

BASKETBALL

Divisions

Division I: Bennion, Bonneville, Churchill, Evergreen, Granite Park, Olympus, Wasatch

Division II: Eisenhower, Hunter, Jefferson, Kearns, Kennedy, Matheson, Valley, West Lake

Length of Contest

Playing time shall be four quarters of eight minutes each with intermission of one minute after the first and third quarters, and 10 minutes between halves.

Championship Game Criteria

Seeding for the championship game will first be determined by the regular season record. The team with the best record from Division I will place the team with the best record from Division II. For the championship game of Division I Girls and Division II Boys will travel

1. Best Record
2. Head to Head
3. Fewest Points Allowed
4. Sportmanship Rating Card
5. Coin Toss

Example

Team D is undefeated with a record of 5-0, while three other teams (A, B, &C) finished with a record of 3-2. Team A beats Team B, Team B beat Team C, and Team C beat Team A. Team D would be ranked number one in their division having the best record. Teams A, B, and C all the have the same record so the next criteria of head to head would be used. Since all three teams have lost to each other criteria three would be used. Team C has allowed the smallest number of point during division play so they would receive the number two ranking. When deciding the rank between remaining teams the process of criteria evaluation would begin again looking at best record then head to head. Having the same record the head to head outcome in their division game would be used. Team A defeated Team B in their game so Team A would be ranked 3 and Team B would be ranked 4.

Reporting Score

It is the responsibility of the home site to report the score of the game to the district before 9:00 am the following morning. Email the game score to:

slcrosby@graniteschools.org

CROSS COUNTRY

Canceling a Meet

The responsibility of deciding if a meet should be cancelled, due to poor weather, rests with the coach of the host junior high school. Although input from the other participating schools should be obtained whenever possible, the final decision rests with the host junior high coach. If the decision is made to cancel the meet, the host school is responsible for contacting the Granite District Athletic office so the message can be communicated out. The decision to cancel a meet needs to be made before 12:30 pm. The Granite District Athletic Office will contact transportation as well as individual schools to cancel buses.

The Granite District sponsors three open events, two separate division championships, and one district final. It is the responsibility of the coach to coordinate transportation with the secretarial staff as to which events the team will be participating in. Schools are expected to participate in all three open events, the appropriate division championship, and district championship final.

Races should begin no earlier than 3:00 pm and no later than 3:15 pm. The distance of each race will be a minimum of 1.2 miles and no longer than 1.5 miles.

Guidelines for the District Championship Meet

Four races will be run. The meet will begin with a junior varsity race. Following the junior varsity, varsity races will take place. One gender followed by the other. In odd years the girls will be the final race with boys going last in even years. Seven runners for each school will be allowed to compete in each of the two varsity races, seven girls and seven boys. Those seven runners can be pulled from grades 6 through 8.

All competitors must compete in either a dedicated school uniform or clothing displaying school colors free of logos or language. Athletes will not be allowed to compete with clothing or uniforms displaying another school or club team name or logo.

Name Labels

Each school is responsible for providing labels for its team and each should contain the following information:

Athletes Name (First and Last)

School (Do not Abbreviate)

Grade

SOCCER

Divisions

Division I: Bennion, Bonneville, Churchill, Evergreen, Granite Park, Olympus, Wasatch

Division II: Eisenhower, Hunter, Jefferson, Kearns, Kennedy, Matheson, Valley, West Lake

Length of Match

All matches will consist of two 30 minute halves with a ten minute half time. In the event of a tie a 10 minute overtime will take place. The overtime is not a sudden death with the first goal ending the match but should be played to completion. If at the end of overtime the game is still tied a shootout will take place. Each coach will select five players ***on the field*** to take kicks. A coin toss shall be held. The team winning the toss will have choice of kicking first or second. Teams will alternate kickers. There is no follow-up to the kick. The defending team may change the goalkeeper prior to each penalty kick. Following five kicks for each team, the team scoring the greatest number shall be declared the winner. If the score remains tied repeat the process until a team has won.

Championship Game Criteria

Seeding for the championship game will first be determined by the regular season record.

The team with the best record from Division I will place the team with the best record from Division II.

For the championship game of Division I Boys and Division II Girls will travel.

Ranking will be determined by the following criteria:

1. Best Record
2. Head to Head Wins
3. Fewest Goals Allowed
4. Coin Toss

Reporting Score

It is the responsibility of the home site to report the score of the game to the district before 9:00 am the following morning. Email the game score to:

slcrosby@graniteschools.org

TRACK & FIELD

Canceling a Meet

The responsibility of deciding if a meet should be cancelled, due to poor weather, rests with the coach of the host junior high school. Although input from the other participating schools should be obtained whenever possible, the final decision rests with the host junior high coach. If the decision is made to cancel a meet, the host school is responsible for contacting all other participating schools by 12:30 p.m. to let them know of the decision.

It is the responsibility of each school to contact transportation and cancel buses.

Junior High Host School Responsibility

It is the responsibility of the host school junior high coach to make contact with the high school athletic director of the competition site and arrange for access and items needed to hold the meet. The host junior high school track and field team is responsible for setting up and tearing down all items borrowed from competition site. Track meets are scheduled to begin at 3:30 p.m. unless otherwise coordinated with the host high school.

High School Responsibility

The high school will allow access to all items needed as well as track and field facility to hold the junior high track meet.

Competition Location

Teams are required to compete at site locations they are assigned, unless an alternative location is cleared with Granite District Athletic Office seven days prior to the event.

District Track and Field Meet Expectations

- Shoes must be worn in order for an athlete to compete.
- ¼"spikes are acceptable for competition.
- Athletes are expected to compete in a jersey and/or shirt with the school's name showing and representative of the schools colors.
- **Athletes are limited to participation in a total of 4 events.**
- Team participants should remain in bleachers until their event is called.
- Tri-meets are to be run in the same order of events as District Finals.
- All field event participants must check in at the event by 3:30.
- At practice meets extra heats are appropriate and encouraged.
- Stickers must be worn by each athlete to compete in the event.
- In accordance with NFHS rules high jump participants must takeoff from one foot.
- Stickers must be filled out with the athletes first and last name, event, heat, and school. Coaches are to fill out stickers so they are legible.

(The meet director will send out the stickers to each school and coach, one week before the district meet. Please keep the stickers consistent with the example.)

Wilma Rudolph

100 meter Heat 1 Matheson

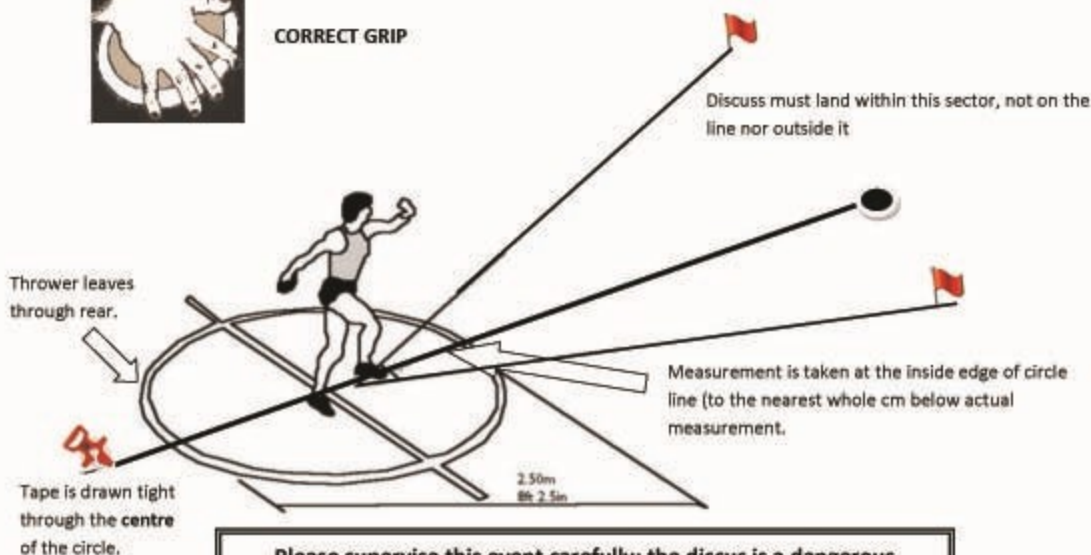
DISCUS HELP

IMPORTANT RULES

1. The throw must commence from a stationary position in the circle.
2. The thrower must not touch the top of the circle.
3. The thrower must not leave the circle until the discus has landed, and only then through the rear half of the circle.



CORRECT GRIP



Please supervise this event carefully; the discus is a dangerous implement.

SAMPLE SCORE SHEET

A	X	19.23	19.84	3RD
B	20.45	19.96	20.38	2ND
C	17.28	17.43	16.80	4TH
D	20.08	X	20.57	1ST

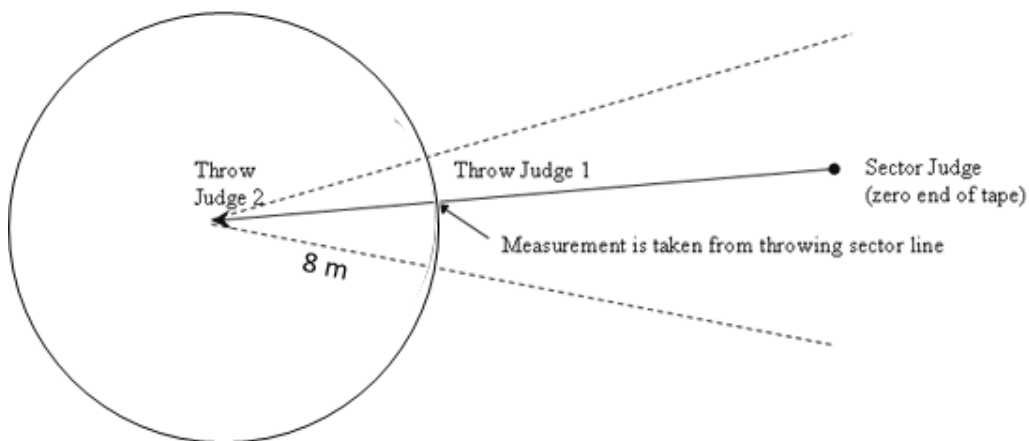
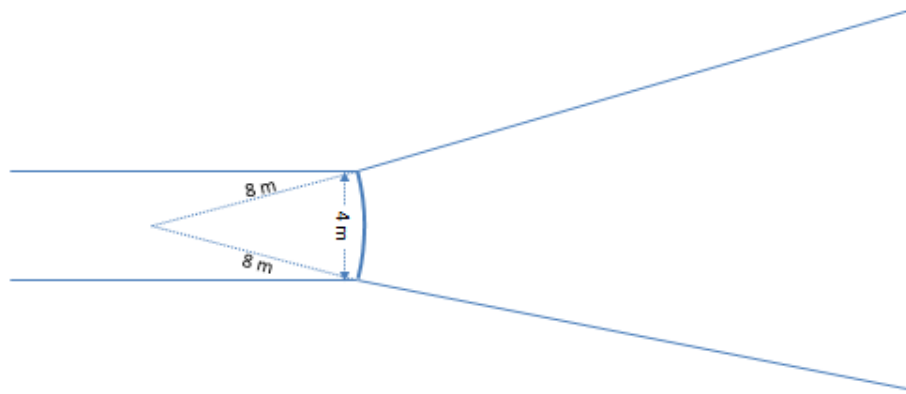
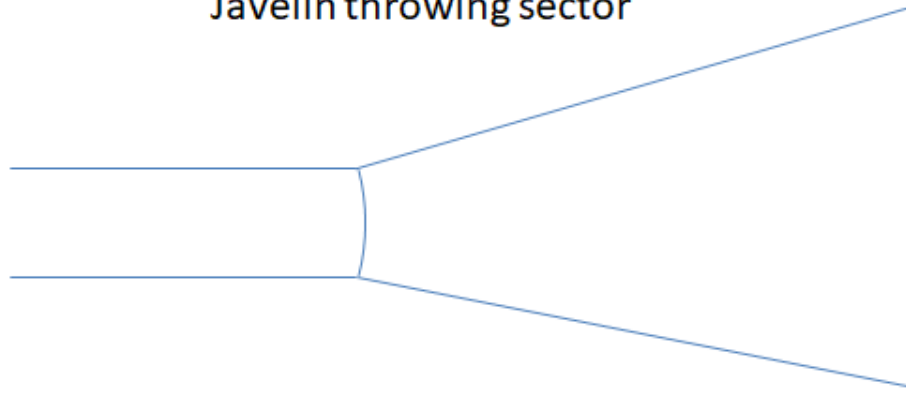
SAMPLE SCORE SHEET

WEIGHT	GIRLS	BOYS
500 g	7, 8, 9	7, 8, 9
750 g	10,11, 12	10, 11
1 kg	12, 13, 14	12, 13
1.250 kg		14

HINT ON ORGANIZING THE DISCUS

- Arrange competitors in throwing order
- Allow a practice throw if time permits
- Explain the rules at the start if necessary.
- Specify the number of throws (generally 3).
- Record all throws. In a tie, next lowest throws count and so on until there is a clear winner.

Javelin throwing sector



The javelin throw is measured similar to the discus and the shot put. The tape is pulled through what is essentially the center of a circle with an 8 meter radius—though the throw takes place in a runway instead of a throwing ring.



SHOT PUT HELP

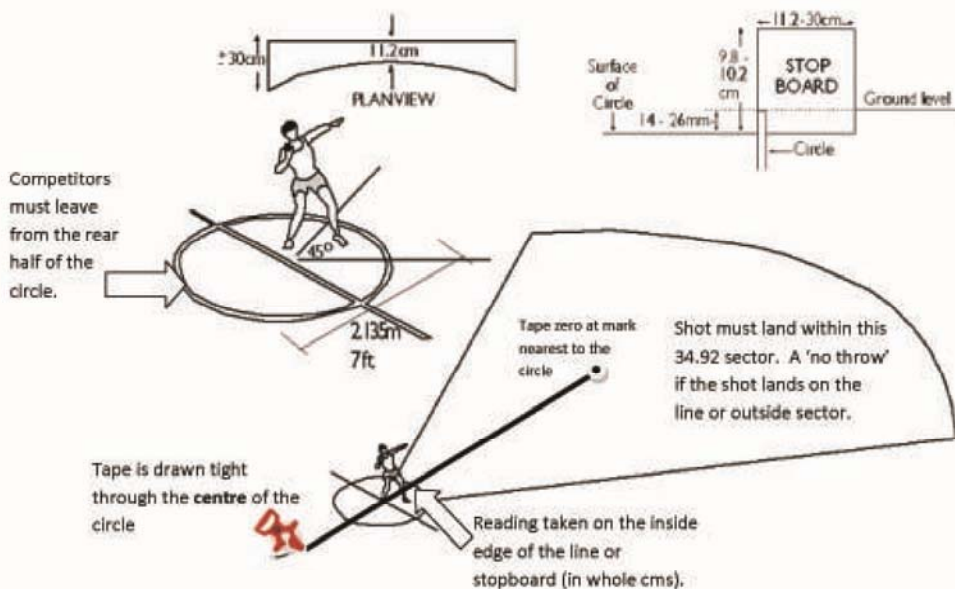


Important rules

1. The shot must be put from the shoulder with one hand.
2. The shot must remain close to the chin or neck right through the action.
3. The action of putting must start from a satisfactory position.
4. The thrower must **not** touch the ground outside the circle, nor the top of the stopboard or circle ring. The inside of the ring and stopboard may be touched.
5. The thrower must leave the circle from the rear half, but only after the shot has landed.

Hints on organizing Shot Put

- Arrange competitors' in throwing order.
- Allow a practice throw if time permits
- List names and explain rules if necessary
- Specify the number of throws (generally only three).
- Record **all** throws



WEIGHT	Girls	Boys
1kg	7	7
1.5kg	8 & 9	8 & 9
2kg	10 & 11	10
3kg	12, 13 & 14	11 & 12
4kg		13
5kg		14

SAMPLE SCORE SHEET

A	7.17	7.24	X	2 ND
B	6.60	6.71	6.50	4 TH
C	7.24	7.15	7.12	3 RD
D	7.17	7.24	7.32	1 ST

2ND AND 3RD ARE DECIDED IN SECOND BEST THROWS

NOTE: for detailed rules of competition refer to NZCAA Shot Put sheet

<i>Order of Track Events</i>	Total # of School Entries GIRLS	Total # of School Entries BOYS
100 Meter Schools are encouraged to enter 3 athletes per grade. <i>Schools are limited to no more than 5 entries per grade.</i>	9	9
1600 Meter (Mile) Qualifying times for district event: 9:00 minimum for boys, 11:00 minimum for girls	9	9
4 x 100 Meter <i>Each school can enter two teams of 4 athletes. Relay teams can be mixed grades however, no more than 2 ninth graders can participate on each relay team.</i>	8	8
400 Meter Each school can enter 3 athletes.	3	3
800 Meter Each school can enter 3 athletes.	3	3
200 Meter Schools are encouraged to enter 3 athletes per grade. <i>Schools are limited to no more than 5 entries per grade.</i>	9	9
1600 Meter Medley Relay 200 M x 200 M x 400 M x 800 M Each school can enter one team of four individuals from any grade.	4	4
4 x 400 Meter Relay Each school can enter one team of four individuals from any grade.	4	4
FIELD EVENTS <i>No finals are held. Best outcome wins.</i>	Total # of School Entries GIRLS	Total # of School Entries BOYS
Running Long Jump Schools will enter their top three athletes. Each athlete is given 4 jumps.	3	3
High Jump Schools will enter their top three athletes. Girls begin at 3 feet 10 inches and increase by 2 inch intervals. Boys begin at 4 feet 8 inches and increase by 2 inch intervals. Each athlete is given 3 attempts at each height.	3	3
Shot Put Schools will enter their top three athletes. Girls throw a 6 lbs. shot, boys throw an 8 lbs. shot.	3	3
Javelin Schools will enter their top three athletes. Girls and boys will throw a 500 gram turbo javelin. Each participant is allowed 4 throws. Participants will be limited to a 10 yard approach and runway. They will not be allowed to cross or touch the foul line before the javelin lands. The head of the javelin must hit the ground first to count.	3	3
Discus Schools will enter their top three athletes. Girls and boys will throw a 1 kilo discus. Each participant is allowed 4 throws. A one step throw will be allowed. The athlete must begin each attempt from a stationary position facing the direction of the throw.	3	3

JUNIOR HIGH SCHOOL BOYS TRACK AND FIELD RECORDS				
TRACK EVENTS				
Event	Athlete	School	Mark	Year
100 Meter (9 th)	Nielson	West Lake	11.0	1981
100 Meter (9 th)	Hansen	Olympus	11.0	1989
100 Meter (9 th)	Lewis	Olympus	11.0	1996
100 Meter (8 th)	Cooper	Valley	11.4	1985
100 Meter (8 th)	Asay	Eisenhower	11.4	1997
100 Meter (7 th)	Espirit	Kearns	11.6	1985
200 Meter (9 th)	Espirit	Kearns	23.1	1987
200 Meter (8 th)	Miles	Granite Park	23.4	1993
200 Meter (7 th)	Nhim	Eisenhower	24.1	2000
400 Meter	Summers	West Lake	52.6	1980
800 Meter	Wehril	Olympus	2:07.9	1987
1600 Meter (9 th)	Jameson	Eisenhowe	4:45.1	2021
1600 Meter (8 th)	Browning	Eisenhower	4:54.0	1975
1600 Meter (7 th)	Evan Coon	Churchill	5:16:16	2017
400 Meter Relay (9 th)		Bonneville	46.0	1987
400 Meter Relay (8 th)		Bonneville	48.2	1988
400 Meter Relay (7 th)		Brockbank	50.8	1980
800 Meter Relay (9 th)		Bonneville	1:38.9	1987
800 Meter Relay (8 th)		Bonneville	1:41.3	1988
800 Meter Relay (7 th)		Granite Park	1:47.2	1993
1600 Meter Relay		Wasatch	3:42.4	1975
FIELD EVENTS				
Event	Athlete	School	Mark	Year
High Jump	Brienholt	Kennedy	6'2"	1989
Long Jump	Beck	Bonneville	21'3"	1991
Shot Put	Hart	Churchill	58'9"	1971
Discus				2018
Javelin				2018

JUNIOR HIGH SCHOOL GIRLS TRACK AND FIELD RECORDS				
TRACK EVENTS				
Event	Athlete	School	Mark	Year
100 Meter (9 th)	Setzer	Kennedy	12.2	1986
100 Meter (8 th)	Nelson	Olympus	12.6	1984
100 Meter (7 th)	Shields	Eisenhower	13.0	1981
200 Meter (9 th)	Lunnen	Churchill	25.4	1996
200 Meter (8 th)	Slade	Kennedy	26.9	1996
200 Meter (7 th)	Slade	Kennedy	27.8	1995
400 Meter	Setzer	Kennedy	1:00.6	1986
800 Meter	Sorenson	Bennion	2:32.0	1994
1600 Meter (9 th)	Gillette	Valley	5:22.4	1983
1600 Meter (8 th)	Katie Duckworth	Olympus	5:29.99	2014
1600 Meter (7 th)	Jane Fredrick	Olympus	5:37.69	2015
400 Meter Relay (9 th)		Churchill	53.0	1980
400 Meter Relay (8 th)		Granite Park	54.4	1982
400 Meter Relay (7 th)		Brockbank	55.6	1980
800 Meter Relay (9 th)		Bonneville	1:51.2	1981
800 Meter Relay (8 th)		Bonneville	1:54.9	1985
800 Meter Relay (7 th)		Bonneville	1:57.7	1984
1600 Meter Relay		Kennedy	4:35.1	1995
FIELD EVENTS				
Event	Athlete	School	Mark	Year
High Jump	Kimball	Kearns	5'4"	1992
Long Jump	Stark	Valley	17'11"	1965
Shot Put	Telesia Tofavaha	Jefferson	41'6"	2015
Discus				2018
Javelin				2018

VOLLEYBALL

Divisions

Division I: Bennion, Bonneville, Churchill, Evergreen, Granite Park, Olympus, Wasatch

Division II: Eisenhower, Hunter, Jefferson, Kearns, Kennedy, Matheson, Valley, West Lake

Match

A match will consist of the best of two-out-of-three sets. The first team to win two sets shall be the winner of the match. The third set will not be played unless necessary to determine the winner of the match. All sets shall be 25 points (no cap).

The Net

The height of the net shall be 7 feet, 4 1/8 inches (2.24 meters) measured at the center of the net.

Championship Game Criteria

Seeding for the championship game will first be determined by the regular season record.

The team with the best record from Division I will place the team with the best record from Division II. For the championship game of Division I Boys and Division II Girls will travel

1. Best Regular Season Record
2. Head to Head Victory
3. Raw Score
4. Sportsmanship Rating
5. Coin Toss

Coaches are to submit rating card to the school Athletic Coordinator the day after the contest. *Missing cards will not be added to the teams overall scores.*

Sportsmanship Rating Cards can be found at the end of this document.

Each team will provide one line judge for each contest. Line judges should be trained on procedure, rules, flag motion, and calls. A pregame orientation is expected to be held before the first set begins to review the role and duties of the line judge.

Room should be provided at the main score table for the visiting team scorebook keeper.

Games to begin no earlier than 3:00 pm but no later than 3:15 pm.

Reporting Score

It is the responsibility of the home site to report the score of the game to the district before 9:00 am the following morning. Email the game score to:

slcrosby@graniteschools.org

WRESTLING

Weight Class

The following weigh-classes in lbs. will be used: 77, 84, 91, 98, 105, 110, 115, 120, 125, 131, 138, 145, 152, 170, 190, 210, 265.

Growth Allowance

A one pound growth allowance will be given for the division and district dual meet. Therefore after the weight allowance is granted, a 76-pound wrestler must weigh no more than 77.0 pound to compete at that weight class.

Length of Match

A wrestling match will consist of 3 rounds. The first round will be one-minute with the second and third round lasting 1:30 each. Overtime matches, in tournaments and dual meets, shall consist of one, one-minute period followed by two, 30 second tiebreakers, if necessary, and one, 30 second ultimate tiebreaker, if necessary. Consolation matches in tournaments will follow the 1:00, 1:30, 1:30. Junior varsity matches in dual meets will consist of three one minute rounds 1:00, 1:00, 1:00.

Weigh-ins

All athletes must weigh-in the day of the match. Matches taking place on school days will hold weigh-ins at each schools home site in front of either, the head coach, school athletic coordinator or school administrator. Weigh-ins must be conducted between 7:00 am and 3:00 pm. A school administrator must sign off on the validity of each home weigh-in. Weigh-in sheets must be saved and turned in at the division tournament to the tournament director. A Weigh-in sheet has been provided within this manual.

Weigh-ins for the division and district championship tournament will be conducted at the site of the tournament on the day of the meet. Each tournament site will make a schedule available for participating teams two week prior to the tournament. Division tournament weigh-ins will allow for multiple attempts at making the weight, however only one hour will be provided for weigh-ins. District tournament weigh-in procedures will follow UHSAA guidelines for tournaments. Only one attempt will be given to each wrestler to make the weight.

If the athlete has competed prior to the division tournament they must have a minimum one weigh-in, at the weight class they enter at the division tournaments. A wrestler cannot participate at a weight class all season and then drop to a lower weight class when the weight allowance is in effect.

Seeding Meeting

A seeding meeting will be held prior to the division tournament at a location and time determined by the tournament director. Information of time and location should be made available one week prior to the date of the meeting. Each team will be guaranteed one entrance per weight class. Teams will be allowed to enter additional wrestlers if spots become available based on a top four finish at the open tournament. Brackets for division tournaments will be determined and created based on individuals wrestlers seed.

Seeding will be based on the following criteria:

1. Most wins in the weight class at district events
2. Head to head (includes a higher place at a district event)
3. Overall record win %
4. Most team points scored in matches
5. Coach's vote
6. Coin flip

A fifth place wrestler must be established at the division tournament as an alternate wrestler from that division. If one of the above ranked wrestlers is unable to compete at the district tournament the alternate will move in as the fourth place seed from that division. The division one alternate can only replace a wrestler from that same division. Any Wrestler qualifying for the district tournament must compete in the same weight class they competed in at division. Only wrestlers qualifying for the district tournament through placing in spots one through five are eligible to compete in the district championships.

Responsibilities of Host School and Tournament Director

A tournament budget will be provided by the district athletic director for costs related to the facilitation of the event. Granite District will cover all costs listed on the budget. Paper brackets should be made available to all coaches and posted for spectators.

Before the Tournament

A tournament schedule should be provided one week prior to the event. This should include information about the seeding meeting. Be sure to list times, dates, and location of event. A copy should be sent to coaches, host school secretary, school athletic director, assistant principal over athletics, and district athletic director. Make sure to coordinate with administration on scheduling not only athletic areas but any room used for seeding or staging.

During the Tournament

The host school is responsible for:

- Ensuring the site is set-up and ready for competition and facilitating the event.
- Acquiring and training all tournament personnel.
- Providing a safe environment for athletes, officials, coaches, and spectators.
- Providing officials a changing area isolated from coaches, spectators, and competitors.
- Providing access to restroom facilities.
- Providing adequate parking.
- Arranging for proper medical supervision, i.e athletic trainers.

After the tournament

The host school is responsible for the clean-up of the facility. The tournament director will provide a copy of the final brackets and any other related information to each of the participating schools and district athletic director.

Weigh-in Sheet

Name of School Person Conducting Weigh-in				Date	
Weight	Name Of Athlete	Exact Weight	Name of Athlete	Exact Weight	
77					
77					
84					
84					
91					
91					
98					
98					
105					
105					
110					
110					
115					
115					
120					
120					
125					
125					
131					
131					
138					
138					
145					
145					
152					
152					
170					
170					
190					
190					
210					
210					
265					
265					

Administrative Signature: _____

By signing you verify that to the best of your knowledge all above weights for each athlete are accurate.

Sportsmanship Rating

At the end of each game or contest each coach is responsible for having the official/s fill out the sportsmanship rating card. Teams will receive three scores rating them on their sportsmanship displayed by (1) the team, (2) the coaching staff, (3) spectators and fans. If a rating was not received or the card is lost, a total score of 3 will be given to the team. Sportsmanship Rating Card are to be turned in to the Athletic Coordinator at each school the morning following the game or contest. The Athletic Coordinator is to hold on to the cards until the end of the season. Sportsmanship Rating Cards can be a determining factor in a school making the playoffs. If the contest involves one official only one box need be filled in. If the contest has two officials both ratings and signature are needed for the score to be complete.

PRINT THIS PAGE FOR EACH CONTEST INCLUDING PRE-SEASON

Official are to rate the school based on the sportsmanship displayed by the:

- Team / Players
- Coaching Staff
- Spectators and Fans

Please give a score of 5 if the group being rated demonstrated exceptional sportsmanship and received no warnings or penalties for poor behavior. Provide a score of 3 if the group being rated demonstrated satisfactory sportsmanship. No penalties were given but two or more individual's demonstrated questionable behavior. If during the contest three or more individuals demonstrated poor behavior or warnings and penalties were awarded that group will be scored a 1.

School: _____

Date: _____

Signature of Official: _____

Please score each group based on displayed sportsmanship.	SCORE	
THE TEAM		5 = exceptional sportsmanship (no issues or problems)
THE COACHING STAFF		3 = Questionable sportsmanship (up to two individuals displayed questionable sportsmanship)
SPECTAORS AND FANS		1 = Needs Improvement (three or more individuals demonstrated poor sportsmanship)
TOTAL		

Signature of Official: _____

Please score each group based on displayed sportsmanship.	SCORE	
THE TEAM		5 = exceptional sportsmanship (no issues or problems)
THE COACHING STAFF		3 = Questionable sportsmanship (up to two individuals displayed questionable sportsmanship)
SPECTAORS AND FANS		1 = Needs Improvement (three or more individuals demonstrated poor sportsmanship)
TOTAL		