








2022-2023 Region V ACTIVITIES MANUAL

 <p>Region V</p>		
 <p>Bonneville Lakers</p>	 <p>Bountiful Redhawks</p>	 <p>Box Elder Bees</p>
 <p>Northridge Knights</p>	 <p>Viewmont Vikings</p>	 <p>Woods Cross Wildcats</p>

“It has been said that athletics challenge the body, mind, and spirit. They bring out the best in people, because athletic competition engenders characteristics, dedication, determination, awareness, self-confidence, cooperation, and sensitivity to self and others. In Region V, we believe the very same principles apply to academics. Learning requires the same degree of energy and commitment as competitive sports and yields comparable benefits for the individual. Because of this, we think athletics and learning go hand in hand to help the individual man or woman discover and realize their true potential in life.”

--Anonymous

The high schools of **Region V** recognize the important role that co-curricular activities and athletics play in the full development of a young person. As in all areas of our schools, **Region V** high schools are committed to the equitable opportunities for all young men and young women in activities and athletic programs. Activities and athletic programs are designed to be a complement to the academic programs and pursuits of young people. We hope that the self-discipline, commitment, teamwork and training of the mind and body in the arenas of the playing field and stage will affect similar skill development and success in the classroom.

We believe that when structured and pursued with proper balance and perspective, athletics and activities can play a key and positive role in shaping the hearts and minds of our young people. Sports and activities, as much as any other single area of endeavor, hold great potential for bringing people together from diverse backgrounds to pursue shared ideals in a spirit of community.

NOTIFICATION OF THE PRESS:

In all sports events and activities, the **home school** is responsible to call the Salt Lake Tribune and the Deseret News to report the scores.

Channel 2	-	801-973-3232
Channel 4	-	801-975-4427
Channel 5	-	801-575-5535
Channel 13	-	801-532-1313
Deseret News	-	801-237-2161
Standard Examiner	-	801-625-4261
Tribune	-	801-257-8900

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Baseball.....	Viewmont High School Baseball Coach, Viewmont
Basketball, Boys & Girls	Box Elder High School Jace McKee, Boys Basketball Coach, Box Elder Aaron Dooley, Girls Basketball Coach, Box Elder
Cross Country, Boys & Girls.....	Box Elder High School Jeff Rawlins (boys) Wayne McConkie (girls) Cross Country Coaches, Box Elder
Drama.....	Box Elder High School Melanie Day, Drama Advisor, Box Elder
Drill Teams	Woods Cross High School Hailey Burbidge, Woods Cross
Football.....	Box Elder High School Robbie Gunter, Football Coach, Box Elder
Forensics/Debate	Northridge High School Debate Coach, Northridge
Golf, Boys.....	Viewmont High School Jeff Emery, Golf Coach, Viewmont
Golf, Girls.....	Viewmont High School Nick O'Neal, Golf Coach, Viewmont
Lacrosse, Boys & Girls	Bonneville High School Boys Lacrosse Coach, Bonneville Girls Lacrosse Coach, Bonneville
Music	Viewmont High School Vocal Music, Nathan Wright, <i>Viewmont</i> Instrumental Music, Dan Chaston, Viewmont
Soccer, Boys & Girls	Woods Cross High School David Newman, Boys/Girls Soccer Coaches, Woods Cross
Softball.....	Bonneville High School Shelby Healy, Softball Coach, Bonneville
Swimming, Boys & Girls	Bountiful High School Swim Coach, Bountiful
Tennis, Boys & Girls	Woods Cross High School Tennis Coach, Woods Cross
Track & Field, Boys & Girls	Northridge High School Track Coaches, Northridge

Volleyball	Northridge High School Volleyball Coach, Northridge
Wrestling.....	Bonneville High School Alex Land, Wrestling Coach, Bonneville

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GENERAL POLICIES

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

1. Admission Fees and Tickets

- A. \$6.00 visiting high school students with activity cards and other school age children.
- B. \$6.00 senior citizens (60 and over)
- C. \$8.00 adults and high school students without activity card.
- D. Pre-season games are the same as A, B, and C above.
- E. Schools have the option of issuing season passes to home games only at a discounted price.
- F. Region V home games are free to home students with activity card (pre-season games are up to each school).
- G. Free to holder of Region V and UHSAA (Utah High School Activities Association) passes only!
A limited number of Region passes will be given to school in the Region. It is encouraged that Community members be issued a school created pass that allows access to home events only. Student Body Officers and Class Officers may be issued passes, but must be wearing their sweater when using the pass.
- H. Free to cheerleaders and drill team members in uniform, and student body officers (student government only, not club or other officers) in sweaters.
- I. Free to children under five years of age, accompanied by a parent.
- J. No one will be admitted without a ticket or a pass.
- K. When admission is charged for **Region V** tournaments, the cost will match the UHSAA State Tournament pricing (\$6.00 for students [K-12] and senior citizens 65 years and older, \$10.00 for adults, and children 5 and under are free when accompanied by an adult). Region tournaments where admission is typically charged include drill, wrestling (if held by the region), swimming, and track.

2. Supervision of Region Activities, Tournaments and Meets

- A. Any school hosting a **Region V** tournament or dual competition activity is responsible for providing adequate administrative supervision for the activity.
- B. The host school must have two administrators at home varsity football and boys' varsity basketball games. Visiting team must have an administrator and one other school official at varsity football and varsity basketball. It is recommended that an administrator be present at all activities, whenever possible. The administration/supervisory people are to meet prior to the game and work out supervisory details. They are also to stay following the end of the event until the crowds have dispersed.
- C. It is the responsibility of the chairman of each individual activity to see that **Region V** tournaments and meets are planned and well organized. It is the responsibility of the host school to provide adequate general supervision for the activity. If the host school is not the school of the chairman, there should be a clear understanding between the activity chairman and the host principal regarding the activity. In any case, the host school must provide

general supervision for activities taking place in that school. Provide police and administrative supervision at the events and in the parking lots and possible trouble spots as identified by the local school plan.

- D. School administrators who are present at games agree to take immediate, definitive action towards disruptive or unsportsmanlike students or fans.
- E. No sitting on the front row or standing on the floor in basketball or in volleyball.
- F. The host school will clearly define seating areas for both home and visiting students. These areas should accommodate pep clubs as well as the general student body.
- G. If problems of a violent nature occur at any region site as a result of a school's failure to follow these recommended procedures or to provide proper supervision, the **Region V** Board of Managers will take restrictive action against the offending school.

3. Accommodations for Visiting Teams

Dressing rooms should be appropriately prepared for visiting teams with a clean area, lockers, showers, and whiteboards. Towels will not be furnished to visiting teams by the host school. Visiting teams must bring their own towels if they desire to use them. All dressing room facilities must be left clean and orderly. The visiting head coach will check facilities prior to departure. If a head coach receives a key to dressing room facilities from the home school, the key should be returned to the home school's head coach or designee.

LOCKER ROOMS SHOULD BE SECURED AND LOCKED AT ALL TIMES.

4. Rules for Region V Tournaments

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

5. Officials

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

6. Policies Relating to Student Behavior at Region V Activities

A. Bands & Drums:

- (1) A pep band may be provided by the host school only. During basketball games, pep bands are to play during regulation time-outs, quarters and half-times only. An advisor must always be present if a band is to perform.
- (2) Drums are to be used only as part of an organized cheer or to be part of the pep club's marching activities. Drums and any other instruments are not to be used indiscriminately as noisemakers or for drum rolls or instrumental fanfare after each basket (please refer to UHSAA State Event Guidelines in the UHSAA Handbook for policies pertaining to allowed noisemakers).

B. Students Body Officers:

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

C. Cheerleaders:

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

D. Pre-game, Half-time, and Post-game Activities:

- (1) The starting line-up may be introduced prior to the activity. A well-planned flag ceremony may be presented.
- (2) All activities should come to a halt immediately when the flag ceremony begins. Head gear should be removed. Activity should remain suspended until flag ceremony is over. Starting line-ups may be introduced following the flag ceremony. All pre-game activities must be concluded before the official time of the event.
- (3) The announcer should call everyone to attention as the flag enters. The announcer should be objective and impartial announcing a game.
- (4) Football half-time: Half-time entertainment has ten minutes which includes time to get on and off the field. Exceptions can be made by mutual agreement for special occasions.

- (5) Basketball half-time: Maximum of seven minutes for half-time entertainment which includes time to get on and off the floor. Exceptions can be made for special occasions.
- (6) The host school pep club or drill team may use pom-poms if the floor is swept after each use, or at the earliest convenient time.
- (7) A supervisor must be present when student groups perform.
- (8) Coaches are responsible for the conduct of their athletes. No activity will be conducted to belittle or humiliate opponents, including organized post-game demonstrations on the floor, field or in the stands.
 - A. Visiting teams will leave the field or floor immediately after the game ends.
 - B. Visiting teams (basketball) will leave the team locker room within 20 minutes after the game ends.
- (9) No outside vendors selling at Region contests.
- (10) **No gum, sunflower seeds, candy, or sugar drinks will be allowed on turf fields.**
- (11) Any senior recognition at end of season cannot delay start of game.
- (12) There should be no post game demonstrations by either team on the floor/field at the end of the game until the visiting team has left the floor/field. Any and all activities must have the approval of the school administration.

E. Spectator Conduct/Sportsmanship:

- (1) Encourage student groups to initiate sportsmanlike activities during the season.
- (2) Other than authorized spirit groups (cheerleaders and drill team), no spectators will be allowed on the field or floor during game time, between quarters, half-time or post game. (Until visiting team exits the floor/field).
- (3) The throwing of any objects, including confetti, torn paper scraps, crepe paper, toilet tissue, powders or powder materials, etc., is not allowed.
- (4) Visiting schools are not to conduct any type of post-game activities.
- (5) The use of negative or insulting chants is not to be used.
- (6) For reasons of student safety and I.D. purposes, students will not be allowed to have any body paint on any area of the body except on the face. All other body painting is prohibited. The school administration is responsible to enforce this rule.
- (7) All laser pens are prohibited.
- (8) **“Region V Spectator Support Items”** – Refer to the UHSAA Handbook pg 69 (under Information – Spectator Support Items). [click here](#)

Banners and Signs:

- (9) No negative banners, pictures or posters of any nature will be displayed in the area of competition. A sign welcoming the visiting team is encouraged.
- (10) One sign of a positive nature is allowed. A banner or sign on the football field at the beginning of a game and/or at half-time for the home teams to run through will be allowed.
- (11) All banners will be used by the cheerleaders only.
- (12) No spectator banners or signs, with the only exception being banners used to honor seniors on senior night.
- (13) Each school may have 1 (one) flag either on the sideline or in the student section during football only. No flags for other sports.

- (14) Each school may have one school banner at the **Region V** Championship Meet. The maximum size for this banner being 5' X 8'. No other signs or banners will be allowed at region site.

7. UHSAA Sportsmanship Policy

A. Sportsmanship Conduct:

- (1) **INTRODUCTION** – The effective Utah secondary school should support both an academic program and an activities program. The programs should do more than merely coexist, they should be integrated and support each other in “different” arenas. The concept of “sportsmanship” should be taught, modeled, expected, and reinforced in the classroom and in all competitive activities.
- (2) **PHILOSOPHY** – Activities are an important aspect of the total education process in Utah schools. They provide an arena for participants to grow, to excel, to understand and to value the concepts of SPORTSMANSHIP and teamwork. They are an opportunity for coaches and school staff to teach and model SPORTSMANSHIP, to build school pride, and to increase student/community involvement, which ultimately translates into improved academic performance. Activities are also an opportunity for the community to demonstrate its support for the participants and the school, and to model the concepts of SPORTSMANSHIP for our youth as respected representatives of society. SPORTSMANSHIP is good citizenship in action!
- (3) **REGION V SPORTSMANSHIP CODE OF CONDUCT**
(This statement should be read prior to every varsity **Region V** event where there is a public address system available)

*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*

UHSAA STATE EVENT GUIDELINES

In the chart below, **ONLY** those items marked "Yes" will be allowed as support items at UHSAA state tournaments and meets. It is recommended that schools follow these same regulations during regular season and region tournament play. Sportsmanlike vocal cheering and support from team bench area are encouraged. One school flag, designated and controlled by school administration, will be allowed at State. At indoor venues the school flag must remain stationary; at outdoor venues it may be mobile if it does not disrupt spectators and remains on the sidelines nearest the school's section.

LEGEND:

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

	BB	BSK	CC	DR	FB	GO	SC	SB	SW	TE	TR	VB	WR
Practice or competition at state site 2 weeks prior	NO	NO	NO	NO	NO	YES	NO	NO	NO	YES	NO	NO	YES
Balloons	YES	NO	YES	NO	YES	YES	YES	YES	NO	YES	YES	NO	NO
Poms	YES	YES	YES	NO	YES	YES	YES	YES	NO	YES	YES	NO	NO
Artificial noise makers (shakers, clickers, horns, bells, cow bells, buzzers, thundersticks)	NO	NO	YES	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO
Megaphones (non-electronic)	YES	NO	YES	NO	YES	NO	YES	YES	NO	NO	YES	NO	NO
School bands (including drums)	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO
Shirts on fans; spectator faces must be identifiable	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Recorded music over PA system by approval only	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Rally towels	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Air horns/sirens/electronic bull horns	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Banners on wall except welcome or corporate sponsor	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Hand held signs of any kind	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cannons/muskets, whistles, vuvuzelas	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Drones	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Confetti/shredded paper	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Banners for teams to run Through	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Laser light/pointer	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Miniature sports balls thrown into crowd	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO

UHSAA policies will be followed for all events as listed below, unless otherwise noted in Region Manual:

B. General Sportsmanship Guidelines

SPORTSMANSHIP is a way of thinking and behaving. The following SPORTSMANSHIP policy items are listed below for clarification:

- (1) Be courteous to all participants, coaches, officials, staff, and fans.
- (2) Know the rules. Abide by and respect officials' decisions.
- (3) Win with character and lose with dignity.
- (4) Display appreciation for good performance regardless of the team.
- (5) Exercise self-control and reflect positively upon yourself, the team and the school.
- (6) Permit only positive sportsmanlike behavior to reflect on your school or its activities.
- (7) If flagrant violence occurs in any event in which a **Region V** school is participating, the Region Board of Managers (Principals) will review the incident upon request and on a case-by-case basis determine possible consequences to participant(s) that are involved. These consequences may result in, but not be limited to, suspension from event(s), suspension for the entire season, and/or may include other consequences as determined by the Region Board of Managers.

C. Unsportsmanlike Ejections and Fighting Policy – Appeals Process

- (1) See the Utah High School Activities Association handbook. [click here](#)

8. Events Schedules

- (1) All **Region V** regularly scheduled events constitute a contract between schools. Honest and persistent effort must be made by all region schools to field all levels of teams for each sport. (i.e., Sophomore, JV and Varsity in applicable sports). The failure of a team to participate in a scheduled contest without prior mutual consent and Board of Managers approval at all levels, including varsity, junior varsity, and sophomore, may result in a fine and forfeit assessed by the Board of Managers, plus the cost of any officials etc. to the affected schools.
- (2) Both principals are to agree to the change before a change will be sent to the Board of Managers for approval. If the Board of Managers agrees on a change of time and date of an activity, the host school must notify the arbiter of the change in time for him/her to notify the officials. All officials (Varsity, J.V., Sophomore, and Freshman) will be arbitrated by UHSAA. Call changes to UHSAA offices. All costs associated with changing the time and date will be incurred by the school requesting the change.
- (3) All invitational meets, matches, or tournaments must be approved by the UHSAA thirty days prior to the activity. Appropriate fines will be assessed against a host school and others who participate in unsanctioned events.

9. Miscellaneous

- (1) Awards are to be given according to the published **Region V** format. No additional awards will be allowed unless pre-approved by the Board of Managers. (Sophomore and JV Volleyball Tournaments may award t-shirts rather than trophies.)
- (2) All personnel on the sidelines will be monitored and controlled by each school administration. Non-approved sideline personnel will be removed by the school administration, if necessary.

10. Game Starting Times and Participant Regulations

No sports activity may begin before 3:30 p.m., unless approved by the Board of Managers. However, varsity football may not start before 4:00 p.m. until Day Light Savings. Thereafter, games may start at 3:30 p.m.

11. Ties of Standing

The tie-breaking procedure will be used for all athletic activities except Drill Team.

- A. 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 (head-to-head among tied teams).
- B. 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.
- C. 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. If a tie still exists, a coin flip will be conducted under the direction of the Region Activity Chairperson. Coin flips will be conducted in person whenever possible. In the event of multiple teams tied that cannot be resolved as described above, all teams will flip coins with the team flipping the "odd coin" receiving the higher seed. The coin flip procedure will only be used as a last resort.
- D. In the event of multiple teams tied for fewer playoff berths than teams tied, the tie-breaking procedure as described above will be used until only two teams remain. The final two teams will play off in a game to determine entry into the State Tournament.
- E. If multiple teams tie for one playoff spot, all teams will play in a format that best suits the specific sport. *Refer the individual sport to the multiple team playoff guidelines and procedures.*
- F. In the event the above process fails to resolve a tie, region principals will convene for the purpose of a coin flip to determine seed. The winner of the coin flip will take the higher seed.
- G. No tied team will be eliminated from state playoff participation without the opportunity of a playoff game.

The tie-breaking procedure will be used for the following team sports: baseball, boys basketball, girls basketball, football, boys soccer, girls soccer, softball, and volleyball.

If the tie does not involve a berth in the state tournament play-offs, but involves only seeding in the playoffs between two or more teams, the tie will be broken in the following manner:

- A. Head-to-head league competition among the tied teams will be the first criteria used to determine seeding for the state tournament playoffs.
- B. If the tie or seeding cannot be resolved using the above method, the seed will be determined by the tied teams' record against teams with the highest finish in the region. This process will continue down through the Region V standings until the tie is broken and seeding is determined.
- C. If a tie still exists, a coin flip will determine placement/seeding.

If a tie occurs among teams involving a berth in the state tournament play-offs, the tie will be broken by a play-off between the tied teams. The play-off will be played at the site of the team with the highest ranking based on the tie breaker criteria at a day and time agreed upon by both teams. If a tie breaker does not determine a home team, a coin flip will determine the home site. Board of Managers will make final decision on day and time if both teams do not agree.

If the tie is among more than two schools involving a berth in the state tournament play-offs, the following procedure will occur. An odd-man-out coin flip will determine which schools will draw the bye, the odd man having the bye. The other two teams will play; the loser being eliminated and the winner going on to play the team that drew the bye. The winner of that game earns the first vacant berth. The play-off games for football will be half the length of a regular game.

12. Moratorium

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

13. Fine for Violations

A fine may be assessed for a violation of region rules as determined by the **Region V** Board of Managers.

14. Seeding Meetings or Other Meetings

Any expenses that are expected to be paid by **Region V** should be pre-approved by the Board of Managers.

15. Eligibility

Eligibility rules for **Region V** will be determined by the Utah High School Activities Association By-Laws.

16. Coaches

- A. Coaching behavior on the bench is reflected in student behavior. It is the responsibility of the principal to direct the coaching staff to be examples of good sportsmanship at all times.
- B. Coaches are not to exert undue influence on officials before, during or after any contest. Any complaints or protests are to be made through the principal of the school.

17. Number of Games

Region V follows UHSAA guidelines for contest limitations. [click here](#) Teams which exceed the number of games allowed in any season may forfeit from their region schedule the number of games exceeding the limit. Forfeited game(s) may be subtracted from the region win/loss record of the offending school. For each extra game, one win may be subtracted from record and one loss may be added. Other sanctions may be taken by the **Region V** Board of Managers.

18. Duties of Region Chairpersons

- A. Conduct all meetings pertinent to respective activity.

- B. Coordinate and manage all **Region V** competitions and tournaments of respective activity.
- C. Be direct liaison to **Region V** Board of Managers.
- D. Be responsible for all awards, trophies, medals, etc., pertinent to respective activity.
- E. The **All-Region V** teams should be selected by the coaches within two weeks of the conclusion of the activity where applicable.

19. *Undue Influence Rule, Violation*

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

20. *Penalties*

Upon having knowledge of an infraction of a rule or policy, **Region V** may initiate action in accordance with UHSAA policies.

21. *Region Finances*

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

22. *Duties of Region V Chairs Academic All-Region Certificates*

Duties of Region V Chairs & Academic All-Region Certificates

- A. Select and honor respective All Region V teams where applicable.
- B. Be responsible for all awards, trophies, medals, etc., pertinent to respective activity
- C. Will assist in All-Region and Academic All-Region selection meetings. Academic All-Region minimal

GPA will be a 3.75 on a 4 point scale. Academic All-Region Certificates will be presented to student-

athletes at Region events and tournaments, whenever possible and applicable (i.e. Drill, Cross

Country, Track, Swimming). Region Activities Chairperson is responsible to see that Academic

All-Region names are submitted from each school and certificates are prepared for presentation.

23. Region Realignment

When region realignment occurs and results in region changes, all remaining region account funds will be distributed to region schools at the conclusion of the current region cycle.

UHSAA 2022-23 CALENDAR OF STATE EVENTS

The UHSAA calendar of state events can be located at the following link:

<https://uhsaa.org/calendar/>

CONTEST LIMITATIONS

- A. Any meet, game, or competitive activity in which one (1) or more students participate counts toward the contest limitations listed for the activity.
- B. The following contest limitations apply from the starting date until post season play for all levels of competition, i.e., varsity, junior varsity, sophomore, and freshman. (Region tournaments are considered as post season):

BASEBALL..... Twenty-five (25) All games count one for one.

BASKETBALL (Boys & Girls) Twenty (20) games (plus an endowment game)

CROSS COUNTRY..... Ten (10) meets

DRILL TEAM..... Three (3) competitions (does not include region or state)

FOOTBALL Nine (9) games (plus an endowment game)

GOLF (Boys & Girls)..... Fourteen (14) meets

MUSIC..... Four (4) contests

SOCCER (Boys & Girls) Sixteen (16) games

SOFTBALL..... Twenty-two (22) All games counted.

SWIMMING (Boys & Girls)..... Fourteen (14) meets

TENNIS (Boys & Girls)..... Fourteen (14) matches. The number of matches counted for a tennis tournament shall be equal to the number of days scheduled for a tournament: ex. A one (1) day tournament shall count as one (1) match, and a two (2) day tournament shall count as two (2) matches, etc.

TRACK (Boys & Girls)..... Twelve (12) meets State Qualifying meets (6)

VOLLEYBALL Fourteen (14) matches and two (2) tournaments with the following guidelines for the 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.

WRESTLING..... Twenty-four (24) matches per wrestler. All tournaments count as (3) matches. Individuals may compete in no more than six tournaments per season. Three of the six tournaments may be dual tournaments. Dual meets count as one (1) match. All take down tournaments count as three (3) matches.

BASEBALL GUIDELINES

Region V Chairman: Aaron Hogge, Bountiful High School
Activity Chairman: Clark Stringfellow, Bountiful High School
Rules Clinic:
Starting Date:
First Contest:
Eligibility List Due:
Upload Team Photo to MaxPreps.com:
Academic All-State Deadline:
Season End:
Bracket Reveal:
State 1st Round: May 16, 2023 @ Home Sites
State 2nd Round: May 18-19, 2023 @ Home Sites
State Tournament: May 22-27, 2023

Telephone: 801-402-3902

2 Sophomore games each week
3 JV Games each week
3 Varsity Games each week

Monday – Off or makeup
Tuesday – Varsity/JV DH
Wednesday – Varsity/JV DH
Thursday – Off or Makeup
Friday – Varsity/JV DH
Saturday – Sophomore DH*

*Sophomore DH Host is Team who was scheduled for only 1 home Varsity/JV game in same week. Games at 11am/1pm on Saturdays

- 1) The first official day for team selection is
- 2) The first official day for games to be played is
- 3) Baseball: 25 games for 5A Schools on each level (Varsity, JV, and Sophomore). **Each game played counts as one game.**
- 4) All region Varsity, JV, and Sophomore DH's will begin with the first game at 3:30 p.m.
- 5) Each team will be allowed no more than 10 minutes for pre-game infield practice. All teams MUST stretch and warmup closest to their foul line. No circling up in centerfield.
- 6) All league games (Varsity and JV) will be played on the date and time scheduled, depending upon weather and field conditions. If a team is traveling to non-region tournament during region play and needs to reschedule a game(s), then it is the responsibility of both coaches to mutually agree on the dates and rescheduled date, to be played before the next regularly scheduled region game, and then report that to the region chairman. The scheduling for this must be done before the beginning of the regular region season. East Postponed game must be made up in the order of postponement. A Postponed game will be made up on the first available date, including Saturday. During the first or third game of region play, or, whomever has home field advantage for the series, a postponed game can be made up by "flip flopping" the schedule and playing at the visiting team's field if that field is playable and if district bus transportation is available. The visiting team will reverse the schedule for that game during the second round. Because of the nature of the three-game series with one team having two

home games while the other has only one, no team shall ever be obligated to not have at least 1 game at their home field. In the event of bad weather, it will be the responsibility of the home team coach to notify the visiting team's coach and the assigned officials. This should take place by 12:00 p.m. It is the responsibility of both coaches to communicate with each other in the process of rescheduling games for the next available date.

- 7) Any Game(s) that are not made up on the next available date could result in a forfeit for one or both teams, depending on the offending teams. It is the sole discretion of the school's head coach and/or athletic director to decide if their field is playable (due to weather conditions or safety conditions) on the scheduled date. The "flip flop" rule could then be used only if the aforementioned criteria are met, otherwise the next available date for reschedule must be considered. The region board of managers (school principals) and both school's coaches and athletic directors will be consulted to determine the outcome of the situation. No team will be made to play five (5) games in a week unless they choose to do so. Four (4) games will be required, if necessary, as defined by the UHSAA (Sunday to Sunday) rule.
- 8) In baseball and softball, if 4 ½ innings are complete (and the home team is ahead in the score) or 5 innings are complete (and the visiting team is ahead in the score) and suspension occurs, then the game is considered complete. If the game is tied or if the game has not completed the required number of innings, then the "suspended game" rule will apply.
- 9) In the event of a tie, the region ties of standing policy will be followed. In baseball when it comes to head-to-head, the winner of the three (3) game series or the team with 2 or more wins will determine who won head-to-head for all seeding other than the last playoff spot.
- 10) A region trophy to the first placed team(s) in regular region play. No medals. Seeding will be based on how the league finishes in that order. In case of a tie for seeding purposes, region tiebreaker rules will be in effect. Tied teams for the last seed in the state playoffs (regardless of who won the series) will play-off at a neutral site for that see as per region rule.
- 11) An all-region team will be selected on the last Saturday before the state play-offs begin to be determined by the region baseball chairman. Coaches present will be allowed to select players for all-region teams.
- 12) Please refer to the "General Policies" in the Region V Handbook for all other Region V Rules and the UHSAA handbook or website for all UHSAA Rules.
- 13) See UHSAA Pitch Count Rule:

UHSAA Pitch Count Rule

Approved Nov 9, 2016

Effective Spring 2017 Baseball Season

The revised pitching policy in Rule 6-2-6 for 2016 from the NFHS requires state associations to adopt a pitch count rule instead of the existing 14 maximum innings per calendar week.

Pitching Limits

Varsity

Pitches	Required Rest
86-110	3 days
61-85	2 days
36-60	1 day

1-35	0 days*
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Junior Varsity

Pitches	Required Rest
61-85	3 days
36-60	2 days
26-35	1 day
1-25	0 days*

More info

- * - Additionally, no pitcher may throw more than 60 pitches over two days. If they throw 60 pitches in two days, there will be one day of required rest.
- ^ - No sub-varsity pitcher can throw more than 35 pitches over two days. That limit will result in one day of mandated rest.
- A pitcher will be allowed to finish a batter if they hit the limit (110 in varsity play; 85 in sub-varsity) during an at-bat but must exit the game after the hitter.
- Each contest must be recorded with the opposing team, noting the names of each pitcher and how many pitches that pitcher threw in the game. This information must be recorded in MaxPreps, along with the result of the contest, within 24 hours of the game. Note: The UHSAA recommends using Game Changer, as it is a free app for Apple products and can be easily exported into MaxPreps.

PENALTY: If the pitch count rule is exceeded, the first offense is a coach suspension for two games; second offense and subsequent offense is forfeiture of contest. If there is a post-season violation, it is a forfeit.

The Region Board of Managers will handle violations of non-reporting of pitch counts.

NOTE: Umpires will NOT mediate pitch counts. All concerns about pitch counts need to be addressed by the Athletic Director or UHSAA.

BASEBALL SCHEDULE 2022-23

Tue 3/28/2023	Viewmont High School @ Bonneville High School	Bountiful High School @ Box Elder High School	Northridge High School @ Woods Cross High School
Wed 3/29/2023	Bonneville High School @ Viewmont High School	Box Elder High School @ Bountiful High School	Woods Cross High School @ Northridge High School
Fri 3/31/2023	Viewmont High School @ Bonneville High School	Bountiful High School @ Box Elder High School	Northridge High School @ Woods Cross High School
Tue 4/11/2023	Bonneville High School @ Woods Cross High School	Box Elder School @ Viewmont High School	Bountiful High School @ Northridge High School
Wed 4/12/2023	Woods Cross High School @ Bonneville High School	Viewmont High School @ Box Elder High School	Northridge High School @ Bountiful High School
Fri 4/14/2023	Bonneville High School @ Woods Cross High School	Box Elder High School @ Viewmont High School	Bountiful High School @ Northridge School
Tue 4/18/2023	Woods Cross High School @ Box Elder High School	Viewmont High School @ Bountiful High School	Northridge High School @ Bonneville High School
Wed 4/19/2023	Box Elder High School @ Woods Cross High School	Bountiful High School @ Viewmont High School	Bonneville High School @ Northridge High School
Fri 4/21/2023	Woods Cross High School @ Box Elder High School	Viewmont High School @ Bountiful High School	Northridge High School @ Bonneville High School
Tue 4/25/2023	Bountiful High School @ Woods Cross High School	Box Elder High School @ Bonneville High School	Viewmont High School @ Northridge High School
Wed 4/26/2023	Woods Cross High School @ Bountiful High School	Bonneville High School @ Box Elder High School	Northridge High School @ Viewmont High School
Fri 4/28/2023	Bountiful High School @ Woods Cross High School	Box Elder High School @ Bonneville High School	Viewmont High School @ Northridge High School
Tue 5/2/2023	Bonneville High School @ Bountiful High School	Woods Cross High School @ Viewmont High School	Box Elder High School @ Northridge High School
Wed 5/3/2023	Bountiful High School @ Bonneville High School	Viewmont High School @ Woods Cross High School	Northridge High School @ Box Elder High School
Fri 5/5/2023	Bonneville High School @ Bountiful High School	Woods Cross High School @ Viewmont High School	Box Elder High School @ Northridge High School

BOYS BASKETBALL GUIDELINES & SCHEDULES

Region Chairman: Gary Allen, Box Elder High School

Telephone: 435-734-4840

Activity Chairman: Jace McKee, Box Elder High School

Rules Clinic:

Starting Date:

First Contest:

Eligibility List Due:

Academic All-State Deadline:

Season End:

Bracket Reveal:

Playoffs 1st Round: February 22, 2023 Home Sites

Playoffs 2nd Round: February 24, 2023 Home Sites

Quarterfinals: March 1, 2023

Semi-finals: March 3, 2023

State Tournament Finals: March 4, 2023

- 1) Games will be played on the same day at the following times:

Sophomore 3:30 p.m.

Junior Varsity 5:15 p.m.

Varsity 7:00 p.m.

- 2) A roster and schedule will be sent to all schools prior to the first pre-season game.
- 3) Region Trophy to first place in regular region play. No medals.
- 4) A representative of **Region V** basketball coaches will keep an up-to-date record of region standings.
- 5) Please refer to "General Policies" in the **Region V** Handbook for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules.

BOYS BASKETBALL SCHEDULE 2022-23

Fri 1/13/2023	Bonneville High School @ Northridge High School	Woods Cross High School @ Box Elder High School	Bountiful High School @ Viewmont High School
Wed 1/18/2023	Box Elder High School @ Bonneville High School	Viewmont High School @ Northridge High School	Bountiful High School @ Woods Cross High School
Fri 1/20/2023	Bonneville High School @ Viewmont High School	Box Elder High School @ Bountiful High School	Northridge High School @ Woods Cross High School
Wed 1/25/2023	Bountiful High School @ Bonneville High School	Woods Cross High School @ Viewmont High School	Northridge High School @ Box Elder High School
Fri 1/27/2023	Bonneville High School @ Woods Cross High School	Bountiful High School @ Northridge High School	Viewmont High School @ Box Elder High School
Fri 2/3/2023	Northridge High School @ Bonneville High School	Box Elder High School @ Woods Cross High School	Viewmont High School @ Bountiful High School
Wed 2/8/2023	Bonneville High School @ Box Elder High School	Northridge High School @ Viewmont High School	Woods Cross High School @ Bountiful High School
Fri 2/10/2023	Viewmont High School @ Bonneville High School	Bountiful High School @ Box Elder High School	Woods Cross High School @ Northridge High School
Wed 2/15/2023	Bonneville High School @ Bountiful High School	Viewmont High School @ Woods Cross High School	Box Elder High School @ Northridge High School
Fri 2/17/2023	Woods Cross High School @ Bonneville High School	Northridge High School @ Bountiful High School	Box Elder High School @ Viewmont High School

GIRLS BASKETBALL GUIDELINES & SCHEDULES

Region Chairman: Gary Allen, Box Elder High School

Telephone: 435-734-4840

Activity Chairman: Aaron Dooley

Rules Clinic:

Starting Date:

First Contest:

Eligibility List Due:

Academic All-State Deadline:

Season End:

Bracket Reveal:

Playoffs 1st Round: February 21, 2023 Home Sites

Playoffs 2nd Round: February 23, 2023 Home Sites

Quarterfinals: March 1, 2023

Semi-finals: March 3, 2023

State Tournament Finals: March 4, 2023

- 1) Games will be played on the same day at the following times on Friday nights:

Sophomore 7:00 p.m.

Junior Varsity 3:30 p.m.

Varsity 5:15 p.m.

Games played on Wednesday night will be played at the following times:

Sophomore 3:30 p.m.

Junior Varsity 5:15 p.m.

Varsity 7:00 p.m.

- 2) A roster and schedule will be sent to all schools prior to the first pre-season game.
- 3) Region Trophy to first place in regular region play. No medals.
- 4) A representative of **Region V** basketball coaches will keep an up-to-date record of region standings.
- 5) Video exchange for the last two region games will take place no later than Sunday, January 7, 2018.
- 6) Please refer to "General Policies" in the **Region V** Handbook for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules. [click here](#)

GIRLS BASKETBALL SCHEDULE 2022-23

Thu 1/12/2023	Box Elder High School @ Bountiful High School	Bonneville High School @ Northridge High School	Woods Cross High School @ Viewmont High School
Tue 1/17/2023	Box Elder High School @ Woods Cross High School	Northridge High School @ Viewmont High School	Bountiful High School @ Bonneville High School
Thu 1/19/2023	Viewmont High School @ Bountiful High School	Bonneville High School @ Box Elder High School	Northridge High School @ Woods Cross High School
Tue 1/24/2023	Northridge High School @ Box Elder High School	Viewmont High School @ Bonneville High School	Woods Cross High School @ Bountiful High School
Thu 1/26/2023	Box Elder High School @ Viewmont High School	Bonneville High School @ Woods Cross High School	Bountiful High School @ Northridge High School
Thu 2/2/2023	Bountiful High School @ Box Elder High School	Northridge High School @ Bonneville High School	Viewmont High School @ Woods Cross High School
Tue 2/7/2023	Woods Cross High School @ Box Elder High School	Viewmont High School @ Northridge High School	Bonneville High School @ Bountiful High School
Thu 2/9/2023	Bountiful High School @ Viewmont High School	Box Elder High School @ Bonneville High School	Woods Cross High School @ Northridge High School
Tue 2/14/2023	Box Elder High School @ Northridge High School	Bonneville High School @ Viewmont High School	Bountiful High School @ Woods Cross High School
Thu 2/16/2023	Viewmont High School @ Box Elder High School	Woods Cross High School @ Bonneville High School	Northridge High School @ Bountiful High School

CROSS COUNTRY GUIDELINES & SCHEDULES

Region Chairman: Gary Allen, Box Elder High School

Telephone: 435-734-4840

Activity Chair: Jeff Rawlins, Box Elder High School

First Competition Date:

Eligibility List Due:

Academic All-State Deadline:

Region Meet:

State Entry Deadline:

State Tournament: October 25, 2022

2022-23 Region 5 Cross Country Guidelines

- 1) The Pre-Region Meet will start at 8:30 a.m. and open Region meets will begin at 3:30 p.m. unless there are extenuating circumstances and a mutual agreement between coaches (for that meet). The Region Championship race will begin at 3:00 pm. Each team may compete in a maximum of ten (10) meets excluding Region and State Championships. The time schedule for Pre-Region will be 8:30 am for girls' race and 9:15 am for the boys' race. The time schedule for the Region Championship Meet will be as follows: 3:00 pm Girls JV, 3:40 pm Boys JV, 4:20 pm Girls Varsity, 5:00 pm Boys Varsity.
- 2) The host school of open region meets will designate a well-marked course. Distances for quad meet courses will range from 3,000 to 5,000 meters. The Pre-Region and Region Championship course will be of the length from 3.0 – 3.1 miles and will be the same course.
- 3) Qualification for State finishers will qualify with UHSAA yearbook.
- 4) The winner of the region trophy will be determined by the team scores at the Region Meet.
- 5) Medals will be awarded to the top 10 finishers in the Region Meet in both the boys and girls varsity division. Medals will be awarded to the first 10 finishers in the boys and girls Junior Varsity division. Additional medals may be awarded by the coaches.
- 6) Coaches may run 9 runners in the "Varsity" Region Championship race if desired, but the scoring 7 must be clearly designated on the tag prior to the beginning of the race. Failure to do so disqualifies athletes from the top finisher of that school down, one for one over the limit of 7. These non-scoring individuals are NOT eligible for individual awards (top 10 medals). It is understood the reason for the option to race an extra individual (or more) is to determine positions for the state meet only.
- 7) Two paid officials will be arranged to start, score, and referee the region meet.
- 8) Each school will provide two adult volunteers for the Pre-Region and region meet.
- 9) At all meets, girls will run first, then boys, unless agreed upon ahead of time by all coaches involved.
- 10) Please refer to "General Policies" in the Region V Handbook for all other Region V rules, and the UHSAA Handbook for all UHSAA rules.
- 11) All schools are invited to the Open Region meets. It is not mandatory that a school attend all meets. However, it is highly recommended that all schools notify the host school of their intentions at least one week prior to the scheduled meet. Pre-Region and Region will be hosted by Box Elder High School.
- 12) It is recommended that host schools provide a copy of all results by the day following the meet at noon.

13) In order to participate in the Region Championship varsity race, a runner must participate in at least one (1) previous meet. Exceptions can be made for illness, injuries, and new move-ins. Each coach will be expected to police their own team.

2022 Schedule (With Divisional Round)

Thurs. August 18	Pre-Region Meet @ Layton City Park 8:30 am for girls 9:15 for boys
Wed. August 31	Region @ Woods Cross (Girls 3:30 pm, Boys 4:15 pm)
Wed. September 7	Region @ Bountiful (Girls 3:30 pm, Boys 4:15 pm)
Fri. September 9	Murray Invite, BYU Invite
Wed. September 14	Pre-State meet or City County Meet
Wed. September 21	Region @ Viewmont (Girls 3:30 pm, Boys 4:15 pm)
Sat. September 24	Bob Fuhman Invite
Wed. September 28	City/County Meets (Cache, Box, and Davis City/County)
Wed. October 5	Region Championship Race @ Layton City Park 3:00 JV Girls 4:40 JV Boys 4:20 Varsity Girls 5:00 Varsity Boys
Tues. October 11	Divisional Round
Wed. October 25	State Meet

2020 Region 5 Pre-Region Guidelines

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The following are guidelines we will adhere to for Pre-Region is to be held on Friday August 21st, 2020.

- Temperature check done by schools prior to getting on the bus with their own thermometers.
- Top 10 of each gender will be allowed to run in the race.
- There are two races: one for the girls and one for the boys. The start time for the girls will be 8 am and the start time for the boys will be 845 am.
- Each team will have a designated area prior to getting off the bus.
- Athletes will bring their own water.
- Coaches are responsible for breaking up groups.
- The only individuals allowed at the Pre-Region Race on August 21st will be Coaches, athletes, and any administration from participating schools. Parents will not be allowed.
- Coaches will have masks and gloves on at the finish line when taking tags off the athletes or in close proximity to them.
- The pavilion will not be used for teams.
- Startline items
 - i. There will be two start lines where one is behind the other.
 - ii. Each school will be provided with a starting box on each line. They will be directly one behind the other.
 - iii. There will be extra space between the starting boxes on the line
 - iv. There will be a rolling start to the race. Teams will stay near their designated area. They will jog to the line pause and the gun will start the race.
- Finish Line
 - i. Coaches will have masks and gloves on at the finish line when taking tags off the athletes or in close proximity to them.
 - ii. Hand sanitizer at the finish line

Region V Cross Country Fields:	
Bonneville High School	Friendship Park – (Next to South Ogden Junior High) 5500 South 650 East, Ogden, UT 84405
Bountiful High School	Mueller Park Jr. High 1800 South 1000 East, Bountiful, Utah 84010
Box Elder High School	Box Elder High School 380 South 600 West, Brigham City, UT 84302
Northridge High School	TBA
Viewmont High School	South Davis Recreation Center 550 North 200 West, Bountiful, UT 84010
Woods Cross High School	Mills Park 1850 South 1200 West, Woods Cross, Utah 84087

DRAMA GUIDELINES & SCHEDULES

Region Chairman: Gary Allen, Box Elder High School

Telephone: 435-734-4840

Activity Chairman: Melanie Day, Box Elder High School

Eligibility List Due:

Academic All-State Applications Accepted:

Region One Act Play Tournament:

Region Tournament:

State Entry Deadline:

State Theater Festival:

- 1) Date and location for the Region Festival plays and the individual events will be determined at the annual spring planning meeting held in the preceding year. Festival plays and individual events are held during the month of March and April. State Drama Festival is usually held at a pre-determined high school on the third weekend of April.
- 2) 132 individual events, judges at \$50.00 each for three rounds. Three competition play judges at \$150.00 each plus 35 cents per mile.
- 3) The two schools hosting competition will each be paid \$150.00 to cover the cost of lamps, gels, custodial services, materials, and printing.
- 4) AWARDS:
 - A. The following plaques will be awarded to performers in the Festival Play:
 - (1) Best Actor
 - (2) Best Actress
 - (3) Best Supporting Actor
 - (4) Best Supporting Actress
 - (5) Best Character Actor
 - (6) Best Character Actress
 - (7) Best Ensemble

Sweepstakes: A 1st place and 2nd place region trophy will be provided. A third-place certificate will be provided.

One-Act Plays: Three Plaques will be awarded. 1st place, 2nd place, 3rd place.

Individual Events: Medals will be given to the top three places in each individual event. Scenes, Pantomime, and Musical Theatre may have more than one person in their event win. Three medals for 1st place, 2nd place, and 3rd place will be ordered in case more than one student wins. Musical Theatre has the possibility of four winners per category. Each medal will be engraved on the back with the following information:
Contemporary Scenes – 1st, 2nd, and 3rd place
Classical Scenes – 1st, 2nd, and 3rd place
Pantomime – 1st, 2nd, and 3rd place
Musical Theatre – 1st, 2nd, and 3rd place
Dramatic Monologues – 1st, 2nd, and 3rd place
Humorous Monologues – 1st, 2nd, and 3rd place

- 5) TEACHERS MEETING: All Region drama coaches may want to meet prior to the Region Festivals to discuss any business deemed necessary before the Region Tournaments being.

- 6) **DOUBLE ENTERING:** A participant may compete in one Individual Event (Classical Scenes, Contemporary Scenes, Pantomime, Humorous Monologues, Dramatic Monologues, Musical Theatre) and the Festival play and may therefore qualify for State in the Festival play and on Individual Event.
- 7) Please refer to “General Policies” in the **Region V** Handbook for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules.

DRAMA SCHEDULE

March 17, 2023

Region One-Acts @ Viewmont

March 18, 2023

Region Drama, Individual Events @ Woods
Cross

DRILL GUIDELINES & SCHEDULES

Region Drill:

*Region Drill – Random Drawn Assigned Seating

State & Region: Military, Dance, Show

Region Chairman: Principal, Woods Cross High School

Activity Chairman: Hailey Burbidge, Coach, Woods Cross High School

Drill Director:

Season End Date:

Bracket Reveal:

State Quarter Finals:

State Finals:

Region Competition: Saturday, January 21, 2023 at 6:00 pm @ Bountiful High School

State Competition:

- 1) Region Competitions will be a qualifying meet for the State Tournament
- 2) All state and national spirit rules must be followed
- 3) The Region Host must hire a non-advisory to run the Region Meet. Each region must have a Certified Tabulator.
- 4) Please refer to "General Policies in the REGION V Handbook for all other REGION V rules, and the UHSAA Handbook for all UHSAA rules.

REGION COMPETITION SCHEDULE:

AWARDS - **One (1) Region Trophy**

First – Third Place Plaques in each category

Three drill down Medals for places 1-3

One Plaque for Sportsmanship

Competition Order TBA

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Practice TBA

Competition order will be determined by tournament director for the other two categories.

Region Drill Team Competition:

Bountiful HS Principal will order wrist bands and schools can pre-sell

FOOTBALL GUIDELINES & SCHEDULES

Region Chairman: Jamie Kent, Box Elder High School

Telephone: 435-734-4840

Activity Chairman: Robbie Gunter, Box Elder High School

Rules Clinic-Live:

Rules Clinic Deadline:

Start Date:

First Contest:

Eligibility List Due:

Upload Team Photo to MaxPreps.com:

Endowment Games:

Academic All-State Deadline:

Season End Date:

Bracket Reveal:

Playoff 1st Round: October 21, 2022 Home Sites

Playoff 2nd Round: October 28, 2022 Home Sites

Playoff 3rd Round: November 4, 2022 Home Sites

Semi Finals: November 11, 2022

Finals: November 18, 2022

- 1) All Varsity Region games will start at 7:00 p.m.
- 2) Each Region school will play a full schedule of Junior Varsity games, Sophomore games when possible. Junior Varsity will be on Thursdays at 3:30 opposite Varsity home site. Sophomore schedule will be decided in July with schools that can field a team. Game times will be at 3:30 on Thursdays, same varsity home site.
- 3) Home teams wear dark jerseys, visiting team wears light jerseys (all levels).
- 4) All schools are required to use adults on chain and down marker (Varsity only).
- 5) Scouting is to be done from the spectator stands or a specific location set up (if available) by the home team.
- 6) The host school should extend courtesy to the visiting photographer as to its' own photographer.
- 7) Use only one person filming, and no video filming of future opponents will be allowed at Varsity, Junior Varsity, or Sophomore games.
- 8) It is the responsibility of the home team school to keep the sidelines clear.
- 9) Home team is responsible for emergency medical care.
- 10) **Video Exchange will be done on Hudl. Film exchange is to include: Each region team will exchange all region games with all region teams. The morning after each region game, each school will exchange that game with each of the other region schools. The tape must include Pre-snap set wide angle, zoom to no tighter than defensive front (including all linebackers) and offensive front (including QB and tight ends, tight wings or slots). Before each down, the film should show down box and chain. Score board by quarter and after each scoring play. Film all plays.**
- 11) Varsity home school is to provide dressing facilities for the visiting school. Chalkboard/Whiteboard will be available. Home school will clear visiting locker room one and one-half hour before games and provide a guide for the visiting team, i.e., meet bus, show locker room, etc. (Junior Varsity and Sophomore will dress at their own school, but when conditions get bad, may need locker room at half time).
- 12) Visiting team spotters/coaches must remain on the visiting team's side/section of the stadium, unless are provided by home team is elsewhere.

- 13) Coaches will communicate with each other on at least the following two occasions:
- A. Schedule and team rosters are to be emailed to each coach in August. Rosters shall contain players name, number, grade level, and position of each player.
 - B. The coaches will meet after quarter finals for the purpose of selecting the All-Region V Team.
- 14) Region Trophy to first place in regular region play.
- 15) Please refer to "General Policies" in the **Region V** Handbook for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules. [click here](#)

FOOTBALL SCHEDULE 2022-23

Fri 9/9/2022	Woods Cross High School @ Bountiful High School	Bonneville High School @ Viewmont High School	Box Elder High School @ Northridge High School
Fri 9/16/2022	Bountiful High School @ Bonneville High School	Viewmont High School @ Box Elder High School	Woods Cross High School @ Northridge High School
Fri 9/23/2022	Box Elder High School @ Bountiful High School	Bonneville High School @ Woods Cross High School	Northridge High School @ Viewmont High School
Fri 9/30/2022	Woods Cross High School @ Box Elder High School	Bountiful High School @ Viewmont High School	Bonneville High School @ Northridge High School
Fri 10/7/2022	Box Elder High School @ Bonneville High School	Viewmont High School @ Woods Cross High School	Northridge High School @ Bountiful High School

Start Time for all Varsity Games – 7:00 pm
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FORENSICS/DEBATE GUIDELINES & SCHEDULES

Region Chairman: Aaron Hogge, Bountiful High

Telephone: 801-402-3900

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Activity Chairman:

First Contest Allowed:

Eligibility List Due:

Academic All-State Due:

Region Meet:

State Entry Deadline:

State Meet:

1) Region Format:

- a. Number of Contestants:
- b. Policy Debate Four Teams
- c. Lincoln-Douglas Four Contestants
- d. Public Forum Four Teams
- e. U.S. Extemp. Three Contestants
- f. Original Oratory Three Contestants
- g. Impromptu Three Contestants
- h. Congress Three Contestants
- i. Foreign Extemp Three Contestants

All events will count toward the region trophies. There will be no Interps at region unless they become state events. There will be two separate region trophies awarded at the Region Debate Tournament, one First place Debate Trophy and one Second Place Debate Trophy.

j. **Speech/Forensic Events:** Oratory, Impromptu, National Extemp., Foreign Extemp.,

k. **Debate Events:** Policy, Lincoln Douglas, Public Forum, Congress.

2) Judges Requirements:

- a. Schools must bring one qualified judge per two debate (cx) entries, one qualified judge per four PF/LD entries, one qualified judge per five IE entries, and one Congress judge for any Congress entries. Schools that do not fulfill their judging requirement will have entries dropped from competition.
- b. The qualified judges for Congress rounds will be confirmed by coaches at the Region Pairing meeting.

3) Region Meet Parings:

- a. All schools competing at region have to attend the Pairings Meeting for Region. All schools must send a coach or a coach designee to pairings. They will not be allowed to participate in the region meet if not represented

4) Debate Parings:

- a. The intent is to have each school meet every school in the Region, if that can't happen, the pairings will be made within reason.
- b. Individual teams must not meet the same team more than once.

5) Medals: Each medal will say the event name and "Superior" and will be given to the top five finishers in each event. The following number of medals will be needed: Public Forum – 10 medals; LD – 5 medals; Policy – 10 medals; National Extemp. – 5 medals; Foreign Extemp. – 5 medals; Oratory – 5 medals; Impromptu – 5 medals; Congress – 5 medals. 10 blank Superior medals in case of ties.

6) General Guidelines:

- a. In forensics and debate competition, each individual is limited to ten meets per year, excluding region, state and national competitions.
 - b. Region will pay for judges at the Region Meet; \$35 for each judge who judges for Friday, and \$50 for each judge who judges for Saturday (as per new UHSAA guidelines).
 - c. March/April LD topic and March PF topic will be used for the Region Meet.
 - d. In the event a student misses a round, his/her points will still count toward sweepstakes.
 - e. Please refer to "General Policies" in the Region V Handbook for all other Region V Rules, and the UHSAA Handbook for all UHSAA Rules. [click here](#)
 - f. Sweepstakes points will be calculated as follows:
 1. The top $\frac{1}{4}$ of contestants will be given superior (5 points). Ten (10) points for PF & CX.
 2. The next $\frac{1}{4}$ of contestants will be given excellent (3 points). Six (6) points for PF & CX.
 3. The next $\frac{1}{4}$ of contestants will be given good (1 point). Two (2) points for PF & CX.
- 7) Ties will not be broken; each quartile will be chosen by marking the number which least skews all brackets.
 - 8) The top 3 schools in total sweepstakes points will qualify their entire team for the state tournament.
 - 9) All students qualifying in the top ten of their event (with a winning record in debate events) will qualify individually outright (or top half of the entries, whichever is more).
 - 10) Day-of drops will be counted in the quartiling.
 - 11) Deliberate no-shows to rounds will disqualify students from the State Tournament.
 - 12) To earn quartile points, teams must debate even if the school team must debate itself.
 - 13) All speech events will be held to NSDA standards. Oratories must have a script. A file check will be conducted in extemp.
 - 14) No emailed evidence chains PF, LD or CX

GOLF, BOYS GUIDELINES & SCHEDULES

2021-22 BOYS GOLF GUIDELINES & SCHEDULE

Admin. Region Chairman: **Hayden Call**

Coaches Region Representative: **Jeff Emery**

Rules Clinic: **Friday, September 16, 2022 (UHSAA Rules/Etiquette Completion Deadline)**

Starting Date: **Monday, August 1, 2022**

First Competition: **Monday, August 8, 2022**

Roster on "Register My Athlete": **Friday, August 26, 2022**

Academic All-State Accepted Between: **September 6 – October 4, 2022**

State Entry Deadline:

State Tournament:

Moratoriums: **November 21 – December 31, 2022, January 1, 2023 & June 28 – July 4, 2023**

RESPONSIBLE SCHOOL: Viewmont

1. Region play will consist of (9) 18-hole tournaments: (6) hosted tournaments, (2) neutral tournaments, and (1) region championship. Each school will be responsible for hosting one tournament.
2. Each school will be responsible for their own green fees (**payment should be made to the course prior to the start of the match**). The host school will oversee the match, and will have scorecards, hole assignments, and any other administrative duties necessary for the match completed before the designated start time. Neutral matches will be set up and prepared by Viewmont High, with help as needed from the other region coaches.
3. Each team will play eight players and the total of the low four scores of those eight will be counted as the team score. After the completion of the final region match the team with the highest point total will be declared the region champion. **In the case of a tie there will be co-region champions. A playoff will determine who is entered in 1st and 2nd place at State. Ties for a state qualifier will be settled by a team playoff like the state playoffs for team tie-breakers.** Team standings in Region will be determined on a point system for each match:

1st – 5 points 2nd – 4 points 3rd – 3 points 4th – 2 points 5th – 1 point 6th – 0 points

For the end of season Region Championship Match team points will be double.

4. Tiebreaker for region champions is the same as written. Ties for state qualifier would have to be settled by a team playoff like the state playoffs for team tiebreakers.
5. Extra invitational tournaments will be up to each school to arrange.
6. **Individual medals will be given to the top region golfer plus the ten players with the highest point totals for all the Region 5 golf Matches. The top individual golfer in the region will receive a medal as the top golfer.**
1st – 10 points 2nd – 9 points 3rd – 8 points 4th – 7th points 5th – 6 points 6th – 5 points
7th – 4 points 8th – 3 points 9th – 2 points 10th – 1 point
7. Varsity golfers will play 18 holes with 8 varsity golfers playing, scoring 4. Shotgun starts when possible.
8. JV will play 9 holes with up to 4 players. (Exceptions can be made if the course allows for more than 4).

9. The number of coaches allowed to coach during the match for Varsity will be two (2). Schools may also have up to two (2) Junior Varsity coaches who are allowed to coach JV players only. Coaches are not allowed to be on the green with a player, per state tournament rules.
10. Range finders will be allowed. No caddie may be used by golfers.
11. Electric carts are not to be used by the players. Exceptions will be made for ADA qualified players on a case-by-case basis.
12. Coaches are responsible to see that all players are dressed in appropriate golfing attire and comply with local course rules.
13. Play will be governed by USGA and any applicable local rules, UHSAA and Region V sportsmanship code.
15. Each school will be responsible for their own rules' clinic.
16. Play will be from the blue tees.
17. Team shirts are highly recommended.
18. Meets canceled due to unplayable weather will be rescheduled based on course availability.
19. Parents may not give advice to players while on the golf course. This means keep a reasonable distance from players and have no private conversations with players during their round.
20. At each tournament every school will provide at least one coach to help with checking scorecards and scoring. **Contestants will PICK UP after reaching a maximum score of nine (9) strokes on any hole of a competition. Markers will record a 9 on any hole where the maximum score is scored and then it will be circled on the card for easy identification of that score.**
21. The top school (1) in each Region (five (5) schools total) will qualify. The next eleven (11) schools will qualify by an overall average TEAM score. A TEAM TOTAL will be submitted with scores for four players at six matches. The team averages will be determined using the official course rating for the tees played. Matches must be declared before the season begins. The declared matches must be the same for every school within the Region. Individuals: Individuals who do not otherwise qualify through a team but are in the top twelve (12) individuals for the Region.

Region 5 Declared Matches for 2022

Lakeside Match (Viewmont)

Bountiful Ridge Match (Bountiful)

Eaglewood Match (Woods Cross)

Schneider's Riverside Match (Bonneville)

Eagle Mountain Match (Box Elder)

Sun Hills Match (Northridge)

AWARDS:

1 Region Trophy

1 Medal for the Top Golfer in the Region

10 Medals for 10 Low Medalists

2022-23 Region V Boys Golf Schedule

2021 Region V Boys Golf Schedule

Wednesday, August 10	@ Eaglewood GC (Woods Cross)	8:00 am
Monday, August 15	@ Bountiful Ridge GC (Bountiful)	10:30 am
Thursday, August 18	@ Lakeview GC (Viewmont)	8:00 am
Monday, August 22	@ Schneider's Riverside GC (Bonneville)	8:00 am
Monday, August 29	@ Eagle Mountain GC (Box Elder)	1:00 pm
Tuesday, September 6	@ Sun Hills GC (Northridge)	8:00 am
TBD	@ TBD (Neutral)	TBD
TBD	@ TBD (Neutral)	TBD
Thursday, September 29	@ Glen Eagle GC (Region Championship)	9:00 am
Monday, October 10	5A State @ Oquirrh Hills Golf Course	9:00 am
Tuesday, October 11	5A State @ Oquirrh Hills Golf Course	9:00am

Coaches list

Box Elder	Kim Peterson	435-230-0897	kim.peterson@besd.net
	Dave Tyler	435-730-0090	skinnymerv@icloud.com
Bonneville	Mike Edwards	801-721-4863	medwards@wsd.net
Bountiful	Mike Maxwell	801-815-4439	mmaxwell@dmail.net
Northridge	Cameron Wood	385-389-0213	camwood@dmail.net
Viewmont	Jeff Emery	801-336-7964	jemery@dmail.net
Woods Cross	Dave Simon	801-671-3848	dsimon@dmail.net

GOLF, GIRLS GUIDELINES & SCHEDULES

Region Chairman: Jason Smith, Viewmont High School

Telephone: 801-402-4202

Activity Chairman: Nick O'Neal, Viewmont High School

Begin Practice/Team Selection:

First Contest Allowed:

Rules/Etiquette Completion Deadline:

Eligibility List Due:

Academic All-State Applications Accepted:

State Entry Deadline:

State Tournament:

- Region play will consist of eight 18-hole tournaments. Each school will be responsible for hosting one home tournament, and one tournament to be hosted by the region.
- Each school will be responsible for green fees for their own players at each match. The host school will be in charge of having scorecards, hole assignments, and any other administrative duties necessary for the match completed before the designated start time.
 - Each team will play six players, the total of the low four scores of those six will be counted as the team score. After the completion of the final region match the team with the lowest cumulative score will be declared the region champion. In the case of a tie there will be co-region champions. A coin flip will determine who is entered in 1st and 2nd place at State.
 - Team standings will be on a point system:
 - 1st- 4 2nd-3 3rd -2 4th -1 5th -0
 - Any ties will be settled by the 3rd score and then 4th score and then 5th score.
 - For the end of year region match the team points will double.
 - Tie breaker for region champion is the same as written. Ties for state qualifier will be settled by a team playoff similar to the state playoffs for team tie breakers.
- Extra tournaments will be up to individual schools to arrange.
- Range finders may be used. No caddie may be used by golfers.
- Individual medals will be given to the ten players with the lowest total score (or highest Stableford score) for 7 of 8 18-hole region matches.
- Top region golfer will be a medalist as well as the ten players with the lowest score (Top golfer plus 10 next lowest).
- Girls will only have 8 matches and will drop the worst score for individual rankings.
- The number of coaches allowed to coach during the match for Varsity will be three (3). Schools may also have up to two (2) Junior Varsity (JV) coaches who are allowed to coach JV players only. Coaches will be limited to only one coach on the green with players at one time.

- Electric carts are not to be used by the players. Exceptions will be made for ADA qualified players on a case-by-case basis.
- Coaches are responsible to see that all players are dressed in appropriate golfing attire and comply with local course rules.
- Play will be governed by USGA and any applicable local rules, UHSAA [click here](#) and Region V sportsmanship code.
- Each school will be responsible for their own rules clinic.
- Play will be from the red tees.
- Team shirts are highly recommended
- Meets canceled due to unplayable weather will be rescheduled or canceled based on course availability.
- Parents may not give any advice to players while on the golf course. This means keep a reasonable distance from players and have no private conversations with players during their round.
- Player will pick up their ball after 5 strokes over par. Five over par will be the highest score recorded using the Modified Stableford System.
- Local rules for hazards.

AWARDS

1 Region Trophy, 10 Medals for low region medalists, 1 medal for regions' top golfer

Each school is responsible for their team's green fees.

LACROSSE, BOYS GUIDELINES & SCHEDULES

- All Varsity Lacrosse games will be at 4pm. JV (if applicable will follow)
- **Games at Bonneville** will be as follows: JV at 5:30, Varsity at 7p (to accommodate facilities)
- If schools wish to schedule an occasional night game under the lights, this needs to be approved by the Region Board

Playoffs 1st Round: May 16, 2023 Home Sites

Playoffs 2nd Round: May 18, 2023 Home Sites

Quarterfinals: May 20, 2023

Semi-Finals: May 23, 2023

Finals: May 26, 2023

Lacrosse, Boys Varsity – 2022-23

Wed 4/12/2023	Viewmont High School @ Bonneville High School	Bountiful High School @ Box Elder High School	Woods Cross High School @ Northridge High School
Fri 4/14/2023	Bountiful High School @ Bonneville High School	Box Elder High School @ Woods Cross High School	Northridge High School @ Viewmont High School
Wed 4/19/2023	Bonneville High School @ Northridge High School	Box Elder High School @ Viewmont High School	Woods Cross High School @ Bountiful High School
Fri 4/21/2023	Bonneville High School @ Woods Cross High School	Viewmont High School @ Bountiful High School	Northridge High School @ Box Elder High School
Wed 4/23/2023	Box Elder High School @ Bonneville High School	Woods Cross High School @ Viewmont High School	Bountiful High School @ Northridge High School
Fri 4/28/2023	Bonneville High School @ Viewmont High School	Box Elder High School @ Bountiful High School	Northridge High School @ Woods Cross High School
Wed 5/3/2023	Bonneville High School @ Bountiful High School	Woods Cross High School @ Box Elder High School	Viewmont High School @ Northridge High School
Fri 5/5/2023	Northridge High School @ Bonneville High School	Viewmont High School @ Box Elder High School	Bountiful High School @ Woods Cross High School
Wed 5/10/2023	Woods Cross High School @ Bonneville High School	Bountiful High School @ Viewmont High School	Box Elder High School @ Northridge High School
Fri 5/12/2023	Bonneville High School @ Box Elder High School	Viewmont High School @ Woods Cross High School	Northridge High School @ Bountiful High School

LACROSSE, GIRLS GUIDELINES & SCHEDULES

2022-23 GIRLS LACROSSE GUIDELINES & SCHEDULE

- All Varsity Lacrosse games will be at 4pm. JV (if applicable will follow)
- **Games at Bonneville** will be as follows: JV at 5:30, Varsity at 7p (to accommodate facilities)
- If schools wish to schedule an occasional night game under the lights, this needs to be approved by the Region Board

Playoffs 1st Round: May 16, 2023 Home Sites

Playoffs 2nd Round: May 18, 2023 Home Sites

Quarterfinals: May 20, 2023

Semi-Finals: May 23, 2023

Finals: May 25, 2023

Lacrosse, Girls Varsity – 2022-23

Tue 4/11/2023	Viewmont High School @ Bonneville High School	Bountiful High School @ Box Elder High School	Woods Cross High School @ Northridge High School
Thu 4/13/2023	Bountiful High School @ Bonneville High School	Box Elder High School @ Woods Cross High School	Northridge High School @ Viewmont High School
Tue 4/18/2023	Bonneville High School @ Northridge High School	Box Elder High School @ Viewmont High School	Bountiful High School @ Woods Cross High School
Thu 4/20/2023	Bonneville High School @ Woods Cross High School	Viewmont High School @ Bountiful High School	Northridge High School @ Box Elder High School
Tue 4/25/2023	Box Elder High School @ Bonneville High School	Woods Cross High School @ Viewmont High School	Bountiful High School @ Northridge High School
Thu 4/27/2023	Bonneville High School @ Viewmont High School	Box Elder High School @ Bountiful High School	Northridge High School @ Woods Cross High School
Tue 5/2/2023	Bonneville High School @ Bountiful High School	Woods Cross High School @ Box Elder High School	Viewmont High School @ Northridge High School
Thu 5/4/2023	Northridge High School @ Bonneville High School	Viewmont High School @ Box Elder High School	Woods Cross High School @ Viewmont High School
Tue 5/9/2023	Woods Cross High School @ Bonneville High School	Bountiful High School @ Viewmont High School	Box Elder High School @ Northridge High School
Thu 5/11/2023	Bonneville High School @ Box Elder High School	Viewmont High School @ Woods Cross High School	Northridge High School @ Bountiful High School

MUSIC, INSTRUMENTAL & VOCAL GUIDELINES & SCHEDULES

Region Chairman: Aaron Hogge, Bountiful High School

Telephone: 801-402-3902

Activity Chairman, Vocal Music: Larry Smith, Bountiful High School

Activity Chairman, Instrumental Music: Danny Turnblom, Bountiful High School

Eligibility List Due:

State Jazz Festival Date:

State Solo & Ensemble Entry Deadline:

State Solo & Ensemble Festival Date:

State Band:

State Choir:

State Orchestra:

INSTRUMENTAL

1) Adjudicators will be contracted for festivals as follows:

A. Solo and Ensemble – a maximum of 10 Adjudicators

B. Concert Band – 3 adjudicators, plus 1 clinician for sight reading (optional)

C. Jazz Bands – 3 adjudicators, plus 1 clinician for sight reading (required)

D. Orchestras – 3 adjudicators, plus 1 clinician for sight reading (optional)

Clinicians may work with each band/orchestra following its performance at the discretion of the festival host. Clinic sessions will not be adjudicated and will not be rated. Sight Reading is required for jazz ensemble. Jazz bands whose festival performance qualifies for state must also receive a I- Sight Reading rating. Sight reading for concert bands and orchestras is optional at the discretion of the festival host. Adjudicators will be paid as per the UHSAA standard adjudicatory pay scale.

- 2) All large ensemble members are expected to be audience participants for at least two performances before or after their own performance. Music educators are encouraged to enforce this guideline through their own policies.
- 3) Each school may submit unlimited entries to the Solo and Ensemble Festival. However, entries beyond twenty (20) should be prioritized to allow each school adequate representation.
- 4) Certificates supplied by the Region will be awarded for all "Superior" ratings at all festivals. Additional Certificates/Awards may be presented to outstanding groups, sections, or individuals at the discretion of the festival adjudicators (i.e. outstanding rhythm section or soloist for Jazz Band Festival).

VOCAL

1) Adjudicators will be contracted for festivals as follows:

A. Solo and Ensemble – A maximum of 8 Adjudicators

B. Madrigals – 3 Adjudicators

C. Concert Choirs – 3 Adjudicators

D. Training Choirs – 2 Adjudicators

- 2) Ratings will be given at all festivals except the Training Choir Festival. At the Training Choir Festival, only comments will be given.

- 3) Certificates will be given for all ratings in all festivals, with the exception of the Training Choirs, as previously outlined. Training Choirs will be given a certificate of participation.
- 4) All students participating in vocal music festivals must be members of the school's music program.
- 5) Each school may submit unlimited entries to the Solo and Ensemble Festival; however, directors are encouraged to submit only the names of those students who exhibit superior quality.
- 6) Concert Choirs may perform 3 selections for adjudication. One additional selection may be performed without adjudication while adjudicators complete comments.
- 7) Madrigal Choirs will be limited to performance of 15 minutes.
- 8) Training Choirs may perform 3 selections if only one group is entered by a school.
- 9) Please refer to "General Policies" in the **Region V** Handbook for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules. [click here](#)

REGION V MUSIC (FINE ARTS) CALENDER - 2022-23

All-State Choir

TBA

All-State Band and Orchestra

TBA

Men's and Women's Honor Choir

TBA

Region V Instrumental Solo and Ensemble Festival

March 1, 2023 @ Viewmont

Region V Training Choir Festival

March 16, 2023 @ Bonneville

2:00 pm

Region V Jazz Band Festival

March 8, 2023 @ Northridge

Region V Vocal Solo and Ensemble Festival and Madrigal/Chamber Festival

TBA

Region V Piano & Vocal Chamber/Solo & Ensemble

March 15, 2023 @ Northridge

2:00 pm-Chamber Choirs

4:00 pm-Solos & Ensembles

State Jazz Band Festival

TBD

Region V Concert Band Festival

April 13, 2023 @ Bountiful

Region Large Choir Festival

March 27, 2023 @ Viewmont

4:00 pm

Region V Full Orchestra Festival

April 19, 2023 @ Bonneville

State Solo and Ensemble

TBD

State Band Festival

TBD

State Choir Festival

TBD

State Orchestra Festival

TBD

BOYS SOCCER GUIDELINES & SCHEDULES

Region Chairman: Deann Kapetanov, Woods Cross High School

Telephone: 801-402-4502

Activity Chair: Ray Parkhurst, Woods Cross High School

All Rules Clinic Deadline:

Live Rules Clinic:

Begin Practice/Team Selection:

First Contest Allowed:

Eligibility List Due:

Upload Team Photo to MaxPreps.com:

Academic All-State Applications Accepted:

Season End Date:

Bracket Reveal:

First Round: May 12, 2023 Home Sites

Second Round: May 16, 2023 Home Sites

Quarter Finals: May 19, 2023

Semi Finals: May 22, 2023

Finals: May 25, 2023

Region Games will begin for Varsity at 3:30 p.m. and Junior Varsity at 5:30 p.m. No night games.

- 1) Region Trophy to first place in regular region play.
- 2) Please refer to "General Policies" in the **Region V** Handbook for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules. [click here](#)
- 3) Region games must begin at 3:30 pm. Evening soccer games are encouraged as only "senior night", last region contests of the year, but other night contests may be scheduled if the principals, athletic directors, and coaches from both schools involved agree to a later start time. In addition, if a school desires to begin a region soccer game after 3:30 pm for a "senior night" celebration, the coaches, athletic directors, and the principals from both schools involved must also agree to the change in start time.
- 4) Game Field Locations for each school (all schools except for Bountiful are on campus. Bountiful field is at Millcreek Jr. High, 245 East 1000 South, Bountiful)

Boys Soccer Schedule 2022-23

Tue 3/28/2023	Bonneville High School @ Woods Cross High School	Viewmont High School @ Bountiful High School	Northridge High School @ Box Elder High School
Fri 3/31/2023	Box Elder High School @ Bonneville High School	Woods Cross High School @ Viewmont High School	Bountiful High School @ Northridge High School
Tue 4/11/2023	Bonneville High School @ Viewmont High School	Box Elder High School @ Bountiful High School	Northridge High School @ Woods Cross High School
Fri 4/14/2023	Bonneville High School @ Bountiful High School	Woods Cross High School @ Box Elder High School	Viewmont High School @ Northridge High School
Tue 4/18/2023	Northridge High School @ Bonneville High School	Viewmont High School @ Box Elder High School	Bountiful High School @ Woods Cross High School
Fri 4/21/2023	Woods Cross High School @ Bonneville High School	Bountiful High School @ Viewmont High School	Box Elder High School @ Northridge High School
Tue 4/25/2023	Bonneville High School @ Box Elder High School	Viewmont High School @ Woods Cross High School	Northridge High School @ Bountiful High School
Fri 4/28/2023	Viewmont High School @ Bonneville High School	Bountiful High School @ Box Elder High School	Woods Cross High School @ Northridge High School
Tue 5/2/2023	Bountiful High School @ Bonneville High School	Box Elder High School @ Woods Cross High School	Northridge High School @ Viewmont High School
Fri 5/5/2022	Bonneville High School @ Northridge High School	Box Elder High School @ Viewmont High School	Woods Cross High School @ Bountiful High School

All Varsity games start @ 3:30 pm

GIRLS SOCCER GUIDELINES & SCHEDULES

Region Chairman: Deanne Kapetanov, Woods Cross High School

Telephone: 801-402-4502

Activity Chair: David Newman, Woods Cross High School

Begin Practice/Team Selection:

Live Rules Clinic:

Rules Clinic Deadline:

First Contest Allowed:

Eligibility List Due:

Upload photos to MaxPreps.com:

Academic All-State applications Accepted:

Season End Date:

Bracket Reveal:

Play In Games: October 4, 2022

Playoff First Round: October 6, 2022 Home Sites

Second Round: October 11, 2022 Home Sites

Quarter Finals: October 13, 2022

Semi Finals: October 18, 2022

State Finals: October 21, 2022

- 1) League Games will begin for Varsity at 3:30 p.m. and for Junior Varsity at 4:45 p.m.
- 2) Region Trophy to first place in regular region play.
- 3) Please refer to "General Policies" in the **Region V** Handbook for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules. [click here](#)
- 4) Region games must begin at 3:30 pm. Evening soccer games are encouraged as only "senior night", last region contests of the year, but other night contests may be scheduled if the principals, athletic directors, and coaches from both schools involved agree to a later start time. In addition, if a school desires to begin a region soccer game after 3:30 pm for a "senior night" celebration, the coaches, athletic directors, and the principals from both schools involved must agree to the change in start time.
- 5) Game Field Locations for each school (all schools except for Bountiful are on campus. Bountiful field is at Millcreek Jr. High, 245 East 1000 South, Bountiful)

GIRLS SOCCER SCHEDULE 2022-23

Tue 8/23/2022	Bountiful High School @ Northridge High School	Woods Cross High School @ Viewmont High School	Bonneville High School @ Box Elder High School
Tue 8/30/2022	Viewmont High School @ Bountiful High School	Box Elder High School @ Northridge High School	Bonneville High School @ Woods Cross High School
Tue 9/6/2022	Bountiful High School @ Box Elder High School	Viewmont High School @ Bonneville High School	Northridge High School @ Woods Cross High School
Fri 9/9/2022	Bonneville High School @ Bountiful High School	Woods Cross High School @ Box Elder High School	Northridge High School @ Viewmont High School
Tue 9/13/2022	Bountiful High School @ Woods Cross High School	Bonneville High School @ Northridge High School	Box Elder High School @ Viewmont High School
Fri 9/16/2022	Northridge High School @ Bountiful High School	Viewmont High School @ Woods Cross High School	Box Elder High School @ Bonneville High School
Tue 9/20/2022	Bountiful High School @ Viewmont High School	Northridge High School @ Box Elder High School	Woods Cross High School @ Bonneville High School
Fri 9/23/2022	Box Elder High School @ Bountiful High School	Bonneville High School @ Viewmont High School	Woods Cross High School @ Northridge High School
Tue 9/27/2022	Bountiful High School @ Bonneville High School	Box Elder High School @ Woods Cross High School	Viewmont High School @ Northridge High School
Fri 9/30/2022	Woods Cross High School @ Bountiful High School	Northridge High School @ Bonneville High School	Viewmont High School @ Box Elder High School

All Varsity games start at 3:30 pm

SOFTBALL GUIDELINES & SCHEDULES

Region Chairman:

Activity Chairman:

All Rules Clinic:

Begin Practice/Team Selection:

First Contest Allowed:

Eligibility List Due:

Academic All-State Applications Accepted:

Season End:

Bracket Reveal:

First Round State Tournament: May 12-13, 2023 Home Sites

Secondnd Round State Tournament: May 18-19, 2023 Home Sites

State Tournament: May 22-May 26, 2023

VARSITY SOFTBALL GUIDELINES

- 1) No time limit will be used.
- 2) Home team infield time is 30 minutes prior to game time. Visiting team infield time is 15 minutes prior to game time.
- 3) Rain-out games will be played on the next available date. Home team will call opponent and officials by 12:00 p.m. if the game is a "rain-out".
- 4) The run rule will be in effect for all region games. Explanation: If after three (3) innings a team is ahead by 15 runs or 10 runs after the 5th inning, the game will be called.
- 5) Home team is responsible for proper chalk markings and proper field maintenance. Home team will provide two new game balls to the officials.
- 6) Home team scorekeeper will be official scorekeeper. Scorekeeper should be an adult.
- 7) All game times will begin at 3:30 p.m.
- 8) Region will use the optic yellow softball and the double first base, if available.
- 9) Region Trophy to first place in regular region play. Tie breaker see region policy.
- 10) Tie break rules for determining region championship will follow Region V tie breaker guidelines.
- 11) In baseball and softball, if five innings are completed and suspension occurs, the game is considered complete unless the game is tied. At that time the suspended game rule will apply.
- 12) Please refer to "General Policies" in the **Region V** Handbook for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules. [click here](#)

JUNIOR VARSITY SOFTBALL GUIDELINES

- 1) Junior Varsity teams may not compete in varsity tournaments without prior approval from Region V Chairman and the UHSAA.
- 2) The use of the six run rule except for the last inning will be used. Each team will decide whether or not teams will be allowed to bat their entire roster.
- 3) Junior Varsity games have an hour and a half time limit (may be shortened).
- 4) The Junior Varsity game will follow the Varsity game. Time limit on fields.
- 5) No Starting Varsity player that is a senior will be eligible to play Junior Varsity, unless agreed upon before the J.V. game between the two coaches involved.
- 6) If a Junior Varsity game cannot be played after the varsity game, on the day scheduled, there is no obligation to make it up.

GAME FIELD LOCATIONS FOR EACH SCHOOL

Bonneville	:	
Bountiful	:	Millcreek Jr. High - 245 East 1000 South, Bountiful
Box Elder	:	On campus
Farmington	:	On Campus
Viewmont	:	Bountiful Jr. High - 30 West 400 North, Bountiful
Woods Cross	:	On campus

Girls Softball Schedule 2022-23

Tue 3/28/2023	Northridge High School @ Box Elder High School	Bonneville High School @ Woods Cross High School	Bountiful High School @ Viewmont High School
Thu 3/30/2023	Woods Cross High School @ Northridge High School	Viewmont High School @ Box Elder High School	Bonneville High School @ Bountiful High School
Tue 4/11/2023	Northridge High School @ Viewmont High School	Viewmont High School @ Northridge High School	Bountiful High School @ Woods Cross High School
Thu 4/13/2023	Bountiful High School @ Northridge High School	Bonneville High School @ Viewmont High School	Box Elder High School @ Woods Cross High School
Tue 4/18/2023	Northridge High School @ Bonneville High School	Bountiful High School @ Box Elder High School	Viewmont High School @ Woods Cross High School
Thu 4/20/2023	Box Elder High School @ Northridge High School	Woods Cross High School @ Bonneville High School	Viewmont High School @ Bountiful High School
Tue 4/25/2023	Northridge High School @ Woods Cross High School	Box Elder High School @ Viewmont High School	Bountiful High School @ Bonneville High School
Thu 4/27/2023	Viewmont High School @ Northridge High School	Bountiful High School @ Woods Cross High School	Bonneville High School @ Box Elder High School
Tue 5/2/2023	Northridge High School @ Bountiful High School	Viewmont High School @ Bonneville High School	Woods Cross High School @ Box Elder High School
Thu 5/4/2023	Bonneville High School @ Northridge High School	Box Elder High School @ Bountiful High School	Woods Cross High School @ Viewmont High School

All Varsity games begin at 3:30

SWIMMING/DIVING GUIDELINES & SCHEDULES

Region Chairman:

Activity Chairman:

All Rules Clinic Deadline:

Begin Practice/Team Selection:

First Contest Allowed:

Eligibility List Due:

Academic All-State Applications Accepted:

State Entry Deadline:

State Meet: February 17-18, 2023

- 1) Home team has odd lanes, visitors have even lanes.
- 2) Official starter - \$40.00 for dual meet.
- 3) Official starter and referee – Region Championships - \$50.00.
- 4) Stroke judge - \$30.00 for dual meets. Region Championships will require three (3) stroke judges.
- 5) Head timer - \$30.00 for dual meets, \$30.00 for Region Championships.
- 6) Scorer - \$50.00 for the Region championships. For dual meets \$30.00.
- 7) Scoring Region Meet – 16 places.
- 8) Region meet will precede the state meet by two weeks.
- 9) Region entries will be due by
- 10) Please refer to “General Policies” in the **Region V** Handbook for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules.

SWIMMING AWARDS:

1 Region Trophy – Boys & Girls

48 Medals each (boys & girls) for Places 1-6 in Individual Events (Total 96 medals w/Lanyards)

200 yd. Free Style

100 yd. Free Style

200 yd. Ind. Med.

500 yd. Free Style

50 yd. Free Style

100 yd. Back Stroke

100 yd. Butterfly

100 yd. Breast Stroke

36 Medals each (boys & girls) for 1st place, 2nd place, 3rd place Relays (Total 72 medals w/Lanyards)

200 yd. Med. Relay

200 yd. Free Relay

400 yd. Free Relay

SITE LOCATIONS FOR MEETS:

Bountiful	South Davis Recreation Center*
Box Elder	Box Elder Natatorium 160 South 600 West, Brigham City
Woods Cross	South Davis Recreation Center*

SWIMMING SCHEDULE

Region V Championship
@ South Davis Recreation Center
Warmups begin: 8:30 a.m.

BOYS TENNIS GUIDELINES & SCHEDULES

Region Chairman:
Activity Chairman:
All Rules Clinic:
Begin Practice/Team Selection:
Eligibility List Due:
Academic All-State Applications Accepted:
First Contest Allowed:
Playoffs Region: April 26-27, 2023
Playoffs 1st Round: May 3-4, 2023
State Tournament: May 11-13, 2023

Telephone:

REGION DUAL MATCH PLAY:

- 1) All Region Dual Matches will be played on the date scheduled; of course, this will depend upon weather and court conditions. Host coach will be responsible for contacting visiting coach by 1:30 p.m. if conditions are insufferable.
- 2) All region dual matches will begin at 3:30 p.m.; however, coaches may agree to begin at a later time depending upon the circumstances.
- 3) Each team is expected to have a Junior Varsity contingent. A school's Junior Varsity contingent will travel with the school's varsity team to the host school and play their matches on the day of the scheduled varsity matches. The coach of the visiting team will call the host coach in advance and ascertain the number of Junior Varsity matches to be played. Junior Varsity players will play at least a pro-set.
- 4) Varsity matches will consist of 2 out of 3 sets, 7 point tie-breaker, regular scoring.
- 5) Both coaches at a dual match will provide a written line-up of players by positions to the opposing coach.
- 6) Players are limited to ten minute warm-up; the warm-up does include practice serves.
- 7) A player who is slated to play, but who arrives late; i.e., during the ten minute warm-up, may be inserted into his position; however, the player will not receive the allotted ten minutes to warm up. The tardy player will receive the balance of the team minutes to warm up. Tardy players will be penalized according to the rules beginning at 4:00 p.m. at dual meets. The only exception is if both coaches agree to a later time after being made aware of extenuating circumstances. This exception applies at Region if other players can be assigned to available courts for that round. If a player arrives after the match he was slated to play has begun, the tardy player will default the match.
- 8) The home team will furnish 3 balls for each varsity match; a three-set match will receive three new balls at the beginning or the third set.
- 9) A coach may move a singles player to doubles and vice-versa; however, the players must be ranked according to ability in both singles and doubles.
- 10) Coaching on change overs can only be part of the 90 seconds slowed. Coaching is allowed for only two minutes between sets; however, during the first and second set, players may not leave the court; between the second and third sets, the players have ten minutes, and players may leave the court. (Players are allowed to leave the court for bathroom break within a reasonable time)

- 11) Please refer to “General Policies” in the **Region V** Handbook for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules. [click here](#)
- 12) Region Dual match champion will be awarded to the team based upon the team that has accrued the highest point total based upon each individual varsity match victory given one point. A dual match has the maximum point total of 5 points.

REGION TOURNAMENT PLAY:

- 1) To qualify for the Region Tournament at a particular position, a player must have played at least five varsity dual region matches. If extenuating circumstances preclude this from happening, then a majority of the coaches would have to agree on any exceptions at the pre-region tournament seeding meeting.
- 2) Seeding of the Region Tournament will be conducted by the region coaches prior to the Region Tournament. Seeds will be based on Region dual matches results at a particular position. The most recent rankings by the Utah Tennis Association may be used as a secondary source for seeding. Matches start at 9:00 a.m. on the day of the Region Tournament. Must have a minimum of two referees/U.T.A. 268-0505.
- 3) Players who have played at the #1 or #2 singles position three or more times during region dual matches are not eligible to play at the #2 doubles position at Region Tournament.
- 4) J.V. Tournament: Schools can enter 3 singles and 2 doubles. All matches, except the finals, will be 8 game pro set 8 games with 12 point tie breaker at 8 all. Championship matches will be 2 out of 3 sets with regular scoring.
- 5) Stacking is not permissible and could result in UHSAA sanctions. In an effort to promote fair play and wholesome team competition thereby fostering a healthy educational environment, the Utah High School Activities Association offers the following guidelines in regards to stacking:
 - a. Legitimate and ethical “placing of players”. Any lineup which places a better skilled player above a lesser skilled player or a better skilled doubles team above a lesser skilled doubles team is legal.
 - b. Legitimate lineups according to skill ability: Skill ability shall be defined as the number one singles player shall be better than the number two singles player who shall be better than the number three singles player. The number one doubles team shall be better than the number two doubles team.

Coaches should enter players at the positions which their skill dictates. Juggling or shuffling the positions to gain an advantage is unsportsmanlike and creates an unhealthy educational environment. In the event of an injury during any course of the season the next best player would move up to fill the spot vacated by the injured player. (USHAA Yearbook pg. 50)

- 6) The region championship tournament trophy will be awarded to the team which has accrued the highest point total based upon the following schedule:
 - A. Region Tournament where 4 qualify for State:
 - 1st Place: 4 points
 - 2nd Place: 3 points

3rd Place: 2 points

4th Place: 1 point

B. Medals will be awarded to individual places 1-4

- 7) No more than fourteen (14) matches will be played by team players during the course of the UHSAA tennis season. This restriction does not apply to those matches played either at the Region, Divisional, or State Tournaments. To qualify for state a player must have played 5 of those Varsity matches at the particular position.
- 8) All Players in Region Tournament shall wear a team uniform shirt.

JUNIOR VARSITY REGION TOURNAMENT PLAY:

- 1) 1 day – an entry for each position, 3 singles & 2 doubles.
- 2) Pro-sets until final – 2 out of 3 sets regular scoring.
- 3) Seeds will be drawn randomly.

SITE LOCATIONS FOR MEETS:

Bonneville	:	
Bountiful	:	1500 South 200 West
Box Elder	:	John Adams Park - 600 East 100 North Brigham City
Farmington	:	On Campus
Viewmont	:	On Campus
Woods Cross	:	On campus

Boys Tennis 2022-23

Tue 3/17/2023	Viewmont High School @ Box Elder High School	Bountiful High School @ Bonneville High School	Woods Cross High School @ Northridge High School
Thu 3/16/2023	Bonneville High School @ Viewmont High School	Northridge High School @ Box Elder High School	Woods Cross High School @ Bountiful High School
Tue 3/21/2023	Viewmont High School @ Northridge High School	Bonneville High School @ Woods Cross High School	Box Elder High School @ Bountiful High School
Thu 3/23/2023	Woods Cross High School @ Viewmont High School	Bountiful High School @ Northridge High School	Box Elder High School @ Bonneville High School
Tue 3/28/2023	Viewmont High School @ Bountiful High School	Woods Cross High School @ Box Elder High School	Northridge High School @ Bonneville High School
Thu 3/30/2023	Box Elder High School @ Viewmont High School	Bonneville High School @ Bountiful High School	Northridge High School @ Woods Cross High School
Tue 4/11/2023	Viewmont High School @ Bonneville High School	Box Elder High School @ Northridge High School	Bountiful High School @ Woods Cross High School
Thu 4/13/2023	Northridge High School @ Viewmont High School	Woods Cross High School @ Bonneville High School	Bountiful High School @ Box Elder High School
Tue 4/18/2023	Viewmont High School @ Woods Cross High School	Northridge High School @ Bountiful High School	Bonneville High School @ Box Elder High School
Thu 4/20/2023	Bountiful High School @ Viewmont High School	Box Elder High School @ Woods Cross High School	Bonneville High School @ Northridge High School

GIRLS TENNIS GUIDELINES & SCHEDULES

Region Chairman:

Activity Chairman:

All Rules Clinic:

Two Weeks Prior Restriction:

Begin Practice/Team Selection:

First Contest Allowed:

Eligibility List Due:

Academic All-State Applications Accepted:

Playoffs Region: September 14, 2022

Playoffs 1st Round: September 21-22, 2022

State Tournament: September 29, 2022 – October 1, 2022

REGION DUAL MATCH PLAY:

- 1) All Region Dual Matches will be played on the date scheduled; of course, this will depend upon weather and court conditions. Host coach will be responsible for contacting visiting coach by 1:30 p.m. if conditions are insufferable.
- 2) All region dual matches will begin at 3:30 p.m.; however, coaches may agree to begin at a later time depending upon the circumstances.
- 3) Each team is expected to have a Junior Varsity contingent. A school's Junior Varsity contingent will travel with the school's varsity team to the host school and play their matches on the day of the scheduled varsity matches. The coach of the visiting team will call the host coach in advance and ascertain the number of Junior Varsity matches to be played. Junior Varsity players will play at least an 8 game pro-set.
- 4) Varsity matches will consist of 2 out of 3 sets, 12-point tiebreaker, regular scoring.
- 5) Both coaches at a dual match will provide a written line-up of players by positions to the opposing coach.
- 6) Players are limited to ten-minute warm-up; the warm-up does include practice serves.
- 7) A player who is slated to play, but who arrives late, i.e., during the ten-minute warm-up, may be inserted into his position; however, the player will not receive the allotted ten minutes to warm up. The tardy player will receive the balance of the team minutes to warm up. Tardy players will be penalized according to the rules beginning at 3:30 p.m. at dual meets. The only exception is if both coaches agree to a later time after being made aware of extenuating circumstances. This exception applies at Region if other players can be assigned to available courts for that round. If a player arrives after the match for which she was slated to play has begun, she will be defaulted.
- 8) The home team will furnish three balls for each varsity match; a three-set match will receive three new balls at the beginning or the third set.
- 9) A coach may move a singles player to doubles and vice-versa; however, the players must be ranked according to ability in both singles and doubles and having the best player in singles play #1 singles position and the best doubles team play # 1 double.

- 10) Coaching on changeovers can only be part of the 90 seconds slowed. Coaching is allowed for only two minutes between sets; however, during the first and second set, players may not leave the court. Between the second and third sets, the players have ten minutes, and players may leave the court. (Players are allowed to leave the court for bathroom break within a reasonable time)
- 11) Please refer to “General Policies” in the **Region V** Handbook for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules. [click here](#)
- 12) Region Dual match champion will be awarded to the team based upon the team that has accrued the highest point total based upon each individual varsity match victory given one point. A dual match has the maximum point total of 5 points.

REGION TOURNAMENT PLAY:

- 1) To qualify for the region tournament at a particular position, a player must have played at least five varsity dual region matches. If extenuating circumstances preclude this from happening, then a majority of the coaches would have to agree on any exceptions at the pre-region tournament seeding meeting.
- 2) Seeding of the region tournament will be conducted by the region coaches prior to the Region Tournament. Seeds will be based on Region dual matches results at a particular position. The most recent rankings by the Utah Tennis Association may be used as a secondary source for seeding. Matches start at 9:00 a.m. on the day of the Region Tournament. Must have a minimum of two referees/U.T.A. 268-0505.
- 3) Players who have played at the #1 or #2 singles position three or more times during region dual matches are not eligible to play at the #2 doubles position at Region Tournament.
- 4) Stacking is not permissible and could result in UHSAA sanctions. In an effort to promote fair play and wholesome team competition thereby fostering a healthy educational environment, the Utah High School Activities Association offers the following guidelines in regard to stacking:
 - a. Legitimate and ethical “placing of players”. Any lineup which places a better skilled player above a lesser skilled player or a better skilled doubles team above a lesser skilled doubles team is legal.
 - b. Legitimate lineups according to skill ability: Skill ability shall be defined as the number one singles player shall be better than the number two singles player who shall be better than the number three singles player. The number one doubles team shall be better than the number two doubles team.

Coaches should enter players at the positions which their skill dictates. Juggling or shuffling the positions to gain an advantage is unsportsmanlike and creates an unhealthy educational environment. In the event of an injury during any course of the season the next best player would move up to fill the spot vacated by the injured player. (USHAA Yearbook pg. 50)

- 5) J.V. Tournament: Schools can enter 3 singles and 2 doubles. All matches, except the finals, will be 8 game pro set 8 games with 12 point tie breaker at 8 all. Championship matches will be 2 out of 3 sets with regular scoring.

- 6) The region championship tournament trophy will be awarded to the team which has accrued the highest point total based upon the following schedule:
 - A. Region Tournament where 4 qualify for State:
 - 1st Place: 4 points
 - 2nd Place: 3 points
 - 3rd Place: 2 points
 - 4th Place: 1 point
 - B. Medals will be awarded to individual places 1-4.
- 7) No more than fourteen (14) matches will be played by team players during the course of the UHSAA tennis season. This restriction does not apply to those matches played either at the region, divisional, or state tournaments. To qualify for state a player must have played 5 of those varsity matches at the particular position.
- 8) All Players in region tournament shall wear a team uniform shirt.

JUNIOR VARSITY REGION TOURNAMENT PLAY:

- 1) 1 day – an entry for each position, 3 singles & 2 doubles.
- 2) Game Pro-sets until final – 2 out of 3 sets regular scoring.
- 3) Seeds will be drawn randomly.

SITE LOCATIONS FOR MEETS:

Bonneville	:	
Bountiful	:	1500 South 200 West
Box Elder	:	On Campus
Northridge	:	On Campus
Viewmont	:	On Campus
Woods Cross	:	On campus

GIRLS TENNIS SCHEDULE 2022-23

Tue 8/16/2022 3 Team Tourn	Box Elder (host) Box Elder vs Bonneville 9:00 am Bountiful (host) Bountiful vs Viewmont 9:00 am	Box Elder (host) Bonneville vs Northridge 11:00 Bountiful (host) Viewmont vs Woods Cross 11:00	Box Elder (host) Box Elder vs Northridge 1:00 pm Bountiful (host) Woods Cross vs Bountiful 1:00 pm
Wed 8/17/2022 3 Team Tourn	Box Elder (host) Box Elder vs Viewmont 9:00 am Bountiful (host) Bountiful vs Northridge 9:00 am	Box Elder (host) Box Elder vs Woods Cross 11:00 Bountiful (host) Bountiful vs Bonneville 11:00	MOVE LOCATIONS: Viewmont @ Bonneville 2:00 pm Northridge @ Woods Cross 2:00 pm
Tue 8/23/2022	Viewmont High School @ Northridge High School	Bountiful High School @ Box Elder High School	Woods Cross High School @ Bonneville High School
Thu 8/25/2022	Viewmont High School @ Box Elder High School	Woods Cross High School @ Bountiful High School	Bonneville High School @ Northridge High School
Tue 8/30/2022	Box Elder High School @ Woods Cross High School	Bountiful High School @ Bonneville High School	Northridge High School @ Viewmont High School
Thu 9/1/2022	Viewmont High School @ Woods Cross High School	Box Elder High School @ Bonneville High School	Bountiful High School @ Northridge High School
Tue 9/6/2022	Bonneville High School @ Viewmont High School	Woods Cross High School @ Northridge High School	Box Elder High School @ Bountiful High School
Thu 9/8/2022	Viewmont High School @ Bountiful High School	Bonneville High School @ Woods Cross High School	Northridge High School @ Box Elder High School

TRACK & FIELD GUIDELINES & SCHEDULES

Region Chairman: Deanne Kapetanov, Woods Cross High School Telephone: 801-402-4502

Activity Chairman: Sam Wood and Zach Hansen, Woods Cross High School

All Rules Clinic Deadline:

First Contest Allowed:

Eligibility List Due:

Academic All-State Applications Accepted:

State Entry Deadline:

State Tournament: May 18-20, 2023

- 1) Track meets for boys and girls are to be conducted concurrently.
- 2) Track meets will start at 3:30 p.m.
- 3) The following awards should be given.
 - A. 1 team region trophy (Boys & Girls).
 - B. Region J.V. Meet: Ribbons for the first six (6) places in individual events and first in the relays.
 - C. Region Championship Meet: Medals for the first six (6) places in individual events, and medals to the first three (3) places in relay events. Top four (4) places at Region Championship qualify for the State meet. (Students can also qualify for the state meet at invitational meets.)
- 4) The responsibility of deciding if a meet should be cancelled rests with the host school. Although input from the other participating schools should be obtained whenever possible, the final decision rests with the host school. The host school will phone the other participating schools and cancel the meet by 1:00 p.m.
- 5) Region Meets:
 - A. Anyone qualifying for a state event cannot participate in the J.V. Region Meet.
 - B. Home school is appointed Meet Director in charge.
- 6) Meets:
 - A. Participants must be designated before running of their events.
 - B. The men's and women's heats may be combined as designated by the host school.
 - C. All schools are responsible for bringing their own name tags.
 - D. All field events will be limited to four (4) attempts – no finals.
- 7) Region Championship Meet:
 - A. Each school will be allowed 65 total entries and one relay team per event and per gender.
 - B. There will be an all-region designation given to the region champions in each event. The host school will notify the press.
 - C. If not a FAT time or official distance, it is considered as "No time or no mark". All entered times and marks for the region meet are subject to verification at the Region Seeding Meeting.
 - D. The games committee and/or referee will make all decisions on any protest that may occur.

- E. Seeding meeting will be held under the direction of the host school.
- F. Top 8 times for track and top 9 for field events will advance to finals, regardless of placement in heat.
- G. Pole Vault is a non-scoring event unless 5A certifies and scores pole vault at the State Championships
- H. Host school must hire a field judge who is US Track & Field certified (covered by region)
- I. Each school will be responsible for staffing and running one (1) field event for region championship and the junior varsity championship meet.
- J. If the meet is postponed due to weather, the first event would not begin before 4:30 p.m.

8) Budgets:

- A. Region Championship Meet costs to be pre-approved by the Region V Board of Managers.
- B. Cost of junior varsity meet will be paid by the region by approval in advance.

9) Please refer to “General Policies” in the **Region V** Handbook for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules. [click here](#)

REGION 5 TRACK & FIELD SCHEDULE 2021-22

Thursday, March 11th

Bonneville, Woods Cross @ Farmington

Bountiful, Viewmont @ Box Elder

Wednesday, March 17th

JV @ Box Elder

Thursday, April 8th

Viewmont, Box Elder @ Woods Cross

Farmington, Bonneville @ Bountiful

Thursday, April 15th

Box Elder, Woods Cross @ Bountiful

Farmington, Viewmont @ Bonneville

Thursday, April 22nd

Region Relays @ Woods Cross

(4x1, 4x2, 4x4, 4x8) (Medley, 110h, 4x2 B, 4x4 B, 4x8 B, 1600)

4 contestants for field events.

Thursday, April 29th

JV @ Box Elder

Thursday, May 6th

Box Elder, Bountiful @ Bonneville

Farmington, Woods Cross @ Viewmont

Wednesday & Thursday, May 12th and 13th

Region @ Farmington

Tuesday, May 18th

JV Region @ Box Elder

Thursday/Saturday, May 20th and 22nd

State @ BYU

VOLLEYBALL GUIDELINES & SCHEDULES

Region Chairman:

Activity Chairman:

Rules Clinic LIVE:

All Rules Clinic Deadline:

Begin Practice/Team Selection:

First Contest Allowed:

Upload Team Photo to MaxPreps.com:

Eligibility List Due:

Academic All-State Applications Allowed:

Season End Date:

Bracket Reveal:

First Round: November 1, 2023 Home Sites

State Tournament: November 3-5, 2023

Region Schedule Days: Tuesday and Thursday

Region Coaches Meeting:

- 1) Each school will submit an online copy of complete schedule of games with dates, where they will be played and time of games.
- 2) Each Home School will provide: 1) a table 2) provide people to run a 3-ball rotation during all matches 3) keep the spectators off the first row of bleachers 4) call in the scores and highlights after the varsity match 5) provide 3 game balls to be used during the game.
- 3) Each Visiting School before departure will: 1) clean up the bench area that they occupied 2) provide their own warm-up balls 3) provide their own lines person for each match (please make sure that all linespeople are trained).
- 4) Region Championship trophy will be awarded to the winning team.
- 5) The All-Region 5 Team will be selected by the coaches *
- 6) Official scorekeeper needs to be an adult for varsity competition.
- 7) Court needs to be set up and ready to play by 3:00 p.m.
- 8) Please refer to "General Policies" in the **Region V** Handbook for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules. [click here](#)
- 9) JV games will be played as follows: Games 1 & 2 to 25 with a cap @ 27, and games 3, 4 & 5 to 15 with a 17-point cap. Two timeouts per team in games one and two. One timeout in games 3, 4 and 5. Sophomore will play to best of 5 games or stop at 4:45, per UHSAA handbook.
- 10) Varsity games will start at 6:30 pm. Varsity games will be out of 5 to 25 points, no cap. Game 5 will be to 15. Games 1-5 will have two timeouts per game.
- 11) Cheerleaders will swap sides with teams.
- 12) Senior Night recognition will be kept to a maximum of 15 minutes.

13) Home team calls scores into newspaper.

Game Times (current start times agreed to by principals and athletic directors):

Sophomore – 3:30 pm

JV – 5:00 pm

Varsity – 6:30 pm

JV Region Tournament will be held on:

Sophomore Tournament will be held on:

VOLLEYBALL SCHEDULE 2022-23

Thu 9/15/2022	Woods Cross High School @ Box Elder High School	Viewmont High School @ Bountiful High School	Northridge High School @ Bonneville High School
Tue 9/20/2022	Bountiful High School @ Woods Cross High School	Bonneville High School @ Box Elder High School	Northridge High School @ Viewmont High School
Thu 9/22/2022	Woods Cross High School @ Bonneville High School	Bountiful High School @ Northridge High School	Box Elder High School @ Viewmont High School
Tue 9/27/2022	Northridge High School @ Woods Cross High School	Viewmont High School @ Bonneville High School	Box Elder High School @ Bountiful High School
Thu 9/29/2022	Woods Cross High School @ Viewmont High School	Northridge High School @ Box Elder High School	Bonneville High School @ Bountiful High School
Tue 10/4/2022	Box Elder High School @ Woods Cross High School	Bountiful High School @ Viewmont High School	Bonneville High School @ Northridge High School
Thu 10/6/2022	Woods Cross High School @ Bountiful High School	Box Elder High School @ Bonneville High School	Viewmont High School @ Northridge High School
Tue 10/11/2022	Bonneville High School @ Woods Cross High School	Northridge High School @ Bountiful High School	Viewmont High School @ Box Elder High School
Thu 10/20/2022	Woods Cross High School @ Northridge High School	Bonneville High School @ Viewmont High School	Bountiful High School @ Box Elder High School
Tue 10/25/2022	Viewmont High School @ Woods Cross High School	Box Elder High School @ Northridge High School	Bountiful High School @ Bonneville High School

All Varsity games start at 6:00 pm

WRESTLING GUIDELINES & SCHEDULES

Region Chairman: Brock Mitchell, Bonneville High School
Activity Chair: Alex Land, Bonneville High School

Telephone: 801-452-4050

Live Rule Clinic:
Online Rules Clinic:
Start Date:
Hydration Testing:
Body Fat Testing:
First Contest:
Eligibility List Due:
Academic All-State Deadline:
Divisional Tournament: February 3-4, 2023
Region Tournament:
State Entry Deadline:
State Tournament: February 17-18, 2023

1) **SCALES FOR WEIGH-IN**

All scales used in an official weigh-in will be certified annually before 1st region dual. Each school is responsible to notify the Utah Department of Weights and Measures. Scales must be certified prior to the beginning of the competition. The home school is responsible to provide a certified scale for weigh-in at all region duals.

2) **DUAL MEET TIMES:**

Weigh-in:	5:30 P.M.
J.V.:	6:00 P.M.
Varsity:	7:00 P.M.

3) **NON-QUALIFIER REGION TOURNAMENT**

All schools may enter any wrestler who did not qualify for the state tournament. Seeding will be done by random draw with exception being made to separate as much as possible wrestlers from the same school. Host school will be responsible for purchasing medals for the top four places. Coaches will purchase medals for their own respective wrestlers.

4) Winning coaches of each region dual must send results to the region coaches by the following Monday after a dual match. Every two weeks the region chair will e-mail the results/region standings to the other region coaches.

5) Region Chair Person will host the Seeding Meeting.

6) **REGION TOURNAMENT**

Each school will be allowed to enter two wrestlers in each weight class. All wrestlers entered in the region tournament will score for the respective schools. Scoring for the first round will be done under the double bonus format. Points for team scoring will be awarded according to the rule book for six places. Medals will be awarded to the top six winners in each weight classification. A team trophy will be awarded to the Region Tournament Team Champion. Two outstanding Wrestlers, a Coach of the Year, and one Region Team Dual Championship Trophy will be given at the Region Tournament. The cost of the Dual Team, Coach of the Year, and Outstanding Wrestlers awards will be divided equally among the teams at Region. True 4th place will not be wrestled.

7) SEEDING FOR REGION TOURNAMENT

- a. To change any region procedures, a vote of four head coaches is required.
- b. All wrestlers (whether JV or Varsity) can be seeded if they meet criteria. All non-seeded wrestlers are drawn in. Seeding for the Region Tournament will be based on the following criteria applied in order.
 - i. The best wrestlers will be separated. Vote of 4 head coaches is required to determine outcome of majority rule.
 - ii. Best Region Record: The following factors will be considered in determining Region Seeding in the following order.
 - iii. Head-to-head record in region dual meets at that weight for region tournament.
 - iv. Head-to-head @ any weight.
 - v. "2 out of 3" rule if wrestlers have met more than twice.
 - vi. Most Region wins at the weight class.
- a. If two wrestlers have equal wins at that weight, the higher seed will be given to the wrestler with more matches wrestled at that weight (as long as he has a winning record).
 - vii. Overall Region win/loss record.
 - viii. Coaches vote (majority vote).
 - ix. Coin flip.
- c. In the event of a tie for seeding, criteria will be used in order to separate one wrestler from the group. We will then return to the top of the criteria to separate the remaining wrestlers.
- d. Region seedings are final and can't be changed after the region seeding meeting with the following exceptions: injuries and academic ineligibility. In these situations, the seeds are shifted up and non-seeds are redrawn. In the cases of injury and academic ineligibility, the representative school may substitute an alternate wrestler. If a wrestler who is seeded #1-#4 doesn't make weight, the bracket is reseeded and redrawn. If a wrestler who is seeded below #4 doesn't make weight, the position in the bracket becomes a bye. Representative schools are not allowed to substitute an alternate wrestler in the case of not making weight at the region tournament.

8) MEDALS:

Medals will be awarded to the place winners in each weight classification. A plaque to award winners in the upper and lower weight classes as well as the awards for "Coach of the Year" and "Team Dual Champion" must be funded by the schools.

- 9) Please refer to "General Policies" in the **Region V** Handbook for all other **Region V** rules, and the UHSAA Handbook for all UHSAA rules. [click here](#)

Wrestling Schedule 2022-23

Thu 12/15/2022	Box Elder High School @ Woods Cross High School	Viewmont High School @ Northridge High School	Bonneville High School @ Bountiful High School
Thu 1/5/2023	Northridge High School @ Box Elder High School	Bonneville High School @ Viewmont High School	Woods Cross High School @ Bountiful High School
Thu 1/12/2023	Bountiful High School @ Box Elder High School	Northridge High School @ Bonneville High School	Viewmont High School @ Woods Cross High School
Thu 1/19/2023	Bountiful High School @ Viewmont High School	Box Elder High School @ Bonneville High School	Woods Cross High School @ Northridge High School
Thu 1/26/2023	Viewmont High School @ Box Elder High School	Woods Cross High School @ Bonneville High School	Northridge High School @ Bountiful High School

Region V Expense Reimbursement Form

School Name: _____

Event Date

Chairman Name: _____

Contact Email: _____

Region Activity

Itemized Expenses

Date	Description	Cost

Total Reimbursement \$

Don't forget to attach receipts!

Region Director Signature

Date

Region Trophies

Baseball

One Region trophy

Three drill down medals for places 1-3

Basketball (Boy's & Girl's)

One Region trophy each

Football

One Region trophy

Cross Country (Boy's & Girl's)

One Region trophy each

Medals to the top 10 Varsity finishers each

Medals to the top 10 JV finishers each

Debate/Forensics

One Region trophy for Debate

One Region trophy for Forensics

The following medals will be awarded:

Each medal will say the event name and "Superior" and will be given to the top five finishers in each event. The following number of medals will be needed: Public Forum – 10 medals; LD – 5 medals; Policy – 10 medals; National Extemp. – 5 medals; Foreign Extemp. – 5 medals; Oratory – 5 medals; Impromptu – 5 medals; Congress – 5 medals. 10 blank Superior medals in case of ties.

Drama

A 1st place and 2nd place region trophy will be provided.
A third place certificate will be provided.

One-Act Plays: Three Plaques will be awarded. 1st place, 2nd place, 3rd place.

Individual Events: Medals will be given to the top three places in each individual event. Each medal will be engraved on the back with the following information:

Contemporary Scenes – 1st, 2nd, and 3rd place

Classical Scenes – 1st, 2nd, and 3rd place

Pantomime – 1st, 2nd, and 3rd place

Musical Theatre – 1st, 2nd, and 3rd place

Dramatic Monologues – 1st, 2nd, and 3rd place

Humorous Monologues – 1st, 2nd, and 3rd place

Golf (Boys & Girl's)

1 Region Trophy each

10 Medals for 10 Low Medalists

One medal for top region golfer.

Music – instrumental

Certificates supplied by the Region will be awarded for all "Superior" ratings at all festivals. Additional Certificates/Awards may be presented to outstanding groups, sections, or individuals at the discretion of the festival adjudicators.

Drill

One Region trophy

Music – vocal

Certificates will be given for all ratings in all festivals.
Training Choirs will be given a certificate of participation.

Soccer (Boy's and Girl's)

One Region trophy each

Softball

One Region trophy

Swimming (Boy's & Girl's)

1 Region trophy each

48 Medals each (boys & girls) for Places 1-6 in Individual Events (Total 96 medals w/Lanyards)

Individual events are: 50, 100, 200, 500 yd. Free Style, 200 yd. Ind. Med., 100 yd. backstroke, 100 yd. butterfly, 100 yd. breaststroke

12 medals each (boys & girls) for 1st Place, 2nd Place, 3rd Place 200 yd. Med. Relay, 200 & 400 yd. Free Relay (72 medals total w/Lanyards)

Tennis (Boy's & Girl's)

One Region trophy each

Medals – 1st, 2nd, 3rd, singles. 1st & 2nd doubles. Four deep in each (28 medals for Varsity and 28 medals for JV).

Track (Boy's & Girl's)

1 Region Trophy each

All-Region Awards – top 3 in the event get the All-Region Certificate for the teams

Ribbons for the first six (6) places in individual events and first in the relays.

Medals for the first six (6) places in individual events, and medals to the first three (3) places in relay events.

No Pole Vault medals

Volleyball

One Region trophy

Wrestling

One Region trophy