



Athletics/Activities Handbook

2014-15

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Region IV Board of Managers

American Fork High School 801-610-8800 (fax) 801-756-8575
Doug Finch (Board of Managers Chair)
510 North 600 East
American Fork, UT 84003
ATHLETIC DIRECTOR: Joseph Atwood 801-610-8800

Herriman High School 801-567-8530 (fax) 801-567-8545
James Birch
11917 South 6000 West
Herriman, UT 84096
ATHLETIC DIRECTOR: Mont Widerberg

Lehi High School 801-610-8805 (fax) 801-768-7040
Dave Mower
180 North 500 East
Lehi, Utah 84043
ATHLETIC DIRECTOR: Matt Rowe 801-610-8805

Lone Peak High School 801-717-4568 (fax) 801-763-7064
Rhonda Bromley
10189 North 4800 West
Highland, Utah 84003
ATHLETIC DIRECTOR: Travis Schwab 801-717-4568

Pleasant Grove High School 801-610-8170 (fax) 801-785-8744
Tim Brantley
700 East 200 South
Pleasant Grove, Utah 84062
ATHLETIC DIRECTOR: Nate Johnston 801-610-8170 x190

Riverton High School 801-256-5800 (fax) 801-256-5880
Carolyn Gough
12476 South 2700 West
Riverton, Utah 84065
ATHLETIC DIRECTOR: Dan Henderson 801-256-5800

Westlake High School 801-610-8815 (fax) 801-768-1068
Fred Openshaw
99 N Thunder Blvd
Saratoga Springs, UT 84045
ATHLETIC DIRECTOR: Michael O'Connor 801-610-8815

Region Activity Chairs

Activity	Contact	School	Phone
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Last Updated: June 3, 2014

Baseball	Matt Norman	Pleasant Grove	801-610-8170
Basketball (B)	Christian Smith	Lone Peak	801-717-4568
Basketball (G)	Chad Wilson	Westlake	801-610-8815
Cross Country (B)	Mike Christensen	Herriman	801-567-8531
Cross Country (G)	Mark Halliday	Herriman	801-567-8532
Drama	Jeanie Wilson	Pleasant Grove	801-610-8170
Drill Team	TBD	Riverton	801-256-5800
Football	Lynn Allred	Herriman	801-567-8530
Forensics	John Hanks	Lehi	801-610-8805
Golf (B)	Rex Brimhall	American Fork	801-610-8800
Golf (G)	Kori Thomas	Pleasant Grove	801-610-8170
Music	Rufine Einzinger	Herriman	801-567-8534
Soccer (B)	Kevin Barton	Riverton	801-256-5800
Soccer (G)	Aaron Barth	Lehi	801-610-8805
Softball	Kristen Packer	Westlake	801-610-8815
Swimming	Jim Marsh	Riverton	801-256-5800
Tennis (B)	Ryan Nield	American Fork	801-610-8800
Tennis (G)	Tim Thompson	American Fork	801-717-4568
Track (B)	Dan Biolo	Lone Peak	801-717-4568
Track (G)	Mike May	Lone Peak	801-717-4568
Volleyball	Stacy Salmans	Westlake	801-610-8815
Wrestling	Curtis Hagen	Riverton	801-256-5815

Coach/Advisor Representatives

Activity	Contact	School	Phone	Email
Baseball	Darrin Henry	PGHS	801-610-8170	dhenry@alpinedistrict.org

Last Updated: June 3, 2014

Basketball (B)	Doug Meacham	AFHS	801-610-8800	dmeacham@alpinedistrict.org
Basketball (G)	Glenn Larson	PGHS	801-610-8170	glarson@alpindistrict.org
Cross Country	Timo Mostert	AFHS	801-610-8800	tmostert@alpinedistrict.org
Drama	Clin Eaton	RHS	801-256-5800	clin.eaton@jordandistrict.org
Drill	Stacey Squires	PGHS	801-610-8170	ssquires@alpinedistrict.org
Football	Mike Mower	LPHS	801-717-4568	mmower@alpinedistrict.org
Forensics	Phil Clark	LHS	801-610-8805	pclark@alpinedistrict.org
Golf (B)	Lynn Anderson	AFHS	801-610-8800	landerson@alpinedistrict.org
Golf (G)	Bobbie Colby	HHS	801-891-2273	arbcolby@comcast.net
Music	Lois Johnson	LPHS	801-717-4568	ljohnson@alpinedistrictl.org
Soccer (B)	Paul Moizer	RHS	801-256-5800	paul.moizer@jordandistrict.org
Soccer (G)	Brett Bergholm	LHS	801-610-8805	bbergholm@alpinedistrict.org
Softball	Jerry Willis	WHS	801-808-2227	believestlakesoftball@gmail.com
Swimming	Jared Huff	WHS	801-610-8815	jhuff@alpinedistrict.org
Tennis (B)	Jason Herrud	AFHS	801-610-8800	jherrud@alpinedistrict.org
Tennis (G)	John LaCognata	LPHS	801-717-4568	lacognjo@uvu.edu
Track	Chase Englestead	RHS	801-256-5800	chase.englestead@jordandistrict.org
Volleyball	Deanna Meyer	LPHS	801-717-4568	dmeyer@alpinedistrict.org
Wrestling	Brock Moore	PGHS	801-610-8170	bmoore@alpinedistrict.org

AMERICAN FORK ROSTER

2014-2015 Activity Advisors

Address: 510 N. 600 E. American Fork, UT 84003

School Colors: Red, White and Black

Phone: (801) 610-8800 **Fax:** (801) 756-8575

School Mascot: Cavemen

Activity	Name	E-Mail	Phone/Ext
Principal	Doug Finch	dfinch@alpinedistrict.org	
Asst. Principal	Rex Brimhall	rbrimhall@alpinedistrict.org	
Asst. Principal	Ryan Nield	rniel@alpinedistrict.org	
Asst. Principal	Tim Thompson	tthompson@alpinedistrict.org	
Asst. Principal			
Admin. Secretary	Mary Scharman	mscharman@alpinedistrict.org	
Athletic Director	Joseph Atwood	jatwood@alpinedistrict.org	
Athletic Trainer	Becky Bailey	beckybailey@alpinedistrict.org	
Baseball	Jarod Ingersoll	jingersoll@alpinedistrict.org	
Basketball (Boys)	Doug Meacham	dmeacham@alpinedistrict.org	
Basketball (Girls)	Corey Clayton	cclayton@alpinedistrict.org	
Cheerleading	Shelese Robinson	sheleserobinson@alpinedistrict.org	
Cross Country	Timo Mostert	tmostert@alpinedistrict.org	
Drill Team	Jacquel Tholl	jacquel.tholl@gmail.com	
Drama	Neal Johnson	njohnson@alpinedistrict.org	
Football	Aaron Behm	abehm@alpinedistrict.org	
Forensics	Mallory Morris	mmorris@alpinedistrict.org	
Golf (Boys)	Lynn Anderson	landerson@alpinedistrict.org	
Golf (Girls)	Lynn Anderson	landerson@alpinedistrict.org	
Music (Instrumental)	John Miller	jmiller@alpinedistrict.org	
Music (Vocal)	Tracy Warby	twarby@alpinedistrict.org	
Soccer (Boys)	TBA		
Soccer (Girls)	Margie Stringam	stringam4@gmail.com	
Softball	Cristy Crane	cristycrane@alpinedistrict.org	
Swimming	Kathy King	Kdk31960@alpinedistrict.org	
Tennis (Boys)	Jason Herrud	jherrud@alpinedistrict.org	
Tennis (Girls)	Jason Herrud	jherrud@alpinedistrict.org	
Track	Cody Fannesbeck	cfannesbeck@alpinedistrict.org	
Volleyball	Shantell Durrant	shantelldurrant@alpinedistrict.org	
Wrestling	Eric Spencer	espencer@alpinedistrict.org	

HERRIMAN ROSTER

2014-2015 Activity Advisors

Address: 11917 South 6000 West, Herriman, UT 84096 **School Colors:** Red, Gold and Navy
Phone: (801) 567-8530 **Fax:** (801) 567-8545 **School Mascot:** Mustangs

Activity	Name	E-Mail	Phone/Ext
Principal	Jim Birch	james.birch@jordandistrict.org	8570
Asst. Principal	Lynn Allred	lynn.allred@jordandistrict.org	8533
Asst. Principal	Rufine Einzinger	rufine.einzinger@jordandistrict.org	8534
Asst. Principal	Mike Christensen	michael.christensen@jordandistrict.org	8531
Asst. Principal	Mark Halliday	mark.halliday@jordandistrict.org	8532
Secretary	Shirlene Lancaster	shirlene.lancaster@jordandistrict.org	8571
Athletic Director	Mont Widerberg	mont.widerberg@jordandistrict.org	8581
Baseball	Jason DeHerrera	jason.deherrera@jordandistrict.org	7271
Boys' Basketball	Brad Tingey	brad.tingey@jordandistrict.org	8556
Girls' Basketball	Jill Ames	jill.ames@jordandistrict.org	7213
Cheerleading	Courtney Thomas	courtneypaigethomas@gmail.com	801-567-8530
Cross Country	James Barnes	james.barnes@jordandistrict.org	7206
Drill Team	Arial Larsen	a_larsen_1@hotmail.com	8581
Drama	KayCee Bradshaw	kaycee.bradshaw@jordandistrict.org	7257
Football	Dustin Pearce	dustin.pearce@jordandistrict.org	7298
Forensics	Randall Seltz	randall.seltz@jordandistrict.org	7218
Golf-Boys	Kevin Fletcher	kevin.fletcher@jordandistrict.org	7227
Golf-Girls	Bobbie Colby	arbcolby@comcast.net	8581
Instrument Music	Shawn Mangum	shawn.mangum@jordandistrict.org	7201
Vocal Music	Austin Thorpe	austin.thorpe@jordandistrict.org	7200
Boys Soccer	Ryan Mitchell	ryan.mitchell@jordandistrict.org	7215
Girls Soccer	Bill DeBruyn	bdebruyn@herrimansoccer.com	8581
Softball	Heidi McKissick	heidi.mckissick@jordandistrict.org	
Swimming	Kevin Fletcher	kevin.fletcher@jordandistrict.org	7227
Tennis	Linda Richmond	linda.richmond@jordandistrict.org	8581
Track	Jonathan Haag	jonathan.haag@jordandistrict.org	
Volleyball	Bryan Nicholson	bryan.nicholson@jordandistrict.org	7212
Wrestling	Steve Bowdren	steve.bowdren@jordandistrict.org	7298

LEHI ROSTER

2014-2015 Activity Advisors

Address: 180 North 500 East Lehi, UT 84043
Phone: 801-610-8805 **Fax:** 801-768-7007

School Colors: Purple and White
School Mascot: Pioneers

ACTIVITY	ADVISOR	E-MAIL ADDRESS	PHONE/EXT.
Principal	Dave Mower	dmower@alpinedistrict.org	801-610-8805
Admin. Secretary	Diane Cardon	dcardon@alpinedistrict.org	
Asst. Principal	Brett Robertson	brobertson@alpinedistrict.org	
Asst. Principal	Aaron Barth	abarth@alpinedistrict.org	
Asst. Principal	John Hanks	jhanks@alpinedistrict.org	
Asst. Principal	Eric Loftin	eloftin@alpinedistrict.org	
Athletic Director	Patrick Gleaves	pgleaves@alpinedistrict.org	
Athletic Trainer	Janice Bentley	jbentley@alpinedistrict.org	
Baseball	Jason Ingersoll	j_ingy@hotmail.com	
Basketball, Boys	Bob Barnes	bbarnes@alpineschooldistrict.org	
Basketball, Girls	Brett Hays	bhays@alpinedistrict.org	
Cheerleading	Darcie Peirce	dlpeirce@digis.net	
Cross Country	Matt Rowe	mrowe@alpinedistrict.org	
Drill Team	Cadie Brockbank		
Football	Ed Larson	elarson@alpinedistrict.org	
Golf, Boys	Tele Whiteman	tele@vanguardgolf.com	
Golf, Girls	Tele Whiteman	tele@vanguardgolf.com	
Soccer, Boys	Jerry Preisendorf	Jpreisendorf@gmail.com	
Soccer, Girls	Brett Bergholm	bbergholm@alpinedistrict.org	
Softball	Whitney Thomas	Nix_whitney@hotmail.com	
Swimming, Boys	Dennis Meyring	dmeyring@alpinedistrict.org	
Swimming, Girls	Dennis Meyring	dmeyring@alpinedistrict.org	
Tennis, Boys	Allan Wofford	awofford@alpinedistrict.org	
Tennis, Girls	Allan Wofford	awofford@alpinedistrict.org	
Track, Boys	Matt Rowe	mrowe@alpinedistrict.org	
Track, Girls	Matt Rowe	mrowe@alpinedistrict.org	
Volleyball	Jamie Ingersoll	jingersoll@alpinedistrict.org	
Wrestling	Dan Rice	drice@alpinedistrict.org	
Drama	Mindy Nelsen	mnelsen@alpinedistrict.org	
Forensics/Debate	Phill Clark	philipclark@alpinedistrict.org	
Instrumental Music	Matt Reynolds	mreynolds@alpinedistrict.org	
Vocal Music	Jennifer Nudd	jnudd@alpinedistrict.org	

LONE PEAK ROSTER

2014-2015 Activity Advisors

Address: 10189 N 4800 W Highland City, UT 84003 **School Colors:** Black, Gold, Maroon
Phone: 801 717-4568 **Fax:** 801 763-7064 **School Mascot:** Knight

ACTIVITY	ADVISOR	E-MAIL ADDRESS	PHONE/EXT.
Principal	Rhonda Bromley	rbromley@alpinedistrict.org	750
Admin. Secretary	Renda Bahr	rbahr@alpinedistrict.org	755
Asst. Principal	Christian Smith	chsmith@alpinedistrict.org	753
Asst. Principal	Dan Biolo	dbiolo@alpinedistrict.org	752
Asst. Principal	Mike May	mmay@alpinedistrict.org	751
Athletic Director		@alpinedistrict.org	601
Athletic Director		@alpinedistrict.org	803
Baseball	Matt Bezzant	matthewbezzant@alpinedistrict.org	801-361-4669
Basketball, Boys	Quincy Lewis	qlewis@alpinedistrict.org	130
Basketball, Girls	Nancy Warner	nwarner@alpinedistrict.org	725
Cheerleading	Kelly Schwarz	kschwarz@alpinedistrict.org	407
Cross Country	Steve Revelli	srevelli@alpinedistrict.org	218
Drill Team		lonepeakdrill@gmail.com	407
Football	Mike Mower	mmower@alpinedistrict.org	201
Golf, Boys	Rob Stanger	robstangergolf@gmail.com	760-409-8628
Golf, Girls	Gina Higbee	gina@ginahigbeegolf.com	801-830-4653
Soccer, Boys	Blaine Hale	blaine@lonepeaksoccer.com	801-636-2583
Soccer, Girls	Heather Dahl	heather@lonepeaksoccer.com	702-281-9648
Softball	Janae Forsey	jforsey@alpinedistrict.org	802
Swimming, Boys	Matthew Melville	mmelville@alpinedistrict.org	139
Swimming, Girls	Matthew Melville	mmelville@alpinedistrict.org	139
Tennis, Boys	John LaCognata	JLACOGNA@utah.gov	801-592-8959
Tennis, Girls	John LaCognata	JLACOGNA@utah.gov	801-592-8959
Track, Boys	Brad Molen	bmolen@alpinedistrict.org	107
Track, Girls	Misty Asay	masay@alpinedistrict.org	107
Volleyball	Deanna Meyer	dmeyer@alpinedistrict.org	224
Wrestling	Lyle Mangum	lmangum@alpinedistrict.org	724
Drama	Jim Smith	jsmith@alpinedistrict.org	106
Forensics/Debate	Sherry Duncan	sduncan@alpinedistrict.org	206
Instrumental Music	Kurtis McKendrick	kmckendrick@alpinedistrict.org	104
Vocal Music	Lois Johnson	ljohnson@alpinedistrict.org	102

PLEASANT GROVE ROSTER

2014 - 2015 Activity Advisors

Address: 700 E. 200 S. Pleasant Grove, UT 84062
Phone: (801) 610-8170 **Fax:** (801) 785-8744

School Colors: Royal Blue & White
School Mascot: Vikings

<u>ACTIVITY</u>	<u>NAME</u>	<u>E-MAIL</u>	<u>PHONE/EXT.</u>
Principal	Tim Brantley	tbrantley@alpinedistrict.org	Ext. 750
Principal's Secretary	Linda Parry	lparry@alpinedistrict.org	Ext. 755
Asst. Principal	Matt Norman	mattnorman@alpinedistrict.org	Ext. 751
Asst. Principal	Kori Thomas	kmthomas@alpinedistrict.org	Ext. 753
Asst. Principal	Jeanie Wilson	jwilson@alpinedistrict.org	Ext. 752
Athletic Director	Nate Johnston	nathanjohnston@alpinedistrict.org	Ext. 190
Asst. Athletic Director	Kyle Sanderson	ksanderson@alpinedistrict.org	Ext. 111
Athletic Trainer	Kristin Pond	kpond@alpinedistrict.org	Ext. 146
Baseball	Darrin Henry	dhenry@alpinedistrict.org	Ext. 113
Basketball (Boys)	Randy McAllister	rncallister@alpinedistrict.org	Ext. 247
Basketball (Girls)	Glenn Larson	glarson@alpinedistrict.org	Ext. 109
Cheerleaders	Cami Goodwin	cgoodwin@alpinedistrict.org	Ext. 209
Cross Country	Mark Morrison	mmorrison@alpinedistrict.org	Ext. 156
Drama	Stewart Shelly	shelley@alpinedistrict.org	Ext. 131
Drill Team	Stacy Squires	ssquires@alpinedistrict.org	Ext. 210
Football	Les Hamilton	lhamilton@alpinedistrict.org	
Golf (Boys)	Randy McAllister	rncallister@alpinedistrict.org	Ext. 247
Golf (Girls)	Dave Carter	dcarter@alpinedistrict.org	Ext. 215
Music, Instrumental	Vince Burgoyne	vburgoyne@alpinedistrict.org	Ext. 138
Music, Vocal	Jim Wilcock	jwilcock@alpinedistrict.org	Ext. 135
Soccer (Boys)	Chris Ecalono	cecalono@yahoo.com	Ext. 212
Soccer (Girls)	Lee Tortorelli	ltortorelli@alpinedistrict.org	Ext. 205
Softball	Rachel Hartgrove	rhartgrove@alpinedistrict.org	
Student Government	Justin Reeves	jreeves@alpinedistrict.org	Ext. 124
Swimming	Lisa Harris	sjzharris@hotmail.com	
Tennis (Boys)	Sam Dehoyos	samdehoyos@yahoo.com	
Tennis (Girls)	Russ Mayo	rmayo@alpinedistrict.org	Ext. 153
Track	Glenn Larson	glarson@alpinedistrict.org	Ext. 109
Volleyball	Allyce Jones	allycejones@alpinedistrict.org	Ext. 210
Wrestling	Brock Moore	bmoore@alpinedistrict.org	Ext. 147

RIVERTON ROSTER

2014-2015 Activity Advisors

Address: 12476 S. 2700 W. Riverton, Utah 84065
Phone: 801-256-5800 **Fax:** 801-256-5880

School Colors: Purple, Black, Silver
School Mascot: Silverwolves

ACTIVITY	ADVISOR	E-MAIL ADDRESS	PHONE/EXT.
Principal	Carolyn Gough	Carolyn.gough@jordandistrict.org	256-5800
Asst. Principal	Curtis Hagen	curtis.hagen@jordandistrict.org	
Asst. Principal	Gail Ritz	gail.ritz@jordandistrict.org	
Asst. Principal	James Marsh	james.marsh@jordandistrict.org	
Asst. Principal	Kevin Barton	kevin.barton@jordandistrict.org	
Secretary	Brenda Groo	brenda.groo@jordandistrict.org	
Athletic Director	Dan Henderson	daniel.henderson@jordandistrict.org	
Baseball	Jay Applegate	jay.applegate@jordandistrict.org	
Boys Basketball			
Girls Basketball	Ron Ence	ron.ence@jordandistrict.org	
Cheerleading	Stephanie Hansen	coachhansenrhscheer@gmail.com	
Boys Cross Country	Chase Englestead	chase.englestead@jordandistrict.org	
Girls Cross Country	Chase Englestead	chase.englestead@jordandistrict.org	
Drill Team	Karen Hudson	kmh1106@comcast.net	
Drama	Clin Eaton	clin.eaton@jordandistrict.org	
Football	Mike Miller	mike.miller@jordandistrict.org	
Forensics	Mike Henriksen	michael.henriksen@jordandistrict.org	
Golf	Dustin Carter	carter0445@hotmail.com	
Instrumental Music	Jason Weimer	jason.weimer@jordandistrict.org	
Vocal Music	Mathew Ulmer	mathew.ulmer@jordandistrict.org	
Orchestra	Jason Weimer	jason.weimer@jordandistrict.org	
Boys Soccer	Paul Moizer	paul.moizer@jordandistrict.org	
Girls Soccer	Paul Moizer	paul.moizer@jordandistrict.org	
Softball	Brooke Olson	brooke.olson@jordandistrict.org	
Boys Swimming	Samantha Weeds	samantha.weed@jordandistrict.org	
Girls Swimming	Samantha Weeds	samantha.weed@jordandistrict.org	
Boys Tennis	Karl McKenzie	karl.mckenzie@jordandistrict.org	
Girls Tennis	Ron Ence	ron.ence@jordandistrict.org	
Boys Track	Chase Englestead	chase.englestead@jordandistrict.org	
Girls Track	Chase Englestead	chase.englestead@jordandistrict.org	Volleyball
	Lindsay Lind	lindsvb3@hotmail.com	
Wrestling	Russ Crump	joseph.crump@jordandistrict.org	

WESTLAKE ROSTER

2014-2015 Activity Advisors

Address: 99 N Thunder Blvd, Saratoga Springs, UT 84045
Phone: 801-610-8815 **Fax:** 801-768-1068

School Colors: Navy, Blue, Vegas Gold
School Mascot: Thor

ACTIVITY	ADVISOR	E-MAIL ADDRESS	PHONE/EXT.
Principal	Fred Openshaw	fopenshaw@alpinedistrict.org	801-610-8815
Admin. Secretary	Natalie Clark	nclark@alpinedistrict.org	
Asst. Principal	Stacy Salmans	sdsalmans@alpinedistrict.org	
Asst. Principal	Kristin Packer	kpacker@alpinedistrict.org	
Asst. Principal	Chad Wilson	chadw@alpinedistrict.org	
Athletic Director	Michael O'Connor	moconnor@alpinedistrict.org	
Athletic Coordinator	Sharon Mardesich	smardesich@alpinedistrict.org	
Athletic Trainer	Trever Whiting	twhitingatc@gmail.com	
Baseball	Ben Byrd	bbyrd@alpinedistrict.org	
Basketball, Boys	Nate Carling	ncarling@alpinedistrict.org	
Basketball, Girls	Ashlee McKray	Amckray@me.com	
Cheerleading	Talon Shumway		
Cross Country	Mike Felix		
Drill	Kelli Knight	westlakestormdrill@gmail.com	
Football	Steve Clements	naseclem@gmail.com	
Golf, Boys	Milo Lines	milolines@yahoo.com	
Golf, Girls	Tele Whiteman	Tele@vanguardgolf.com	
Soccer, Boys	Dan Watkins	vvvpizza@yahoo.com	
Soccer, Girls	Caitlin Young	caitlinmonshedi@gmail.com	
Softball	Jerry Willis	believewestlakesoftball@gmail.com	
Swimming, Boys	Jared Huff	jhuff@alpinedistrict.org	
Swimming, Girls	Jared Huff	jhuff@alpinedistrict.org	
Tennis, Boys	Carl Johnson	carl@saratogaspringstennis.com	
Tennis, Girls	Carl Johnson	carl@saratogaspringstennis.com	
Track, Boys	Mike Felix		
Track, Girls	Jordan Chronister	jchronister@alpinedistrict.org	
Volleyball	Amber Hall	amber.m.hall@gmail.com	
Wrestling	Cody Burdett	cburdett@alpinedistrict.org	
Drama	Amy Morry	amorrey@alpinedistrict.org	
Band	Brek Mangelson	bmangelson@alpinedistrict.org	
Orchestra	Randen Heywood	rheywood@alpinedistrict.org	
Vocal Music	Maureen Hatch	mhatch@alpinedistrict.org	

Directions to American Fork High School

American Fork High - 600 E. 510 N. American Fork, UT 84003

Directions: Take the I-15 Exit 276 (500 E.) and travel north until 300 north, about 1.5 miles. Go east (Right) on 300 1 block, and turn north again on 600 E. The school is one block north.

Baseball Field: Go through the main parking lot off of 600 E. on the south side of the school. The field is on the east side of the school campus.

Football Field: Go through the main parking lot off of 600 E. on the south side of the school. The field is on the east side of the school campus.

Gymnasium: Go through the main parking lot off of 600 E. on the south side of the school.

Pool: American Fork's Recreation Center is located just south the ASD offices at 100 East and 575 North.

Soccer Field: Go through the main parking lot off of 600 E. on the south side of the school. The field is on the east side of the school campus.

Softball Field: Go through the main parking lot off of 600 E. on the south side of the school. The field is on the east side of the school campus.

Directions to Herriman High School

Herriman High – 11917 S. 6000 W. Herriman, UT 84096

Directions: Take Bangerter Highway to 12600 South. Go west (left) to the end of 12600 South which is 6000 West and turn north (right) again. The school is about .4 miles north, can't miss it because it is the only thing out in the middle of nowhere.

Baseball Field: Enter the parking lot on the south side. Very south/east part of the school just east of the driving range.

Football Field: Go through the main parking lot on the north of the school. The Track and Field are directly east of the school.

Gymnasium: By the north entrance in the large student parking. North section of the school.

Pool: JL Sorenson Recreation Center 5350 West Herriman Main Street, Herriman UT 84096 • 385 468-1340

Soccer Field: Behind the softball field on the southeast end of the grounds.

Softball Field: Enter the parking lot on the south side. Just north of the baseball field on south/east part of the school just east of the driving range.

Directions to Lehi High School

Lehi High - 180 N. 500 E. Lehi, UT 84043

Directions: From the I-15, take the Lehi Main Street Exit. Turn west and the school is just past the Lehi Roller Mills on the north side of Main Street.

Baseball/Softball Field: Located on the northeast corner of campus.

Football Field: Located on the east side of campus.

Gymnasium: Enter the school from the southeast doors.

Pool: Located at the Lehi Legacy Recreation Center – 123 N Center Street.

Soccer Field: Located on the east side of campus.

Tennis Courts: Located on the southeast corner of campus.

Directions to Lone Peak High School

Lone Peak High - 10189 N. 4800 W. Highland, Utah 84003

From the North: Take Exit #284 Alpine/Highland Exit (Cabela's Exit).
Turn Left (East) on Alpine Highway (11000 North/HWY 92).
Travel 6.2 miles East and turn Right (South) on 4800 West.
Travel 1 mile and arrive at Lone Peak High School on left (West) side of road.

From the South: Take Exit #275 Pleasant Grove/Lindon.
Turn Right (East) and travel .5 miles to traffic control light (2000 West).
Turn Left (North) and travel 4.6 miles.
Arrive at Lone Peak High School on left (West) side of Road.

Baseball Field: Go to the light just South of the High School (West Cedar Hills Drive) and turn right (west). Drive past the tennis courts and track and continue on that road. Baseball field will appear on your right.

Football Field: Enter the "loop" at the south end of the school and drive to the back of the school.

Gymnasium: Enter the "loop" at the south end of the school and drive to the side of the school.

Soccer Field: Enter the "loop" at the south end of the school and drive to the back of the school.

Softball Field: Enter the "loop" at the south end of the school and drive to the back of the school.

Directions to Pleasant Grove High School

Pleasant Grove High – 700 E. 200 S. Pleasant Grove, UT 84062

Directions: From the I-15, take Exit #275 Pleasant Grove. Turn east on Pleasant Grove Blvd. and go 2.2 miles. Turn right on 100 East and go .1 miles. Turn left on 200 South and go .7 miles.

Baseball Field: South East

Football Field: West

Gymnasium: West

Pool: American Fork City Pool

Soccer Field: West

Softball Field: South East

Directions to Riverton High School

Riverton High – 12476 S. 2700 W. Riverton, UT 84065

From the North: RHS can be easily found by exiting I-15 at Draper / Riverton and head west on 12600 So. to 2700 West.

From the South: Turn onto Bangerter Hwy. from I-15 and head west to 2700 West. Make a right turn and head north to 12600 So. School is on the left.

Baseball Field: Southwest of school

Football Field: West of school

Gyms: North of school

Soccer Field: West of Football Stadium

Softball Field: Southwest of school

Directions to Westlake High School

Westlake High – 99 N Thunder Blvd, Saratoga Springs, UT 84045

Directions: I-15 to exit Pioneer Crossing and go WEST ~ 4.5 miles to Redwood Rd. Turn Left (South) on Redwood Rd., make your 1st left on 400 south, travel one block west and turn left on THUNDER BLVD. Westlake is one block west of Redwood Rd.

Football/Baseball/Softball: Please park busses on the West Side of the football stadium (the roadway goes between the field house and the tennis courts).

Volleyball/Basketball: Please park your busses behind the field house (West side of the farthest north building). Teams may be dropped off in front of the field house on the east side of building).

Soccer: Please park your busses in the south-west parking lot near the LDS seminary.

Region IV General Policies 2014-2015

Region policy supersedes individual sport/activity guidelines. UHSAA policy supersedes Region Policy. (find updated UHSAA Handbook at <http://uhsaa.org/Publications/Handbook/Handbook.pdf>)

I. ADMISSION FEES and TICKETS

- A. Tickets will be sold at Varsity Football, and all levels (Sophomore, Junior Varsity, and Varsity) of Basketball, Volleyball, and Wrestling games/matches. Tickets will also be sold at Region Tournaments in swimming, wrestling, track, and drill team.
- B. Region Ticket Prices are:
 - \$4.00 Visiting high school students with activity card and other school age children
 - \$5.00 Adults and high school students without activity card.
 - \$20.00 Family Pass - Immediate family members arriving together.
- C. Free Admission:
 - Home team students with activity cards.
 - Staff members of Region IV schools with Region IV passes or with UHSAA passes.
 - Senior Citizens (62 or over).
 - Cheerleaders, Pep Club, and Drill Team members in uniform.
 - Student officers in school sweaters and with SBO passes.
 - Children under school age.
- D. Tickets will be sold through at least three quarters of the Varsity activity. Ticket sales will begin:
 - a. 1 hour before varsity football starting time
 - b. 15 minutes prior to the start of the first basketball, volleyball, or wrestling match/game.
- E. State admission pricing will be charged at all State Playoff and Endowment games, as per UHSAA guidelines.

II. SUPERVISION of REGION ACTIVITIES, TOURNAMENTS and MEETS

Any school hosting a region tournament, dual competition or activity is responsible for providing adequate administrative supervision of the activity. Although it is the responsibility of the chairperson of each individual activity to see that region tournaments and meets are planned and well organized, it is the responsibility of the host school to provide adequate general supervision for the activity. If the host school is not the school of the chairperson, there should be a clear understanding between the activity chairperson and the host principal regarding the activity. In any case, the host school must provide general supervision for activities taking place in that school. Region Chairs will not be compensated for time to administrate their region activity assignment. Visiting Administrators are to check in with the host school Administration.

III. ACCOMMODATIONS for VISITING TEAMS

All dressing room facilities must be left in a clean and orderly manner. Visiting teams must bring their own towels. The visiting head coach will check facilities prior to departure of the visiting team. If a head coach receives a key to dressing room facilities from the home school, the key should be returned to the home school or Athletic Director. Security of personal items is the responsibility of the visiting team. Facilities will not be available for visiting teams other than locker rooms and playing facilities.

IV. OFFICIALS

Any misconduct of officials, including failure to show, or tardiness is to be reported to the home school's AD/Administration. A detailed report including names and improper conduct shall be submitted in writing to the Region IV Board of Managers, the UHSAA office, and the arbiter involved. The host school should show the referees where the dressing rooms are located.

V. ELIGIBILITY of PLAYERS (see UHSAA Handbook By-Laws Section 1)

VI. SPORTSMANSHIP POLICIES (see UHSAA Handbook Administrative Policies and Guidelines #4)

- A. **Sportsmanship Announcer Statement:** (To be read prior to every Region event) *“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”*
- B. **Cheer and Spirit Groups**
- a. Cheerleaders must follow the National Safety Guidelines in order to qualify for catastrophic insurance coverage.
 - b. All spirit safety rules are to be followed during practices, games and performances.
 - c. Cheerleaders in uniform and accompanied by an advisor will be admitted to the game without charge.
 - d. Cheerleaders may use hand held performance signs and pompoms at Region events. At football games, megaphone and a sign of a positive nature for the home teams to run through will be allowed. See chart of approved items and regulations on page 8.
 - e. Placement of the cheerleaders, drill team and general student body is at the discretion of the host school. Cheerleaders should encourage good sportsmanship at all times. Cheerleaders should refrain from conducting cheers during foul shots and must break behind the basket during the entire game. Cheerleaders will refrain from participating in any “in your face gestures” directed at the opposing spectators and finally, opposing cheer squads should not participate in competitive tumbling demonstrations.
 - f. Traveling cheerleaders, drill teams and pep clubs will be supervised by designated adult chaperones.
 - g. Only cheerleaders no spectators are allowed on the sideline, court or field for cheers, activities or demonstrations unless specifically sponsored by the host school administration.
 - h. Cheer squads and their advisor(s) must attend the UHSAA Safety Clinic in the spring prior to the new school year. Coaches are also encouraged to document stunt progression of each cheerleader.
 - i. Mascots will not display inappropriate movement nor will there be any physical confrontations or mock wrestling between opposing schools’ mascots. Mascots will stay in the area of their own cheer squads.
 - j. For safety reasons, the host and visiting administrations will keep other students out of the space provided for cheerleaders. It is strongly recommended that cheerleaders store their gear in a secure and consolidated space behind their team’s benches.
 - k. Because academics are a priority, it is recommended that a cheerleader not be required to attend activities more than three times a week.
- C. **Pep Band, and Spectator Conduct:**
- a. Unless as an approved participant in a host school’s performance or promotion, no spectators will be allowed on the sidelines, field or floor during game time, quarters, or half-time, or pre-game.
 - b. Pep bands will be provided only by the host school (exceptions by mutual agreement). During basketball games, pep bands are to play during regulation time-outs, quarters and half times only. Advisors must be present at all times.
 - c. Drums are to be used only to play with the band, as part of an organized cheer, and to be part of the pep/spirit club’s marching activities. Drums are not to be used indiscriminately as noisemakers.
 - d. Students will not sit on the front row of the bleachers during the game.
 - e. The throwing of any object, including confetti, torn paper scraps, crepe paper, toilet tissue, etc., is not allowed.
 - f. In the chart below, ONLY those items marked “Y” will be allowed as fan/spectator items at UHSAA State Tournaments/Meets. It is recommended that Region schools follow these regulations during the regular season and in Region Tournaments. Sportsmanlike vocal cheering and support from all participants are always encouraged.

The items indicated on this chart are guidelines for spectators.

	Base ball	Baske tball	Cross Country	Drill Team	Foot ball	Golf	Soc cer	Softb all	Swim ming	Tennis	Track & Field	Volleyb all	Wrestli ng
Banners on wall except welcome or corporate sponsor	N	N	N	N	N	N	N	N	N	N	N	N	N
Confetti/shredded paper	N	N	N	N	N	N	N	N	N	N	N	N	N
Hand-held signs of any kind	N	N	N	N	N	N	N	N	N	N	N	N	N
Laser light/pointer	N	N	N	N	N	N	N	N	N	N	N	N	N
Miniature sports balls thrown into crowd	N	N	N	N	N	N	N	N	N	N	N	N	N
Megaphones	Y	N	Y	N	Y	N	Y	Y	N	N	Y	N	N
Artificial noise makers (horns, cow bells, bells, buzzers, clickers, etc.)	N	N	Y	N	Y	N	Y	N	N	N	N	N	N
Whistles	N	N	N	N	N	N	N	N	N	N	N	N	N
Shirts on fans	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Pom-poms, shakers, spirit, towels	Y	N	Y	N	Y	Y	Y	Y	N	Y	Y	N	N
Recorded music over PA w/approval only	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
School bands	N	Y	N	N	Y	N	N	N	N	N	N	N	N
Air horns/sirens	N	N	N	N	N	N	N	N	N	N	N	N	N

D. Pregame, Halftime and Postgame Activities

- a. The game announcer is an official of the game and is to announce the game in a neutral manner. His or her purpose is not to influence or incite the crowd.
- b. The starting line-up may be introduced prior to the activity. A well-planned flag ceremony should be presented.
 - All activity should come to a halt immediately when the flag ceremony begins. Headgear should be removed. Activity should remain suspended until the flag ceremony is over.
 - The announcer should call everyone to attention as the flag enters the arena.
 - All tickets and concession sales should cease. No one should be admitted during the flag ceremony. The doors should be closed where possible.
- c. Football half-time: Half-time will follow UHSAA guidelines. Host performing group has 10 minutes which includes time to get on and off the field.
 - Exceptions can be made by mutual agreement for special occasions.
 - Any exception to the time limit (Homecoming) must be approved by the visiting team administration one (1) week in advance, and officials need to be notified on the night of the game.
- d. Basketball half-time: Maximum of seven (7) minutes for half-time entertainment which includes time to get on and off the floor. Exceptions: (Same as Football)
- e. A supervisor must be present when student groups perform. Coaches are responsible for the conduct of their athletes. No team or individual activity will be conducted that could belittle or humiliate opponents, including organized post-game demonstrations on any floor or field. Infractions will be referred to the Region IV Board of Managers for disciplinary action.

- f. Any senior recognition at end of season cannot delay start of game. Senior Recognitions must occur prior to the game. Home school must notify the visiting school. Violations will be referred to the Region IV Board of Managers for possible sanctions. Cheer/Drill may be recognized during halftime of a basketball game but must stay within halftime allotment.
- E. **Banners and Signs**
 - a. No negative banner or posters of any nature will be displayed in the area of competition. A sign welcoming the visiting team is encouraged.
 - b. A sign of a positive nature for the home teams to run through will be allowed.
 - c. Each school may hang one (1) school banner at the Region Championship Meet; the maximum size for this banner being 5X8'. No other signs or banners will be allowed at the Region site.
 - d. No banners or signs are allowed at any State competition site.

VII. EVENT SCHEDULING and PARTICIPATION

A. Change of Date and/or Time

- 1. A change of time of an activity may be effected through mutual agreement of both schools (coach, principal, and athletic director). After a mutual agreement is reached between schools concerned, the change of date must be approved by the Region Board of Managers through the Region Chairperson over the activity/sport.
- 2. The host school must notify the arbiter of the change. All costs associated with changing the time and date of a contest will be incurred by the school requesting the change.
- 3. The host Region IV school changing a game outside of Region IV must also notify other Region IV schools. All officials (Varsity, J.V., Sophomore) will be change requested will need to be requested to the UHSAA arbiter.

B. Game Starting Times and Participant Regulations

- 1. No sports activity may begin before 3:00 p.m. on a school day.
- 2. Exceptions to this rule are Golf (availability of courses) and tennis region and tournaments.

C. Failure to Participate

See UHSAA

VIII. ACTIVITY LIMITATIONS and ANNUAL MORATORIUMS (see UHSAA Handbook By-Laws Article 2)

IX. SEEDING FOR STATE: PROCEDURE for BREAKING TIES for STANDINGS

- A. The **Region Activity Chairperson** will facilitate the Tie-Break procedure with administrative representation from the involved schools at the earliest convenience once the tie has been confirmed by game results. Games to break ties will be played at neutral locations coordinated by the Region Activity Chairperson.
- B. **Head to Head Region records** (with tied teams) - In the event of a tie between teams qualified for state tournament positions, the seed will be determined by the win/loss records in region play of the teams involved in the tie.
- C. **Compare against highest Region finish** - If the tie still exists, the seed will be determined by comparing each team's record against the team with the highest region finish or next highest, etc. until the tie is resolved.
- D. **Compare head to head records** - Once a team has been awarded a seed they are no longer part of the tie-breaking scenario. After this process, if only two teams remain the remaining two teams will be seeded based on head to head competition records.
- E. **Coin Flip** - If a tie still exists after exhausting the above procedure, a coin flip will be conducted under the direction of the Region Activity Chairperson. Each school's representative will toss a coin. The coins tossed should land onto a floor surface (Refer to the individual sport's guidelines for the play-in competition format).
 - 1. For a **2-way tie for two seeds**, toss until only one "heads" coin occurs and that team will receive the higher seed.

2. In the event of **more than two teams tying for available seeds**, all teams will flip coins with the team flipping the “odd coin” (different from the other coins) receiving the higher seed. The coin flip procedure will continue until all teams are seeded.
3. In the event of multiple teams tied for **fewer playoff berths than teams tied**, teams will not be eliminated from state seeding without an opportunity to play for the final state berths. Tiebreaker Scenarios where fewer seeds are available than tied teams will use the guidelines below to determine seeding:

Tiebreaker Scenarios for 1 spot (4th seed)

- 2-way tie - head to head competition to determine the 4th seed.
- 3-way tie - odd team (coin flip) waits to play the winner of the game between the same coin teams. Winner of second competition takes the 4th seed.
- 4-way tie - coin toss to determine pairings (toss until two head and two tails), coin toss to determine the order of the games, 4-team tournament with winner taking 4th seed.

Tiebreaker Scenarios for 2 spots (3rd and 4th seeds)

- 3-way tie - odd team (coin flip) takes the 3rd seed, same coins teams play for 4th seed.
- 4-way tie - coin toss to determine game pairings (toss until two head and two tails), the two game winners toss a coin to determine 3rd and 4th seeds.

Tiebreaker Scenarios for 3 spots (2nd, 3rd, and 4th seeds)

- 4-way tie - odd team (toss until one coin different than other three) takes 2nd, odd team (next coin flip) takes 3rd while remaining same coin teams play for 4th seed.

X. REGION BOARD of MANAGER GOVERNANCE (see UHSAA Handbook Constitution Article 2: Section 4, By-laws Article 7, Section 7)

A. Duties of Region Activity Chairpersons

- a. Region Chairpersons will not be compensated for time to administrate their region activity assignment. With prior agreement and as determined appropriate by the Region Board of Managers, a meet or tournament director may be compensated for planning/hosting the event.
- b. Conduct all coaches/advisor meetings pertinent to the respective activity. Reimbursement expenses for food at Region coach/advisor meetings may not exceed \$15.00 per person, one representative per school and only one meeting per year. Expenditures above this limit must have prior approval by the Region Board of Managers.
- c. Be the direct liaison to the Region Board of Managers and coordinate and manage all Region competitions and tournaments of respective activity.
- d. Select and honor respective All-Region teams where applicable (each school will be responsible for printing certificates for Academic All Region athletes).
- e. Oversee all tie-break scenarios and communicate results to the Region Board and UHSAA.
- f. Be responsible for awards, trophies, medals, etc. pertinent to respective activity.

Trophies and Awards

Academic All Region

Any varsity participant with cumulative GPA 3.75 or higher

Baseball

One Region Trophy

Basketball (Boys and Girls)

One Region Trophy each

Cross Country (Boys and Girls)

One Region Meet Trophy each, Medals for places 1-7 Varsity, Ribbons for places 8-14

Drama

Seven 4x6 Plaques-Outstanding Performance in Region One-Act Plays, 130 or 150 Individual Superior Ranking Medals, 3 Play Plaques for Play, 3 "Sweepstakes" Trophies

Drill Team

One Region Trophy, Plaques-1st and 2nd place in each category: dance, military, and kick, Five drill down medals for top five finishers

Football

One Region Trophy

Forensics/Debate

One Region Trophy, See page 51 for list of other awards

Boys and Girls Golf

One Region Trophy, 10 Medals for 10 low medalists

Music

Certificates for Superior (I) Ratings in Orchestral, Large Choir, Madrigals, Solo & Ensemble, and Jazz Band Festivals. Trophies for teams that obtain superior or excellent. Certificates for all participating bands according to rating in Region Marching Band competition. The Region Marching Band competition will also include trophies for Music Caption, Visual Caption, Percussion Caption, and Drum Major.

Soccer (Boys and Girls)

One Region Trophy each

Softball

One Region Trophy

Swimming (Boys and Girls)

One Region Trophy each, Medals for places 1st - 6th individual (8 events) and top 3 relay teams (3 events)

Tennis (Boys and Girls)

One Region Trophy each, 24 Medals: 1st-4th places in 6 categories: 1st, 2nd, and 3rd singles and doubles

Track (Boys and Girls)

One Region Trophy each, Medals for places 1st-6th individual (13½ events) and top 3 relay teams (3 events)

Volleyball

One Region Trophy

Wrestling

One Region Trophy

ALPINE SCHOOL DISTRICT

Last Updated: June 3, 2014

2014-15 TRADITIONAL SCHOOL YEAR CALENDAR

7 th and 10 th Grade Day (optional for schools)	Monday, Aug. 18, 2014
Official School Year Begins	Tuesday, Aug. 19, 2014
Official School Year Ends	Friday, May 29, 2015

HOLIDAYS AND OTHER DAYS SCHOOL WILL BE CLOSED OR ALTERED

Labor Day Recess	Monday, Sept. 2, 2014
Minimal Day (Prof Development)	Monday, Sept. 24, 2014
Fall Break	October 10 - 11, 2014
Minimal Day (Prof Development)	Monday, October 14, 2014
Teacher Comp. Day	Wednesday, November 27, 2014
Thanksgiving Recess	Thursday, Friday, Nov. 28-29, 2014
Christmas Break	Monday, Dec. 23, 2014 – Friday, Jan. 3, 2015
Dr. Martin Luther King Jr. Day Recess	Monday, Jan. 20, 2015
Minimal Day (Prof. Development)	Monday, February 4, 2015
Washington and Lincoln Day Recess	Monday, Feb.17, 2015
Minimal Day (Prof. Development)	Monday, March 10, 2015
Snow Make-up Day	Monday, April 7, 2015
Teachers Comp Day	Tuesday, April 8, 2015
Spring Break	April 9 - 11, 2015
Memorial Day	Monday, May 26, 2015

END OF TERM:

1 st Term – Aug. 19, 2014 – October 24, 2014	2 nd Term – Oct. 27, 2014 – Jan. 17, 2015
3 rd Term – Jan. 13, 2015 - March 20, 2015	4 th Term - March 23, 2015 - May 30, 2015

Jordan School District

2014-15 TRADITIONAL SCHOOL YEAR CALENDAR

Induction Meetings for Elementary Teachers New to the District..... Monday, August 18, 2014
Induction Meetings for Secondary Teachers New to the District..... Tuesday, August 19, 2014
*All Teachers at Local Schools Wednesday, Thursday, Friday, August 20, 21, 22, 2014
Beginning of Classwork for StudentsMonday, August 25, 2014
Close of Classwork for Students Friday, June 5, 2015
*Check-out Day for Teachers Monday, June 8, 2015

HOLIDAYS AND OTHER DAYS SCHOOL WILL BE CLOSED

Labor Day Recess Monday, September 1, 2014
**Compensatory Recess for Secondary Parent-Teacher Conferences Friday, October 3, 2014
(see High School and Middle School Conference schedule below)
High School Parent-Teacher Conferences (Students do not attend).....Wednesday, October 8, 2015
Fall Recess Thursday, Friday, October 16-17, 2014
All-Grade Transmittal Day (Students do not attend.) Friday, October 31, 2014
Thanksgiving Recess Wednesday, Thursday, Friday, November 26, 27, 28, 2014
Winter Recess Monday, December 22, 2014 – Friday, January 2, 2015
School resumes on Monday, January 5, 2015
Dr. Martin Luther King Jr. Day Recess Monday, January 19, 2015
All-Grade Transmittal Day (Students do not attend.) Friday, January 23, 2015
Washington and Lincoln Day Recess Monday, February 16, 2015
**Compensatory Recess for Secondary Parent-Teacher Conferences Friday, March 6, 2015
(see High School and Middle School Conference schedule below)
Secondary Grade Transmittal Day (Students do not attend.) Monday, March 27, 2015
Spring Recess Thursday, Friday and Monday, April 2, 3 & 6, 2015
Memorial Day Recess Monday, May 25, 2015
Graduations Thursday, June 4, 2015
Bingham, Copper Hills, Herriman, Riverton, South Valley, Valley, West Jordan

FALL PARENT-TEACHER CONFERENCE SCHEDULE

High School October 8, 2014
Middle School Wednesday and Thursday, October 1 & 2, 2014
Elementary School Wednesday and Thursday, November 5 & 6, 2014

SPRING PARENT-TEACHER CONFERENCE SCHEDULE

High SchoolWednesday, March 4, 2015
Middle School Wednesday and Thursday March 4-5, 2015
Elementary School Wednesday and Thursday, March 11-12, 2015

END OF QUARTERS

1st Quarter—Thursday, October. 30, 2014 ...46 Days 2nd Quarter—Thursday, Jan. 22, 2015.....45 Days
3rd Quarter—Thursday, March 26, 201543 Days 4th Quarter-Friday, June 5, 201546 Days
* 184 Contract Days (students are in school 180 days) ** Counted as Days in School

Baseball Policies

Region Activity Chairperson: Matt Norman, Pl. Grove High School – 801-830-9298

Coaches' Representative: Darrin Henry, Pl. Grove High School 801-610-8170

1. Beginning team selection and practice date is *Wednesday, February 25, 2015*. The first games may be played no earlier than *Wednesday, March 4, 2015*.
2. Game time for all Varsity games will be 4:00 P.M. J.V games will be played at 3:30 P.M. on Thursday and double headers on Saturdays beginning at 10:00 AM. Sophomore games will be played immediately after the Varsity game on Wednesday night and immediately after the J.V. game on Thursday.
3. Sophomore games are to begin immediately following the game prior with no more than an eight minutes pre-game for each team. Sophomores will be limited to a 22 game schedule and are to be played by members of the sophomore and freshman classes only.
4. Game time may be changed only after agreement of the two principals involved. A date change must be approved through the Region Baseball Chairperson, who will inform all region principals. Date changes will only be approved for extraordinary circumstances rather than issues of convenience.
5. Each team will be allowed 15 minutes for warm-up and infield practice.
6. Each postponed game must be made up in the order of the postponement on the first available playing date (including Saturdays). 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 a decision 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 by no later than noon the day of the game. (JV/Soph games will be bumped from the calendar to allow for the varsity game.)
7. When a game is called because of darkness or weather, the game will be resumed on the next available playing date (including Saturdays) and/or as the preliminary scheduled game of the two teams in the second or third game. The five-inning completion rule is in effect. In the third game, the game that is called will be resumed on the next available date, excluding J.V. league games. The home field coach will be responsible for notifying all those involved: umpires, scorers, principals and coaches.
8. The home team will be responsible to have an official scorekeeper, preferably an adult. The winning team is responsible to report the results of the game to the newspapers.
9. Baseball: 22 games. Each game played counts as one game.
Schools may exercise one of the following options during the season: play one (1) multi-game tournament (up to a maximum of four games) and count it as two (2) games and play one (1) non-region double header on a non-school day for both schools and count it as one (1) game OR they can play two (2) non-region double-headers on non-school days and count each double-header as one (1) game.
Only 22 games may be played. Every game played counts toward the 22 with the exception of post-season play-offs in the State Tournament.
10. The recommendation of the UHSAA on number of innings pitched per week will be followed.
11. If necessary the dates of **May 8-10, 2014** may be used as playoff dates to determine fourth seed (last play-off) placement into the state tournament. The tie-breaker rule will be used for all other seeding issues. In the event that 3 teams tie for the fourth play-off spot, the following steps will be used to determine the 4th place team.
 - a. A coin flip will take place unless one of the 3 teams won the series against the two other teams.

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- b. The odd team (or team that won the series against the other 2 teams) sits out first while the other two teams play a 7-inning game. The loser of the game is eliminated. The winner of the game will then play the team that won the coin toss in a 7-inning game to determine the final spot in the state tournament.
 - c. Each game will be a 7-inning game played at a neutral field.
12. A coaches meeting will be held on the Monday following the last regularly scheduled Region Games in order to select the all-region team. Individual schools (coaches) are responsible to print certificates for those student/athletes selected to the all-region team.
13. The 10-run rule after 5 innings will be used for all games.
14. No games can be scheduled on Monday, April 27th, 2015 (Varsity, JV, & Soph)

Region IV Schedule 2015

Home Series Listed First	
Week 1 Bye Riverton American Fork Herriman	Lone Peak Westlake Pleasant Grove Lehi
Week 2 Bye Herriman Lehi Westlake	Pleasant Grove American Fork Riverton Lone Peak
Week 3 Bye Lehi Lone Peak Pleasant Grove	Westlake American Fork Herriman Riverton
Week 4 Bye Lehi Pleasant Grove American Fork	Riverton Westlake Herriman Lone Peak
Week 5 Bye Riverton Lone Peak Westlake	Lehi American Fork Pleasant Grove Herriman
Week 6 Bye Westlake Lone Peak Herriman	American Fork Pleasant Grove Lehi Riverton
Week 7 Bye Riverton Pleasant Grove American Fork	Herriman Lone Peak Lehi Westlake

Region 4 Varsity Baseball Schedule 2015

Monday, March 30	Tuesday, March 31	Wednesday, April 1	Thursday, April 2	Friday, April 3	Saturday, April 4
	Westlake @ Riverton	Riverton @ Westlake		Westlake @ Riverton	
	Pl. Grove @ Am. Fork	Am. Fork @Pl. Grove		Pl. Grove @ Am. Fork	
	Lehi @ Herriman	Herriman @ Lehi		Lehi @ Herriman	
Monday,A pril 6	Tuesday, April 7	Wednesday, April 8	Thursday, April 9	Friday, April 10	Saturday, April 11
	Am. Fork @ Herriman	Herriman @ Am. Fork		Am. Fork @ Herriman	
	Riverton @ Lehi	Lehi @ Riverton		Riverton @ Lehi	
	Lone Peak @ West Lake	Westlake @ Lone Peak		Lone Peak @ West Lake	
Monday, April 13	Tuesday, April 14	Wednesday, April 15	Thursday, April 16	Friday, April 17	Saturday, April 18
	Am. Fork @ Lehi	Lehi @ Am. Fork		Am. Fork @ Lehi	
	Herriman @ Lone Peak	Lone Peak @ Herriman		Herriman @ Lone Peak	
	Riverton @ Pl. Grove	Pl. Grove @ Riverton		Riverton @ Pl. Grove	
Monday,A pril 20	Tuesday, April 21	Wednesday, April 22	Thursday, April 23	Friday, April 24	Saturday, April 25
	Westlake @ Lehi	Lehi @ Westlake		Westlake @ Lehi	
	Herriman @ Pl. Grove	Pl. Grove @ Herriman		Herriman @ Pl. Grove	
	Lone Peak @ Am. Fork	Am. Fork @ Lone Peak		Lone Peak @ Am. Fork	
Monday,A pril 27	Tuesday, April 28	Wednesday, April 29	Thursday, April 30	Friday, May 1	Saturday, May 2

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	Am. Fork @ Riverton	Riverton @ Am. Fork		Am. Fork @ Riverton	
	Pl. Grove @ Lone Peak	Lone Peak @ Pl. Grove		Pl. Grove @ Lone Peak	
	Herriman @ Westlake	Westlake @ Herriman		Herriman @ Westlake	
Monday, May 4	Tuesday, May 5	Wednesday, May 6	Thursday, May 7	Friday, May 8	Saturday, May 9
	Pl. Grove @ Westlake	Westlake @ Pl. Grove		Pl. Grove @ Westlake	
	Lehi @ Lone Peak	Lone Peak @ Lehi		Lehi @ Lone Peak	
	Riverton @ Herriman	Herriman @ Riverton		Riverton @ Herriman	
Monday, May 11	Tuesday, May 12	Wednesday, May 13	Thursday, May 14	Friday, May 15	Saturday, May 16
Lone Peak @ Riverton	Riverton @ Lone Peak	Lone Peak @ Riverton			
Lehi @ Pl. Grove	Pl. Grove @ Lehi	Lehi @ Pl. Grove			
Westlake @ Am. Fork	Am. Fork @ Westlake	Westlake @ Am. Fork			

Region 4 JV Baseball 2014

<p>Thursday, March 27 (3:30 PM) Herriman @ Am. Fork Lehi @ Riverton Westlake @ Lone Peak</p>	<p>Saturday, April 19 (10:00 AM) Am. Fork @ Riverton Pl. Grove @ Lone Peak Herriman @ Westlake</p>
<p>Saturday, March 29 (10:00 AM) Am. Fork @ Herriman Riverton @ Lehi Lone Peak @ Westlake</p>	<p>Thursday, April 24 (3:30 PM) Westlake @ Pl. Grove Lone Peak @ Lehi Herriman @ Riverton</p>
<p>Thursday, April 3 (3:30 PM) Lehi @ Am. Fork Lone Peak @ Herriman Pl. Grove @ Riverton</p>	<p>Saturday, April 26 (10:00 AM) Pl. Grove @ Westlake Lehi @ Lone Peak Riverton @ Herriman</p>
<p>Saturday, April 5 (10:00 AM) Am. Fork @ Lehi Herriman @ Lone Peak Riverton @ Pl. Grove</p>	<p>Thursday, May 1 (3:30 PM) Riverton @ Lone Peak Pl. Grove @ Lehi Am. Fork @ Westlake</p>
<p>Thursday, April 10 (3:30 PM) Lehi @ Westlake Pl. Grove @ Herriman Am. Fork @ Lone Peak</p>	<p>Saturday, May 3 (3:30 PM) Lone Peak @ Riverton Lehi @ Pl. Grove Westlake @ Am. Fork</p>
<p>Saturday, April 12 (10:00 AM) Westlake @ Lehi Herriman @ Pl. Grove Lone Peak @ Am. Fork</p>	<p>Thursday, May 8 (3:30 PM) Riverton @ Westlake Am. Fork @ Pl. Grove Herriman @ Lehi</p>
<p>Thursday, April 17 (3:30 PM) Riverton @ Am. Fork Lone Peak @ Pl. Grove Westlake @ Herriman</p>	<p>Saturday, May 10 (3:30 PM) Westlake @ Riverton Pl. Grove @ Am. Fork Lehi @ Herriman</p>

REGION 4 SOPHOMORE BASEBALL 2014

<p>Wednesday, March 26 Am. Fork @ Herriman Riverton @ Lehi Lone Peak @ Westlake</p>	<p>Thursday, April 17 Riverton @ Am. Fork Lone Peak @ Pl. Grove Westlake @ Herriman</p>
<p>Thursday, March 27 Herriman @ Am. Fork Lehi @ Riverton Westlake @ Lone Peak</p>	<p>Wednesday, April 23 Pl. Grove @ Westlake Lehi @ Lone Peak Riverton @ Herriman</p>
<p>Wednesday, April 2 Am. Fork @ Lehi Herriman @ Lone Peak Riverton @ Pl. Grove</p>	<p>Thursday, April 24 Westlake @ Pl. Grove Lone Peak @ Lehi Herriman @ Riverton</p>
<p>Thursday, April 3 Lehi @ Am. Fork Lone Peak @ Herriman Pl. Grove @ Riverton</p>	<p>Wednesday, April 30 Lone Peak @ Riverton Lehi @ Pl. Grove Westlake @ Am. Fork</p>
<p>Wednesday, April 9 Westlake @ Lehi Herriman @ Pl. Grove Lone Peak @ Am. Fork</p>	<p>Thursday, May 1 Riverton @ Lone Peak Pl. Grove @ Lehi Am. Fork @ Westlake</p>
<p>Thursday, April 10 Lehi @ Westlake Pl. Grove @ Herriman Am. Fork @ Lone Peak</p>	<p>Wednesday, May 7 Westlake @ Riverton Pl. Grove @ Am. Fork Lehi @ Herriman</p>
<p>Wednesday, April 16 Am. Fork @ Riverton Pl. Grove @ Lone Peak Herriman @ Westlake</p>	<p>Thursday, May 8 Riverton @ Westlake Am. Fork @ Pl. Grove Herriman @ Lehi</p>

Boys Basketball Policies

Region Activity Chairperson: Boys - Christian Smith, Lehi High School (801) 610-8805

Coaches' Representative: Doug Meacham, American Fork High (801)756-8547

1. Beginning practice date for boys and girls basketball is November 10th, 2014. The first game may be played no sooner than November 25th, 2014. "No basketball player will play basketball during the athletic period except after the official beginning practice date" (per UHSAA policy).
2. Standard game day schedule when boys and girls play is as follows:
 - * Boys - Tuesday and Friday
 - * Girls - Wednesday and Friday
3. Game times: 3:30 - Sophomores; 5:15 - Junior Varsity; 7:00 – Varsity.
4. Games will start as scheduled or 20 minutes following the conclusion of the previous game.
5. Preseason game times and dates are site-based decisions.
6. Only by mutual consent or both schools involved can the starting times be changed. Change of dates must be approved by the Region IV Board of Managers. (The home team will notify the arbiter in case of any change).
7. The coaches have the option to agree on which ball to use for the State Tournament. If an agreement can't be reached, then the UHSAA contracted ball will be used.
8. The visiting school may film a game from their own student sections or an area designated by the home school.
10. Tournament entries are determined by win and loss records during Region IV play. In the event of a tie, General policies are used to seed or qualify the eligible teams.
11. General courtesies recommended for boys' and girls' games:
 - * Each school should provide the visiting team with a secure, clean locker room, a good blackboard or whiteboard and tape table for taping. A room for private discussion during halftime should be provided.
 - * If pre-game activities are to be longer or if different from usual (general directions, announcements, team introductions and national anthem) a schedule should be given to coaches and referees. A flag ceremony should be included.
 - * Conduct halftime activities within scheduled time - not to exceed seven (7) minutes for all activities. Minor variations can be made with mutual consent of schools involved.
 - * Copies of schedules and team rosters must be emailed to each region school's AD by Nov. 19, 2014.

Region IV Boys Basketball Schedule 2014-15

<u>Tuesday, January 6</u> Lone Peak @ Herriman American Fork @ Lehi Westlake @ Pleasant Grove Riverton – Bye	<u>Friday, January 30</u> Herriman @ Lone Peak Lehi @ American Fork Pleasant Grove @ Westlake Riverton – Bye
<u>Friday, January 9</u>	<u>Tuesday, February 3</u>

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Riverton @ Westlake Pleasant Grove @ American Fork Lehi @ Lone Peak Herriman – Bye	Westlake @ Riverton American Fork @ Pleasant Grove Lone Peak @ Lehi Herriman – Bye
<u>Tuesday, January 13</u> Lehi @ Pleasant Grove Herriman @ Riverton Lone Peak @ Westlake American Fork – Bye	<u>Friday, February 6</u> Pleasant Grove @ Lehi Riverton @ Herriman Westlake @ Lone Peak American Fork – Bye
<u>Friday, January 16</u> American Fork @ Lone Peak Westlake @ Herriman Riverton @ Lehi Pleasant Grove – Bye	<u>Tuesday, February 10</u> Lone Peak @ American Fork Herriman @ Westlake Lehi @ Riverton Pleasant Grove – Bye
<u>Tuesday, January 20</u> Pleasant Grove @ Riverton Westlake @ Lehi Herriman @ American Fork Lone Peak – Bye	<u>Friday, February 13</u> Riverton @ Pleasant Grove Lehi @ Westlake American Fork @ Herriman Lone Peak – Bye
<u>Friday, January 23</u> Herriman @ Lehi American Fork @ Riverton Lone Peak @ Pleasant Grove Westlake – Bye	<u>Tuesday, February 17</u> Lehi @ Herriman Riverton @ American Fork Pleasant Grove @ Lone Peak Westlake – Bye
<u>Tuesday, January 27</u> Westlake @ American Fork Riverton @ Lone Peak Pleasant Grove @ Herriman Lehi – Bye	<u>Thursday, February 19</u> American Fork @ Westlake Lone Peak @ Riverton Herriman @ Pleasant Grove Lehi – Bye

5A State Tournament
February, 23-28 @ Weber State University

GIRLS BASKETBALL POLICIES

Region Activity Chairperson: Chad Wilson, Westlake High School (801) 610-8815
Coaches Representative: Glenn Larson, Pleasant Grove High School (801) 610-8170

1. Beginning practice date for boys and girls basketball is November 10, 2014. The first game may be played no sooner than November 19, 2014. **“No basketball player will play basketball during the athletic period except after the official beginning practice date”.** (UHSAA policy)
2. Standard game day schedule when boys and girls play is as follows:
 - *Boys – Tuesday and Friday
 - *Girls – Wednesday and Friday
3. Game times: 3:30 - Sophomores, 5:15 – Junior Varsity, 7:00 – Varsity
4. Games will start as scheduled or 20 minutes following the conclusion of the previous game.
5. Preseason game times and dates are site based decisions.
6. Only by mutual consent of both schools involved can start times be changed. Change of dates must be approved the the Region IV Board of Managers. (The home team will notify the arbiter in case of any change)
7. The visiting school may film a game from their own student section or an area designated by the home team.
8. Tournament entries are determined by win and loss records during Region IV play. In the event of a tie, General policies are used to seed or qualify the eligible team.
9. General courtesies recommended for boys’ and girls’ games;
 - a. Each school should provide the visiting team with a secure, clean locker room, a good blackboard or whiteboard and a table for taping. A room for private discussion during halftime should be provided.
 - b. If pre-game activities are to be longer or different from usual (general directions, announcements, team introductions, and national anthem) a schedule should be given to coaches and referees. A flag ceremony should be included.
 - c. Conduct halftime activities within the scheduled time – not to exceed seven (7) minutes for all activities. Minor variations can be made with the consent of both schools.
 - d. Copies of schedules and team rosters must be emailed to each region school’s AD by November 19, 2014.
10. Coaches will meet the Monday following the State Tournament to pick the All-Region Team. Nominees should be emailed to Region Activity Chair prior to that meeting.

REGION IV GIRLS BASKETBALL SCHEDULE 2014-2015

<u>Wednesday, January 7</u> Herriman @ Lone Peak Lehi @ American Fork Pleasant Grove @ Westlake Riverton Bye	<u>Tuesday, January 27</u> American Fork @ Westlake Lone Peak @ Riverton Herriman @ Pleasant Grove Lehi Bye
<u>Friday, January 9</u> Westlake @ Riverton American Fork @ Pleasant Grove Lone Peak @ Lehi Herriman Bye	<u>Wednesday, January 28</u> Herriman @ Lehi American Fork @ Riverton Lone Peak @ Pleasant Grove Westlake Bye
<u>Tuesday, January 13</u> Pleasant Grove @ Lehi Riverton @ Herriman Westlake @ Lone Peak American Fork Bye	<u>Friday, January 30</u> Lone Peak @ Herriman American Fork @ Lehi Westlake @ Pleasant Grove Riverton Bye
<u>Wednesday, January 14</u> Westlake @ American Fork Riverton @ Lone Peak Pleasant Grove @ Herriman Lehi Bye	<u>Wednesday, February 4</u> Riverton @ Westlake Pleasant Grove @ American Fork Lehi @ Lone Peak Herriman Bye
<u>Friday, January 16</u> Lone Peak @ American Fork Herriman @ Westlake Lehi @ Riverton Pleasant Grove Bye	<u>Friday, February 6</u> Lehi @ Pleasant Grove Herriman @ Riverton Lone Peak @ Westlake American Fork Bye
<u>Wednesday, January 21</u> Riverton @ Pleasant Grove Lehi @ Westlake American Fork @ Herriman Lone Peak Bye	<u>Tuesday, February 10</u> American Fork @ Lone Peak Westlake @ Herriman Riverton @ Lehi Pleasant Grove Bye
<u>Friday, January 23</u> Lehi @ Herriman Riverton @ American Fork Pleasant Grove @ Lone Peak Westlake Bye	<u>Thursday, February 12</u> Pleasant Grove @ Riverton Westlake @ Lehi Herriman @ American Fork Lone Peak Bye

5A State Tournament

February, 16 - 20 @ SLCC (M, W, F & S)

Cross Country Policies

REGION ACTIVITY CHAIR: Mike Christensen (801) 567-8531
Coaches' Representative: Timo Mostert, AF High School (801) 756-8547

1. No meets are to be scheduled before August 12, 2014.
2. Each Region school will have a well-marked designated course. Distances for dual/tri/quad meets and region championships will be approximately 3 miles or 5k. A finish chute will be used at the finish line for all meets, as well as the Region Championship.

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3. Qualification for state will be as per UHSAA rules in the current handbook.
4. Scores at the Region Championship Meet will determine the winner of the region trophy.
5. Runners 1-7 will be awarded 1st Team All-Region in Varsity, and runners 8-14 will be awarded 2nd Team All-Region in Varsity.
6. Each school will receive assignments for the Region Championship from the host school.
7. Each school will furnish their own “stickers” or tags for each dual/tri/quad meet and the Region Championship Meet. Print the runner’s name, grade, and school on the region championship tag.
8. The highest 6th place finisher determines a tiebreaker.
9. Coaches may run 7 runners in the varsity region championship race. Additional non-scoring runners will not be allowed.
10. The number of teams, and individuals, that qualify for the state meet will be as per the number set by the UHSAA.
11. Dual/Tri/Quad region meets will be scheduled as per need basis between the schools involved.
12. The uniform rule will be in effect for all meets, with the exception of the pre-season meet. This meet will be a non-team scoring meet.
13. Academic All-Region is for any athlete with a cumulative GPA of 3.75 or higher.
14. Each individual may compete in a maximum of 10 meets plus Region and State.
15. Please refer to “General Policies” in the Region IV Handbook for all other Region IV rules, and the UHSAA Handbook for all UHSAA rules.
16. American Fork High School will host the Region Championship for 2014.

Region IV Cross Country Schedule 2014

Pre-Region Meet – September 3rd, 2014 at American Fork High School

Races begin at 7:00 PM. Girls will go first, followed by the boys.

Region Meet - October 10th, 2014 at American Fork High School

J.V. Girls 3:30 p.m.

J.V. Boys 4:00 p.m.

Varsity Girls 4:30 p.m.

Varsity Boys 5:00 p.m.

State Meet Sugarhouse Park - Wednesday, October 22, 2014

Drama Policies

REGION ACTIVITY CHAIR: Jeanie Wilson, Pleasant Grove High School (801) 610-8170

Coaches' Representative: Clint Eaton, Riverton High School (801)256-5800

1. Teachers Meeting: All region drama teachers will meet at least one month prior to the Region Festivals to discuss any business deemed necessary before the Region Tournaments begin. This meeting will be held **Tuesday, Jan. 13th, 2015, 3:30pm at Lehi High School.**
2. Judges: Coaches, recent alumni (4 Years), student teachers from any of the Region IV schools, as well as family members of any competing student will not be used as judges for any portion of the play festival or individual event festival. **All judges must complete examination before Region and bring their certificate to the region event. Go to UHSAA website and click under ACTIVITIES. Click on Theatre and the lesson plan and test will be there. We are classification 5A, Region 4.**
3. Cost and Fees for Judges:
 - a. One (1) to seven (7) schools participating - 30 individual event judges at \$50.00/day
 - b. Presentations (plays) - three (3) judges at \$150.00/day(mileage at UHSAA rate)
4. Qualifying for State: Each school may send up to four (4) entries per individual event as constituted for that classification. All four entries could qualify for the state festival by achieving the following guidelines:
 - a. Individual entries must receive a rating (superior, excellent good or fair).
 - b. Rating System:
 - i. Any entry must receive at least two (2) superior ratings out of three to qualify for state
 - c. Any entry receiving a straight superior rating (SSS) at region will receive a medal.
 - d. The top 5 pieces in each individual event will participate in a final medals round. Each students' three (3) ranking scores (1st, 2nd, 3rd, etc.) will be added together. The lowest scores (not to exceed 5) will be in the medals round.
 - e. In each medals round, 3 judges will watch all pieces and rank. Ranking scores will be added and 1st, 2nd, 3rd places will be awarded based on lowest scores.
 - f. Scores for plays (since they are before IE's) will be announced at the end of the play competition. Plays will also be ranked and rated for 1st, 2nd, 3rd place. All 1st, 2nd and 3rd place finishers will compete at state. Any school's play receiving Straight Superiors will also progress to state
 - g. Region 4 will participate in Region Sweepstakes following guidelines of Section IV of the UHSAA handbook.
5. Double Entering: Each student may only qualify for state in one (1) individual event and in the play event.
6. Trophies and Awards:
 - Seven (7) 4x6 plaques - Outstanding Performance in Region One-Act Plays - decided by the three (3) Festival Play Judges.
 - One hundred thirty (130 or 150?) Superior Individual Medals - awarded to Straight superiors only.
 - 42 Certificates for 1st, 2nd and 3rd place IE's divided in the following way (**this will be taken care of by the coaches**):
 - (3 of each) 1st, 2nd, 3rd Place Classical Scenes (9 total)
 - (3 of each) 1st, 2nd, 3rd Place Contemporary Scenes (9 total)
 - (1 of each) 1st, 2nd, 3rd Place Humorous Monologue (3 total)
 - (1 of each) 1st, 2nd, 3rd Place Dramatic Monologue (3 total)
 - (2 of each) 1st, 2nd, 3rd Place Pantomime (6 total)

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- (4 of each) 1st, 2nd, 3rd Place Musical Theatre (12 total)
- 3 Plaques for Plays- 1st, 2nd, 3rd Place Region 4 Plays
- 3 Trophies for Sweepstakes Awards (1st Place Region 4 Drama, 2nd Place Region 4 Drama, 3rd Place Region 4 Drama)

Drama Schedule, 2014-15

January 13, 2015

Region Drama Meeting

3:30 p.m.

Lehi High School – Drama Room

March 12, 2015

Region Plays

8:00 a.m. – 4:00 p.m.

*Play Results (Acting Awards, State, 1st, 2nd, 3rd Places)

Pleasant Grove High School

March 19, 2015

Region IE's

3:00 p.m. Round One

4:00 p.m. Round Two

5:00 p.m. Round Three

6:00 p.m. Medals Round

7:15p.m. Awards Ceremony

*IE State Qualifiers, Medals

*IE 1st, 2nd, 3rd (each category)

*Sweepstakes 1st, 2nd, 3rd

Riverton High School

Thursday-Saturday, April 9-11, 2015

5A State Drama

Host Schools TBA

Drill Policies

Region Activity Chair: Gail Ritz, Riverton High School, 801-256-5819

Coach Representative: Stacey Squires, Pl. Grove, 801-610-8170

1. Region drill teams will follow the guidelines listed in the General Guidelines of the Region IV Manual.
2. The Region Drill Team Competition will be conducted under the rules and guidelines of the UHSAA competition regulations. Riverton High School will host on **Thursday, January 29, 2015**.
3. Drill teams must follow the National Safety Guidelines.
4. The categories for 2014-15 are: **DANCE**, and **MILITARY**, and **KICK** A team may enter up to three categories at the region level.
5. The team coach must attend a UHSAA Rules Clinic for coaches and judges prior to the Region Meet or complete the UHSAA Drill Team test.
6. A mandatory Region Drill Coaches Meeting will be held prior to the Region Drill Team Competition at the host school, Riverton High School on **Monday, December 8, 2014 5:00 PM**.

MILITARY	DANCE	KICK
3	1	4
6	5	2
2	7	3
7	4	1
5	6	6
1	3	7
4	2	5

- Competition Order to be determined by drawing number (1-7).
 - Team(s) without representation will be assigned #1 in the selection.
 - Facility Orientation (dressing rooms, team entry & exit, direction, etc.)
 - The Region Competition order will be Military, Dance, and Kick.
7. Please submit program details upon email request via “Google Form” to **gail.ritz@jordandistrict.org** by Friday, December 5, 2014:
 - Official name of drill team
 - A high quality team photo (jpg)
 - List of teammate names, officers and coaches (Please check spelling)
 - Names of the school administration and athletic director (Please check spelling)
 - **Three (3) All-Region Team Nominations (Please check spelling) Seniors, check with Gail?**
 - Academic All-Region Nominations (3.75 cumulative GPA) (Please check spelling)
 - Name & Contact of Performing group for Region Competition entertainment (i.e., Cheerleading, Dance, etc.)
 8. An UHSAA certificated judge will be utilized for the Region Tournament as competition director (Randi Klug).
 9. Drill teams will have thirty (30) minutes of floor time/sound check on the day of competition at the host school. Order to be determined by distance to host school; closest to farthest. Additional time will not be granted.
 10. Each drill team coach will model sportsmanship to the members and parents. At region, the state sportsmanship rule will apply.

11. The following awards will be presented at the Region Drill Team Competition (*Region IV Manual*)
 - A Region trophy will be awarded to the Region Championship Team.
 - Certificates will be awarded for 2nd, 3rd & 4th overall.
 - The top four (4) overall finishers will be announced as qualifying for State.
 - Plaques will be awarded to 1st and 2nd place winner in each category: Dance, Military and Kick.
 - Certificates will be awarded for 3rd and 4th place in each category.
 - Plaques/medals will be awarded to 1st, 2nd, 3rd, 4th and 5th place winners in the Drill Down Competition.
 - Certificates will be awarded to eligible for Academic All-Region (cum GPA of 3.75+).
 - Certificates will be awarded for All-Region Team (3 per school).
 - Region certificates, provided by Region IV, are to be printed by the host school.
12. Dressing rooms are closed to parents, spectators and supporters. Only coaches will be allowed in the dressing area. Deliveries may only be made by a female runner. It is advised that gifts and well wishes be held until the conclusion of the competition. Parents will not be allowed to decorate team dressing rooms.
13. Moratorium/Dead time: UHSAA guidelines must be followed. Teams not abiding by the moratorium will face a fine on the first offense and a sportsmanship penalty on the second offense.
15. State 5A Drill Team Competition will be held on Friday, February 6, 2015. Drill team qualification standards for State will be according to UHSAA guidelines. In the event of a tie, tie breaking procedures will be followed as outlined in the State Handbook.

Region IV Drill Schedule 2014-15

Region Competition Planning Meeting

*Monday, December 8,, 2014 5:00pm
Riverton High School*

**Region program details due Friday, December 6*

Region IV Drill Team Competition

*Thursday, January 29, 2015
Riverton High School*

5:00 PM (ticket booth open/doors open 4:30 PM)

Pricing (Region IV Handbook)

\$20 Family Pass

\$5 Adult

\$4 Students with Activity Card

State Drill Team Competition

5A – Friday, February 6, 2015 @ UVU

REGION DRILL TEAM COACHES 2014-15

Region	School Name	Class	School Phone	Cell Phone	Drill Team Coach	Email
4	American Fork	5A	801-610-8800		Jacquel Tholl	jacquel.tholl@gmail.com
4	Herriman	5A	801-567-8530	801-503-7787	Arial Larsen	a_larsen_1@hotmail.com
4	Lehi	5A	801-610-8805	206-446-0590	Cadie Brockbank	Thebrockbanks@hotmail.com
4	Lone Peak	5A	801-717-4568	801-574-3142	Liz Hales	lonepeakdrill@gmail.com
4	Pleasant Grove	5A	801-610-8170	801-360-8397	Stacy Squires	ssquires@alpinedistrict.org
4	Riverton	5A	801-256-5800	801-864-9312	Karen Hudson	kmhll06@comcast.net
4	Westlake	5A	801-610-8815	801-414-0044	Kristie Kipp	kristiesthomas@hotmail.com
	REGION CHAIR	5A	801-717-4568	801-735-9905	Gail Ritz	gail.ritz@jordandistrict.org

Region Competition Planning Meeting

*Monday, December 9, 2014
5:00pm*

Lone Peak High School

**Region program details due at this time*

Football Policies

Region Activity Chairperson: James Birch, Herriman 801-567-8530

Coaches' Representative: Dustin Pearce, Herriman 801-567-8530

1. Beginning practice date will be Monday, August 4, 2014. (helmets only)
2. Endowment game will be August 22, 2014.
3. All varsity games will start at 7:00 pm.
4. Each region school will play a full schedule of Sophomore and JV games. (All games will start at 3:30 pm—no evening games.)
5. Sophomore games will be played at the same location as the Varsity. JV plays opposite.
6. Home team wears dark jerseys. Visiting team wears light or white jerseys.
7. All schools are required to use adults on chain and down marker (Varsity only).
8. In case of overtime, the state tie-breaker rule applies.
9. Scouting is to be done from the spectator stands and no video filming of future opponents will be allowed at Varsity, JV, or Sophomore levels.
10. Sidelines: No one will be allowed on the field or sidelines (outside of teams and team personnel) during the game without a sideline pass. Each school will develop and distribute their own sideline passes. The Athletic Director who meets the bus will determine from the opposing coach how many sideline passes are needed. It is the responsibility of each school's administration to keep their sidelines and track areas clear of all spectators. No spectators will be allowed on the field during the game.
11. The home team is responsible for emergency medical care.
12. Head coaches (or assistant coaches) will make email the two (2) most recent games via Huddle by 8:00 am each Saturday. A copy of the team roster will accompany all film exchanges. Region IV games, whether practice, league, or post-league, may be filmed only by the two participating schools. The host school should extend the same courtesy to the visiting photographer as to its own photographer. Films that are exchanged in Region IV will be filmed by a responsible adult. They should include pre-snap set wide angle, scoreboard by quarter, and each scoring play. Film all plays.
13. Varsity host school will provide dressing facilities upon the request of the visiting school. A chalkboard/whiteboard will be available. Each school will provide their own towels. Host school will clear visiting locker room 1½ hours before games and provide a guide for the visiting team to meet bus, show locker room, etc. (JV and Sophomores dress at their own schools.) In the case of inclement weather, JV & Sophomore teams will be provided shelter at half-time. The visiting team is responsible for cleaning the locker room immediately following half-time.
14. Post Game Activities: At the conclusion of the Varsity, J.V., or Sophomore games and after the traditional handshake, visiting teams will not participate in any post game activities (A short five minute team gathering may be held in the end zone away from the home team). Teams are to gather their gear and load the bus.

15. Visiting team will be allowed a minimum of 2 spotters and a maximum of 4 (depending on facility).
16. Electronic communication equipment (other than coaches' equipment) including but not limited to computer, film, television, and video tape, shall not be used for coaching purposes during the game or between periods.
17. Coaches will communicate with one another on at least two occasions:
 - a. Schedule and team rosters are to be mailed/e-mailed to Region Chair by Monday, August 14, 2014. The rosters shall contain at least the name, grade level, number, height, and weight of each athlete and be in numerical order.
 - b. The coaches will meet after the last region game for the purpose of selecting the All-Region IV Teams (athletic and academic). The meeting will be on Monday, November 3, at 7:00pm. All-Region MVP's (1 MVP, 1 Offensive MVP, 1 Defensive MVP, 1K, 1, P, 1 RS, 1 QB, 1 RB, 1 WR, 1 OL, 1 DL, 1 LB, 1 DB) All-Region 1st Team Players (6, 5, 4, 4, 3, 3), 2nd Team Players (5, 4, 3, 3, 2, 2), Honorable Mention (as selected by individual coaches).
18. Refer to region policies for tiebreakers. In the event of a 3-way tie for the last play-off berth, see previously stated region rules first. If necessary, then follow the steps below.
 - a. The winner of the tie breaker or winner of the flip earns a bye; the other two teams play off in a 24-minute game, consisting of two (2) 12-minute quarters.
 - b. Following a 15 minute halftime intermission, the winner of the first 24-minute game will then play the bye team. The game will consist of two (2) 12-minute quarters. The winner of that game will advance to the play-offs.
 - c. All playoff games will be held at a neutral site.
19. Any current employee of a school may not officiate in any varsity game in which that school is participating.
20. The National Anthem will be played at 5 minutes before the scheduled starting time. The visiting team should be informed if this is changed.
21. Region scheduling will flip home and away year to year. The order will remain the same for two years.
22. Change of Date, Time, or Place of a regularly scheduled region game must be approved by the Region IV Board of Managers. Changes should be approved at least one week in advance. Host school must notify the Football Chair and the other head coaches in the region of the change. Host school must notify the arbiter of the change.
23. Any Media personnel from schools must remain on their school's sideline.

Region IV Football Schedule 2014

<p><u>August 4 (helmets only)</u> Practice and Team Selection</p>	<p><u>September 12</u> Maple Mountain @ PG AF @ Riverton LP @ Herriman Westlake @ Lehi</p>	<p><u>Thursday, October 9</u> Herriman @ Riverton (KJZZ)</p> <p><u>October 10</u> PG @ Westlake Timpview @ LP AF @ Lehi</p>
<p><u>August 22 (Endowment)</u> Brighton @ AF PG @ Alta Riverton @ Granger Herriman @ West Jordan SF @ Westlake Lehi @ Murray Lone Peak @ Bountiful</p>	<p><u>September 19</u> Herriman @ Jordan Westlake @ AF Lehi @ PG Riverton @ LP</p>	<p><u>October 15 (Fall Break)</u> Riverton- Bye Lehi @ Herriman Westlake @ LP PG @ AF -</p>
<p><u>August 28 (Thursday)</u> Herriman @ Bingham (KJZZ)</p> <p><u>August 29</u> W. Jordan @ Riverton PG @ Torrey Pines AF @ Logan Westlake @ Ogden Dixie @ Lehi Alta @ LP</p>	<p><u>Thursday, Sept. 25</u> LP @ AF (KJZZ)</p> <p><u>September 26</u> Lehi @ SF PG @ Riverton Herriman @ Westlake</p>	<p><u>October 23</u> AF @ Eastside Catholic HS (Seattle) Lehi @ LP Herriman @ PG Riverton @ Westlake</p>
<p><u>September 5</u> Orem @ AF Riverton @ Dixie Hunter @ Herriman Jordan @ PG Westlake @ Corner Canyon Lehi @ Pine View West @ LP</p>	<p><u>October 3</u> Westlake- Bye AF @ Herriman Riverton @ Lehi LP @ PG</p>	<p>November 1st/2nd Playoffs @ Home Sites</p> <p>November 8th/9th Playoffs @ Home Sites</p> <p>November 15th/16th Semi Finals @ U of U</p> <p>November 22nd State Championship @ U of U</p>

Forensics/Debate Policies

Region Activity Chairperson: John Hanks, Lehi (801) 610-8805

Coaches' Representative: Phil Clark, Lehi High (801) 610-8805

1. Starting Date: No forensics meets may be held prior to October 1, 2015
State Tournament: March 13-14, 2015
2. Region paring meeting: This meeting will be held at the Region Tournament host school beginning at 3:30 p.m. February 23, 2015. All coaches will be assigned paring responsibilities. All coaches shall submit 30 Impromptu topics - 10 famous quotations, 10 social value, 10 abstract/one word. Extemporaneous topics will come from the NFHS topics. All typewritten manuscripts with complete bibliography must be submitted at the Region Pairing Meeting. Schools not submitting manuscripts for Original Oratory will forfeit that entry. Oratories must be submitted to and approved by the school's principal before submission at the paring meeting.
3. Debate, Lincoln-Douglas and Public Forum Paring: Up to six (6) rounds will be held in each event. Pairings will be reverse power matched to best allow each school to hit all other schools in the region in each event. Byes will be drawn from eligible teams/schools. Not team, individual or school may have more than one bye unless it cannot be avoided. Speaker points are averaged for byes. The Region Tournament will use the same topics for Lincoln-Douglas and public forum as the State Tournament.
4. Individual Events Paring: Up to (4) rounds of each event will be held. Random Pairing will be used but students from the same school will not be in the same round.
5. Student Congress paring: all contestants will be placed in one house of two (2) sessions with assigned seating and second seating reversed. Student Congress for Region will conform to State Tournament guidelines. Six (6) judges will be used with the score from the competitor's school dropped and the other five (5) added to determine final rank and rating. Congress judges should be two (2) years removed from high school, if possible.
6. Entry: There will be a limit of four (4) teams in Policy Debate, Public Forum, and Lincoln-Douglas Debate. The NFL March/April topic will be used for both Region and State Competitions in both LD and Public Forum. In Student Congress and Individual Events there will be three (3) entries.
7. Registration: Registration forms must be submitted to the Region Activity Chairperson at the time of the Region pairing Meeting. All Orations and Student Congress Legislation must be submitted with registration.
8. Judging Requirements: Judging requirements will be determined at the Region pairing Meeting based on the total entries of each school. Each school shall bring a congress judge. Judging requirement are as follows:
 - One Judge per two or fraction thereof of policy and public forum debate.
 - One for every four LD debaters or fraction thereof.
 - One judge for every five IE competitors.
 - One congress judge for each school with Student Congress.

Schools not meeting their judging commitments will be subject to the following procedures:

Drop number of students to match number of judges present at the point of infraction and after vote by Region Coaches.

The school will be ineligible for Region Award and State qualification.

Judges should not be secured that have judged for another school all year in Region IV.

9. Student Congress: Each student may submit one piece of legislation. The legislative calendar will be set randomly at the Region Pairing Meeting by placing the name of each school in a hat and drawing out one name at a time to determine the first series of bills/resolutions to be considered. The order will then shift

(i.e. 1 to 2, 2 to 3 etc.) to determine the next set of bills/resolutions to be considered. This method will continue until all legislation has been placed on the calendar. All legislation must be final by the Region Pairing Meeting. Orders of the day will be used with modified National Forensic League rules. Six speech priority will be used. All speeches will be three (3) minutes with two (2) minutes of questions after the proponent speech. Amendments and serving as Presiding Officer will count as a speech. No removal of an obstructionist without approval of the tabulation room. No one student will chair for more that (1) hour. Five (5) total hours of session time will be held with breaks and lunches scheduled as needed.

10. At the Region IV Speech and Debate Tournament, a student may enter both a debate event (Policy debate, Lincoln-Douglas debate, Public Forum debate, Student Congress) and an individual event (US Extemp, Foreign Extemp, Impromptu Speaking, Original Oratory). The student may only compete in one event at state.
11. Appropriateness of Materials: Coaches are responsible for ensuring appropriateness of materials including, but not limited to, oratory topics, interpretation pieces, and subject of congress resolutions.
12. Scoring: the quartile system will be used. The top 1/4 will receive superior ratings and five (5) points per person, the next 1/4 will receive excellent ratings and three (3) points per person, the next quarter will receive good ratings and will receive one (1) point per person and the final 1/4 will receive no sweepstakes points. Quartiling will be adjusted in the way which least skews the bracket. In sweepstakes, when there is a team tie for the finals state qualification spot, the tie will be broken on numbers of ratings and win/loss records. Congress rankings will be quartiled for breaking ties.
13. **Region Awards:** One Region Championship Trophy will be awarded. Region medals will be awarded for the top five (5) places in each event. That would result in the following medals count. Policy Debate-places 1 through 5 win two (2) medals for each place since each team has two members; Lincoln-Douglas Debate-One (1) medal for each place 1 through 5; Public Forum Debate-places 1 through 5 with two (2) medals for each place since public forum teams have two member; Original Oratory-one (1) medal for each place 1 through 5; Impromptu Speaking-one (1) medal for each place 1 through 5; Foreign Extemporaneous Speaking-one (1) medal for each place 1 through 5; National Extemporaneous Speaking-one (1) medal for each place 1 through 5; Student Congress one (1) medal for each place 1 through 5.

Region certificates will be awarded to all participants who achieve a rating of good or higher. Ties will be broken according to UHSAA Rules. If two schools are tied for either 1st or 2nd place Sweepstakes, the following tie-breaking procedure will be followed: The lowest total ranking score in all events wins the tie. Debate, Lincoln-Douglas and Public Forum will be counted as one (1) point for wins and three (3) for a loss in this tie breaking system. Only ties for 1st and 2nd place Sweepstakes will be broken. All other ties will be listed and announced as a tie.
14. Rules Arbitration: The Region Activity Chairperson will be on call during the Region Tournament to help resolve disputes over interpretation or application of Region rules.
15. Region Costs: Region Schools will submit to the Region Activity Chairperson a list of their judges. The schools are responsible for paying their own judges. The region will then reimburse schools for the cost of their region judges. The region will also cover the costs of awards and of lunch for region coaches and judges at the Region Tournament

Debate/Forensics Tournament

Saturday, February 28, 2015 – Lehi High School
State Forensics Tournament
March 13-14, 2015 TBA

Last Updated: June 3, 2014

Event	Places
Policy Debate	Two Each - Places 1-5
Public Forum Debate	Two Each - Places 1-5
Lincoln Douglas Debate	Places 1-5
Student Congress	Places 1-5
National Extemporaneous Speaking	Places 1-5
Foreign Extemporaneous Speaking	Places 1-5
Original Oratory	Places 1-5
Impromptu Speaking	Places 1-5

One First Place Forensics Sweepstakes trophy

Boys Golf Policies

Region Activity Chair: Rex Brimhall, American Fork High School, (801)756-8547
Coaches Representative: Lynn Anderson, American Fork High School, (801)756-8547
Region statistics will be kept by Dustin Carter, Riverton High School, 801-256-5800

1. Start Date: Monday, July 29, 2014
2. There will be a maximum of 14 varsity and 14 JV region tournaments, consisting of 18 holes each. Eight players representing each region school will participate with the low 5 scores added together for the school's tournaments score. The point system will be used to determine the overall region champion. The first-place team will receive 7 points, second will receive 6, third 5, fourth 4, fifth 3, sixth 2 and seventh 1 point. In the case of a tie for 1st place, both teams will be presented with a trophy.
3. All schools will be responsible for their own greens fees.
4. Region tournaments will start as late as possible (shotgun starts will be requested).
5. The Region IV Tie Breaker Rule will be followed to decide final region standings, if needed. If there is a tie for the final state tournament spot, the coaches of the included schools will choose 4 golfers who will then playoff until the final spot is decided.
6. If a region tournament is postponed due to inclement weather, every attempt will be made to reschedule as soon as possible. If all golfers finish at least 9 holes before inclement weather stops play, that will be considered a region tournament and the 9-hole scores will be considered a complete tournament. In the event that the final 18-hole region tournament is affected by weather, there may not be a makeup due to time constraints.
7. USGA rules apply to all events, local rules will supersede in case of conflicts.
8. No caddies may be used by the participants in region tournaments. No riding golf carts unless approved by region coaches prior to play.
9. Players' relatives will be permitted to watch, unless local course rules prohibit. Spectators must stay at least 50 feet away from the players and may not offer help, coach, nor advise, nor interfere with the progression of the tournament. Only the Head Coach and one (1) assistant may coach, advise and/or offer help of any type during play. If there are violations to this rule, sanctions will be administered in the following manner: 1st offense, warning; 2nd offense, 2-stroke penalty; 3rd offense, disqualification from tournament
10. All coaches are responsible for their players' attire at region events. Hats/visors must be worn with the brim forward. Collared shirts/mock turtleneck shirts must be tucked in. Shorts must be of modest length. Prohibited attire: denim, tank tops, T-shirts, sleeveless shirts, cut-offs and any other dress considered inappropriate by coaches or the golf courses.
11. All golfers will play from the designated tee markers. Only range-finders without slope capabilities will be allowed. The following electronic devices are not allowed: (including, but is not limited to) cell phones, music devices, smartphones, etc. Region IV tournaments will follow UHSAA rules and regulations.
12. Players must attend school all periods of the day of a region event up until they are excused for the event by the coach. District policy supersedes any discrepancy.
13. Prior to the first match, each school will hold a region rules meeting. All golfers must attend or will not be eligible for region play. Exceptions rarely may occur but must be approved by the region board (principals, not coaches).
14. First team all-region players will be awarded medals for places 1 -10. Their best 7 of 10 region tournament scores will determine medalists.

Region IV Boys Golf Schedule 2014

Varsity/JV Tournaments

Tuesday, August 5th Glen Eagle (Varsity) 8:00 Shotgun	Thursday, September 11th Talon's Cove (Varsity) 1:00 Shot Gun
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<p>Wednesday, August 6th East Bay (JV) 8:30 Shot</p>	<p>Monday, September 15th Riverbend (JV) 2:00 Tee Times</p>
<p>Monday, August 11th Spanish Oaks (Varsity) 9:00 Shotgun</p>	<p>Tuesday, September 16th The Ranches 1:00 Shotgun</p>
<p>Wednesday, August 13th East Bay (Varsity) 8:30 Shotgun</p>	<p>Tuesday, September 23rd The Ranches (JV) 1:00 Shotgun</p>
<p>Thursday, August 21st Mountain View (Varsity) 2:00 Shotgun</p>	<p>Thursday, September 25th Murray Parkway (Varsity) 1:00 Shotgun</p>
<p>Thursday, August 28th Mountain View (JV) 2:30 Tee Times</p>	<p>Tuesday, September 30th Soldier Hollow (Varsity) 10:00 Shotgun</p>
<p>Tuesday, September 2nd Fox Hollow (Varsity) 2:00 Shotgun</p>	<p>Wednesday, October 1st Soldier Hollow (JV) 10:00 Shotgun</p>
<p>Thursday, Sept. 4th Fox Hollow (JV) 2:00 Shot Gun</p>	<p>Wednesday, October 1st Wasatch Mountain (Varsity) 9:30 Shotgun</p>
<p>Monday, September 8th Riverbend (Varsity) 2:00 Tee Times</p>	<p>Monday & Tuesday, October 6th & 7th, 2014 State 5A Tournament Glen Eagle, Syracuse TBD</p>

Girls Golf Policies

Region Activity Chairperson: Kori Thomas, Pleasant Grove (801) 610-8170 ext 753

Coaches' Representative: Bobbie Colby, Herriman (801) 891-2273

1. All general policies in the Region IV Activities Manual should be read and will apply to the sport of golf. – **UHSA Modified Stableford Scoring will be used at all matches.**
2. There will be four (4) 9-hole region matches and five (5) 18-hole region tournaments. JV teams will play in the five (5) 9-hole matches and the final 18-hole region tournament is optional; coaches will decide if JV players play 9 or 18 at the final event. Only varsity teams will participate in the regular season 18-hole tournaments. Points for the five region tournaments will be according to the following scoring: First - 8; Second - 6; Third - 5; Fourth - 4; Fifth - 3; Sixth – 2; Seventh - 1. Region Golf Champion will be determined by this scoring. The team with the most points will be declared Region IV Champion.

The Region rep along with the course golf pro, will decide if the tournament should be cancelled if weather does not permit. The tournament will not be rescheduled.

3. In case of a tie for a state tournament berth, a 9-hole playoff, on a neutral course, will occur with each team entering six (6) players. The top four (4) scores will count. In the event of a tie, the next player's score will be taken until the tie is broken.
4. In varsity matches, each team will play up to six (6) players. The top four (4) scores will count.
5. Individual medals will be given to the ten (10) players with the lowest scores in the region tournaments.
6. Each golfer must **exchange scorecards** with another person in the group (circle scoring), **both must sign** each other's card before turning it in at the scoring-table. Each Player is responsible for the correctness of their hole-by-hole scores. Players are allowed to use "rules of Golf appropriate" distance measuring devices both on the region and state championship level. ***As part of the conditional use of the range finder, a player must allow any competitor in his group to also use the device upon request.*** All local and USGA Rules of Golf will apply to this competition. Cell phones, MP-3 devices, and other electronic "smart" devices are not allowed except in reporting emergency situations
7. No caddie will be used by any golfer.
8. Motorized carts are not to be used by the players. The coaches Representative and the Region Golf Chairperson will determine exception.
9. All coaches are responsible to see that their players are dressed in appropriate golf attire and that they comply with local course rules. No denim.

SPECIAL NOTICE: Appropriate attire will be required of all golfers (LPGA Dress Code). Participants may not wear denims of any kind or color. Participants must wear slacks or pants and collared shirts or mock turtlenecks. Knee length shorts or knee length skirts **are** allowed. Penalty for breach of rule: 2 strokes and attire must be legal before play may continue.

10. Players must attend school the day of scheduled dual matches and tournaments to be eligible for play that day.
11. Play will be governed by USGA rules and local course rules, proper golf etiquette and Region IV sportsmanship code.

12. Each school will be required to attend the region rules meeting.
13. All play will begin from the forward tees. Beginning and less experienced players will play from the fairway tees until they can score below fifty-five (55). At that point, it will be up to the coach to determine whether they play from the fairway tees or the varsity tees.
14. Spectators may attend but they are not allowed to give advice to participants. Spectators must stay 50 feet away from player. Conversation between player and spectators will result in the 1st time, Warning; 2nd, 2 Stroke Penalty; and 3rd, Disqualified.

Practice Start Date: Wednesday, February 25, 2015

First Competition Date: Wednesday, March 4, 2015

Academic All-State Due: Tuesday, April 7, 2015

Region IV Girls Golf Coaches 2014-14

Coach	School	Phone #	Email
Wightman, Tele	Lehi	801-995-5688	tele@vanguardgolf.com
Higbee, Gina	Lone Peak	801-830-4653	gina@ginahigbeegolf.com
Anderson, Lynn	American Fork	801-362-8743	lynnanderson@alpinedistrict.org
Carter, Dave	Pleasant Grove	801-785-8700	carterd@alpinedistrict.org
Colby, Bobbie	Herriman	801-891-2273	arbcolby@comcast.net
Nyhus, Steven	Riverton	801-787-5816	steven.nyhus@jordandistrict.org
Lines, Milo	Westlake	801-61088-15	milolines@yahoo.com

Region 4 Girl's Golf Schedule 2015

Thursday, March 12th- Rules/Etiquette Meeting	@ TBA
Thursday, March 19th- 9 Hole Region Tournament	@Riverbend-1:00pm Tee Times
Monday, March 23rd- 9 Hole Region Tournament	@The Ranches-2:00pm Shotgun
Thursday, March 26th-18 Hole Region Tournament	@ Fox Hollow-1:00pm Shotgun
Wednesday, April 1st- 9 Hole Region Tournament	@Sleepy Ridge-2:00pm Shotgun
Monday, April 13th -18 Hole Spring Fling Invite	@Glenmoor-1:00pm Shotgun
Tuesday, April 14th- 18 Hole Region Tournament	@Glenmoor-2:00pm Shotgun
Tuesday, April 21st – 18 Hole Region Tournament	@State Site-1:00pp Shotgun
Thursday, April 23rd- 18 Hole Region Tournament	@Talons Cove-12:00pm Shotgun
Thursday, April 30th - 9 Hole Region Tournament	@Thanksg. Point-2:00pm Shotgun
Tuesday, May 5th- 18 Hole Region Championship	@Soldier Hollow-9:00am Shotgun Silver Course
May 13th- STATE TOURNAMENT	@TBA

*All Tournaments are Shotgun

*JV players will play 9 holes at every tournament with the exception of the Spring Fling Invitational. In the final region event, all players will play 18 holes.

Music Policies

Region Representative: Rufine Einzinger, Herriman High School (801) 567-8534

Coaches Representative: Lois Johnson, Lone Peak High school (801) 717-4568

1. All general policies in the Region IV Activities Manual should be read and will apply to the activity of Music.
2. All region festivals will follow the current UMEA state festivals guidelines.
3. The following vocal awards will be presented:
 - a. Solo & Ensembles – certificates to soloists and ensembles that receive superior or excellent ratings.

- b. Certificates for superior or excellent ratings at Large Choir, Madrigal or Solo & Ensemble Festivals will be presented to each participant.
 - c. Trophies will be awarded to teams that obtain superior or excellent ratings.
 - d. Choir Festivals – certificates will be awarded to all participants of teams that receive superior or excellent ratings. Trophies will be awarded for groups
 - e. receiving superior or excellent ratings.
4. The following Instrumental awards will be presented:
- a. **Marching Band Festival** – certificates for all participating bands according to rating. Trophies will be presented for: Music Caption, Visual Caption, Percussion Caption, and Drum Major.
 - b. Solos & Ensemble Festival – certificates to soloists and ensembles that receive superior ratings.
 - c. Jazz Band Festival – certificates for bands that receive superior ratings.
 - d. Orchestra and Band Festivals – certificates for groups that receive superior ratings.
5. Schools will be allowed to submit 30 total entries to the Solo & Ensemble Festival. It is **strongly recommended** that an individual student not enter more than three solo and/or ensemble events. Schools may submit as many alternates as they want; however alternates will be scheduled on a space available basis.
6. At least three (3) judges will listen to all groups.
- a. Large choirs will be limited to 15 minutes on and off the stage.
 - b. Large instrumental groups will be limited to 30 minutes on and off stage.
 - c. Groups that receive a minimum of two superior ratings will qualify for State Festivals.
- Schools will not be allowed to enter more than one (1) large group unless approved by the festival chair.
7. In order to qualify for State, entrants must observe two (2) other group performances at that festival.
8. Music directors are expected to be present for Solo & Ensemble performances of their school. Those who are absent may jeopardize student eligibility.

The host school's music director will hire the judges and arrange for their payment.

Region IV Fine Arts Events 2014-2015

2015 Performing Arts Events for Region 4

Day & Date	Event	Time	Location
Tuesday, March 3	Vocal/Piano Solo & Ensemble	2:30 p.m.	Westlake High
Thursday, March 5	Jazz Festival	3:00 p.m.	Pleasant Grove High
Tuesday, March 10	Instrumental Solo & Ensemble	3:00 p.m.	American Fork High
Thursday, March 12	Drama One Acts	All Day	Pleasant Grove High
Wednesday, March 18	Chamber Choir	6:00 p.m.	Pleasant Grove High
Thursday, March 19	Drama Individual Events	3:00 p.m.	Riverton High
Tuesday, March 24	Training Choir	3:00 p.m.	Riverton High
Fri. & Sat., Mar 27-28	STATE JAZZ	All Day	TBA
Th, Fri, Sat, April 9-11	STATE DRAMA	All Day	TBA
Thursday, April 23	Orchestra	3:00 p.m.	Riverton
Saturday, April 25	State Chamber & Solo/Ensemble	All Day	Orem High
Monday, April 27	Large Choir Festival	2:00 p.m.	Lone Peak High
Fri & Sat, May 1-2	STATE BAND	All Day	TBA
Fri & Sat, May 8-9	STATE CHOIR	All Day	Libby Gardner Hall
Fri & Sat, May 15-16	STATE ORCHESTRA	All Day	TBA

Boys Soccer Policies

Region Activity Chairperson: Kevin Barton, Riverton (801) 256-5800

Coaches' Representative: Paul Mozier, Riverton High School (801) 256-5800

- Practice beginning date: Wednesday, February 25, 2015.
 - First Contest may be held on Wednesday, March 4, 2015.
1. All general policies in the Region IV Activities Manual should be read and will apply to the sport of Soccer.
 2. Each school has the option to play a maximum of 16 games for both Varsity and Junior Varsity as per instruction in the UHSAA Handbook. This total does not include playoff games.
 3. Pre-season non-league games are to be scheduled as the schedule permits per UHSAA ruling if game imitation is changed.
 4. Varsity and Junior Varsity games will be played on the same day, at the same site.
 - Varsity game time is 3:30 p.m.
 - Junior Varsity game time is 5:15 p.m.
 - Night games must be scheduled at least a week in advance per change of game time rules and notify the region chair.
 5. Changes in game time and/or site must be approved by the principals and coaches of both schools involved.
 6. Host schools are responsible for notifying officials in advance of any change in the schedule.
 7. Host school coaches will be responsible for calling the Varsity Team Scores into the **Deseret News** (237-2162 after 4:00 p.m.) And the **Salt Lake Tribune** (257-8900 after 4:00 pm).
 8. Shin guards are mandatory.
 9. The uniform sportsmanship policy (**adopted August 30, 2010, by the UHSAA**).
 - * Soccer will be administered according to the policy listed in the general policies.
 - * Any coach, player or bench personnel ejected by an official for unsportsmanlike behavior will be suspended from the next regularly scheduled game at that level of play and any intervening levels of play.
 - * Any participant involved in a second incident/ejection will be suspended for the next two (2) regularly scheduled games.
 - * A third ejection will result in suspension for the remainder of that season.
 - * The fighting rule is incorporated as part of the sportsmanship policy. Any bench personnel other than the head coach who leaves the confines of the bench area during a fight are disqualified from the game and must leave the field. A squad member or any team personnel who leaves the bench area during a fight or who participate in a fight during the season, will be ejected from that game
 - * Fans must be seated 10 feet from sideline - a painted white line must designate the fan seating area.
 10. Home team must wear light jerseys and light socks; visiting team wears dark jerseys and dark socks.
 11. Seating: the preferred seating arrangement is with both teams on one side of the field with fans seated on the opposite side of the field. When teams are seated on opposite sides of the field, fans must sit with their team on the appropriate sides.
 12. Tiebreaker: See Region Policy for all activities.
 13. Each postponed game must be made up in the order of the postponement. During the first round of region play, a postponed game will be made up by "flip/flopping" the schedule and playing at the "visiting" team's field, if it is playable. If both fields are unplayable, the postponed game will be made up on the first available date as stated in how a game is made up in the second round. The visiting team will reverse the schedule for the second round. During the second round, a postponed game will be made up on the first available date at the "home" field, or at either field as agreed mutually by the coaches. When making a decision to stick to the "home fields" consideration needs to be given 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., if possible.

14. If there is a tie and a berth is at stake, then the tied schools playoff. The teams play a full game. If there are three teams tied for a playoff spot, then two teams play determined by flip. The winner plays bye team. Winner goes. If three teams tie for two places, then the same format is used. However, the winner of the first game is in and the loser plays the bye team. All games are played on a neutral site.
15. All-Region 4 Boys Soccer Team Selection Process:

Each coach will select the following number of players from their team for 1st team, 2nd team, and honorable mention all-region. In addition, each can nominate a player of their own to be a positional MVP. Each coach will vote for positional MVP's obviously not voting for their own player. The voting will take place on a Google Form provided by the region chair. The region chair will be responsible for tallying all of the votes and publishing the results to coaches. Individual team coaches are responsible for providing certificates for all of the players receiving any level of all-region team. That coach will also be responsible for contacting the major newspapers and media about their individual players that have made the all-region team. This should be done in a meeting attended by all coaches or via e-mail the first Monday after region play concluded. In addition, there will be an Academic All-Region team. Coaches will submit these names to the region chair by way of the same Google Form. They should include all seniors that qualified for the Academic All-State team. The Academic All Region Team selection will be taken from the list generated on the Google Form.

1 st place	5	4	1
2 nd place	4	3	1
3 rd place	3	2	1
4 th place	2	2	1
5 th place	1	1	1
6 th & 7 th place	1	1	1

MVP Forward	Academic All Region
MVP Midfielder	Academic All State
MVP Defender	
MVP Goalie	

Region IV Boys Soccer Schedule 2014-15

All preseason games are to be arranged by coaches. (Remember 16 game limit)

Varsity Game Start Time is 3:30 pm and JV at 5:15 pm. Friday varsity games can be scheduled to start at 7:00 pm with prior mutual agreement from both schools and approval by the Region Board of Managers. The host school must notify the arbiter and the other Region schools, and the requesting school incurs any additional costs associated with the change.

Last Updated: June 3, 2014

<p>March 18, 2015 Wednesday PG @ Lehi AF @ LP Herriman @ Westlake Bye - Riverton</p>	<p>March 20, 2015 Friday AF @ PG Westlake @ LP Riverton @ Lehi Bye - Herriman</p>	<p>March 25, 2015 Wednesday LP @ Riverton Herriman @ Lehi Westlake @ PG Bye - AF</p>	<p>March 27, 2015 Friday PG @ Herriman AF @ Riverton Lehi @ Westlake Bye - LP</p>	<p>April 1, 2015 Wednesday AF @ Lehi Riverton @ Westlake LP @ Herriman Bye - PG</p>
<p>April 3, 2015 Friday Westlake @ AF LP @ PG Bye - Lehi</p>	<p>April 8, 2015 Wednesday Riverton @ Herriman</p>	<p>April 15, 2015 Wednesday Lehi @ LP Riverton @ PG Herriman @ AF Bye - Westlake</p>	<p>April 17, 2015 Friday Lehi @ PG LP @ AF Westlake @ Herriman Bye - Riverton</p>	<p>April 22, 2015 Wednesday LP @ Westlake Lehi @ Riverton PG @ AF Bye - Herriman</p>
<p>April 24, 2015 Friday Riverton @ LP Lehi @ Herriman PG @ Westlake Bye - AF</p>	<p>April 29, 2015 Wednesday Riverton @ AF Herriman @ PG Westlake @ Lehi Bye - LP</p>	<p>May 1, 2015 Friday AF @ Westlake Herriman @ Riverton PG @ LP Bye - Lehi</p>	<p>May 6, 2015 Wednesday Herriman @ LP Westlake @ Riverton Lehi @ AF Bye - PG</p>	<p>May 8, 2015 Friday PG @ Riverton AF @ Herriman LP @ Lehi Bye - Westlake</p>

Region Playoffs/Tie-breaker (If necessary)

May 10, 2014

May 21, 2015 (Finals)

State Playoff Rounds

May 12, 2015 (first round)

May 15, 2015 (Quarter Finals)

May 19, 2015 (Semi Finals)

Girls Soccer Policies

Region Activity Chairperson: Aaron Barth, Lehi (801) 610-8805)

Coaches' Representative: Brett Bergholm, Lehi. (801) 610-8805

First Practice Date: Monday August 4th - First Contest Date: Tuesday August 12th

1. All general policies in the Region IV Activities Manual should be read and will apply to the sport of Soccer.
2. Each school has the option to play a maximum of 16 games for both Varsity and Junior Varsity as per instruction in the UHSAA Handbook. This total does not include playoff games.
3. Pre-season non-league games are to be scheduled as the schedule permits per UHSAA ruling if game imitation is changed.
4. Varsity and Junior Varsity games will be played on the same day, at the same site.
 - * Varsity game time is 3:30 p.m.
 - * Junior Varsity game time is 15 minutes after Varsity game is finished (approx. 5:15)
 - * Night games may be played, games will be negotiated between the two teams.
5. Changes in game time and/or site must be approved by the principals and coaches of both schools involved as well as the Region Chair which will notify all coaches.
6. Host schools are responsible for notifying officials in advance of any change in the schedule.
7. The winning coach will be responsible for calling the Varsity Team scores to the Deseret News (237-2162 after 4:00 p.m.)
8. The uniform sportsmanship policy (adopted August 30, 2010, by the UHSAA).
 - * Soccer will be administered according to the policy listed in the general policies.
 - * Any coach, player or bench personnel ejected by an official for unsportsmanlike behavior will be suspended from the next regularly scheduled game at that level of play and any intervening levels of play.
 - * Any participant involved in a second incident/ejection will be suspended for the next two (2) regularly scheduled games.
 - * A third ejection will result in suspension for the remainder of that season.
 - * The fighting rule is incorporated as part of the sportsmanship policy. Any bench personnel other than the head coach who leaves the confines of the bench area during a fight are disqualified from the game and must leave the field. A squad member or any team personnel who leaves the bench area during a fight or who participate in a fight during the season, will be ejected from that game
 - * Fans must be seated 10 feet from sideline - a painted white line must designate the fan seating area.
9. Home team must wear light jerseys and light socks; visiting team wears dark jerseys and dark socks.
10. Seating: the preferred seating arrangement is with both teams on one side of the field with fans seated on the opposite side of the field. When teams are seated on opposite sides of the field, fans must sit with their team on the appropriate sides.
11. Tiebreaker: See Region Policy for all activities.

12. Each postponed game must be made up in the order of the postponement. During the first round of region play, a postponed game will be made up by “flip/flopping” the schedule and playing at the “visiting” team’s field, if it is playable. If both fields are unplayable, the postponed game will be made up on the first available date as stated in how a game is made up in the second round. The visiting team will reverse the schedule for the second round. During the second round, a postponed game will be made up on the first available date at the “home” field, or at either field as agreed mutually by the coaches. When making a decision to stick to the “home fields” consideration needs to be given 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. if possible

13. If there is a tie and a berth is at stake, then the tied schools playoff. The teams play a full game. If there are three teams tied for a playoff spot, then two teams play determined by flip. The winner plays bye team. Winner goes. If three teams tie for two places, then the same format is used. However, the winner of the first game is in and the loser plays the bye team. All games are played on a neutral site.

REGION IV GIRLS SOCCER SCHEDULE 2014-2015

<p>Tuesday August 26th Lone Peak - Bye Lehi @ Pleasant Grove American Fork @ Westlake Herriman @ Riverton</p>	<p>Thursday, August 28th Pleasant Grove - Bye Lone Peak @ Lehi Herriman @ American Fork Westlake @ Riverton</p>
<p>Tuesday, September 2nd Lehi -Bye Lone Peak @ Pleasant Grove Riverton @ American Fork Westlake @ Herriman</p>	<p>Thursday, September 4th American Fork - Bye Riverton @ Lehi Pleasant Grove @ Westlake Lone Peak @ Herriman</p>
<p>Tuesday, September 9th Herriman - Bye Lehi @ Westlake American Fork @ Pleasant Grove Riverton @ Lone Peak</p>	<p>Thursday, September 11th Westlake - Bye Lehi @ Herriman Pleasant Grove @ Riverton American Fork @ Lone Peak</p>
<p>Tuesday, September 16th Riverton – Bye American Fork @ Lehi Herriman @ Pleasant Grove Westlake @ Lone Peak</p>	<p>Thursday, September 18th Lone Peak - Bye Pleasant Grove @ Lehi Westlake @ American Fork Riverton @ Herriman</p>
<p>Tuesday, September 23th Pleasant Grove –Bye Lehi @ Lone Peak American Fork @ Herriman Riverton @ Westlake</p>	<p>Thursday, September 25th Lehi -Bye Pleasant Grove @ Lone Peak American Fork Riverton Herriman @ Westlake</p>
<p>Tuesday, September 30th American Fork - Bye Lehi @ Riverton Westlake @ Pleasant Grove Herriman @ Lone Peak</p>	<p>Thursday, October 2nd Westlake – Bye Herriman @ Lehi Pleasant Grove @ American Fork Lone Peak @ Riverton</p>
<p>Tuesday, October 7th Herriman – Bye Westlake @ Lehi Riverton @ Pleasant Grove Lone Peak @ American Fork</p>	<p>Thursday, October 9th Riverton – Bye Lehi @ American Fork Pleasant Grove @ Herriman Lone Peak @ Westlake</p>

Region Play in Game if necessary

Saturday October 11th

State Inter-region Playoffs

Tuesday October 14th

State Quarter Finals

Thursday October 16th

State-Semi Finals

Tuesday October 21 TBA

Finals

Friday October 24th @ Rio Tinto

***Pleasant Grove game times may be different depending on stadium availability.**

Softball Policies

Region Activity Chairperson: Kristin Packer, Westlake High (801) 835-7014
Coaches' Representative: Jerry Willis, Westlake High (801) 808-2227

1. Wednesday, February 25, 2015 shall be the first day for team selection and/or team practice.
2. Wednesday, March 4, 2015 will be the first date for softball games.
3. No team may play more than twenty-two (22) games during the entire season
 - A single day tournament will count as one (1) game with a maximum of four (4) games.
 - A multiple day tournament (2-3 days) will count as two (2) games towards contest limitations.
 - A maximum of eight (8) games may be played in a multiple day tournament.
4. All region varsity games shall begin at 3:30 pm (region only)
 - a. Games will be a full seven (7) innings.
 - b. If the score is tied at the end of seven (7) innings, the international tiebreaker rule will be in effect.
 - c. The 10-run rule will be in effect after the fifth inning.
 - d. The 15-run rule will be in effect after the third inning.
5. All Junior Varsity games will immediately follow varsity games (same day/same site).
 - a. A team may only score six (6) runs an inning in a JV game.
 - b. Rules for junior varsity will be agreed upon by the region in order to provide a developmental atmosphere and to accommodate facility use conflicts.
 - c. There is a 1.5 hour time limit or 7 innings. No new inning will begin after 1.5 hours, but the teams will finish the inning. (No drop dead).
6. The visiting team will take the field at 3:00 pm; the home team will take the field at 3:15 pm.
7. The home team will be responsible for:
 - a. Providing an official scorekeeper (a responsible adult).
 - b. Providing two (2) new game balls (same ball as used in State).
 - c. Paying the Officials.
 - d. Field management.
 - e. Calling, texting, emailing, etc. the media with game results.
8. Postponed games will follow the UHSAA suspended game procedures.
 - a. The **home** team will call their opponent and officials by 1:00 pm.
 - b. Game will be rescheduled on the first available weekday as agreed upon by the involved coaches and approved by the involved principals within a week.
 - c. Priority should be given to region games (over rescheduled non-region games).
 - d. In the first round of region play, the postponed game may be “flip-flopped” to the visiting field if it is deemed playable. The second round field will be reversed.
 - e. In the second round of region play, the game will be made up on the first available date at home field.
9. Teams agree to accept all National Federation Rules.
10. In the event of a tie in the standing, the region tie breaker rule will be in effect.
11. Videotaping of games is by playing teams only.
12. One region trophy will be awarded to the first place team.

Region 4 Softball Coaches Contact Information

Heidi McKissick	Herriman High School	(801) 750-4019	heidi.mckissick@jordandistrict.org
Cristi Crane	American Fork High School	(801) 718-7922	cristycrane@alpinedistrict.org
Rachel Hartgrove	Pleasant Grove High School	(801) 369-1430	rhartgrove@alpinedistrict.org
Whitney Thomas	Lehi High School	(928) 242-3758	nix_whitney@hotmail.com
Brooke Olson	Riverton High School	(801) 244-5603	brooke.olsen@jordandistrict.org
Janae Forsey	Lone Peak High School	(801) 787-3576	jforsey@alpinedistrict.org
Jerry Willis	Westlake High School	(801) 808-2227	believestlakesoftball@gmail.com

Region IV Softball Schedule 2014-15

<p>3/17 Herriman @ Westlake Lehi @ Riverton Pleasant Grove @ Lone Peak American Fork-BYE</p>	<p>4/14 American Fork @ Westlake Herriman @ Pleasant Grove Lone Peak @ Lehi Riverton-BYE</p>
<p>3/19 American Fork @ Lone Peak Pleasant Grove @ Lehi Westlake @ Riverton Herriman - BYE</p>	<p>4/16 Westlake @ Herriman Riverton @ Lehi Lone Peak @ Pleasant Grove American Fork-BYE</p>
<p>3/24 Riverton @ American Fork Westlake @ Pleasant Grove Herriman @ Lehi Lone Peak-BYE</p>	<p>4/21 Lehi @ Pleasant Grove Lone Peak @ American Fork Herriman @ Riverton Westlake-BYE</p>
<p>3/26 Pleasant Grove @ Riverton Lone Peak @ Westlake American Fork @ Herriman Lehi-BYE</p>	<p>4/23 American Fork @ Riverton Pleasant Grove @ Westlake Lehi @ Herriman Lone Peak-BYE</p>
<p>3/31 Lehi @ Westlake Riverton @ Lone Peak American Fork @ Pleasant Grove Herriman-BYE</p>	<p>4/29 Herriman @ American Fork Westlake @ Lone Peak Riverton @ Pleasant Grove Lehi-BYE</p>
<p>4/1 Herriman @ Lone Peak</p>	<p>5/1 Lone Peak @ Riverton Pleasant Grove @ American Fork Westlake @ Lehi Herriman-BYE</p>
<p>4/2 Lehi @ American Fork Westlake-BYE Pleasant Grove-BYE Riverton-BYE Herriman-BYE Lone Peak-BYE</p>	<p>5/5 American Fork @ Lehi Lone Peak @ Herriman Riverton @ Westlake Pleasant Grove-BYE</p>
<p>4/9 Riverton @ Herriman Westlake-BYE Pleasant Grove-BYE LEHI-BYE American Fork-BYE Lone Peak-BYE</p>	<p>5/6 Westlake @ American Fork Herriman @ Pleasant Grove Lehi @ Lone Peak Riverton-BYE</p>

Swimming Policies

Region Activity Chairperson: James Marsh 801-256-5817, Riverton High School
Coaches' Representative: Jared Huff, Westlake High School

1. Monday, October 6, 2014 is the first day of practice/team selection. Friday, November 7, 2014 is the first date a swimming meet may be held.
2. A maximum of fourteen (14) meets will be held including the region and state meets. All region meets will begin at 3:30 pm unless otherwise stated.
3. The Region Championship will be held on Saturday, January 31, 2015 at the South Davis Pool beginning at 3:30 pm.
4. The State Championship Meet will be held at Brigham Young University on Thursday and Friday February 12-13, 2015.
5. Each team in the region shall have a current version of Hy-Tek meet manager and team manager swimming software.
6. Each school's entries for the Region Championship will be limited to all official entries in each individual event and two (2) entries in each relay event. Only "A" relay teams will be scored. All entry times must be the best time from meets during the current season. NT's will not be accepted as entry times.
 - All swimmers must meet eligibility requirements as per National Federation Rules.
 - No more than four swimmers from each school may receive a medal. No more than four swimmers from each school may be used to score towards the Region Championship and will be awarded medals.
 - Each school must submit their region entries as well as their Academic All-Region names (3.75 or higher) at our Region Seeding Meeting. The meeting will be held on January 27, 2015 at the Thanksgiving Point Deli at 6:30 pm.
 - The scoring format will be 16 places; 1 Region Trophy, 6 individual event medals, and 3 relay team medals.

7. All hosting schools of dual meets will have the following:

	<u>Dual Meets</u>	<u>Region Championship</u>
Starter	\$40.00	\$60.00
Referee	\$40.00	\$60.00
Stroke Judge	\$30.00 (2)	\$30.00 (5)
Head Timer/Runner	\$30.00	\$40.00
Hospitality Coordinator		\$30.00
Meet Director		\$150.00 (Kathy King)

8. Academic All-Region names (3.75 overall GPA or higher) must be submitted at our seeding meeting.

Region IV Swimming Schedule 2014-15

(All Meets will begin at 3:30 pm, unless noted)

First Meet allowed on Nov 7, 2014.

November 12 – Wednesday	AF, LP & PG @ AFFC (American Fork Fitness Center)
November 19 - Wednesday	PG @ Riverton
December 3 - Wednesday	Westlake & Lehi @ PG
December 10 - Wednesday	LP & AF @ Riverton
December 17 - Wednesday	LP & AF @ Herriman
January 9 - Friday	Riverton, Herriman & Westlake @ Lehi
January 14 - Wednesday	PG @ Herriman, Riverton & AF @ LP
January 21 – Wednesday	AF & LP & PG @ AFFC, Herriman @ Riverton
January 23 - Friday	AF & LP & Westlake @ Lehi
January 31 - Saturday	Region Meet @ South Davis, 3:30pm
Feb 12 & 13 - Thursday & Friday	State Swimming Championships @ BYU

Boys Tennis Policies

Region Activity Chairperson: Ryan Nield, American Fork High (801) 610-8800
Coaches' Representative: Jason Herrud, American Fork (801)610-8800

1. Region IV will adopt the USTA Code of Ethics and Rules. Coaches are encouraged to work with their individual players to ensure their compliance with code.
2. Each individual is allowed to play fourteen (14) matches plus the Region and State Tournaments. A one-day tournament will count as one meet and two-day tournament counts as two matches.
3. Tennis players must compete in a minimum of five Region IV matches during the high school season in order to compete at the region meet. 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 UHSAA staff prior to the student athlete participating in the region meet. The region tournament will determine state qualifiers and their positions.
4. Starting time for tennis matches will be 3:00 pm unless otherwise agreed upon by coaches and principals.
5. Matches are to be played on the date scheduled (subject to weather and court conditions). The host coach will be responsible for contacting the visiting coach regarding court location, and/or cancellation and rescheduling plans by 1:00pm.
6. Each team is expected to participate in a JV schedule. Where possible the matches will be held the same day and place as the varsity matches. The JV will play an 8 game pro-set.
7. Coaches will provide a written lineup of players by position as they arrive for all dual matches.
8. Each school's best player must play either #1 singles or #1 doubles. The #1 singles player must be better than the #2 singles player and so on. The same policy must be used for doubles; i.e., the best team must play first doubles.
9. Each team should have proper tennis attire. Teammates must wear the same style and color of shirt. For the duals, Region IV Tournament, and State Tournament, the rule states that proper and full team uniform is mandatory.
10. Varsity matches will consist of two (2) out of three (3) sets with a twelve (12) point tie break at 6-6. Junior varsity players will play a pro-set, and will use a 12 point tie break at 8-8.
11. Players are limited to a ten (10) minute warm-up period with practice serves being taken during this time. Coaches should enforce the practice time limit.
12. Coaching at matches and tournaments is permitted after each set for a maximum of two minutes. No one other than official team coaches may talk to players during matches. A maximum of two school-sponsored coaches, can coach the players. Players may leave the courts only during the five-minute time period unless an emergency is established.
13. A 90-second changeover time is allowed, including coaching, except after the first game of each set.
14. The Region IV Tournament will be a **single** elimination.

15. The region home team will furnish high altitude tennis balls for Region IV dual Meets, region chair will provide the balls for the region tournament.
16. The Region IV Championship will be determined by a combination of the dual matches and the Region IV Tournament. A team could receive 0,1,2,3,4 or 5 points per dual match. Scoring for the Region Tournament will be: first place in each category will receive five (5) points, second place three (3) points, third place two (2) points and fourth place one (1) point. In the event of a tie, co-championships will be awarded.
17. 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.
18. In the event tournament is moved indoors due to inclement weather, no matches will begin after 8:00pm and play must conclude by 10:30 p.m.
19. Stacking concerns will be reported to region chair, and may be addressed at midway point or end of 1st round region play.
20. Trophies & Awards; one region trophy, 24 medals for girls and 24 medals for boys, medals: 1st-4th places in 6 categories-1st singles; 2nd singles; 3rd singles; 1st doubles; 2nd doubles; 3rd doubles.

Region IV Boys Tennis Schedule 2014-15

Beginning Practice/Team Selection: *Wednesday March 4, 2015*
First Contest Allowed: *Wednesday March 11, 2015*
Online Rules Clinic: *Monday Feb. 9 – Wednesday March 4*
Academic All –State Nominations: *Tuesday March 17 – Tuesday April 7*
Eligibility List /Team Photo Due: *Friday March 13, 2015*
State Entry Deadline: *Saturday May 9, 2015*
Dead Time: *Nov. 27-30 / Dec. 24-28 /Jan. 1*

<u>Wednesday March 11, 2015</u> Westlake @ Lone Peak AF @ Riverton Herriman @ PG	<u>Tuesday April 14, 2015</u> AF @ Lone Peak Lehi @ Westlake Herriman @ Riverton
<u>Thursday March 12, 2015</u> Lone Peak @ AF Westlake @ Lehi Riverton @ Herriman	<u>Thursday April 16, 2015</u> Westlake @ PG Lone Peak @ Lehi AF @ Herriman
<u>Tuesday March 17, 2015</u> Lehi @ Lone Peak Herriman @ AF PG @ Westlake	<u>Tuesday April 21, 2015</u> Riverton @ Lone Peak AF @ PG Lehi @ Herriman
<u>Thursday March 19, 2015</u> Lone Peak @ Riverton PG @ AF Herriman @ Lehi	<u>Thursday April 23, 2015</u> PG @ Riverton Herriman @ Westlake Lehi @ AF
<u>Tuesday March 24, 2015</u> Riverton @ PG Westlake @ Herriman AF @ Lehi	<u>Tuesday April 28, 2015</u> PG @ Lone Peak Riverton @ Lehi Westlake @ AF
<u>Thursday March 26, 2015</u> Lone Peak @ PG Lehi @ Riverton AF @ Westlake	<u>Thursday April 30, 2015</u> Lone Peak @ Herriman Lehi @ PG Westlake @ Riverton
<u>Tuesday March 31, 2015</u> Herriman @ Lone Peak PG @ Lehi Riverton @ Westlake	<u>Region Seeding Meeting</u> Monday, May 4, 2015 AF High @ 5:30 pm
<u>Wednesday April 1, 2015</u> Lone Peak @ Westlake Riverton @ AF PG @ Herriman	<u>Varsity Region IV Meet</u> Wednesday –Thursday May 6-7 @ PG (Backup Herriman if PG courts aren't finished)

Boys 5A State Tennis Tournament
 Thursday May 14 and Saturday May 16

Girls Tennis Policies

Region Activity Chairperson: Dan Biolo, American Fork High (801) 610-8800
Coaches' Representative: John LaCognata, Lone Peak (801) 717-4568

1. Region IV will adopt the USTA Code of Ethics and Rules. Coaches are encouraged to work with their individual players to ensure their compliance with code.
2. Each individual is allowed to play fourteen (14) matches plus the Region and State Tournaments. A one-day tournament will count as one meet and two-day tournament counts as two meets.
3. Tennis players must compete in a minimum of five Region IV matches during the high school season in order to compete at the region meet. 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 UHSAA staff prior to the student athlete participating in the region meet. The region tournament will determine state qualifiers and their positions.
4. Starting time for tennis matches will be 3:30 pm unless otherwise agreed upon by coaches and principals.
5. Matches are to be played on the date scheduled (subject to weather and court conditions). The host coach will be responsible for contacting the visiting coach regarding court location, and/or cancellation and rescheduling plans by 1:00pm.
6. Each team is expected to participate in a JV schedule. The matches will be held the same day and place as the varsity matches. The JV will play an 8 game pro-set.
7. Coaches will provide a written lineup of players by position as they arrive for all dual matches.
8. Each school's best player must play either #1 singles or #1 doubles. The #1 singles player must be better than the #2 singles player and so on. The same policy must be used for doubles; i.e., the best team must play first doubles.
9. Each team should have proper tennis attire. Teammates must wear the same style and color of shirt. For the duals, Region IV Tournament, and State Tournament, the rule states that proper and full team uniform is mandatory.
10. Varsity matches will consist of two (2) out of three (3) sets with a twelve (12) point tie break at 6-6. Junior varsity players will play a pro-set, use no add scoring, and will use a tie break at 8-8.
11. Players are limited to a ten (10) minute warm-up period with practice serves being taken during this time. Coaches should enforce the practice time limit.
12. Coaching at matches and tournaments is permitted after each set for a maximum of two minutes. No one other than official team coaches may talk to players during matches. A maximum of two school-sponsored coaches, can coach the players. Players may leave the courts only during the five-minute time period unless an emergency is established.
13. A 90-second changeover time is allowed, including coaching, except after the first game of each set.
14. The Region IV Tournament will be a single elimination.
15. The region home team will furnish high altitude tennis balls for Region IV dual Meets.
16. The Region IV Championship will be determined by a combination of the dual matches and the Region IV Tournament. A team could receive 0,1,2,3,4 or 5 points per dual match. Scoring for the Region Tournament

Last Updated: June 3, 2014

will be: first place in each category will receive five (5) points, second place three (3) points, third place two (2) points and fourth place one (1) point. In the event of a tie, co-championships will be awarded.

17. 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.
18. In the event tournament is moved indoors due to inclement weather, no matches will begin after 8:00pm and play must conclude by 10:30 p.m.
19. Stacking concerns will be reported to region chair, and may be addressed at midway point or end of 1st round region play.
20. Trophies & Awards; one region trophy, 24 medals for girls and 24 medals for boys, medals: 1st-4th places in 6 categories-1st singles; 2nd singles; 3rd singles; 1st doubles; 2nd doubles; 3rd doubles.

Region IV Girls Tennis Schedule 2014-15

Beginning Practice/Team Selection:
First Games:
Online Rules Clinic:
Academic All –State Nominations:
Eligibility List Due:
State Entry Deadline:

Monday August 4, 2014
Tuesday August 12, 2014
Thursday July 31-Thursday August 28
Tuesday August 26-Tuesday September 9
Friday August 29
Thursday October 2

<p><u>Tuesday, August 19</u> Herriman @ Westlake Lehi @ Riverton Lone Peak @ Pleasant Grove -</p>	<p><u>Thursday, September 4</u> Riverton @ American Fork Pleasant Grove @ Herriman Lone Peak @ Lehi</p>	<p><u>Tuesday, September 23</u> Lone Peak @ Riverton Westlake @ Lehi Herriman @ American Fork -</p>
<p><u>Wednesday, August 20</u> American Fork @ Riverton Herriman @ Pleasant Grove Lehi @ Lone Peak -</p>	<p><u>Tuesday, September 9</u> Herriman @ Lone Peak American Fork @ Pleasant Grove Westlake @ Riverton</p>	<p><u>Thursday, September 25</u> Pleasant Grove @ Westlake Lone Peak @ American Fork Lehi @ Herriman</p>
<p><u>Thursday, August 21</u> Pleasant Grove @ Lehi Riverton @ Herriman Westlake @ American Fork</p>	<p><u>Thursday, September 11</u> Westlake @ Herriman Riverton @ Lehi Pleasant Grove @ Lone Peak</p>	<p><u>Region Seeding Meeting</u> Friday, September 26 American Fork High School @ 5:00pm</p>
<p><u>Tuesday, August 26</u> Lehi @ American Fork Lone Peak @ Westlake Pleasant Grove @ Riverton -</p>	<p><u>Tuesday, September 16</u> Lehi @ Pleasant Grove Herriman @ Riverton American Fork @ Westlake -</p>	<p><u>JV Region IV Meet</u> Saturday, September 27 Lone Peak High School @ 9:00am</p>
<p><u>Thursday, August 28</u> Riverton @ Lone Peak Lehi @ Westlake American Fork @ Herriman -</p>	<p><u>Wednesday, September 17</u> Lone Peak @ Herriman Pleasant Grove @ American Fork Riverton @ Westlake -</p>	<p><u>Varsity Region IV Meet</u> Tuesday-Wednesday, Sept 30- Oct 1 Westlake High School @ 12:00pm</p>
<p><u>Tuesday, September 2</u> Westlake @ Pleasant Grove American Fork @ Lone Peak Herriman @ Lehi -</p>	<p><u>Thursday, September 18</u> American Fork @ Lehi Westlake @ Lone Peak Riverton @ Pleasant Grove -</p>	<p><u>Girls 5A State Tennis Tournament</u> Wed & Sat October 8 & 11 Liberty Park, Salt Lake City</p>

Track and Field Policies

**Region Activity Chairs: Dan Biolo, Lone Peak High (801) 717-4568 and
Mike May, Lone Peak High School
Coaches' Representative: Chase Englestead (435) 817-3157**

1. Athletes may participate in no more than 12 meets, not including Region and State as per UHSAA Rules. 6 of those meets may be State Qualifiers. There is no starting date for practice.
2. Track meets for boys and girls are to be conducted concurrently.
3. The first meet may be held no earlier than **March 5th, 2015**.
4. Track meets, including the Region meet, will start at 3:30 pm.
5. Host schools must have at least 2 paid officials at the combined boys' and girls' track meets paid for by the host school. Host school will assign events to visiting school(s).
6. The Region will provide the following awards:
 - a. Region Championship Meets: Trophy for first place boys' team and first place girls' team; medals for first six places in individual events and first two places in relays.
 - b. Scoring for the region championships will be based on the NFHS rulebook for scoring to eight places in individual events, top six in relays.
 - c. Each school is allowed 5 competitors per event in the Region Championship Meet and one relay team.
7. Responsibility of deciding whether a meet should be cancelled (or postponed) due to weather rests with the host school. However, input from other participating schools should be obtained whenever possible. The final decision rests with the host school's principal. Schools who must cancel meets because of weather will not be required to reschedule them; however, they should make an effort to do so if possible. No decision will ever be finalized before noon.
8. The seeding meeting is the Monday of the week of the Region Meet.
9. It is the responsibility of each coach to submit the names of athletes with a 3.75 or above cumulative GPA at the seeding meeting for academic certificates.
10. The top 2 participants (designated 'varsity' scorers) in lane races and all distance competitors (800m and above) will be required to be 'stickered' with regular file folder labels at each meet in the Region including the Region Championship meet. Stickers are to be provided by each school's coaching staff. The host school will have the option to use Runner Card.
11. Visiting schools should provide one responsible helper at the finish line for away meets.
12. In the Region Meet, all athletes must be in uniform according to NFHS rules. Exceptions to this due to extraordinary circumstances must be approved in advance by the Region Chair.
13. **A maximum budget of \$300 will be paid by the Region for the funding of Coaches Hospitality** Area during the Region Championships. The region is also responsible for paying a starter and a head finish judge. Each school will be required to bring two adults and two student-athletes to help run their respective event at the meet. Schools should arrive with the pertinent section of the rule book in hand to run their event. Clipboards and event sheets will be provided by the host school and officials will bring

their own tapes and field markers. These assignments will remain standard from year to year.

14. **Field Event Assignments:**

Herriman	Pole Vault
Lone Peak	Shot Put
Lehi	Discus
American Fork	Long Jump
Pleasant Grove	High Jump
Westlake	Javelin
All	Relay Exchanges and Hurdles

15. It is recommended that the site school for the Region Championships rotate among schools with sufficient lanes to run the event. The rotation for the Region Meet will be:

Region Championships

2014	Riverton
2015	Herriman

16. NFHS Rules will govern the Region Meet.
17. Region Entries become finalized at the close of the Region Seeding Meeting.
18. Once paged to an event, a participant has a maximum of 10 minutes to report to the event site. Failure to report within the time limit will result in disqualification.

Region IV Track and Field Schedule 2014-15

<p style="text-align: center;"><u>Wedn esday, March 18</u> Herri man at Ame rican Fork Lone Peak at Lehi <u>(Tue sday, March 17)</u> Plea sant Grove & Westl ake at Rivert on</p>	<p style="text-align: center;">Wedn esday, April 15 Riverton at Lone Peak Americ an Fork at PG <u>(Tuesda y, April 14)</u> Lehi at Westlake</p>
<p style="text-align: center;">Wedn esday, March 25 Ame rican Fork & River ton at Lehi Westl ake at Lone Peak Herri man at Pleasa nt Gr. <u>(Tue sday, Mar 24)</u></p>	<p style="text-align: center;">Wedn esday, April 22 America n Fork at Westlake Lone Peak at Herrima n Lehi at Pleasant Grove</p>
<p>Wedn</p>	<p>Wedn</p>

<p>esday, April 1 Lehi & Lone Peak at American Fork Pleasant Grove at Riverton Herriman at Westlake</p>	<p>esday, April 29 Pleasant Grove at Lone Peak American Fork at Riverton Herriman at Lehi <u>(Tuesday, April 28)</u></p>
<p>Wednesday, April 8 Riverton at Herriman</p>	<p>May 6-7 Region Track Meet at Herriman High School May 12 JV Region Track at American Fork (Only Non-Placers at Region may attend)</p>

Friday-Saturday, May 15-16th
State Championships @ BYU

Last Updated: June 3, 2014

Region IV Track and Field Championships Order of Events

Wednesday, May 6th

- 3:30 pm - Girls 100m Hurdles / Boys 110m Hurdles TRIALS
- 4:00 pm - Girls 100m Dash / Boys 100m Dash TRIALS
- 4:30 pm - Girls 1600m Run FINALS
- 4:45 pm - Girls 400m Dash / Boys 400m Dash TRIALS
- 5:15 pm - Girls 300m Hurdles / Boys 300m Hurdles TRIALS
- 5:45 pm - Boys 3200m Run FINALS
- 6:15 pm - Girls 200m Dash / Boys 200m Dash TRIALS
- 6:45 pm - Girls Medley Relay / Boys Medley Relay FINALS
- 3:30 pm - Boys Discus FINALS
 - Girls Shot Put FINALS
 - Girls High Jump FINALS
 - Boys Long Jump FINALS
 - Boys Pole Vault FINALS
- 4:00 pm - Girls Javelin FINALS

Thursday, May 7th

- 3:30 pm - Girls 100m Hurdles / Boys 110m Hurdles FINALS
- 3:40 pm - Girls 100m Dash / Boys 100m Dash FINALS
- 3:50 pm - Boys 1600m Run FINALS
- 4:10 pm - Girls 4x100m Relay / Boys 4x100m Relays FINALS
- 4:20 pm - Girls 400m Dash / Boys 400m Dash FINALS
- 4:30 pm - Girls 300m Hurdles / Boys 300m Hurdles FINALS
- 4:40 pm - Girls 800m Run / Boys 800m Run FINALS
- 5:00 pm - Girls 200m Dash / Boys 200m Dash FINALS
- 5:10 pm - Girls 3200m Run FINALS
- 5:30 pm - Girls 4x400m Relay / Boys 4x400m Relay FINALS
- 3:30 pm - Girls Discus FINALS
 - Boys Shot Put FINALS
 - Boys High Jump FINALS
 - Girls Long Jump FINALS
- 4:00 pm - Boys Javelin FINALS

Volleyball Policies

Region Activity Chair - Stacy Salmans (801) 610-8815 ext. 751
Coach Rep. – Deanna Meyer, Lone Peak (801) 717-4568 ext 224

Coaches:

American Fork	Shantell Durrant	801-889-6507	shantelldurrant@alpinedistrict.org
Herriman	Bryan Nicholson	801-884-6149	bryan.nicholson@jordandistrict.org
Lehi	Jamie Ingersoll	801-372-2268	jingersoll@alpinedistrict.org
Lone Peak	Deanna Meyer	801-651-7794	dmeyer@alpinedistrict.org
Pleasant Grove	Allyce Jones	801-380-1280	allycejones@alpinedistrict.org
Riverton	Lindsay Lind	801-835-0006	lindsvb3@hotmail.com
Westlake	Amber Hall	801-610-8815	amber.m.hall@gmail.com

1. We will follow National Federation rules. All varsity matches will be best of three (3) out of (5) games. Games 1-4 shall be played to 25 points (no cap), the fifth and deciding game shall be played to 15 points (no cap).
 - a. Sub-varsity matches: games 1 & 2 are to 25 points with games 3, 4, & 5 played to 15 points.
 - i. Sophomore games may play the best 2 out of 3 format, hosting school choice.
 - b. Sub-Varsity: games 1 & 2 are capped at 27 points, games 3, 4, & 5 are capped at 17.
 - c. Each team will be allowed two (2) timeouts per game.
 - d. Let-serve shall be allowed.
 - e. The 3-ball system is mandated for ALL MATCHES.
2. Region Play will begin on Wednesday, September 3, 2014. All matches will be played on either Tuesdays or Thursdays unless determined in advance by coaches and set forth in the schedule. Game times will be Sophomores at 4:00 p.m., Junior Varsity at 5:15 p.m., and Varsity at 6:30 p.m.
3. Seeding for the State Tournament will be determined by the standing in region play. In the event of a tie, seeding will be determined by Region record. If a tie exists see region rules.
4. The contest limitation for volleyball will be 14 matches and two (2) tournaments with the following guidelines for tournaments; No more than nine (9) total matches in a tournament, no more than seven (7) matches in a given day, and tournaments may not exceed three (3) days.
5. Courts will be available thirty (30) minutes prior to game time for warm-up.
6. Net time will be four (4) minutes for home team, four (4) minutes for visiting team and two (2) minutes shared serving.
7. The WINNING Coach is responsible for calling in scores to the Deseret News 801-237-2161 and Salt Lake Tribune 801-257-8900. Coaches will call in their own stats.
8. **All-Region** meeting will be held on the Monday before the state tournament at 6:00 pm. Location TBA.
9. **Academic All-Region** - Varsity players with a 3.75 cumulative GPA are eligible for Academic All-Region.

Region IV Volleyball Schedule 2014-15

Wednesday, September 3 Lehi @ American Fork	Thursday, October 2 Riverton @ American Fork
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Herriman @ Lone Peak Riverton @ Westlake Pleasant Grove BYE	Pleasant Grove @ Westlake Lehi @ Herriman Lone Peak BYE
Tuesday, September 9 American Fork @ Riverton Westlake @ Pleasant Grove Herriman @ Lehi Lone Peak BYE	Tuesday, October 7 Lone Peak @ American Fork Lehi @ Pleasant Grove Herriman @ Riverton Westlake BYE
Thursday, September 11 American Fork @ Lone Peak Pleasant Grove @ Lehi Riverton @ Herriman Westlake BYE	Thursday, October 9 American Fork @ Pleasant Grove Riverton @ Lone Peak Westlake @ Lehi Herriman BYE
Tuesday, September 16 Pleasant Grove @ American Fork Lone Peak @ Riverton Lehi @ Westlake Herriman BYE	Tuesday, October 14 American Fork @ Lehi Lone Peak @ Herriman Westlake @ Riverton Pleasant Grove BYE
Thursday, Sept. 18 Region BYE (Vegas)	Thursday, October 16 Fall Break
Tuesday, September 23 American Fork @ Westlake Herriman @ Pleasant Grove Lone Peak @ Lehi Riverton BYE	Tuesday, October 21 Westlake @ American Fork Pleasant Grove @ Herriman Lehi @ Lone Peak Riverton BYE
Thursday, September 25 Westlake @ Herriman Lehi @ Riverton Lone Peak @ Pleasant Grove American Fork BYE	Thursday, October 23 Herriman @ Westlake Riverton @ Lehi Pleasant Grove @ Lone Peak American Fork BYE
Tuesday, September 30 Westlake @ Lone Peak Pleasant Grove @ Riverton American Fork @ Herriman Lehi BYE	Tuesday, October 28 Lone Peak @ Westlake Riverton @ Pleasant Grove Herriman @ American Fork Lehi BYE

Dates of Importance:

Aug. 5th Coaches Rules Clinic @ UHSAA
 Aug. 11th Tryouts begin
 Aug. 19th first matches

Aug. 26th-Oct. 4th Academic All-State applications
 Aug. 29th Eligibility list & photo due
 Sept. 13th & Oct. 25th National ACT

Nov. 7th- 8th State Tournament @ UVU

Wrestling Policies

Region Activity Chairperson: Curtis Hagen, Riverton High (801) 256-5800
Coaches' Representative: Brock Moore, Pleasant Grove High (801) 610-8170

1. Start Date for practice is November 11, 2014, first matches starting November 26, 2014, starting times for region matches will be as follows: Weigh in: 4:00pm, JV matches: 5:00pm, Varsity matches: 7:00pm
2. The gym must be cleared of all other activities by 3:30pm so it can be set up for dual matches. A change in starting time will require mutual agreement between the coaches and principals of the two schools

involved. Changes in dates of activities require the approval of the Region IV Board of Managers. Host schools are responsible to notify the arbiter of any time or date changes.

3. 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.
4. There will be no weight allowance given unless there are back-to-back dual meets or tournaments. A coach must contact the opposing coach 24 hours in advance if this situation occurs. A one-pound allowance per consecutive days of competition is the maximum authorized. No more than two pounds weight allowance will be allowed for consecutive days of competition.
5. To meet National Federation and State guidelines, a wrestler must certify at a specific weight class prior to his first wrestling match. Each wrestler is required to have at least one official weigh-in before being entered in the region tournament. Please refer to UHSAA website for complete information on wrestler weight certification found at www.uhsaa.org in the wrestling section.
6. Platform scales must be certified (by a government agency) by November 15, 2014.
7. Moratoriums: November 28-December 1, 2014, December 22-26, 2014, January 1, 2014
8. Coaches will exchange line-ups by email or fax by 10:00 am to the opposing schools the day of the match. The line up should include Varsity, JV and Extras. Exception: Weigh in at home for Region Open JV tournament.
9. The state arbiter for Varsity, JV, will assign the officials for all Region and non-region matches and sophomore meets. All officials must be certified
10. A maximum of 24 encounters will be allowed plus Region and State Meets. All tournaments will be counted as three (3) encounters. Dual Matches count as one (1) encounter.
11. Any school with a wrestler who is unable to compete in the State Meet must notify the Region Chairperson immediately and the replacement wrestler's coach. The Region Fifth place wrestler should be available to fill in a possible default in the tournament bracket at the State Meet.
12. Divisional expenses will be covered by the region board.

Region IV Wrestling Schedule 2014-15

Region Duals

<p>Thurs Dec 4 Lone Peak @ Pleasant Grove American Fork @ Westlake Herriman @ Lehi Riverton BYE</p>	<p>Thurs Jan 15 American Fork @ Pleasant Grove Lone Peak @ Lehi Riverton @ Herriman Westlake BYE</p>
<p>Thurs Dec 11 Herriman @ American Fork Lehi @ Riverton Pleasant Grove @ Westlake Lone Peak BYE</p>	<p>Thurs Jan 22 Herriman @ Pleasant Grove American Fork @ Riverton Westlake @ Lone Peak Lehi BYE</p>
<p>WED Dec 17 Riverton @ Pleasant Grove (@Riverton) Lone Peak @ Herriman Lehi @ Westlake American Fork BYE</p>	<p>Thurs Jan 29 Lehi @ American Fork Westlake @ Herriman Riverton @ Lone Peak Pleasant Grove BYE</p>
<p>Thurs Jan 8 Westlake @ Riverton Pleasant Grove @ Lehi Lone Peak @ American Fork Herriman BYE</p>	

Other Important Dates:

Tuesday, Nov. 4	Rules Clinic (UHSAA)
Monday, Nov. 10	Team Selection/Practice
Friday, Nov. 14	Body Fat Testing
Saturday, Nov. 15	Body Fat Testing
Tuesday, Nov. 25	First Contest Allowed
Thurs. Nov 27 – Sun. Nov 30	Moratorium
Wed. Dec 24 – Sun. Dec 28	Moratorium
Thursday, Jan 1	Moratorium
Wed. Feb 4 & Thurs. Feb 5	Divisionals
Thurs Feb 12 – Sat Feb 14	State Finals