and song leaders.
2. All stunts and pyramids must be in accordance with risk management policies.
3. No children are to be used in cheerleading or pep club activities. Separate half-time activities are to be approved by the principal.
4. Cheerleaders should always encourage good sportsmanship. Each student body is to exhibit good sportsmanship. The administration and advisors are, in the interest of proper education, to stress positive sportsmanship and do all in their power to eliminate booing, catcalls, or unsportsmanlike behavior. No cheering is to be derogatory or obscene.
5. Cheerleaders and/or mascots are to refrain from conducting cheers or stunts during free throws.
6. Megaphones may be used by cheerleaders at football games, and only for communicating with the cheering section. Megaphones may not be used at basketball games. "Refer to the UHSAA Handbook" for permitted noise makers (Region V follows UHSAA Spectator Support Guidelines).
7. No electronic cheering methods will be allowed at any Region V events.
8. No outside music from visiting teams, only the host school is allowed to play music at their venue.
9. A supervisor must be present when cheerleaders perform.
10. The cheerleading and team members must attend the Utah School Board's Risk Management Clinic in the spring.
11. For all events in the gymnasium, the number of visiting cheerleaders allowed on the floor at one time is eight.

Pre-Game, Halftime, and Post-Game Activities

1. Pre-Game, In-Between Game, Post-Game Music including Walk-Up Music may only be played at the Host Venue for the Host Venue. NO OUTSIDE MUSIC DEVICES BY VISITING TEAMS FOR ANY REASON FOR ALL REGION 5 SPORTS AND ACTIVITIES.
2. The starting line-up may be introduced prior to the activity. A well-planned flag ceremony may be presented.
3. All activities should come to a halt immediately when the flag ceremony begins. Headgear should be removed. Activity should remain suspended until flag ceremony is over. Starting line-ups may be introduced following the flag ceremony. All pre-game activities must be concluded before the official time of the event.
4. The announcer should call everyone to attention as the flag enters. The announcer should be objective and impartial announcing a game.
5. Football half-time: Half-time entertainment has ten minutes which includes time to get on and off the field. Exceptions can be made by mutual agreement for special occasions. Basketball half-time: Maximum of seven minutes for half-time entertainment which includes time to get

on and off the floor. Exceptions can be made for special occasions. The host school pep club or drill team may use pom-poms if the floor is swept after each use, or at the earliest convenient time.

6. A supervisor must be present when student groups perform.
7. Coaches are responsible for the conduct of their athletes. No activity will be conducted to belittle or humiliate opponents, including organized post-game demonstrations on the floor, field or in the stands.
8. Visiting teams will leave the field or floor immediately after the game ends.
9. Visiting teams (basketball) will leave the team locker room within 20 minutes after the game ends.
10. No outside vendors selling at Region contests.
11. No gum, sunflower seeds, candy, or sugar drinks will be allowed on turf fields.
12. Any senior recognition at the end of season cannot delay the start of the game.
13. There should be no post-game demonstrations by either team on the floor/field at the end of the game until the visiting team has left the floor/field. All activities must have the approval of the school administration.
14. All Schools will be following the NEW Region "5th Quarter" Recommendation and ask that the visiting team, students, parents, and spectators all exiting the Stadium within 15 minutes of the after-game countdown and NO guests should be allowed beyond the railings and onto the track or playing field other than the team and school personnel.

Spectator Conduct & Sportsmanship

1. Encourage student groups to initiate sportsmanlike activities during the season.
2. Other than authorized spirit groups (cheerleaders and drill team), no spectators will be allowed on the field or floor during game time, between quarters, half-time or post game. (Until the visiting team exits the floor/field).
3. The throwing of any objects, including confetti, torn paper scraps, crepe paper, toilet tissue, powders, or powder materials, etc., is not allowed.
4. Visiting schools are not to conduct any type of post-game activities.
5. The use of negative or insulting chants is not to be used.
6. For reasons of student safety and I.D. purposes, students will not be allowed to have any body paint on any area of the body except on the face. All other body painting is prohibited. The school administration is responsible to enforce this rule.
7. All laser pens are prohibited.

Banners and Signs

1. No negative banners, pictures or posters of any nature will be displayed around competition. A sign welcoming the visiting team is encouraged.
2. One sign of a positive nature is allowed. A banner or sign on the football field at the beginning of a game and/or at half-time for the home teams to run through will be allowed.
3. All banners will be used by the cheerleaders only.
4. No spectator banners or signs, with the only exception being banners used to honor seniors on senior night.

5. Each school may have 1 (one) flag either on the sideline or in the student section during football only. No flags for other sports.
6. Each school may have one school banner at the Region V Championship Meet. The maximum size for this banner being 5' X 8'. No other signs or banners will be allowed at region site.

UHSAA and Region 5 Sportsmanship Policy

1. (This statement should be read prior to every varsity Region V event where there is a public address system available)
 1. Ladies and gentlemen, welcome to (home high school) for tonight's/today's athletic contest. We welcome our guests from (Visiting High School) and wish all players good luck in tonight's/today's game. Both schools are members of the Utah High School Activities Association and support the new statewide sportsmanship program Raise-the-Bar. Sportsmanship does matter and we ask for your support in demonstrating respect for the game and all the participants by refraining from negative cheers, chants, or behavior. Do Rowdy Right.
2. SPORTSMANSHIP is a way of thinking and behaving. The following SPORTSMANSHIP policy items are listed below for clarification:
 1. Be courteous to all participants, coaches, officials, staff, and fans.
 2. Know the rules. Abide by and respect officials' decisions.
 3. Win with character and lose with dignity.
 4. Display appreciation for good performance regardless of the team.
 5. Exercise self-control and reflect positively upon yourself, the team, and the school.
 6. Permit only positive sportsmanlike behavior to reflect on your school or its activities.
 7. If flagrant violence occurs in any event in which a Region V school is participating, the Region Board of Managers (Principals) will review the incident upon request and on a case-by-case basis determine possible consequences to participant(s) that are involved. These consequences may result in, but not be limited to, suspension from event(s), suspension for the entire season, and/or may include other consequences as determined by the Region Board of Managers.
3. Please refer to the [UHSAA Sportsmanship Handbook](#) for more information.

Game Starting Times and Participant Regulations

1. All Region V regularly scheduled events constitute a contract between schools. Honest and persistent effort must be made by all region schools to field all levels of teams for each sport. (i.e., Sophomore, JV and Varsity in applicable sports). The failure of a team to participate in a scheduled contest without prior mutual consent and Board of Managers approval at all levels, including varsity, junior varsity, and sophomore, may result in a fine and forfeit assessed by the Board of Managers, plus the cost of any officials etc. to the affected schools.
2. Both principals are to agree to the change before a change will be sent to the Board of Managers for approval. If the Board of Managers agrees on a change of time and date of an activity, the host school must notify the arbiter of the change in time for him/her to notify the officials. All officials (Varsity, J.V., Sophomore, and Freshman) will be arbitrated by UHSAA.

Call changes to UHSAA offices. All costs associated with changing the time and date will be incurred by the school requesting the change.

3. All invitational meets, matches, or tournaments must be approved by the UHSAA thirty days prior to the activity. Appropriate fines will be assessed against a host school and others who participate in unsanctioned events.
4. Awards are to be given according to the published Region V format. No additional awards will be allowed unless pre-approved by the Board of Managers. (Sophomore and JV Volleyball Tournaments may award t-shirts rather than trophies.)
5. All personnel on the sidelines will be monitored and controlled by each school administration. Non-approved sideline personnel will be removed by the school administration, if necessary.
6. No sports activity may begin before 3:30 p.m., unless approved by the Board of Managers.

Moratorium

1. A fine to be determined by the Board of Managers, which is paid by the coach, may be assessed to the coach of any team that is in violation of the designated days for moratorium of practice and play. This is in addition to the UHSAA sanctions.

Duties of Region Chairpersons

1. Conduct all meetings pertinent to respective activity.
2. Coordinate and manage all Region V competitions and tournaments of respective activity.
3. Be direct liaison to Region V Board of Managers.
4. Be responsible for all awards, trophies, medals, etc., pertinent to respective activity.
5. The All-Region V teams should be selected by the coaches within two weeks of the conclusion of the activity where applicable.

Undue Influence Rule, Violation

1. If there is clear evidence that a coach has violated Article 1, Section 9 of the UHSAA bylaws or interpretations he/she will appear before the Region V Board of Managers and may be under the direction of the UHSAA to receive any or all the following for the first violation:
 2. A letter of reprimand
 3. Suspension and/or Fine
4. If it is determined a coach has violated the undue influence rule a second time, the coach may be suspended a minimum of three contests or one-half of the remaining Region V schedule (whichever is greater).
5. A third violation may mean suspension for the remainder of the current season.

Region Finances

1. Expenses for Region activities and competitions can be reimbursed from Region funds by submitting a copy of the reimbursement form located on the last page of this manual. Receipts for expenditures should be included with the form. Forms should be signed by the Region V Chairman and submitted to Jason Smith or Cheri Slager at Northridge High School.