



Activities Manual 2019 - 2020

REGION VII HANDBOOK

2019-2020
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REGION VII ADMINISTRATION

| <i>REGION CHAIR</i> | <i>Doug Webb</i> 801-735-8505 | <i>REGION SECRETARY</i> | <i>Diane Cardon</i> 801-372-2789 |
|-----------------------|--|--|---|
| <i>SCHOOL</i> | <i>PRINCIPAL</i> | <i>ATHLETIC ADMINISTRATOR</i> | <i>ATHLETIC DIRECTOR</i> |
| <i>Alta</i> | Brian McGill brian.mcgill@canyonsdistrict.org 801-826-5601 | Garry True garry.true@canyonsdistrict.org 801-826-5612 | Morgan Brown morgan.brown@canyonsdistrict.org 801-826-5600 |
| <i>Lehi</i> | Doug Webb dwebb@alpinedistrict.org 801-610-8805 | Eric Loftin eloftin@alpinedistrict.org 801-610-8805 | Phil CLark philipclark@alpinedistrict.org 801-610-8805 |
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| <i>Mountain View</i> | Mike Ericksen mericksen@alpinedistrict.org 801-610-8160 | Rick Stafford rstafford@alpinedistrict.org 801-610-8160 | Tyler Anderson tyleranderson@alpinedistrict.org 801-610-8160 |
| <i>Orem</i> | Lynn Gerratt lgerratt@alpinedistrict.org 801-610-8165 ext. 750 | Matt Rowe mrowe@alpinedistrict.org 801-610-8165 ext. 753 | Robert Steele rsteale@alpinedistrict.org 801-610-8165 ext. 129 |
| <i>Timpanogos</i> | Joe Jensen joejensen@alpinedistrict.org 801-610-8175 | Chas DeWitt cdewitt@alpinedistrict.org 801-610-8175 | Frank Bramall fbramhall@alpinedistrict.org 801-610-8175 Kim Nelson mnelson@alpinedistrict.org 801-610-8175 |
| <i>Timpview</i> | Fidel Montero fidelm@provo.edu 801-221-9720 | Momi Toua momit@provo.edu 801-221-9720 | Mike Hunter mikeh@provo.edu 801-221-9720 Kim Davidson kimda@provo.edu 801-221-9720 |

REGION VII RESPONSIBILITIES

| ACTIVITY | SCHOOL | CHAIRPERSON | EMAIL | PHONE # |
|-----------------------------|----------------|--------------------|---------------------------------------|-----------------------|
| Baseball | Alta | Kelcey Kemp | kelcey.kemp@canyonsdistrict.org | 801-826-5600 |
| Basketball (Boys) | Mountain View | Rick Stafford | rstafford@alpinedistrict.org | 801-610-8160 |
| Basketball (Girls) | Lehi | Ben Abrams | babrams@alpinedistrict.org | 801-610-8805 |
| Cheer | Timpanogos | Jane Lindhout | jlindhout@alpinedistrict.org | 801-610-8175 |
| Cross Country | Timpanogos | Chas DeWitt | cdewitt@alpinedistrict.org | 801-610-8175 |
| Drama | Timpview | Suzanne Parker | suzannepa@provo.edu | 801-221-9720 |
| Drill Team | Lehi | Matt King | mking@alpinedistrict.org | 801-610-8805 |
| Football | Orem | Bob Steele | rsteele@alpinedistrict.org | 801-610-8165 ext. 129 |
| Forensics | Mountain Ridge | Kevin Barton | kevin.barton@jordandistrict.org | 801-412-1700 |
| Golf (Boys) | Lehi | Jason Flinders | jmflinders@alpinedistrict.org | 801-610-8805 |
| Golf (Girls) | Mountain Ridge | Jentry Johnson | jentry.johnson@jordandistrict.org | 801-412-1700 |
| Lacrosse (Boys) | Mountain Ridge | Tom Gatten | thomas.gatten@jordandistrict.org | 801-412-1700 |
| Lacrosse (Girls) | Mountain Ridge | Tom Gatten | thomas.gatten@jordandistrict.org | 801-412-1700 |
| Music (Instrumental) | Mountain View | Justin Keetch | jkeetch@alpinedistrict.org | 801-610-8160 |
| Music (Vocal) | Orem | Megan Menlove | mmenlove@alpinedistrict.org | 801-610-8165 |
| Soccer (Boys) | Alta | Steve Bailey | steve.bailey@canyonsdistrict.org | 801-826-5600 |
| Soccer (Girls) | Alta | Garry True | garry.true@canyonsdistrict.org | 801-826-5600 |
| Softball | Orem | Brett Robertson | brobertson@alpinedistrict.org | 801-610-8165 |
| Swimming | Timpview | Sean Edwards | seane@provo.edu | 801-221-9720 |
| Tennis (Boys) | Timpanogos | Rod Campbell | rcampbell@alpinedistrict.org | 801-610-8175 |
| Tennis (Girls) | Mountain View | Tammy Stuart | tstuart@alpinedistrict.org | 801-610-8160 |
| Track | Orem | Matt Rowe | mrowe@alpinedistrict.org | 801-610-8165 |
| Volleyball | Timpview | Momi Tuua | momit@provo.edu | 801-221-9720 |
| Wrestling | Mountain Ridge | Brady Bartholomew | brady.bartholomew2@jordandistrict.org | 801-412-1700 |
| Sportsmanship | Timpview | Mike Hunter | mikeh@provo.edu | 801-221-9720 |

REGION VII SPORTSMANSHIP AWARD

In an effort to recognize and promote good sportsmanship, the Board of Managers has established the Region VII Sportsmanship Award to be presented after the Fall, Winter, and Spring sports seasons. For each season, the selected school will receive \$200.00. In the event of a tie, both schools will be recognized and they will split the \$200.00.

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.
5. Do Rowdy Right!

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

UTAH STATE BOARD OF EDUCATION 2019-2020 STANDARDS & GUIDELINES FOR STUDENT EXTRACURRICULAR ACTIVITIES

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. Schools are prohibited from scheduling full-year fitness and movement (physical education/athletic) classes for specific school teams. In schools where in-season fitness and movement (physical education/athletic) classes are scheduled, such classes shall not be used to violate the starting and stopping dates for practice and competitive play as prescribed by the Utah High School Activities Association. This standard is aimed at helping restore equity to high school competitive sports programs.
2. All head coaches at any level and any coach paid by the school must hold a current Utah Secondary Teaching License or successfully complete the UHSAA/USOE Coaches Training

Program, including certification in First Aid and CPR. Volunteer assistants not paid by the school must serve under the direct supervision of a licensed teacher. (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 VII recognizes the importance of Utah Code 53-11-908 with the intent to promote good sportsmanship.

POLICIES AND PROCEDURES FOR ATHLETIC CONTESTS

2019-2020

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 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. One school flag, designated and controlled by school administration, will be allowed at State. At indoor venues the school flag must remain stationary; at outdoor venues it may be mobile if it does not disrupt spectators and remains on the sidelines nearest the school’s section;

LEGEND:

BB Baseball

DR Drill Team

SC Soccer

TE Tennis

WR Wrestling

BSK Basketball

FB Football

SB Softball

TR Track & Field

CC Cross Country

GO Golf

SW Swimming

VB Volleyball

| | BB | BSK | CC | DR | FB | GO | SC | SB | SW | TE | TR | VB | WR |
|--|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Practice or competition at state site 2 weeks prior | No | No | No | No | No | Yes | No | No | No | Yes | No | No | Yes |
| Balloons | Yes | No | Yes | No | Yes | Yes | Yes | Yes | No | Yes | Yes | No | No |
| Poms | Yes | Yes | Yes | No | Yes | Yes | Yes | Yes | No | Yes | Yes | No | No |
| Megaphones (non-electronic) | Yes | No | Yes | No | Yes | No | Yes | Yes | No | No | Yes | No | No |
| School bands (including drums) | No | Yes | No | No | Yes | No | No | No | No | No | No | No | No |
| Shirts on fans; spectator faces must be identifiable | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Recorded music over PA system by approval only | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Rally Towels | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |

| | | | | | | | | | | | | | |
|--|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Artificial noisemakers (shakers, clickers, bells, cow bells, buzzers, thundersticks) | No | No | No | No | No | No | No | No | No | No | No | No | No |
| Air horns, sirens, electronic bull horns, horns, vuvuzelas | No | No | No | No | No | No | No | No | No | No | No | No | No |
| Banners on wall except welcome or corporate sponsor | No | No | No | No | No | No | No | No | No | No | No | No | No |
| Hand held signs of any kind | No | No | No | No | No | No | No | No | No | No | No | No | No |
| Cannons/musketts, whistles | No | No | No | No | No | No | No | No | No | No | No | No | No |
| Drones | No | No | No | No | No | No | No | No | No | No | No | No | No |
| Confetti/shredded paper | No | No | No | No | No | No | No | No | No | No | No | No | No |
| Banners for teams to run through | No | No | No | No | No | No | No | No | No | No | No | No | No |
| Laser light/pointer | No | No | No | No | No | No | No | No | No | No | No | No | No |
| Miniature sports balls thrown into crowd | No | No | No | No | No | No | No | No | No | No | No | No | No |

- 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, baby powder, flour, etc. (Violating schools may be fined).
- 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.
- Constructive, positive signs and posters may be used by the home team. All derogatory signs are prohibited. No hand held posters are allowed during game time. School flags are permitted at outdoor events on your own side line.

5. **Announcers** are not to be commentators or to second-guess the officials.
6. 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.
7. 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.
8. Spectators are not allowed on playing fields or courts at any time, including halftimes and before and between or after games unless under the direction of the administration. Post-game demonstrations on the floor or the field by the opposing team at the end of the game are not allowed, thus ensuring that the visiting teams and officials exit safely. Demonstrations meant to taunt or demean the opposing team are prohibited.
9. Children under high school age are discouraged from being on the sideline, court or playing field.
10. 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.
11. Schools that violate region rules may be fined. The amount of the fine to be determined by the Region Board of Managers.
12. A well-planned flag ceremony should be encouraged prior to start of Varsity events.
13. 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:

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. Please stand and remove your hats for the presentation of colors.

14. 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.
15. Unless there are more than 50% of Region schools participating, no new state sponsored activity will be added.
16. 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.
17. Where seeding is not determined by RPI, tournament entries will be determined by the win/loss record in Region play. In the event of a tie between teams qualified for state tournament positions, the seeding will be determined by the win/loss record between the teams involved. If the seeding is not resolved, the seeding will be determined by head to

head records against the team with the highest finish (Region Champion). If that does not break the tie, success against the next highest finisher will be compared. This process will continue on down through the entire region standings in an attempt to break the tie. If the tie is still not broken by this procedure, teams will conduct a coin toss to determine seeding.

Coin Toss Procedure: A representative from each of the involved schools and the Region representative over the activity or his/her designee must be present. In the case of two teams, the Region representative flips one coin after one school has called a side. The winner of the flip gets the higher seed. In the case of three schools, each school's representative flips a coin simultaneously until an "odd" outcome is determined (one coin not matching the other two). The "odd" school gets highest seed and the remaining two teams conduct a two team coin flip to determine the remaining seeding.

In the event of any tie that would determine entry or non-entry to the tournament, play-offs will be held with the following guidelines:

If there is a tie between two teams with one available tournament slot, they will play each other with the winner earning the tournament entry. A coin toss will occur to determine home field for outdoor events, while a neutral site will be utilized for indoor events.

If there are three teams tied for one available tournament entry slot, a three way coin flip will be held. The "odd" team will have a bye and the other two teams will play. The winner of that game will play the bye team in a partial contest. The winner of that game will then get the tournament entry slot. A coin toss will occur to determine home field for outdoor events while a neutral site will be utilized for indoor events.

If there are three teams tied for two available spots, there will be a three- way coin flip; "odd" team gets the lower seed, the other two teams play for the remaining state tournament seed. A coin toss will occur to determine home field for outdoor events while a neutral site will be utilized for indoor events.

Check Guidelines for each activity, i.e., soccer and football.

When four teams tie for two spots they will draw for pairings then two winners flip for seeding. In the event of a tie involving more than three teams, the Region Board of Managers will determine an acceptable tie breaking procedure. The administrator with responsibility for the event as listed on Page 2 of the Region handbook will make a proposal for consideration by the entire board.

18. Unless stated otherwise in this handbook, region scheduled outdoor afternoon events will begin at 3:30 pm.
19. 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 VII schools unless postponement is weather related.

20. 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. All region teams may film at other region schools for scouting purposes for all sports. See UHSAA handbook for filming guidelines.

21. REGION APPROVED TICKET PRICES TO MAJOR SCHOOL ACTIVITIES:

\$20.00 = 1 family*

\$ 5.00 = 1 adult

\$ 5.00 = 1 student with activity card (including junior high students.

Students/children under junior high age also pay \$5.00)

**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 and all basketball levels at the above region prices. Region tournaments and meets may charge an admission fee.

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

22. 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).
23. 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.
24. Each school will be issued a maximum of thirty (30) Region Activity Passes for Student Body Officers. Student Body Officer passes allow 1 person with ID in free.
25. Academic All-Region selection will be senior varsity players only and 3.75 or higher cumulative GPA. Schools will present their own awards. Region VII 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.
26. Host schools will provide supervision at all events. Supervision for by both schools will be provided for Varsity Football, Basketball, and Soccer. Water will be provided for both teams at all home events.
27. Host schools will provide for someone to meet officials and show them to their dressing rooms both before and after any event.
28. Region VII 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.
29. The region will support 3 AD meetings per year (Fall, Winter, Spring) to include Region 7 ADs only. Not to exceed \$300.00 maximum for the year.

Cheer/Drill/Band Performance Guidelines

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. Placement of visiting student body, pep squad, cheerleaders, and drill team is at the discretion of the host school.
4. 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 VII interscholastic activity except during approved halftime performances.
5. Cheerleaders will observe all State or District guidelines for pyramids, stunting and tumbling. Tumbling is allowed by home team only.
6. 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.
7. 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.
8. Drill teams will perform only at home games unless by mutual agreement with the host school.
9. 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 half-time only. An advisor must always be present if a band is to perform. Drums are to play only as part of the pep band or as accompaniment to a cheer by the cheerleaders.

**TROPHIES & AWARDS
2019-2020**

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 VII or member schools.

| | |
|-----------------------------|--|
| Baseball..... | 1 Region Trophy |
| Basketball (Boys) | 1 Region Trophy |
| Basketball (Girls)..... | 1 Region Trophy |
| Cross Country (Boys)*..... | 1st-14th Place Medals /1 Region Trophy 1st-10th J.V. Ribbons |
| Cross Country (Girls)*..... | 1st-14th Place Medals /1 Region Trophy 1st-10th J.V. Ribbons |
| Drama..... | / 1 Region Trophy |
| | <ul style="list-style-type: none"> ● One-Act Plays: up to six 4 x 6 plaques. Inscription: "Outstanding Performance in Region VII One Acts." Awards to be decided by judges for up to six performers/groups/ designers. ● One-Act Plays: 1st, 2nd, and 3rd place plaques ● 1st and 2nd place sweepstakes trophies |
| Drill Team..... | 1 Region Trophy |
| | <ul style="list-style-type: none"> ● A plaque will be awarded for 1st, 2nd, 3rd, place in each category military, dance, and character. First through fourth place medals will be awarded for drill down. A trophy will be given to the overall winner. |
| Forensics..... | 1 st -4 th medals in each category, 1 st -4 th medals for each team / 1 Region Trophy |
| Football..... | 1 Region Trophy |
| Golf (Boys)..... | 1 st - 12 th Place Medals / 1 Region Trophy |
| Golf (Girls)..... | 1 st - 12 th Place Medals / 1 Region Trophy |
| Lacrosse (Boys)..... | 1 Region Trophy |
| Lacrosse (Girls)..... | 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..... | 1 Region Trophy |
| 1. Swimming (Boys) – 1st – 6th Place Medals Individual / 1 Region Trophy Relay Events 1st – 3rd | |
| 2. Swimming (Girls) – 1st – 6th Place Medals Individual / 1 Region Trophy Relay Events 1st – 3rd | |
| Tennis (Boys)*..... | 1 st - 4 th Place Medals / 1 Region Trophy |
| Tennis (Girls)*..... | 1 st - 4 th Place Medals / 1 Region Trophy |
| Track (Boys) 1st - 4th for relay*..... | 1 st - 8 th Place Medals / 1 Region Trophy |
| Track (Girls) 1st - 4th for relay*..... | 1 st - 8 th 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 VII ALL-REGION TEAM BREAKDOWN

The coach of the team who takes first place in the Region will be in charge of the All-Region Honors process. They will need to complete the process the week after the 5A State Tournament. This applies to all events unless otherwise stated and approved in the individual sport or activity guideline.

FOR THIS TO WORK, ALL COACHES MUST RESPOND AS PROMPTLY AS POSSIBLE UNTIL THE PROCESS IS COMPLETE. THE COACH IN CHARGE MUST BE DILIGENT.

1. Send a text to all head coaches in the region requesting their nomination for MVP. Please be private in collecting this information and make sure it is not in a group text. The nominees can be any athlete at any age in the Region, regardless of the teams' final placement in the Region. Coaches, at this time, nominate one of their own players. Please send the athletes name, school, position, year in school, uniform number, and any stats or clips that may aid the selection. Include this information when you compile the list and send out for final coaches voting on the MVP. This will help remind the coaches who the athletes are. At this time, COACHES MAY NOT VOTE FOR THEIR OWN ATHLETE. Tally the votes, name the MVP and report the MVP results promptly in a text to all coaches. This process can really be done within a day or two. If coaches don't reply, their voices may not be heard, and athletes may not be recognized.
 2. Send a text or an email to all region head coaches requesting that they promptly fill out the appropriate slots (depending on their region finishing place) on the All-Region Team form, naming their own selected players to the First Team, Second Team, and Honorable Mention All-Region Teams. Have them include the athletes names, school, grade and positions. Don't forget to attach that form. Coaches will also need to send you the names, school, GPA and attending college of the seniors who will be named to the Academic All-Region Team (any senior varsity player with a GPA of 3.75 or higher).
 3. Note that if a coach fails to respond, they may forfeit their players' slots on each All-Region Team. (But please send another reminder for a response)
 4. Once the MVP is established and the 3 teams and Academic All-Region teams are formed, it is your responsibility to send a final list to all Region Coaches and contact the newspapers to report the athletes' achievements. A picture of the MVP would be nice if it can be obtained in the email correspondence and even pictures of the first team, though not necessary or required.
- Please report (call and then email) to the following newspapers:
 - The Daily Herald 801-344-2551 Jared Lloyd jllloyd@heraldextra.com
 - Salt Lake Tribune 801-257-8753 Joe Baird jbaird@sltrib.com
 - Deseret News 801-237-2161 Kent Condon kcondon@deseretnews.com

BASEBALL GUIDELINES
Region Chair: Kelcey Kemp, Alta High School

1. Home team will be Visiting team the second game and Home team the 3rd game.
2. Each team will be allowed 15 minutes for warm-up and infield practice.
3. All league games will be played on the date and time scheduled unless weather or field conditions cause a postponement. Each postponed game must be made up in the order of the postponement. A postponed game will be made up on the next available day (including Saturdays). Sub-Varsity games will be “bumped” from the calendar to allow the varsity game at either field or a neutral site as agreed mutually by the coaches. Flip/flopping the schedule and playing at the visiting team’s field, if it is playable, will be done where it is possible to maintain the same number of Home and Away games between the two schools. Consideration needs to be given when making decisions to stick to the home fields to the visiting team’s predicament. In the event of a postponed game because of bad weather, it will be the responsibility of the home team coach to notify the visiting school and the officials. This should take place by 1:00 p.m. It is the responsibility of both coaches to communicate with each other in the process of rescheduling games for the next available date.
4. Any game(s) not made up on the next available date (including Saturdays) will result in a forfeit for one or both teams, depending on the offending team(s). Both coaches will be consulted to determine the offending team. No team will be made to play five (5) games in a week, unless they choose to do so. Four (4) games in a week will be required if necessary, as defined by UHSAA (Sunday to Sunday).
5. When an incomplete game (less than 5 innings) is “called” because of darkness or weather, etc., it will be made up on the next available date (including Saturdays). Sub-Varsity games will be “bumped” to accommodate varsity make-up games. The home field coach will be responsible for notifying all those involved: umpires, principals, and coaches.
6. JV games will follow varsity games Tuesdays and Fridays, Sophomore games will begin at 3:30 on Mondays and will follow the varsity game on Wednesdays. Sophomore tournament after conclusion of region varsity schedule.
7. The recommendation of UHSAA on number of pitches per week will be followed.
8. A region trophy will go to the first place in region play based on wins and losses. Please refer to “General Policies” in the Region VII Handbook for all other Region VII rules, and the UHSAA Handbook for all UHSAA rules.
9. The coaches will select the all-region team at their discretion according to the following criteria: 1st place – MVP + 5 players, 2nd place – 5 players, 3rd place – 4 players, 4th place – 3 players, 5th place – 3 players, 6th and 7th place 2 players, for second team all-region reduce the number by one for each team. Honorable mention will be 2 players from each team.
10. Academic all-region will be any Senior with a 3.75 cumulative GPA or higher.
11. Teams will wear light uniforms for home games and dark uniforms for road games.

DATES:

Two Week Prior Restrictions: February 10th-23rd

Starting Date: February 24th

First Game: March 2nd

State Tournament: May 11th 1st round@ Home Sites, 2nd round May 14th-15th

May 18th-21st @ Kearns, May 22nd-23rd @ UVU

Academic All-State Accepted Between: March 17th-April 16th

Eligibility List Due: March 16th

Summer moratorium: July 1st-7th

Contact Information

Region Chair: Kelcey Kemp

Office: 801-826-5615

Cell: 801-557-9199

Email: Kelcey.kemp@canyonsdistrict.org

Coaches:

Alta: Daron Connelly

Phone: 602-672-8288

Email: daron.connely@canyonsdistrict.org

Lehi: Jason Ingersoll

Phone: 801-787-1115

Email: jasoningersoll@alpinedistrict.org

Mountain Ridge: Brock Whitney

Phone: 801-230-6510

Email: brockwhitney@gmail.com

Mountain View: Ken Carlson

Phone: 801-376-3850

Email: kdcarlson17@gmail.com

Orem: Carl Hermansen

Phone: 385-235-0630

Email: carlherm@gmail.com

Timpanogos: Kim Nelson

Phone: 801-376-5170

Email: mnelson@alpinedistrict.org

Timpview: Danny Engemann

Phone: 801-319-0175

Email: bigtbaseballut@gmail.com

REGION 7 VARSITY BASEBALL SCHEDULE 2020

ALL GAMES BEGIN AT 3:30 PM

WEEK #1 ALTA BYE

TUESDAY MARCH 24TH

MT. VIEW @ OREM
TIMPANOGOS @ TIMPVIEW
MT. RIDGE @ LEHI

WEDNESDAY MARCH 25TH

OREM @ MT. VIEW
TIMPVIEW @TIMPANOGOS
LEHI @ MT. RIDGE

FRIDAY MARCH 27TH

MT. VIEW @ OREM
TIMPANOGOS @ TIMPVIEW
MT. RIDGE @ LEHI

WEEK #2 MT. VIEW BYE

TUESDAY March 31ST

ALTA @ TIMPANOGOS
OREM @ MT. RIDGE
TIMPVIEW @ LEHI

WEDNESDAY APRIL 1ST

TIMPANOGOS @ ALTA
MT. RIDGE @ OREM
LEHI @ TIMPVIEW

FRIDAY APRIL 3RD

ALTA @TIMPANOGOS
OREM @ MT. RIDGE
TIMPVIEW @ LEHI

WEEK #3 TIMPANOGOS BYE

TUESDAY APRIL 7TH

MT. RIDGE @ MT. VIEW
LEHI @ ALTA
TIMPVIEW @ OREM

WEDNESDAY APRIL 8TH

MT. VIEW @ MT. RIDGE
ALTA @ LEHI
OREM @ TIMPVIEW

FRIDAY APRIL 10TH

MT. RIDGE @ MT. VIEW
LEHI @ ALTA
TIMPVIEW @ OREM

WEEK #4 MT. RIDGE BYE

TUESDAY APRIL 14TH

LEHI @ TIMPANOGOS
TIMPVIEW @ MT. VIEW
OREM @ ALTA

WEDNESDAY APRIL 15TH

TIMPANOGOS @ LEHI
MT. VIEW @ TIMPVIEW
ALTA @ OREM

FRIDAY APRIL 17TH

LEHI @ TIMPANOGOS
TIMPVIEW @ MT VIEW
OREM @ ALTA

WEEK #5 LEHI BYE

TUESDAY APRIL 21ST

TIMPVIEW @ MT. RIDGE
OREM @ TIMPANOGOS
ALTA @ MT. VIEW

WEDNESDAY APRIL 22ND

MT. RIDGE @ TIMPVIEW
TIMPANOGOS @ OREM
MT. VIEW @ ALTA

FRIDAY APRIL 24TH

TIMPVIEW @ MT. RIDGE
OREM @ TIMPANOGOS
ALTA @ MT. VIEW

WEEK #6 TIMPVIEW BYE

TUESDAY APRIL 28TH

LEHI @ OREM
MT. RIDGE @ ALTA
TIMPANOGOS @ MT. VIEW

WEDNESDAY APRIL 29TH

OREM @ LEHI
ALTA @ MT. RIDGE
MT. VIEW @ TIMPANOGOS

FRIDAY MAY 1ST

LEHI @ OREM
MT. RIDGE @ ALTA
TIMPANOGOS @ MT. VIEW

WEEK #7 OREM BYE

MONDAY MAY 4TH

ALTA @ TIMPVIEW
MT. VIEW @ LEHI
TIMPANOGOS @ MT. RIDGE

TUESDAY MAY 5TH

TIMPVIEW @ ALTA
LEHI @ MT. VIEW
MT. RIDGE @ TIMPANOGOS

WEDNESDAY MAY 6TH

ALTA @ TIMPVIEW
MT. VIEW @ LEHI
TIMPANOGOS @ MT. RIDGE

REGION 7 JUNIOR VARSITY/ SOPHOMORE BASEBALL SCHEDULE 2020

**TUESDAY JV 5:30, FRIDAY JV 5:30
MONDAY SOPH 4:00, WEDNESDAY SOPH 5:30**

WEEK #1 ALTA BYE

MONDAY MARCH 23rd

OREM @ MT. VIEW
TIMPVIEW @TIMPANOGOS
LEHI @ MT. RIDGE

TUESDAY MARCH 24TH

MT. VIEW @ OREM
TIMPANOGOS @ TIMPVIEW
MT. RIDGE @ LEHI

WEDNESDAY MARCH 25TH

OREM @ MT. VIEW
TIMPVIEW @TIMPANOGOS
LEHI @ MT. RIDGE

FRIDAY MARCH 27TH

MT. VIEW @ OREM
TIMPANOGOS @ TIMPVIEW
MT. RIDGE @ LEHI

WEEK #2 MT. VIEW BYE

MONDAY MARCH 30TH

TIMPANOGOS @ ALTA
MT. RIDGE @ OREM
LEHI @ TIMPVIEW

TUESDAY March 31ST

ALTA @ TIMPANOGOS
OREM @ MT. RIDGE
TIMPVIEW @ LEHI

WEDNESDAY APRIL 1ST

TIMPANOGOS @ ALTA
MT. RIDGE @ OREM
LEHI @ TIMPVIEW

FRIDAY APRIL 3RD

ALTA @TIMPANOGOS
OREM @ MT. RIDGE
TIMPVIEW @ LEHI

WEEK #3 TIMPANOGOS BYE

MONDAY APRIL 6TH

MT. VIEW @ MT. RIDGE
ALTA @ LEHI
OREM @ TIMPVIEW

TUESDAY APRIL 7TH

MT. RIDGE @ MT. VIEW
LEHI @ ALTA
TIMPVIEW @ OREM

WEDNESDAY APRIL 8TH

MT. VIEW @ MT. RIDGE
ALTA @ LEHI
OREM @ TIMPVIEW

FRIDAY APRIL 10TH

MT. RIDGE @ MT. VIEW
LEHI @ ALTA
TIMPVIEW @ OREM

WEEK #4 MT. RIDGE BYE

MONDAY APRIL 13TH

LEHI @ TIMPANOGOS
MTN. VIEW @ TIMPVIEW
OREM @ ALTA

TUESDAY APRIL 14TH

LEHI @ TIMPANOGOS
TIMPVIEW @ MT. VIEW
OREM @ ALTA

WEDNESDAY APRIL 15TH

TIMPANOGOS @ LEHI
MT. VIEW @ TIMPVIEW
ALTA @ OREM

FRIDAY APRIL 17TH

LEHI @ TIMPANOGOS
TIMPVIEW @ MT VIEW
OREM @ ALTA

WEEK #5 LEHI BYE

MONDAY APRIL 20TH

MT. RIDGE @ TIMPVIEW
TIMPANOGOS @ OREM
MT. VIEW @ ALTA

TUESDAY APRIL 21ST

TIMPVIEW @ MT. RIDGE
OREM @ TIMPANOGOS
ALTA @ MT. VIEW

WEDNESDAY APRIL 22ND

MT. RIDGE @ TIMPVIEW
TIMPANOGOS @ OREM
MT. VIEW @ ALTA

FRIDAY APRIL 24TH

TIMPVIEW @ MT. RIDGE
OREM @ TIMPANOGOS
ALTA @ MT. VIEW

WEEK #6 TIMPVIEW BYE

MONDAY APRIL 27TH

OREM @ LEHI
ALTA @ MT. RIDGE
MT. VIEW @ TIMPANOGOS

TUESDAY APRIL 28TH

LEHI @ OREM
MT. RIDGE @ ALTA
TIMPANOGOS @ MT. VIEW

WEDNESDAY APRIL 29TH

OREM @ LEHI
ALTA @ MT. RIDGE
MT. VIEW @ TIMPANOGOS

FRIDAY MAY 1ST

LEHI @ OREM
MT. RIDGE @ ALTA
TIMPANOGOS @ MT. VIEW

WEEK #7 OREM BYE

MONDAY MAY 4TH

ALTA @ TIMPVIEW
MT. VIEW @ LEHI
TIMPANOGOS @ MT. RIDGE

TUESDAY MAY 5TH

TIMPVIEW @ ALTA
LEHI @ MT. VIEW
MT. RIDGE @ TIMPANOGOS

WEDNESDAY MAY 6TH

ALTA @ TIMPVIEW
MT. VIEW @ LEHI
TIMPANOGOS @ MT. RIDGE

THURSDAY MAY 7TH

TIMPVIEW @ ALTA
LEHI @ MT. VIEW
MT. RIDGE @ TIMPANOGOS

BASKETBALL GUIDELINES

Boys Region Chair: Rick Stafford, Mountain View High School

Girls Region Chair: Ben Abrams, Lehi High School

1. All Region VII games will be played on Tuesdays and Thursdays at the following times (see calendar for two exceptions):
 - a. Soph – 3:30 pm
 - b. J.V. – 5:15 pm
 - c. Varsity 7:00 pm
2. Contest Limitations: 20 games (Plus endowment game). Each team is allowed to attend 1 tournament where they play up to 4 games and count it as 2 contests toward the 2- game allotments.
3. UHSAA moratorium dates are Nov 28-Dec 1; Dec 22-26; Jan 1. Post-season Moratoriums: Mar 7-Mar 21; Jun 28-July 4.
4. Non-region game times and dates are site-based decisions.
5. The RPI system will determine seeding/placement for the UHSAA State Tournament.
6. Region games/play outcomes will determine the Region Champion.
7. Teams can only film games, in region play, that they are participating in (please be aware of filming location to not block spectators).
8. General courtesies recommended for games are as follows:
 - a. Each team shall provide the visiting team with a secure, clean locker room, a writing board, and an area for private discussion during halftime.
 - b. If pre-game or halftime activities are expected to run longer, a schedule of the timing of events should be provided to the opposing teams and referees prior to the game.
 - c. Warm-up Time Courtesy Rule: Prior to the start of each Varsity game, there is to be a minimum of 15 minutes put on the time clock for warm ups. The time begins when host schools have cleared the playing floor of all competitors, performers, and/or patrons. For Soph and JV games the minimum warm up time is only 5 minutes.
9. The coach from the Region Champion team is responsible for the communication, collecting and tallying of the players for All-Region awards. This includes 1 Region MVP, 5 Region 1st Team Honors, 5 Region 2nd Team Honors, and 7 Honorable Mention players. Coaches will rank 10 players from the Region. 1st suggested player will receive 10 votes, 2nd suggested player 9 and so on through 10 players. Player with the highest score will be the Region MVP. The next 5 highest will be 1st team and then the next 5, 2nd team. Honorable mention will be one nomination per coach.
10. Please refer to “General Policies” in the Region 7 Handbook for all other Region 7 rules and the UHSAA website for all UHSAA rules.

Dates:

Starting Date: November 11, 2019

First Contest Date: November 26, 2019

State Tournament First Round @ Home Sites, February 12th

State Tournament Final Round @ SLCC, February 17th-22nd

Academic All-State Accepted: January 7-Feb 4, 2020

Eligibility List Due in RegisterMyAthlete: December 6, 2019

Boys Coaches Contact Information

| Name | School | Email | Cell | AD |
|------------------|----------------|----------------------------------|--------------|----------------|
| Rick Stafford | Region Chair | rstafford@alpinedistrict.org | 801-687-2872 | Tyler Anderson |
| | | | | |
| Barker, Jim | Alta | James.barker@canyonsdistrict.org | 801-286-5600 | Morgan Brown |
| Briggs, Scott | Mountain Ridge | Scott.briggs@jordandistrict.org | 801-381-3009 | Sam Rogers |
| Groves, Alan | Mountain View | agroves@alpinedistrict.org | 801-361-5369 | Tyler Anderson |
| Ingle, Izzi | Timpanogos | izzingle@gmail.com | 801-831-9873 | Kim Nelson |
| Santiago, Kevin | Timpview | Ksantiago101@gmail.com | 801-953-5604 | Mike Hunter |
| Wildeboer, Perry | Orem | pwildeboer@alpinedistrict.org | 801-427-0264 | Bob Steele |
| Yaeger, Sean | Lehi | syeager@alpinedistrict.org | 801-473-2644 | Jason Flinders |

Girls Coaches Contact Information

| Name | School | Email | Cell | AD |
|---------------------|-----------------------|---|--------------|----------------|
| Ben Abrams | Region Chair- Lehi HS | babrams@alpinedistrict.org | 801-494-3161 | Jason Flinders |
| | | | | |
| Elizabeth Gustafson | Alta | Elizabeth.Gustafson@canyonsdistrict.org | 801-518-2002 | Morgan Brown |
| McKenzie Newton | Mountain Ridge | kenzienewton@gmail.com | 801-631-7708 | Sam Rogers |
| Alexis Kaufusi | Mountain View | alexiskaufusi@hotmail.com | 385-208-7024 | Tyler Anderson |
| Jessica Palu | Timpanogos | jpalu@alpinedistrict.org | 801-842-5933 | Frank Bramall |
| Aimee Dorais | Timpview | dorais33@gmail.com | 801-735-3710 | Mike Hunter |
| Paul Clark | Orem | ptriple88@gmail.com | 801-636-4819 | Bob Steele |
| Aubrey Van Pelt | Lehi | aubrey.vanpelt@gmail.com | 801-850-3042 | Jason Flinders |

Region VII Boys Basketball Schedule 2019-2020

Tuesday, December 17

Mountain Ridge @ Lehi
Orem @ Alta
Timpview @ Mountain View
BYE: Timpanogos

Friday, December 20

Alta @ Mountain Ridge
Lehi @ Orem
Mountain View @ Timpanogos
BYE: Timpview

Tuesday, January 7

Mountain Ridge @ Orem
Lehi @ Alta
Timpanogos @ Timpview
BYE: Mountain View

Friday, January 10

Orem @ Timpanogos
Timpview @ Alta
Mountain View @ Lehi
BYE: Mountain Ridge

Tuesday, January 14

Timpanogos @ Mountain Ridge
Alta @ Mountain View
Lehi @ Timpview
BYE: Orem

Friday, January 17

Mountain Ridge @ Timpview
Orem @ Mountain View
Lehi @ Timpanogos
BYE: Alta

Tuesday, January 21

Mountain View @ Mountain Ridge
Timpview @ Orem
Timpanogos @ Alta
BYE: Lehi

Friday, January 24

Lehi @ Mountain Ridge
Alta @ Orem
Mountain View @ Timpview
BYE: Timpanogos

Tuesday, January 28

Mountain Ridge @ Alta
Orem @ Lehi
Timpanogos @ Mountain View
BYE: Timpview

Friday, January 31

Orem @ Mountain Ridge
Alta @ Lehi
Timpview @ Timpanogos
BYE: Mountain View

Tuesday, February 4

Timpanogos @ Orem
Alta @ Timpview
Lehi @ Mountain View
BYE: Mountain Ridge

Friday, February 7

Mountain Ridge @ Timpanogos
Mountain View @ Alta
Timpview @ Lehi
BYE: Orem

Tuesday, February 11

Timpview @ Mountain Ridge
Mountain View @ Orem
Timpanogos @ Lehi
BYE: Alta

Friday, February 14

Mountain Ridge @ Mountain View
Orem @ Timpview
Alta @ Timpanogos
BYE: Lehi

Region VII Girls Basketball Schedule 2019-2020

| | |
|--|--|
| Tuesday, Dec 17 | Thursday, Dec 19 |
| Lehi @Mountain Ridge Alta @Orem Mountain View @Timpview BYE: Timpanogos | Mountain Ridge @Alta Orem @Lehi Timpanogos @Mountain View BYE: Timpview |
| Tuesday, Jan 7 | Thursday, Jan 9 |
| Orem @Mountain Ridge Alta @Lehi Timpview @Timpanogos BYE: Mountain View | Timpanogos @Orem Alta @Timpview Lehi @Mountain View BYE: Mountain Ridge |
| Tuesday, Jan 14 | Thursday, Jan 16 |
| Mountain Ridge @Timpanogos Mountain View @Alta Timpview @Lehi BYE: Orem | Timpview @Mountain Ridge Mountain View @Orem Timpanogos @Lehi BYE: Alta |
| Tuesday, Jan 21 | Thursday, Jan 23 |
| Mountain Ridge @Mountain View Orem @Timpview Alta @Timpanogos BYE: Lehi | Mountain Ridge @Lehi Orem @Alta Timpview @Mountain View BYE: Timpanogos |
| Tuesday, Jan 28 | Thursday, Jan 30 |
| Alta @Mountain Ridge Lehi @Orem Mountain View @Timpanogos BYE: Timpview | Mountain Ridge @Orem Lehi @Alta Timpanogos @Timpview BYE: Mountain View |

| | |
|--|--|
| | |
| Tuesday, Feb 4 | Thursday, Feb 6 |
| Orem @Timpanogos Timpview @Alta Mountain View @Lehi BYE: Mountain Ridge | Timpanogos @Mountain Ridge Alta @Mountain View Lehi @Timpview BYE: Orem |
| Tuesday, Feb 11 | Thursday, Feb 13 |
| Mountain Ridge @Timpview Orem @Mountain View Lehi @Timpanogos BYE: Alta | Mountain View @Mountain Ridge Timpview @Orem Timpanogos @Alta BYE: Lehi |

CHEER GUIDELINES

Region Chair: Jane Lindhout, Timpanogos High School

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, cheerleaders will occupy the space designated by the host site.
2. Cheerleaders should encourage good sportsmanship at all times. Each student body is to exhibit good sportsmanship. The administrator and advisors are, in the interest of the 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.
3. All stunts and pyramids must be in accordance with risk management policies. Visiting team cheerleaders will not conduct any stunting or tumbling at basketball games. All tumbling will stop at half court.
4. 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 UHSAA Handbook for permitted noisemakers.
5. The throwing of any unapproved objects, including confetti, torn paper scraps, crepe paper, toilet tissue, candy, etc., is not allowed (See State Guidelines).
6. All pre-game activities will conclude in sufficient time to commence the official starting time.
7. The half time performance should not exceed seven minutes in basketball and ten minutes in football. Exception can be made by mutual agreement for special occasions.
8. The coaches and cheerleading team must attend the Utah School Board's Risk Management clinic in the spring.
9. A supervisor must be present when cheerleaders perform.

Home school will determine how many cheerleaders can be on the court at a given time. Cheerleaders must split the key throughout the entire basketball game.

| | | |
|--------------------------|---------------------------------|--|
| Region Chair(Timpanogos) | Jane Lindhout 801-361-5367 | jlindhout@alpinedistrict.org |
| Alta | Jordache Leiker 801-651-0566 | JordacheLeiker1@gmail.com |
| Lehi | Jena Anderson 801-367-8750 | jena2222@yahoo.com |
| Mountain Ridge | Kory Uyetake (801) 635-6573 | kory@utahxtremecheer.com |
| Mountain View | Amy Andrus | amyandrus1982@gmail.com |

| | | |
|------------|----------------------------------|--|
| | 801-616-1545 | |
| Orem | Debi Lee 801-636-2852 | dlee@alpinedistrict.org |
| Timpanogos | Janessa Reynolds 801-369-3334 | olson.janessa@gmail.com |
| Timpview | Zoe Hale 801 310 4420 | zoeh@provo.edu |

From UHSAA Handbook, page 68:

17. Cheerleaders: Cheerleaders and song leader groups are recognized as performing groups at high school activities and will be subject to regulations and safety guidelines as outlined for state tournaments or meets.

STATE COMPETITION: CHEERLEADERS: A maximum of 15 Cheerleaders per day may be submitted for reimbursement in the amount of pre-sale ticket price. Only those cheerleaders who are in uniform and perform at the event are eligible for reimbursement. UHSAA will reimburse cheerleader tickets for the following activities: basketball, football, soccer, volleyball and wrestling. Cheerleaders for wrestling will be reimbursed for only the final day at the state tournament. Because other activities are not conducive to cheerleading at the state tournament sites, UHSAA will not reimburse for cheerleader tickets. If they attend, the individuals or the school must pay admission. PLEASE NOTE: NAMES OF THE PARTICIPANTS MUST BE LISTED ON THE BACK OF THE CLAIM FORM.

CROSS COUNTRY GUIDELINES
Region Chair: Chas DeWitt, Timpanogos High School

1. Start time for cross-country is 5:00 pm, except for Region Meet.
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. 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.
4. The winner of the Region 7 trophy is determined by the scores in the Region Meet.
5. Medals will be awarded to the first 14 (1st 7 are first team, 2nd 7 are second team) finishers in the Region Varsity Meet in both boys and girls divisions. Ribbons will be awarded to the first 10 finishers in both girls and boys JV races.
6. The season will consist of a maximum of ten meets per team (not per individual), plus the Region, Divisional and State Meets.
7. All-Academic Region Team composed of Senior, Varsity runners with a 3.75 or higher GPA for their cumulative grades. Remember to determine who you want to recognize at the Region Meet
8. 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.
9. Cross Country dead time: 4 weeks beginning March 1 - March 28, and June 28 - July 4, 2019.
10. Cross Country Academic All-State nominations are accepted between September 3 and October 2.
11. In the Region meet, teams can run up to 8 runners in the varsity races.

Contacts:

Jody Benson – Timpanogos – 801-368-4521

Chris Dorton – Lehi – 801-602-7621

Jaimie Ribera – Timpview – 925-413-0340

Heather Heffner – Alta – 801-541-1594

Mike Strauss – Mountain View – 801-836-4811

James Barnes – Mountain Ridge – 801-550-4008

Andy Jacobs – Orem – 801-358-3333

Chas DeWitt – Timpanogos – 435-419-0797 Region Chair

**CROSS COUNTRY SCHEDULE
2019-2020**

Beginning date meets may be held...August 13, 2019

The Region Representative for Cross-Country must approve changes in the Region schedule. A fine may be imposed for failure to notify the Region Representative.

Varsity Schedule:

Pre-Region Meet:

Host: Mountain View High School

Date: Thursday, August 22, 2019

Time: 5:00 pm Rookie Boys, 5:30 pm Rookie Girls, 6:10 pm Open Boys, 6:30 pm Open Girls

Region Meet:

Host: Mountain View High School

Date: October 2, 2019 (*October 11, 2019 if proposal doesn't go through.*)

Time: 4:00 pm Girls JV, 4:30 pm Boys JV, 5:00 pm Girls Varsity, 5:30 pm Boys Varsity
Cross-Country

Round One:

Host: TBD

Date: TBD

Time: TBD

State Meet:

Wednesday, October 23, 2019

Sugarhouse Park/Highland High School

DRAMA GUIDELINES

Region Chair: Suzanne Parker, Timpview High School

- Date and location for the Regional Competition Plays and the Individual Events will be determined at the annual spring planning meeting held the preceding year. The region competition should be held in the month of April. Please, no music department trips that conflict with these dates.
- Each host school for one act plays and individual events will be given \$250 to cover the costs of food, awards, and building facilities.
- Judges of individual events will be paid \$50 for the day. Judges for one-act plays will be paid \$150 for the day. The 3 one-act play judges must be acquired from 3 different schools. Mileage will be reimbursed at the UHSAA rate. Each school will be required to provide 1 judge per 5 entries. Alumni or student teachers from any of the Region VII schools will not be used as judges for any portion of the competition. Alumni may be used if they have been graduated for 4 years.
- Host schools should plan for awards in the following manner:
 - Individual Events: up to 70 individual certificates for Straight Superiors. Inscription: "Superior Performance Region VII Drama Tournament"
 - 42 certificates for 1st, 2nd, and 3rd place winners for each category. Inscription: "1st Place (state category)"
 - One-Act Plays: up to six 4 x 6 plaques. Inscription: "Outstanding Performance in Region VII One Acts." Awards to be decided by judges for up to six performers/groups/ designers.
 - One-Act Plays: 1st, 2nd, and 3rd place plaques
 - 1st and 2nd place sweepstakes trophies
- Qualifying for state: Each school may send up to four entries per Individual Event. All four entries can qualify for the state festival by achieving the following guidelines:
 - Individuals Entries must receive a rating (superior, excellent, good, or fair) and will receive a ranking at the region level.
 - Individual Entries: Any entry must receive at least 2-superior ratings out of three or be ranked 1st, 2nd, or 3rd to qualify for state.
 - Any entry receiving a straight superior rating at region will receive a certificate.
 - One-Act Plays: All plays receiving 1st, 2nd, and 3rd place or straight superiors will qualify to compete at state.
- Double Entering: a participant may compete in one Individual Event and a One-Act Play, and may therefore qualify for state in both events.
- All region drama teachers will meet at least one month prior to the region competition (in February) to discuss any business deemed necessary for the region meet (i.e. judges, starting times, qualifying, etc.).
- Please refer to "General Policies" in the Region VII handbook for all other Region VII rules.

- The region has the option to hire a meet director and 4 tabulators to run the region events. The meet director would be in charge of the following for both one-act plays and individual events: meeting with all judges, collecting and distributing ballots, putting scores into the spreadsheet, calculating the final medals round, organizing the scoring sheets with the tabulators, announcing the winners, and giving out awards at the end of the meet. The meet director will be paid \$150 per day or a total of \$300 per day for both one-acts and individual events. The tabulators will be paid \$150 each for assisting the meet director and running the individual events.
- Drama Schedule
 - March 12, 2020: One-act plays at Mountain Ridge HS
 - March 19, 2020: Individual events at Orem HS

DRILL GUIDELINES
Region Chair: Matt King, Lehi High School

1. Admission to Region Drill Team competition will be the same as any Region activity.
2. Advisors are to use good judgment in choosing uniforms and dance routines. Such decisions should reflect community standards.
3. Five in-state judges will be used for state competition. The high and low score will be dropped for each routine.
4. Drill teams may only compete in a total of four competitions including the Region meet, prior to the State Competition. Drill Teams that compete in a region competition may only compete in three invitationals.
5. All drill team advisors need to attend a judges' workshop. First year advisors must take the written rules test to insure safety in their programs. Any advisor that does not attend the judges' workshop will need to take the test. State penalty will be assessed.
6. Donated supplies and all monies, including budgeted school funds, out of pocket expenses, fundraisers, or donated funds for costumes and supplies which are used for state competition routines performed during the drill season must not exceed \$600.00 times the number of girls on the team. Refer to State Handbook for specifics. Schools are encouraged to maintain a "uniform closet" for flexibility and originality without the expense of new uniforms. Judging sheets shall not reflect if the uniform is new or used. Routines, props, and music may be used from year to year.
7. Drill teams will compete in the designated categories as directed by the State (dance, kick, military, or character) at Region Competition. The top four teams will compete in the State competition. They will be allowed to participate with all three of their category routines.
8. A director, tabulator, (5) five routine judges, (3) three technical judges, (1) one difficulty judge, and (1) one scribe for the difficulty judge will be used for invitational and region competitions, judges must use the UHSAA score sheet and be UHSAA certified officials.
9. Scoring will be done according to current UHSAA guidelines.
10. A plaque will be awarded for 1st, 2nd, 3rd, place in each category military, dance, and character. First through fourth place medals will be awarded for drill down. A trophy will be given to the overall winner.
11. 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.
12. Drill team Academic All-State nominations are accepted between January 7 - February 4 seniors only.

13. An all-region team consisting of 3 members from each school will be selected by the coaches. An all-academic region team consisting of 9-12 with a 3.75 GPA or higher will be selected from each school.

| *DRILL TEAM | Regular Season | Prelim State | Finals State |
|----------------------|----------------|--------------|--------------|
| Competition Director | \$400-600 | NA | NA |
| Tabulator | \$89.00 | 15/hr | 20/hr |
| Routine Judge | \$89.00 | 15/hr | 20/hr |
| Floor Judge | \$89.00 | 15/hr | 20/hr |
| Technical Judge | \$89.00 | 15/hr | 20/hr |
| Difficulty Judge | \$89.00 | 15/hr | 20/hr |

**DRILL TEAM SCHEDULE
2019-2020**

Region Drill Team Competition

Tuesday, January 21, 2020
12:00 pm
Mountain Ridge High School

State Drill Team Competition

Site: UVU

January 28 - February 1, 2020

\$150.00 will be available for a hostess room

Region Competition Rotation

Mountain Ridge 2020

Alta 2021

Lehi 2022

**STATE RULES WILL BE FOLLOWED AT BOTH THE REGION MEET AND STATE MEET.
THE REGION MUST USE STATE JUDGING AND SCORING SHEETS.**

FOOTBALL GUIDELINES

Region Chair: Robert Steele, Orem High School

1. Starting Date for football is July 29, 2019. An Endowment game may be held on August 16, 2019, regular Varsity games may be held beginning August 23, 2019 and the first JV/Sophomore games may be held August 22, 2019. Each team is allowed to play 9 regular season games (non-endowment/post-season games).
1. **Out of Season Participation** state guidelines are as follows: **Moratorium: Please see handbook for exact dates: Nov 23 - Dec 7, Christmas break, two weeks beginning with spring tryouts, summer moratorium**): no coaching, no organized practices, meetings or competitions, nor coach/player contact related to the sport. No “open field” is permitted.
Football Moratorium: February 24 - March 9
 - **Spring:** Spring restrictions prior to and including Memorial Day:
 - i. No player protective gear may be worn (helmets, shoulder pads, pants pads).
 - ii. No football competition with other schools (including 7 on 7 and scrimmages) until after Memorial Day.
 - iii. Abide by football moratorium dates: Two-weeks following state championship game, and two-weeks beginning with spring sport tryouts.
 - iv. Following Memorial Day, the UHSAA Approved Football Summer Calendar (posted on the football page) continues until the season start date for football including; heat acclimatization and padded camp.
 - **Summer after Memorial Day:** 5 consecutive days in pads may be requested in writing to the Activities Association by May 30.
 - **Football Heat Acclimatization and “3-Weeks Prior” Guidelines** see state handbook for exact details.
2. **Region Scheduling** will stay the same for two years with home sites changing.
3. **Varsity Game Time** is 7:00 pm. **Junior Varsity** is 3:30 pm and **Sub JV** is 6:00pm opposite site of the varsity. Both games will be played the day before the varsity game.
4. Sub-Varsity (JV/Sub JV) Seniors are allowed to participate in Junior Varsity games, but team should consist of mostly juniors and sophomores. Players playing in both games should be monitored by trainer and coaching staff for fatigue and dehydration. The amount of time allowed for a player to play is up to the coach/trainer.
5. **Uniforms** for home teams will be dark, while traveling teams will be light.
6. **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 one-half 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. JV and sophomore teams will dress at their own schools and restroom facilities will be made available by the host school.
7. **Region VII Prices** will be charged at all varsity games, including non-Region games (excluding endowment and playoff games).

8. If teams pick each other up when **Using Headsets**, both teams will turn off their headsets until the problem is resolved. If problem with headsets is location then Home team provide same location.
9. **Scouting** is to be done from the spectator bleachers/areas, no end zone or sideline.
10. **Coaches will Communicate** during the season:
 - Each Region School is expected to **Exchange Two Game Films** (DVD) 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 with all 22 players in sight. The same extension of courtesy will be given visiting filmers as to home filmers. Provisions will be extended to “spotters” for both teams. Film exchange will be available by 10:00 am Saturday. The game one week prior will be on Hudl by Thursday at midnight. All post-season film exchanges will be at the discretion of the individual coaches.
11. Each coach will **make sure that all information is correct in Register My Athlete so that rosters can be printed in a timely manner.**
12. The region chair shall initiate communication with all the Region coaches regarding selection of the **All-Region VII Team** at the end of Region play. All region teams will be assigned for 1st and 2nd teams by the following breakdown:
 - 1st Team All Region will consist of 1 athlete voted in by Region coaches for all positions on field (kicker, return specialist, O.O.P., O.D.P., M.V.P., 5 O Line, 1 OB, 2 RB, 3 Receivers, 4 D Line, 3 LB's, 4 DB's) This will be used for 2nd Team:
 - i. 1st place 6 players and One Region MVP
 - ii. 2nd place 5 players
 - iii. 3rd place 4 players
 - iv. 4th place 3 players
 - v. 5th place 2 players
 - vi. 6th place 2 players
 - Each coach will be allowed to nominate as many honorable mention players as needed. In addition, each team may nominate one offensive player and one defensive player for consideration for the Region Outstanding Offensive Player and the Region Outstanding Defensive Player. Each coach will then vote to determine the region selections.
 - Academic All Region VII Players will be determined by Region Handbook Guidelines.
 - The meeting for “All Region 7 Team” will be the 2nd Monday of the playoffs in the morning so as not to interfere with practice.
13. 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.
14. Football Academic All-State nominations (See UHSAA calendar)
15. Visiting teams will leave the field after shaking hands with the home team.
16. Football rules clinic (See UHSAA calendar).

REGION 7 FOOTBALL 2019

| | |
|--------------------|---|
| AUGUST 16, 2019 | ENDOWMENT GAME |
| AUGUST 23, 2019 | PRE-SEASON |
| AUGUST 30, 2019 | PRE-SEASON |
| SEPTEMBER 6, 2019 | MT. RIDGE @ LEHI TIMPANOGOS---BYE OREM @ ALTA TIMPVIEW---BYE |
| SEPTEMBER 13, 2019 | OREM---BYE LEHI @ TIMPANOGOS TIMPVIEW @ MT. RIDGE ALTA---BYE |
| SEPTEMBER 20, 2019 | TIMPVIEW---BYE MT. RIDGE @ ALTA TIMPANOGOS @ OREM LEHI---BYE |
| SEPTEMBER 27, 2019 | ALTA @ TIMPANOGOS MT. RIDGE---BYE LEHI @ TIMPVIEW OREM---BYE |
| OCTOBER 4, 2019 | LEHI @ ALTA TIMPVIEW @ OREM MT. RIDGE @ TIMPANOGOS |
| OCTOBER 10, 2019 | OREM @ MT. RIDGE TIMPVIEW @ ALTA LEHI---BYE TIMPANOGOS---BYE |
| OCTOBER 16, 2019 | TIMPANOGOS @ TIMPVIEW OREM @ LEHI ALTA---BYE MT. RIDGE---BYE |
| OCTOBER 25, 2019 | PLAYOFFS |
| NOVEMBER 1, 2019 | PLAYOFFS |
| NOVEMBER 8, 2019 | QUARTER-FINALS |
| NOVEMBER 14, 2019 | SEMI-FINALS |
| NOVEMBER 22, 2019 | FINALS |

FORENSICS GUIDELINES
Region Chair: ????????, Mountain Ridge High School

1. Tentative Location and date of Region Forensics Meet for the next year 2020.

| <u>Date</u> | <u>Events</u> | <u>Location</u> | <u>Starting Time</u> |
|-------------------|-------------------|-----------------|----------------------|
| February 29, 2020 | Region Tournament | Mountain Ridge | 8:00 am |

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, Sydnie Schoepf (sydnie.schoepf@canyonsdistrict.org) from Alta High School.

3. State Forensic Meet: (subject to Spring Coaches meeting)

4. 2019-2020 Region Representative - ????????????, Mountain Ridge High School

| <u>Region Format</u> | <u>Number of Contestants</u> |
|------------------------|------------------------------|
| CX Debate/Public Forum | Four Teams |
| Lincoln Douglas | Four Contestants |
| Foreign Extemp | Three Contestants |
| National Extemp | Three Contestants |
| Original Oratory | Three Contestants |
| Impromptu | Three Contestants |
| Congress | Six Contestants |

- **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 Tabroom or other agreed upon software, 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 Tabroom. 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. (\$12 per round with a maximum of \$40 full day). Schools must apply to the UHSAA Region for reimbursement.
 7. Medals will be awarded 1st-4th in each event. Two medals will be provided for each team event.
 - Example: The following will have medals 1st-4th. One for each event: Lincoln Douglas, Congress, Impromptu, National Extemporaneous, International Extemporaneous, and Oratory.
 - Example: The following will have medals 1st-4th. Two for each event: Public Forum and Policy.
 8. Region will pay up to \$200.00 for hospitality room.
 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. UDCA Orders of the Day will be used for Congress.

REGION VII 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 VII 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:

Will follow State Guidelines.

COMPUTER TABULATION:

The Tabroom, or other agreed upon software, 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 UDCA rules and guidelines will be used. If those documents are silent or ambiguous on the topic, the NSDA National and District Tournament rules and guidelines will be used.

**FORENSICS TOURNAMENT SCHEDULE
2019-2020**

| | |
|----------------|---|
| 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 (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.

GOLF GUIDELINES

Boys Region Chair: Jason Flinders, Lehi High School

Girls Region Chair: Jentry Johnson, Mountain Ridge High School

1. A rules/etiquette clinic will be held prior to the first region match.
2. The first practice date may begin on July 22, 2019. The first golf match may be held July 30, 2019. A maximum of 14 matches may be held.
3. Region play will consist of eight 18-hole matches.
4. The Region Champion and State Tournament Qualifiers will be determined by accumulative region Tournament scores. Seeding for the State Tournament will be announced.
5. The host school will be responsible for the following details:
 - Starting time(s) will be shotgun start, if possible
 - Scoring the meet
 - Local Pro to explain the rules and the hand-outs of local rules
 - Marshaling of tournament
6. Play for Varsity will be from the blue tees for the boys or as directed by the local Pro. Play for JV tee will be determined by the host team.
7. Scoring will be done as follows:
 - Scoring by stroke play.
 - Each school may play 10 golfers (6 Varsity, 4 JV); the low 4 scores from each team will be counted. If for any reason a team cannot post 4 scores, that team must take the highest recorded score from the rest of all the golfers on all teams.
 - All golfers must exchange cards and score another golfers card.
 - Scores should be written down before the group leaves the tee on the next hole. Any changes on a score card 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 signed, the hole by hole scores cannot be changed.
 - USGA rules are in effect unless modified by local rules.
8. Caddies are not allowed at any time. Players must carry their own bag or use a pull cart and may not accept advice from any player or spectator. Penalty: 2 strokes per hole.
9. Spectators are allowed only with permission from the local Pro. Galleries are welcome but coaching is only allowed by the designated school coach (school coach as per UHSAA guidelines must have completed required coaches' trainings and be an official member of school coaching staff). Any advice given by spectators, parents, assistant coaches, or teammates (fellow competitors) will result in penalties being assessed. Spectators must stay 30 feet behind the players. The Marshall will first warn those in violation and then assess a 2 stroke penalty for a second violation.
10. BOYS DRESS CODE: Hats/visors, if worn, must be worn with the brim forward. Collared shirts, turtleneck or mock turtleneck, must be worn and tucked in at all times. Shorts may be worn by any contestant, but no Levi or inappropriate shorts may be worn by contestants.

PROHIBITED DRESS

Tank tops, T-shirts, Men's sleeveless shirts, denim shorts, short shorts, cut-off shorts, or denim jeans. Proper dress is required at all times at the host facility. Questionable attire will be reviewed by the region coaches. Should a host facility have a stricter dress code, its policy will take precedence. Players in violation will not be allowed to tee off.

11. GIRLS DRESS CODE: Proper dress is required at all times at the host facility. Questionable attire will be reviewed by the region coaches. Should a host facility have a stricter dress code, its policy will take precedence. Players in violation will not be allowed to tee off. LPGA standards apply – sleeveless shirts are acceptable if shirt has a collar
12. The host pro or course representative will consult with all the golf coaches to determine if a course is to be deemed unplayable. Leaving the course or interrupting continuous play without notification from an official is grounds for disqualification. If 9 common holes are completed, that is sufficient to make official and the round will not be rescheduled. In such an instance, the 9-hole scores will be counted toward team totals, but not toward the medalist competition.
13. The Region Champion will be determined by the accumulative 18-hole scores taken from each individual Region Golf Tournament. In the event of a tie, the teams shall be declared co-champions. At the last Region Tournament a tie for the final state berth will be played off between the low 4 scores from that day's play, from each team, playing until "sudden death." Total of all 4 players against the other team's 4 players, playing the hole as an eight-some.
14. The Region medalists will be determined by the following average scores from the best seven of eight region tournaments. The player with the lowest average will be deemed region medalist. In case of a tie for first, co-region medalists will be awarded. In the case of a tie for placement in the rest of the top 12, the final region match score will serve as the tie breaker.
15. A 12 person All-Region golf team will be selected using the medalist system described above. The All-Region team will be awarded medals for their All-Region status and the team will be published by the Region Golf Director
16. An Academic-All Region team will be selected. Students must have a 3.75 cumulative GPA, and must be seniors and varsity players.
17. Contest Limitation: Fourteen (14), including all nine (9), or eighteen (18) hole tournaments up to one week prior to the State Tournament.
18. All golfers will be expected to respect the golf courses 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
19. 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 observing players perform in that sport.
20. Boys Golf Academic All-state nominations are accepted from Aug 22 – Sept 5

Coaches:

| | |
|------------------------|---|
| Timpview High School | Jeff Ward Jeffw@provo.edu 801-369-2225 |
| Orem High School | Reggie Reese rrhees@alpinedistrict.org 801 850-7561 |
| Timpanogos High School | Kim Nelson mnelson@alpinedistrict.org 385-224-5264 |
| Mt. Ridge High School | Ryan Avila ryan.avila@jordandistrict.org |
| Alta High School | Cody Nesbit cody.nesbit@canyonsdistrict.org |
| Mt. View High School | Elton Loy |
| Lehi High School | Boys Jason Ingersoll jasoningersoll@alpinedistrict.org |
| | Girls Tele Wightman telewightman@gmail.com |

BOYS GOLF SCHEDULE

2019-2020

Week of August 5

Orem High School (Host)
Golf Course: Spanish oaks

Week of August 12

Timpview High School Host (TBD)

Mountain View High School (Host)
Golf Course: East Bay

Week of August 26

Alta High School (Host)
Golf Course: River Oaks

Week of September 2

Mt. Ridge High School (Host)
Golf Course: Glenmoor

Week of September 9

Timpanogos High School (Host)
Golf Course: Sleepy Ridge

Week of September 16

Lehi High School (Host)
Golf Course: ????

Week of September 23

Region Tournament
Golf Course: Fox Hollow

State Tournament TBD

**GIRLS GOLF SCHEDULE
2019-2020**

February 25th- Tryouts

March 4th- 1st contest

Week of March 9, 2020

Time: 9:00am

Region Meet @ East Bay (Timpview)

Start: Shotgun

(18 Holes)

Week of March 16, 2020

Time: 9:30 am

Region Meet @ Sleepy Ridge (Timpanogos)

Start: Shotgun

(18 Holes)

Week of March 23, 2020

Time: 9:00 am

Region Meet @ Fox Hollow (Orem)

Start: Shotgun

(18 Holes)

Week of March 30, 2020

Time: 9:00 am

Region Meet @ Thanksgiving Point (Lehi)

Start: Shotgun

(18 Holes)

Week of April 13, 2020

Time: 10:00 am

Region Meet @ Pebble Brook (Alta)

Start: Shotgun

(18 Holes)

Week of April 20, 2019

Time: 9:00 am

Region Meet @ Spanish Oaks (Mtn. View)

Start: Shotgun

(18 Holes)

Week of April 27, 2020

Time: 11:00 am

Region Meet @ Glenmore (Mtn. Ridge)

Start: Shotgun

(18 Holes)

Week of May 4, 2020

Time: 8:30 am

Region Meet @ Wasatch

Start: Shotgun

(18 Holes)

May 11 & 12, 2020

State Golf Meet @ TBA

JV

Teams are encouraged to participate in JV dual matches, but nothing will be officially scheduled as a region. Those matches are to be worked out between coaches, and should take place outside of school time.

MUSIC GUIDELINES

Vocal Region Chair: Megan Menlove, Orem High School
Instrumental Region Chair: Justin Keetch, Mountain View High School

General Music Festival Guidelines

The following guidelines and procedures should be adhered to for all UHSAA sponsored events:

1. It is the duty of the host school to pay the adjudicators. Adjudicator contract and reimbursement request form should be sent to Lehi High School.
2. The host school will provide information on starting time, procedures, list of suggested judges (for approval), adjudication, etc. to the other participating schools at least ten school days in advance.
3. Eligibility list due date for the State for Music is February 28th. Instructions for filling out and submitting forms can be found at <http://www.uhsaa.org>
4. Due to the large number of region schools participating in music festivals, festival hosts may choose to work with the Region Chair to schedule the beginning of the festival to start as early as 1:00 pm to ensure the festival can end by 9:00 pm. Otherwise festivals should start at 3:30 pm.
5. All participants in region and state solo and ensemble festivals must meet the UHSAA eligibility guidelines as specified in the handbook <http://www.uhsaa.org/music/>
6. Participation as an audience member is an important part of each large group festival. Each school should plan on attending the majority of the festival and listening to at least two or more other groups' performances. The host will prepare a schedule that ensures all participating schools have opportunity to observe other schools and will have an audience for their performance.
7. Responsibilities of the host school:
 - a. Arranging for facilities for the festival
 - b. Publicity for the festival
 - c. Programming the festival
 - d. Notifying each school in the Region of the festival
 - e. Arranging for adjudication for the festival including adjudicator contracts, W9's, guidelines, etc.
8. The host school will follow the state handbook instructions for procuring and paying qualified adjudicators.
9. Each school must inform the Festival Chairman of the host school two weeks 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.
10. Participating schools should provide adequate supervision of students at all Region Events.

**MUSIC GUIDELINES
2019-2020**

INSTRUMENTAL

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

Instrumental Festival Schedule

- February 26th - Instrumental Solo & Ensemble @ Timpview
- March 4th - Jazz Band @ Orem
- April 23rd - Orchestra @ Alta
- April 1st - Concert Band @ Mountain View

VOCAL

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

Vocal/Music Festival Schedule

- March 11th - Vocal Piano Solo & Ensemble AND Chamber Choir Festival @ Timpanogos
- April 15th - Large Choir Festival @ Timpview
- March 16th - Men's and Women's Choir Festival @ Orem

2019-2020 Region VII Music Festival Budget Proposal

| Region VII Music Festival | Adjudicators | Scale | Rate | Subtotal | Mileage | Hospitality | Total |
|------------------------------|--------------|-------|--------|----------------|----------------|---------------|----------------|
| Instrumental Solo & Ensemble | 10 | Full | 140.00 | 1400.00 | 400.00 | 50.00 | 1850.00 |
| Vocal Solo & Ensemble | 10 | Half | 90.00 | 900.00 | 400.00 | 50.00 | 1350.00 |
| Jazz | 3 | Half | 140.00 | 420.00 | 120.00 | 25.00 | 570.00 |
| Orchestra | 3 | Full | 140.00 | 420.00 | 120.00 | 50.00 | 590.00 |
| Band | 3 | Full | 140.00 | 420.00 | 120.00 | 50.00 | 590.00 |
| Large Choir | 3 | Full | 140.00 | 420.00 | 120.00 | 50.00 | 590.00 |
| Training Choir | 3 | Half | 90.00 | 270.00 | 120.00 | 25.00 | 415.00 |
| Chamber Choir | 3 | Half | 90.00 | 270.00 | 120.00 | 25.00 | 415.00 |
| TOTALS | 38 | | | 3870.00 | 1520.00 | 325.00 | 5715.00 |

**REGION VII MUSIC FESTIVAL SCHEDULE
2019-2020**

Region VII Music Festival Schedule 2019-2020
Updated 3.4.19

| Event | Date | Location | Festival Host |
|---|---------------------|---------------|---------------------------|
| Planning Meeting for 2019-20 | March 4 | Lehi | Region VII Administrators |
| Instrumental S&E Festival | February 26 | Timpview | Jared & Marcel |
| Jazz Band Festival | March 4 | Orem | Matt Tippetts |
| Vocal and Piano S&E Festival Chamber Choir Festival | March 11 | Timpanogos | Steve Durtschi |
| Orchestra Festival | April 23 | Alta | ?? |
| Concert Band Festival | April 1 | Mountain View | John Bowman |
| Large Choir Festival | April 15 | Timpview | Russell Oliphant |
| Men's and Women's Choir Festival | March 16 | Orem | Brett Taylor |
| State Jazz | March 21-23? | TBA | UMEA |

| | | | |
|---|-------------------|------------|--------------|
| State Solo and Ensemble Festival | April 27? | TBA | UHSAA |
| State Band Festival | May 2-4? | TBA | UMEA |
| State Choir Festival | May 9-11? | TBA | UMEA |
| State Orchestra | May 16-18? | TBA | UMEA |

Other Dates of Interest?? (these will be changing)

UMEA All State Choir: October 11-13

UMEA All State Band & Orchestra: January 17-19

UMEA Honor Choir: January 25-26

UMEA All State Jazz Band: February 1-2

UMEA/NAME Mid-Winter Conference: February 1-2

SOCCER GUIDELINES

Boys Region Chair: Steve Bailey, Alta High School

Girls Region Chair: Garry True, Alta High School

UHSAA Winter Moratorium: Sunday, November 24, 2019 – Wed., January 1, 2020

UHSAA Summer Moratorium: Sunday, June 30 – Saturday, July 6, 2019

Two Week Prior: **Monday, July 15, 2019** **Girls**

Beginning Practice Date: **Monday, July 29, 2019**

First Game may be held: **Tuesday, August 6, 2019**

Two Week Prior: **Monday, February 10, 2020** **Boys**

Beginning Practice Date: **Monday, February 24, 2020**

First Game may be held: **Monday, March 2, 2020**

1. When weather conditions make playing of games impossible, the home schools will notify the visiting school by 1:00 pm. 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 will be at 3:30 pm. All JV games will commence no later than 15 minutes after the end of the varsity game. Lehi, Timpview, Timpanogos, Orem, and Mountain View may play games in the evening. JV will start at 5:00 and Varsity at 7:00.
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. Region standings will be determined by points earned for region match results. Region win = 3 points, region draw = 1 point, region loss = 0 points.
6. 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.
7. As per UHSAA rules, in non-region and region play, when a game ends in regulation time with a draw, two ten-minute (10) "sudden victory" overtime periods will be played (Golden Goal). If the match plus the overtime periods still results in a draw, the game shall end. There will be no shootout.
8. The home team must wear dark jerseys and the visiting team must wear white jerseys. Socks must match the color of the jersey being worn.
9. Academic All-Region selections will be senior varsity players who have a 3.75 or higher cumulative GPA. Schools will present their own awards. Region VII certificates are available for use by the schools. Nominations for Academic All-Region need to be submitted to the region chair in a timely manner.

10. Each school in Region VII is expected to participate in a JV schedule. JV games that end in a draw will not go to overtime periods unless mutually agreed upon by the coaches of both teams prior to the match beginning. If no notice is given of no JV team a fine may be imposed.
11. 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:
 - a. Examples:
 - i. If ejected from a JV game, the individual cannot participate in either the following varsity game or the next JV game.
 - ii. 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.
12. From the Region VII Handbook, 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:
 - o *Good afternoon ladies and gentlemen, welcome to today's contest between {Visiting team/mascot} and {Home team/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.*
13. Fall & Spring breaks for the districts in the region are:
 - o **Fall Break:** Alpine & Provo Districts Oct, 17-18, 21; Canyons Oct. 17-18; Jordan Oct. 21-25
 - o **Spring Break:** All Districts April 6-10, 2020
14. Team Rosters should include: player's name, position, grade, and number. Each team will supply the opposing team with a copy of their roster.
15. 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 VII 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, and seventh place teams each select two players for the teams. 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,

number, position, and brief reason for the nomination. Additional conversation regarding voting can be conducted via email as needed.

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. For Two Week prior restrictions and dates as well as moratorium dates go to the UHSAA website: <http://www.uhsaa.org/>.
17. Soccer Academic All-State nominations are accepted between:
 - Girls: September 3 - October 2, 2019
 - Boys: March 17 - April 16, 2020

**GIRLS SOCCER SCHEDULE
2019-2020**

August 20, 2019

Timpview @ Timpanogos
Orem @ Lehi
Mountain Ridge @ Mountain View
Alta - BYE

August 22, 2019

Lehi @ Mountain View
Orem @ Timpview
Timpanogos @ Alta
Mountain Ridge - BYE

August 27, 2019

Alta @ Lehi
Mountain Ridge @ Timpanogos
Mountain View @ Orem
Timpview - BYE

August 29, 2019

Orem @ Mountain Ridge
Lehi @ Timpanogos
Alta @ Timpview (V 3:30/JV 5:15)
Mountain View - BYE

September 3, 2019

Mountain Ridge @ Timpview
Mountain View @ Alta
Orem @ Timpanogos
Lehi - BYE

September 5, 2019

Timpanogos @ Mountain View
Alta @ Mountain Ridge
Lehi @ Timpview
Orem - BYE

September 10, 2019

Alta @ Orem
Timpview @ Mountain View

Mountain Ridge @ Lehi
Timpanogos - BYE

September 12, 2019

Timpanogos @ Timpview (Sept. 13 @ 4pm)
Lehi @ Orem (**THURSDAY NIGHT**)
Mountain View @ Mountain Ridge
Alta - BYE

September 17, 2019

Mountain View @ Lehi
Timpview @ Orem
Alta @ Timpanogos
Mountain Ridge - BYE

September 19, 2019

Lehi @ Alta
Timpanogos @ Mountain Ridge
Orem @ Mountain View
Timpview - BYE

September 24, 2019

Mountain Ridge @ Orem
Timpanogos @ Lehi
Timpview @ Alta
Mountain View - BYE

September 26, 2019

Timpview @ Mountain Ridge
Alta @ Mountain View
Timpanogos @ Orem
Lehi - BYE

October 1, 2019

Mountain View @ Timpanogos
Mountain Ridge @ Alta
Timpview @ Lehi
Orem - BYE

October 3, 2019

Orem @ Alta

Lehi @ Mountain Ridge

Mountain View @ Timpview

Timpanogos - BYE

5A State Tournament:

October 10- Round 1

October 15- Round 2

October 17- Quarter Finals

October 22- Semifinals @ Juan Diego HS

October 25- Championship @ Rio Tinto Stadium

**BOYS SOCCER SCHEDULE
2019 - 2020**

March 10, 2020

Alta @ Timpanogos
Lehi @ Orem
Mountain Ridge @ Mountain View
BYE Timpview

March 13, 2020

Mountain View @ Lehi
Orem @ Alta
Timpanogos @ Timpview
BYE Mountain Ridge

March 17, 2020

Lehi @ Timpview
Mountain Ridge @ Timpanogos
Mountain View @ Orem
BYE Alta

March 20, 2020

Orem @ Mountain Ridge
Timpanogos @ Lehi
Timpview @ Alta
BYE Mountain View

March 24, 2020

Mountain Ridge @ Alta
Mountain View @ Timpview
Orem @ Timpanogos
BYE Lehi

March 27, 2020

Timpanogos @ Mountain View
Timpview @ Mountain Ridge
Alta @ Lehi
BYE Orem

March 31, 2020

Timpview @ Orem
Alta @ Mountain View
Lehi @ Mountain Ridge
BYE Timpanogos

April 3, 2020

Timpanogos @ Alta
Orem @ Lehi
Mountain View @ Mountain Ridge
BYE Timpview

April 14, 2020

Lehi @ Mountain View
Alta @ Orem
Timpview @ Timpanogos
BYE Mountain Ridge

April 17, 2020

Timpview @ Lehi
Timpanogos @ Mountain Ridge
Orem @ Mountain View
BYE Alta

April 21, 2020

Mountain Ridge @ Orem
Lehi @ Timpanogos
Alta @ Timpview
BYE Mountain View

April 24, 2020

Alta @ Mountain Ridge
Timpview @ Mountain View
Timpanogos @ Orem
BYE Lehi

April 28, 2020

Mountain View @ Timpanogos

Mountain Ridge @ Timpview

Lehi @Alta

BYE Orem

May 1, 2020

Orem @ Timpview

Mountain View @ Alta

Mountain Ridge @ Lehi

BYE Timpanogos

5A State Tournament:

May 8- Round 1 @ Home Sites

May 12- Round 2 @ Home Sites

May 15- Quarter Finals @ Home Sites

May 19- Semi Finals @ TBD

May 21- Finals @ Rio Tinto

SOFTBALL GUIDELINES

Region Chair: Brett Robertson, Orem High School

UHSAA Summer Moratorium

Sunday, June 30 – Saturday, July 6, 2019

UHSAA Winter Moratorium

Tuesday, Nov. 24, 2019 – Monday Jan. 1, 2020

1. Beginning practice and team selection date will be **Monday, February 24, 2020**.
2. The first contest may be held on or after **Monday, March 2, 2020**.
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. The Home team is responsible for calling the media with game results.
7. Two umpires will be provided by arbitration as approved by the Region. Only certified umpires may be used.
8. All Region Varsity games will start at 3:30 p.m. Junior Varsity games will begin 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. The 10 run rule will take effect after 5 innings and the 15 run rule will take effect after 3 innings. Sophomores will play for 3 outs per inning, with a maximum of 7 innings. (1 ½ hr.)*
9. The Home team will call their opponent and officials by 1:00pm if the game is to be cancelled because of weather. Any Varsity game postponed because of 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 conditions
 - b. Field in unplayable condition
 - c. Make-up games to accommodate playoff games
10. An All-Region Team will be selected by the head coaches under the direction of the coach of the Region VII Champion at a time and place determined at a later date.
11. An All-Region Academic Team, comprised of **senior varsity athletes**, will be selected by each school. The students must have a 3.75 GPA for this honor.
12. 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.
13. It is the coach's responsibility to check dead time restrictions as they are listed on the UHSAA handbook.

14. Junior Varsity will follow the six run rule unless both coaches are opposed. Each team will decide whether or not teams will be allowed to bat their entire roster.
15. Junior Varsity games have an hour-and-half time limit of five innings, whichever comes first.
16. Softball academic All-State nominations are accepted between **March 17 - April 16, 2020**.
17. Varsity, Junior Varsity, and Sophomore games will be held on the same day same site.
18. The state tournament is scheduled to begin on **May 11, 2020**.

**SOFTBALL SCHEDULE
2019-2020**

March 17

Lehi @ Alta
Timpanogos @ Mountain View
Timpview @ Orem
Bye: Mountain Ridge

March 19

Alta @ Timpanogos
Lehi @ Mountain Ridge
Mountain View @ Timpview
Bye: Orem

March 24

Timpview @ Timpanogos
Mountain Ridge @ Alta
Lehi @ Orem
Bye: Mountain View

March 26

Alta @ Timpview
Orem @ Mountain View
Timpanogos @ Mountain Ridge
Bye: Lehi

March 31

Timpanogos @ Orem
Lehi @ Mountain View
Mountain Ridge @ Timpview
Bye: Alta

April 2

Orem @ Mountain Ridge
Timpview @ Lehi
Alta @ Mountain View
Bye: Timpanogos

April 14

Orem @ Alta
Mountain Ridge @ Mountain View
Timpanogos @ Lehi
Bye: Timpview

April 16

Alta @ Lehi
Mountain View @ Timpanogos
Orem @ Timpview
Bye: Mountain Ridge

April 21

Timpanogos @ Alta
Mountain Ridge @ Lehi
Timpview @ Mountain View
Bye: Orem

April 23

Timpanogos @ Timpview
Alta @ Mountain Ridge
Orem @ Lehi
Bye: Mountain View

April 28

Timpview @ Alta

Mountain View @ Orem

Mountain Ridge @ Timpanogos

Bye: Lehi

April 30

Orem @ Timpanogos

Mountain View @ Lehi

Timpview @ Mountain Ridge

Bye: Alta

May 5

Mountain Ridge @ Orem

Lehi @ Timpview

Mountain View @ Alta

Bye: Timpanogos

May 7

Alta @ Orem

Mountain View @ Mountain Ridge

Lehi @ Timpanogos

Bye: Timpview

SWIM GUIDELINES

Region Chair: Sean Edwards, Timpview High School

1. Team selection and first practice cannot be held before Monday, September 30, 2019. The first swimming meet/contest cannot be held before Friday, November 1, 2019.
2. A maximum of fourteen (14) total meets (including region and state) can be participated in by region teams, including state qualifying meets. All region meets begin at 3:30pm.
3. Recommended minimum pay: (Numbers don't make sense)
 - Dual Meets Region Championship Starter \$40.00 - \$60.00
 - Referee \$40.00 - \$60.00
 - Stroke Judge \$40.00 \$30.00 (10)
 - Head Timer \$40.00 \$40.00 (2)
 - Announcer \$30.00
 - Hospitality \$30.00
 - Meet Director \$150.00
4. Region VII Swim Championship entries will be submitted electronically to the Meet Director: Jefferson McClain (Timpview Swim Head Coach). E-mail: jefferson.mcclain@gmail.com. Entries are due January 21, 2019.
5. The Region VII Swim Championships are January 24 – 25, 2020 at Provo Recreation Center.
6. The State Swim Meet will be held on TBD at TBD.
7. Region VII Swim Championship entry guidelines:
 - Unlimited entries per individual event; exception: four (4) entries per school for the 500 free (four boys and four girls).
 - Each team can enter a maximum of two relays, A and B, per event. Only the A relay will score.
 - All swimmers must meet eligibility requirements as per National Federation Rules. (Swimmers may compete in four (4) events, one (1) must be an individual event.)
 - Swimmers may only be entered in an event in which they have an official time that can be verified in the current year's Utah swim database. No times only allowed in events where the distance is shorter than 200 yards.
 - The top four (4) swimmers from each school will score towards the Region Championships.
 - Scoring format will be sixteen (16) places (as per National Federation rules).
8. Each team in the region shall have an updated version of Hy-Tek meet manager and team manager software. For dual and tri-meets, follow the rulebook for seating.

9. Host schools will determine entry limits for dual-meets and plus.
10. Trophies and Awards
- Swimming (Boys) – 1st – 6th Place Medals Individual / 1 Region Trophy Relay Events 1st – 3rd
 - Swimming (Girls) – 1st – 6th Place Medals Individual / 1 Region Trophy Relay Events 1st – 3rd
11. Academic All-Region names (Seniors only, 3.75 GPA or higher) must be submitted by January 21, 2019 to Jefferson McClain (Timpview Swim Head Coach). E-mail: jefferson.mcclain@gmail.com.

Swimming Coaches Information

| School | Full Name | E-Mail | Phone Number |
|----------------|-------------------|--|--------------|
| Region Chair | Sean Edwards | seane@provo.edu | 801-221-9720 |
| Alta | Kristi Kimble | kristi.kimble@canyonsdistrict.org | |
| Lehi | Michael King | michaelking@alpinedistrict.org | 801-227-9409 |
| Mountain Ridge | Tim Pollock | timothydpollock@gmail.com | 801-970-2744 |
| Mountain View | Kenzie Jones | kenziejones.coach@gmail.com | 801-592-9898 |
| Orem | Kenzie Jones | kenziejones.coach@gmail.com | 801-592-9898 |
| Timpanogos | | | |
| Timpview | Jefferson McClain | jefferson.mcclain@gmail.com | 801-376-1151 |

Region Swimming Schedule

| | | | |
|----------------|----------------------------------|-----------------|--------|
| November 8 & 9 | Region Opening Invite (Timpview) | Provo Rec | TBA |
| November 22 | Orem, Mtn. View @ Mtn. Ridge | JL Sorenson Rec | 3:30pm |
| December 3 | Timpview, Lehi @ Mtn. Ridge | JL Sorenson Rec | 3:30pm |
| December 5 | Mountain Ridge @ Alta | Dimple Dell Rec | 3:30pm |
| January 24, 25 | Region VII Championships | Provo Rec | TBA |

TENNIS GUIDELINES

Boys Region Chair: Rod Campbell, Timpanogos High School
Girls Region Chair: Tammy Stuart, Mountain View High School

Girls begin practice: August 5, 2019. First competition may be held August 20, 2019.

Boys begin practice: Feb 24, 2020. First competition can be held March 2, 2020.

July 22- August 4, 2019 – Girls Tennis Two Weeks Prior Restrictions

Feb 9-23, 2020 – Boys Tennis Two Weeks Prior Restrictions

1. Region VII 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. 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. According to USTA rules, a player is allowed 20 seconds between points. A coach may provide feedback during the 20 second time, but cannot interrupt the continuous play rule. Coaching is NOT permitted in or on the confines of the tennis court. (Exception below)
 - A coach may coach his/her players during the 90 second changeover at the end of odd games, and during the 10-minute rest period.
 - Only the school tennis coach employed by that school may coach and only in a manner which does not interfere with the play on adjoining courts.
 - A coach may not provide feedback during the state tournaments.
3. Twenty meets are allowed per individual. The number of meets 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 meet, a two-day tournament shall count as two meets, etc.
4. 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 divisional and state tournaments. Coaches and Assistant Coaches should also wear identifying shirts.
5. 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.
6. In case of a substitution, players do need to be moved up in the order.
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 1:00 pm; conversations between coaches are encouraged to guarantee good communication regarding the match play.

9. The home team will provide the tennis balls for the match. The tennis balls must be championship balls.
10. Coaches will provide a written lineup of players by position as they arrive for all dual matches.
11. A maximum of 2 designated coaches for Region play. Additional coaches are subject to approval if the Region Tournament is held at two separate sites.
12. 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.
13. Seeding is by position: a tiebreaker is determined by 1) head to head, 2) number of sets lost, 3) number of games lost, 4) coin toss. In exceptional circumstances, the seeding at a particular position will be based on the recommendations of the majority of the coaches at the seeding meeting, regardless of the number of wins.
14. High school tennis players must compete in a minimum of five (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 VII 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 VII 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 for proper player placement.
15. Medals will be awarded to Region VII 1st – 4th place players (tournament).
16. 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.
 - **Tennis dead time: November 24, 2019 - January 1, 2020**
 - **All-Sport Summer Moratorium held June 30 – July 6, 2019**
17. Tennis Academic All-State nominations can now be submitted by parents or coaches on RegisterMyAthlete. Guidelines are online at uhsaa.org.
 - **Girls: Sep. 3 – Oct. 2, 2019**
 - **Boys: Mar 17 – April 6, 2020**
18. The 5A High School State Tennis Championship will be held at Liberty Park. The gates open at 7:45 am for players to warm-up and Coaches Meeting usually begins between 8:00 - 8:15 am. Academic All-State honorees will be introduced at 8:30.
 - **2019 State Finals for Girls will be: October 10 & 12, 2019**
 - **2020 State Finals for Boys will be: May 15-16, 2020**
19. AP Tests are the first two weeks of May. Please make sure athletes have scheduled an alternate test time to not interfere with the Region Tournament.
20. Other important dates for coaches to know:
 - Girls Tennis Rules Clinic Deadline – August 8 - September 5, 2019
 - Girls Tennis Eligibility List Due on RegisterMyAthlete – August 30, 2019
 - Boys Tennis Rules Clinic Deadline – February 10 - March 4, 2020

- Boys Tennis Eligibility List Due on RegisterMyAthlete – March 13, 2020

**GIRLS TENNIS SCHEDULE
2019-2020**

August 13

Alta @ Timpanogos
Lehi @ Timpview
Mountain View @ Orem
Bye: Mountain Ridge

August 29

Orem @ Lehi
Mountain Ridge @ Timpanogos
Mountain View @ Timpview
Bye: Alta

August 15

Timpview @ Alta
Timpanogos @ Lehi
Orem @ Mountain Ridge
Bye: Mountain View

September 3

Alta @ Orem
Timpview @ Mountain Ridge
Timpanogos @ Mountain View
Bye: Lehi

August 20

Mountain View @ Alta
Mountain Ridge @ Lehi
Timpview @ Timpanogos
Bye: Orem

September 5

Timpanogos @ Alta
Timpview @ Lehi
Orem @ Mountain View
Bye: Mountain Ridge

August 22

Alta @ Mountain Ridge
Lehi @ Mountain View
Orem @ Timpview
Bye: Timpanogos

September 10

Alta @ Timpview
Lehi @ Timpanogos
Mountain Ridge @ Orem
Bye: Mountain View

August 27

Lehi @ Alta
Mountain Ridge @ Mountain View
Timpanogos @ Orem
Bye: Timpview

September 12

Alta @ Mountain View
Lehi @ Mountain Ridge
Timpanogos @ Timpview
Bye: Orem

September 17

Mountain Ridge @ Alta

Mountain View @ Lehi

Timpview @ Orem

Bye: Timpanogos

September 19

Alta @ Lehi

Mountain View @ Mountain Ridge

Orem @ Timpanogos

Bye: Timpview

September 24

Lehi @ Orem

Timpanogos @ Mountain Ridge

Timpview @ Mountain View

Bye: Alta

September 26

Orem @ Alta

Mountain Ridge @ Timpview

Mountain View @ Timpanogos

Bye: Lehi

**BOYS TENNIS SCHEDULE
2019-2020**

March 3

Lehi @ Alta
Mountain Ridge @ Orem
Timpanogos @ Mountain View
Bye: Timpview

March 5

Timpanogos @ Alta
Lehi @ Orem
Timpview @ Mountain View
Bye: Mountain Ridge

March 10

Timpanogos @ Mountain Ridge
Mountain View @ Alta
Orem @ Timpview
Bye: Lehi

March 12

Orem @ Mountain View
Timpanogos @ Lehi
Timpview @ Mountain Ridge
Bye: Alta

March 17

Mountain Ridge @ Mountain View
Lehi @ Timpview
Alta @ Orem
Bye: Timpanogos

March 19

Mountain View @ Lehi
Alta @ Mountain Ridge
Timpview @ Timpanogos
Bye: Orem

March 24

Mountain Ridge @ Lehi
Orem @ Timpanogos
Alta @ Timpview
Bye: Mountain View

March 26

Alta @ Lehi
Orem @ Mountain Ridge
Mountain View @ Timpanogos
Bye: Timpview

March 31

Alta @ Timpanogos
Orem @ Lehi
Mountain View @ Timpview
Bye: Mountain Ridge

April 2

Mountain Ridge @ Timpanogos
Alta @ Mountain View
Timpview @ Orem
Bye: Lehi

April 14

Mountain View @ Orem

April 21

Lehi @ Mountain View

Lehi @ Timpanogos
Mountain Ridge @ Timpview
Bye: Alta

Mountain Ridge @ Alta
Timpanogos @ Timpview
Bye: Orem

April 16

Mountain View @ Mountain Ridge
Timpview @ Lehi
Orem @ Alta
Bye: Timpanogos

April 23

Lehi @ Mountain Ridge
Timpanogos @ Orem
Timpview @ Alta
Bye: Mountain view

Tournament Schedule

Mountain View will host all tournaments.

School listed will organize and staff the tournament.

2019-2020

Girls JV - 9/27/19 - (Alta High School)

Girls Varsity - 10/2/2019 - 10/3/2019 (Lehi High School)

State Tournament - 10/10/19 - 10/12/19 @ Liberty Park

Boys JV - 4/24/20(Mountain Ridge High School)

Boys Varsity - 4/30/20 - 5/1/20 (Mountain View High School)

State Tournament - 5/7/20 - 5/9/20 @ Liberty Park

2020-2021

Girls JV - Orem High School

Girls Varsity - Mountain View High School

Boys JV - Timpanogos High School

Boys Varsity - Timpview High School

TRACK & FIELD GUIDELINES
Region Chair: Matt Rowe, Orem High School

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 for 5A state guidelines, 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. Medals will be awarded top 8 for individual events and top 4 for relay.
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 seven individuals at the region meet in each event, unless a school has more than seven 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 3.75 or higher.
15. At Quad Region meets, the host school will be responsible to conduct and take care of all preparation and equipment needs.
16. Region Host will send out order of events for Region Championship. Majority vote if disagreement on order of events.

**TRACK & FIELD SCHEDULE
2019-2020**

March 11

Timpanogos (HOST)- Timpview, Mountain View

Alta - Mountain Ridge

Orem - Lehi

March 25

Timpview - Alta

Mountain View - Timpanogos, Lehi

Mountain Ridge - Orem

April 15

Timpanogos - Orem

Alta - Lehi

Mountain Ridge- Mountain View, Timpview

April 28

JV Region @ **Orem**

May 6, 7

Region @ **Timpanogos**

VOLLEYBALL GUIDELINES

Region Chair: Momi Tuua, Timpview High School

1. Important Dates:

- The beginning practice date is August 12, 2019
- The first region game may be held on September 3, 2019
- Roster with Players & #'s on Register My Athlete deadline is August 30, 2019
- Rules Clinic Deadline is August 6, 2019
- Academic All-State Applications accepted between September 3 – October 2, 2019
- Nominees are Varsity High School Seniors with a GPA of 3.75 or higher
- The dead periods are detailed on #9
- Fall Break is October 17 - 19 & October 21 - 25

2. **Allowed Scheduled Competition:** In accordance with the UHSAA guidelines: one of the following three options may be chosen: 16 matches and 0 tournaments; 15 matches and 1 tournament; or 14 matches and 2 tournaments (for Region VII this option allows; all region matches, 2 pre-season matches, and 2 tournament at each level). The following guidelines pertain to the tournaments: no more than 9 total matches in a tournament, no more than 7 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 followed. Sophomore 3:30 pm, & JV 4:45 pm, Varsity 6:00 pm, without the possibility of starting earlier.

*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. **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 VII 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 3.75 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.
9. **Volleyball Dead Time:** 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.
 - **June 28 – July 6, 2019:** Summer Moratorium. No coaching, practices, competitions, observing, meetings, or travel. No conditioning, gym time, or open gym allowed.
 - **July 29 – Aug 11, 2019:** 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 24, 2019 – Jan 1, 2020:** Regular and Holiday Moratorium. No coaching, practices, competitions, observing, meetings, or travel. No conditioning, gym time or open gym allowed. (The 2019-20 postseason moratorium schedule will be posted on the UHSAA website.)

| School | Coach Name | Phone | Email |
|------------|---------------------|--------------|--------------------------------------|
| Mtn View | Jacee Roden | 435-535-5431 | mtnview.volleyball@gmail.com |
| Orem | Mindi Williett | 801-360-9558 | mindy16@comcast.net |
| Timpview | Charmay Lee | 801-885-5207 | cehmagalei@gmail.com |
| Lehi | Tambre Nobles | 720-361-6035 | tambre.17@gmail.com |
| Timpanogos | Isa Takahashi | 801-318-2202 | coach.isataka@gmail.com |
| Mtn Ridge | Bryan Nicholson | 801-884-6149 | bryan.nicholson@jordandistrict.org |
| Alta | Mike Gansauge "Zug" | 801-635-5505 | michael.gansauge@canyonsdistrict.org |

**VOLLEYBALL SCHEDULE
2019-2020**

Tryouts: August 12, 2019

First Match: August 19, 2019

Game Times: Sophomore: 3:30; Freshman & JV: 4:45; Varsity: 6:00

September 3, 2019 (Thursday)

Timpanogos @ Mountain View

Lehi @ Alta

Mountain Ridge @ Timpview

Bye: Orem

September 10, 2019 (Tuesday)

Timpview @ Orem

Mountain Ridge @ Alta

Mountain View @ Lehi

Bye: Timpanogos

September 12, 2019 (Thursday)

Alta @ Timpview

Mountain View @ Orem

Mountain Ridge @ Timpanogos

Bye: Lehi

September 17, 2019 (Tuesday)

Lehi @ Mountain Ridge

Orem @ Timpanogos

Timpview @ Mountain View

Bye: Alta

September 19, 2019 (Thursday)

Mountain Ridge @ Orem

Alta @ Timpanogos

Timpview @ Lehi

Bye: Mountain View

September 24, 2019 (Tuesday)

Mountain View @ Alta

Timpanogos @ Timpview

Lehi @ Orem

Bye: Lehi

September 26, 2019 (Thursday)

Timpanogos @ Lehi
Mountain View @ Mountain Ridge
Alta @ Orem
Bye: Timpview

October 1, 2019 (Tuesday)

Mountain View @ Timpanogos
Alta @ Lehi
Timpview @ Mountain Ridge
Bye: Orem

October 8, 2019 (Tuesday)

Orem @ Timpview
Alta @ Mountain Ridge
Lehi @ Mountain View
Bye: Timpanogos

October 10, 2019 (Thursday)

Timpview @ Alta
Orem @ Mountain View
Timpanogos @ Mountain Ridge
Bye: Lehi

October 15, 2019 (Tuesday)

Mountain Ridge @ Lehi
Timpanogos @ Orem
Mountain View @ Timpview
Bye: Alta

October 22, 2019 (Tuesday)

Orem @ Mountain Ridge
Timpanogos @ Alta
Lehi @ Timpview
Bye: Mountain View

October 24, 2019 (Thursday)

Alta @ Mountain View
Timpview @ Timpanogos
Orem @ Lehi
Bye: Mountain Ridge

October 29, 2019 (Tuesday)

Lehi @ Timpanogos

Mountain Ridge @ Mountain View

Orem @ Alta

Bye: Timpview

WRESTLING GUIDELINES

Region Chair: ????????, Mountain Ridge High School

- The starting date for wrestling practice is November 11, 2019.
 - The first match of the year cannot be held prior to November 26, 2019.
 - Moratorium Dates for 2019 – 2020 school year:
 - 4th of July Moratorium: June 30 - July 6, 2019
 - Wrestling Moratorium: August 1 - August 28, 2019
 - Thanksgiving Moratorium: November 29 - December 1, 2019
 - Christmas Moratorium: December 22-26, 2019, January 1, 2020
1. 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.
 2. 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 the six tournaments can be dual tournaments.
 3. 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.
 4. **Region Dual Meet Guidelines:**
 - Gym cleared: 3:30 pm
 - Weigh 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. Changes in the date of an activity requires the approval of the Region VII Board of Managers. Host schools are responsible to notify the arbiter of any time or date changes.

5. **Divisional Tournament Guidelines:**
 - Each school is allowed to enter two (2) wrestlers per weight class from 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 UHSAA. Dates are January 31 - February 1, 2020.
6. **Region Wrestling Awards:**

- Region VII will present one trophy to the school with the best record in Region VII dual competition.
- Academic All-Region will be presented by the individual schools. The criteria for the award is: any varsity, senior wrestler with a cumulative GPA of 3.75 or higher.

7. Wrestling Off Season:

- Sport specific moratorium period applies to all current 9th through 12th grade students. During the moratorium there should be no coach to player contact related to the sport. This includes not observing players perform in that sport.
 - i. All Sport Moratorium: June 30 - July 6, 2019
 - ii. Wrestling Moratorium: August 1- August 28, 2019

January 16, 2020

Alta @ Timpanogos
Mountain Ridge @ Lehi
Timpview @ Orem
Bye: Mountain View

January 22, 2020

Alta @ Mountain Ridge
Lehi @ Orem
Timpanogos @ Mountain View
Bye: Timpview

January 23, 2020

Lehi @ Timpanogos
Timpview @ Alta
Mountain View @ Orem
Bye: Mountain Ridge