

Region 2A-West Handbook



2014-15

Updated September 24, 2014

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Member Schools

SCHOOL	PRINCIPAL	ATHLETIC DIRECTOR
Conference 37		
Appomattox	Martha Eagle	Chris Dodge
Chatham	Randy Foster	Nathan Lumpkins
Dan River	Steven Mayhew	Julia Woodward
Gretna	Kenyon Scott	Chad Scruggs
Buckingham	Rudolph Roethel	Jeff Garrett
Randolph-Henry	Robbie Mason	Chris Holt
Conference 38		
James River - B	Jamie Talbott	Shelia Profitt
Floyd Co	Tony Deibler	Travis Cantrell
Giles	Jason Mills	Steve Wilson
Glenvar	Joe Hafey	Richard McElwee
Martinsville	Angie Winerth	Tommy Golding
Conference 39		
Grayson	Brandi Ray	Chad Wright
Richlands	Kim Ringstaff	Rickie Vencill
Marion	Mike Davidson	Gabe Long
Tazewell	David Bockes	Thomas Keene
Graham	John O'Neal	Glynn Carlock
Grundy	Leslie Horn	Greg Rowe
Conference 40		
John Battle	Jeff Hawkins	Tim Shoales
Gate City	Mike Lane	Brent Roberts
Lebanon	Brian Hooker	Shelia Adams
Virginia	Ronnie Collins	Barry Reed
Central - Wise	Charles Collins	David Stanley
Union	Dan Roop	Mike Goforth
Lee	Michelle Warner	Ray Robbins/ Jeremy Pendergraff

Officers 2013-2015

- Chairman: Ronnie Collins
Virginia High School
276-821-5858
rcollins@bvps.org
Conference 40
- Vice-Chairman: Steven Mayhew
Dan River High School
434-822-7081
Steven.mayhew@pcs.k12.va.us
Conference 37
- Secretary: Mike Davidson
Marion High School
276-783-4731
mikedavidson@scsb.org
Conference 39
- Treasurer: Jamie Talbott
James River High School
540-597-9899
Jtalbott@bcps.k12.va.us
Conference 38

Preface

Region 2A-West is comprised of twenty-four (24) 2A high schools. Region 2A-West participates in most of the events sanctioned by the Virginia High School League and is a vital part of that league. This handbook is an attempt to organize and consolidate the rules and regulations that have been set forth by Region 2A-West schools. Through this booklet may the fine spirit of leadership and cooperation continue among the principals and athletic directors of Region 2A-West. This handbook shall become the official rules and regulations of Region 2A-West, and may be changed only by the future minutes of the region principals.

Region 2A-West Constitution

I. Name

The name of the organization shall be Region 2A-West. Virginia High School League, Inc. The region shall function as one of two Group 2A Regions of the Virginia High School League, Inc.

II. Object

The object of the organization shall be to foster among the public high schools of the region a broad program of supervised competitions and desirable school activities as an aid in the total education of pupils.

III. Membership

Public high schools who are members of Virginia High School League Group 2A from Conferences 37, 38, 39 and 40 shall be eligible for membership in Region 2A West. Membership shall be based on redistricting and reclassification recommendation and executive committee approval.

IV. Officers

The officers of the organization shall be the Regional chairman, vice-chairman, secretary, and treasurer. These officers will serve two-year terms and will be elected at the last regular meeting of the school year in which rotation is scheduled. The next election is scheduled for the 2013-2015 school year. Chairman of Region 2A West will serve as the executive committee member representing Region 2A West serving a 2-year term.

The responsibility of each office will be rotated among conferences in the following sequence:

	<u>2013-2015</u>	<u>2015-2017</u>	<u>2017-2019</u>	<u>2019-2021</u>
<u>Chairman</u>	Conference 40	Conference 37	Conference 39	Conference 38
<u>Vice-Chair</u>	Conference 37	Conference 39	Conference 38	Conference 40
<u>Secretary</u>	Conference 39	Conference 38	Conference 40	Conference 37
<u>Treasurer</u>	Conference 38	Conference 40	Conference 37	Conference 39

The officers, in addition to serving the Regional Council, are responsible for interpreting, planning and supervising the regional program in compliance with the Virginia High School League Handbook.

In case a regional office is vacated for any reason between the time a term begins and the time it expires, the conference positioned in the rotation will fill the position. The conference will keep their position in the rotation until their time expires.

Duties of regional officers shall include, but not be limited to, the following:

- A. Regional Chairman - The chairman shall be the executive officer of the region and shall exercise general supervision over the regional programs, with the advice and the assistance of the other regional officers and in accordance with the expressed wishes of the regional council. He/she shall call and preside over all meetings of the region. He/she shall serve as the liaison between the League Office and the region and shall cooperate with the Executive Secretary in the administration of regional affairs.
- B. Regional Vice-Chairman - The vice-chairman shall assist the chairman and in his/her absence or disability shall perform all the duties of the chairman. The regional vice-chairman shall serve as regional awards chairman by ordering regional awards and seeing that they are delivered to tournament directors prior to each activity.
- C. Regional Secretary -The secretary shall record the minutes of all meetings of the region. Within five days after such meetings, he/she shall forward to all member schools, all division superintendents of schools within the region and the Executive Secretary a complete copy of the minutes thereof, including results of elections, and dates and locations of subsequent meetings. Not later than October 10, December 6, and March 28 of each school year, the secretary shall send to the League Office a report giving the dates of the fall, winter, and spring region sponsored events, respectively. The report shall include the sites and directors. He/she shall record and forward to the Executive Secretary the winners of all regional championships. In the absence or disability of both the chairman and the vice-chairman, he/she shall perform their duties.
- D. Regional Treasurer - The treasurer shall submit a financial report at each regional meeting, and shall at that time in the appropriate year, turn over to the successor all funds and financial records in his/her custody.

V. Meetings

The regular meetings shall be called by the regional chairman on a quarterly basis. Meetings are generally scheduled on the first Wednesday in September, November, February, and June. A meeting can also be scheduled at other times as needed.

The chairman shall provide an agenda of known old and new business and is to provide an opportunity for additional business to come before the Regional Council.

A majority of the members of the Regional Council shall constitute a quorum.

Each school will have only one vote, either by Principal or their designee. Designees must present a Proxy Letter to the Chairman at each meeting for voting abilities.

VI. Parliamentary Authority

The rules contained in the current edition of Robert's Rules of Order Newly Revised shall govern the organization in all applicable cases, in cases in which they are not inconsistent with this constitution and any special rules of order the region may adopt.

VII. Regional Council

- A. A regional council shall be organized to provide for the conduct of the League program within the region.
- B. The duties of the regional council are designated in section 24-1-1 of the Virginia High School League handbook.
- C. The regional council shall be composed of principals from each member school.
- D. Only principals shall be eligible to hold regional office or serve on the regional council.
- E. The selection of the Redistricting and Reclassification member shall be nominated and voted on from the Region 2A West council serving a 2 year term.
- F. The regional council shall determine, with such appropriate resource people as it deems advisable, the regional sponsored events for each school year. They also shall formulate and adopt, in conformity with and not in contradiction to League and group board policies and rules, such specific regulations as are deemed necessary or desirable in the conduct of the regional sponsored events. The council shall make recommendations to the executive committee of the League for group board or legislative council actions, and shall regulate regional sponsored events. Not later than October 10, November 6, and March 28 of each school year, the regional secretary shall send to the League Office a report giving the dates of all fall, winter

and spring regional sponsored events, respectively. The report shall include the names of the places where the events are to be held and the names of the persons who should be contacted as directors or managers of the events. The regional council shall forward a complete copy of its minutes to all member schools, its division superintendents, and the executive secretary of the League.

VIII. Finances

- A. The region shall be financed by admissions, interest on savings accounts, and revenue received or derived from other sources. Monies shall be deposited in the name of the region in such checking and the regional council shall approve savings account. Funds in such accounts shall be used to meet such expenses as may be incurred by the regional council. Funds may be held as reserve funds and placed in savings accounts or distributed to the districts comprising the region.
- B. Sixty-five percent of the funds realized from regional activities, after authorized expenses, shall be utilized or distributed by the regional council. Thirty-five percent of the net income from each regional contest shall be deposited into the Virginia High School League's treasury.
- C. Each member school has a one-share vested interest in Region 2A West. To become a vested member school of Region 2A West, the school/schools entering will purchase one vested share. Each school becoming a member of Region 2A West as of July 1, 2013, or thereafter will be assessed an entry fee of \$1000.00. Upon leaving 2A West Region, a member school will receive one equal share. This share is computed by dividing the total amount in the treasury, after the books have been closed out with all outstanding bills paid and all monies received from the fiscal year just completed, by the total number of vested member schools.
- D. It shall be the responsibility of every member principal to provide for the best conducted activity for the lowest amount of expense possible. Only the necessary portion of the allocated funds is to be used (i.e., extravagance because of available funds is unacceptable).
- E. The region will not reimburse a school for facility rental when using their own facility. If a facility rental is necessary, the transaction must be approved by the Region 2A West Council.
- F. All financial contracts have to be submitted to the region treasurer before each contest date.
- G. Reimbursements for school expenses in all sanctioned activities will be at the rate of \$.50 per mile for four or less participants, \$1.00 per mile for more than four participants and for football will be at the rate of \$5.00 per mile. Travel reimbursement for participating schools is to be mailed by the tournament director on the day after competition. Site directors' are to send entire gross receipts to Region treasurer or

tournament director. Site directors will be reimbursed by the tournament director upon receiving the expense report. Site game expense reports should be mailed within 5 days after the competition. All tournament checks are to be written by the tournament director and the region will reimburse that school with one check. Tournament expense reports are to be filed within 5 working days with the region treasurer.

- H. Regional reimbursements to all member schools will be discussed at the beginning of each fiscal year. These reimbursements may include 1/24 of the treasury remaining after a starting balance of \$24,000.

IX. Fees:

**** All estimated expenses MUST be presented on a Pre-Tournament Report to the AD Council and Regional Officers by set deadlines.****

Director Fees:	
\$250.00	Tournament Directors – Volleyball, Basketball, Baseball, Soccer, Softball
\$50.00/game	Site Directors – Volleyball, Basketball, Baseball, Soccer, Softball
\$100.00	Site Directors – Football, Cross Country, Golf, Swimming, Tennis, Debate
\$200.00	Tournament Directors - Indoor Track, Outdoor Track, Wrestling, Cheer, Forensics, Theater, Scholastic Bowl
Worker Fees: (per game)	
\$30.00	Clock Operator, Scorekeeper, & Announcer
\$40.00	Trainer
\$35.00	Ticket Sellers, Ticket Takers, & Max of 1 Pass Gate Worker
\$25.00	Assistant Supervisor
\$150.00/ maximum	Custodial Support
Broadcast Fees: (per game)	
\$50.00	Radio per station outlet
\$50.00	Web Cast
\$2,000.00	Live Television of Football
\$500.00	Live Television of all sports other than Football
\$500.00	Delayed Television of Football
\$200.00	Delayed Television of all sports other than Football

Miscellaneous:	
\$100 max	Hospitality – Only if MORE than ONE game
\$300 max	Police Supervision as designated by locality & individual schools.
** The region does NOT cover the following worker fees: Concession workers, program sales, t-shirt sales, and any other areas where a profit is made by a school organization.**	

X. Activity Program

The region sponsors competitive interscholastic athletic programs leading to regional and state championships. The athletic game playing rules as set forth in the current National Federation of State High Schools Associations publications shall govern all regional athletic events unless other game rules have been specified to govern a particular sport or where the adopted National Federation rules are in conflict with special rules set forth under a specific sport section of the Virginia High School League Handbook, in which case the special rules take precedence.

The region also sponsors competitions in debate, forensics, scholastic bowl, and theater. "Fifty percent (50%) of the Region 2A West schools must participate in an event before a regional champion will be recognized." "By majority vote, Region 2A West may allow teams to state competition without sponsoring a Regional championship." All rules and regulations set forth by the Virginia High School League Handbook shall be binding upon the region and all of its school.

XI. Amendment of Constitution

- A. This constitution can be amended at any regular meeting of the region by a two-thirds vote of Regional Council, provided that the amendment has been submitted in writing at the previous regular meeting.
- B. An emergency amendment may be enacted by three-fourths vote of the Regional Council at any meeting, email, phone or by a mail referendum in which a two-thirds vote is required. A mail referendum vote, email vote or phone vote shall be reviewed at the next regular meeting when it shall be presented for final approval by a two-thirds vote

XII. Regional Filming Policy

Per **VHSL Handbook Section 220-9-1**, the filming or videotaping of games for scouting purposes shall be limited to the schools that are participating in the event. Schools not competing in the event may not film or tape the event.

XIII. Awards, Trophies, & Medals

The following awards are given in Region 2A-West activities:

- A. **Merit Awards:** Merit Awards are given to contributors, administrators, and coaches on an annual basis. Nominations for each award shall be presented by each conference at the March Region 2A-West meeting. These nominations will be based initially on a Principal's recommendation.

Region 2A-West Awards for VHSL Recognition include:

1. Administrator (includes athletic/activities directors)
2. Coach (includes all VHSL sponsored sports and activities)
3. Contributor (officials, media, announcers, game personnel, doctors, others as determined by Region 2A-West)

Nomination Procedures:

1. Each conference athletic director chairperson will submit to the Regional Principals' nominations.
2. The Regional AD Council will discuss the slate to be presented to the Regional Council.
3. The Regional Council will announce the slate and open the floor for any other nominations.
4. The Regional Council will vote for the slate to be presented to the VHSL.
5. The slate must be presented to the VHSL before September 1st of the current school year.

- B. **All-Region Awards:** Region 2A-West will select All-Region 2A-West Teams in the sports of baseball, basketball, football, soccer, volleyball, and softball.
1. Selection Committees will be comprised of the head coach from the Conference Champion and Runner-Up teams that participate in the sport or the Conference designee. Only two coaches from each conference will be permitted to vote. Other coaches may attend the meeting to speak on behalf of their players if desired.
 2. All-Region Selection Meetings will be held the Sunday following the Regional Championship game at the Shoney's in Dublin at 10:00am, with the exception of Football.
 3. The Football All-Region Selection Meeting will take place on the Sunday following the third round play-off game at the Shoney's in Dublin at 10:00am.
 4. All Tournament Directors will be responsible for presiding over the meetings and distributing the results to the Regional Principals and Ads.
 5. The Football All-Region meeting will be presided over by a member of the AD Council.

6. If a Conference fails to send one or both of their representatives, the conference will be assessed a \$50 fine per representative. The Tournament Director is responsible for emailing a list of non-attendees to the AD Council immediately following the selection meetings.
7. The placement of all regional team members will be voted on by the coaches while maintaining the conference rankings.
8. All-Region players will receive a certificate from Region 2A-West acknowledging their achievement.
9. All-Region Coach of the Year will be the coach of the Regional Championship Team.

C. Regional Champions & Runner-Ups

1. Trophies will be awarded to the Championship Team and Regional Runner-Up.
2. Medals will be distributed to members of the Championship Team of team sports as well as place winners in individual sports. Specific numbers of medals for each sport can be found in the Appendix.
3. Plaques will be awarded to individuals selected as Athletes of the Year and Coaches of the Year for the region.

XIV. Tournament Guidelines

A. Tournament Director Responsibilities:

1. Complete and submit Pre-tournament report to AD Council. (see Calendar for deadlines in Appendix)
2. Fill out and submit VHSL contract form to Region 2A West Treasurer.
3. Contact appropriate official organization and inform commissioner of dates, sites and schools involved.
4. Release tournament pairings by email to all schools and media.
5. Contact media of any changes in venues or dates due to weather, competing teams, exams, SOLs etc.
6. Submit payment of officials for semi-final and final tournament games regardless of site.
7. Pay mileage to schools participating in Semifinals and Finals.
8. Use the Tournament Spreadsheet (in Appendix) to compile *one final* report from all site reports and turn in to the Region 2A West Treasurer within 5 business days of the completion of the tournament.
9. Send check for *GROSS* receipts and itemized statement to the Region 2A West Treasurer.
10. Send check to each site director for all expenses *including travel and officials*.

B. Site Director Responsibilities:

1. Make arrangements for all workers *including* officials for event.
2. Fill out and turn in VHSL contract form to Region 2A West Treasurer prior to the game.
3. Provide water as needed to both teams.

4. Contact appropriate director with results of event immediately following the game.
5. Pay mileage to school(s) participating in site game.
6. Pay officials for site game.
7. Send check for gross receipts and itemized statement to tournament director within one (1) week of completion of game.
8. Send final site financial report to appropriate director by the end of the tournament week.

C. Tournament Location Sites

- The first round of the playoffs will be played at home sites. The semifinals and finals will be played at a predetermined site. The predetermined site will be established by the host conference on a rotating basis. The host conference will determine the site before the sports season. The schools in the finals will have the authority to move the finals to an alternate site based on geography and if both schools agree.

D. Playoff and Seeding

Quarterfinals	Semifinals	Finals
37 Champ v 38 R-U	Conf 38/40 Host (2014-15)	Conf 39-40 Host (2014-15)
39 Champ v 40 R-U		
38 Champ v 37 R-U	Conf 37/39 Host (2015-16)	Conf 37/38 Host (2015-16)
40 Champ v 39 R-U		

- Wrestling Seeding to be determined at Coaches Seed Meeting.

E. Tournament Ticket Prices

\$6.00	Basketball, Wrestling (All Sessions), Soccer, Baseball, Softball, Volleyball, Track, Cheer, Indoor Track, Swim, Cross Country (if possible)
\$7.00	Football
Free	Non-Revenue Sports: Tennis, Golf, Forensics, Scholastic Bowl, Debate, Theater

Baseball

Reference Section 56 VHSL Handbook			
Site Director Fee:	\$50.00	Tournament Director Fee:	\$250.00
Game Times:	Quarterfinals – 7:00	Semifinals – 6:00 & 8:00	Finals – 7:00
Tournament Director will determine the times for teams to take fielding & batting practice.			
Admission Fee:	\$6.00		
Officials:	Association used by home site for Quarterfinal. Semifinal & Final officials assigned by Tournament Director.		
Passes Accepted:	VHSL, VHSCA, VIAAA, VATA, VSBA – Principals State Membership Cards		
Home Team:	Teams on the top of the bracket will serve as Home Teams.		
Official Ball:	VHSL Adopted Ball	Rule Book:	NFHS Rules unless VHSL or Region2A-West adopted rules are in place.
Hospitality:	None for single game. Not to exceed \$100.00 for two or more games unless pre-approved by Region 2A-West Principals.		
State Qualifiers:	Region 2A-West Champion and Runner-Up Region 2A-West First Team Members (Must be ranked 3-#1s, 2s, 3s, 4s)		
Awards:	Trophy for Champion & Runner-Up Teams 25 Medals for Championship Team Certificates for All-Region Team Members. Plaques for Player and Coach of the Year.		
All-Region Team:	2 Pitchers, 2 Catchers, 1-1 st Baseman, 1-2 nd Baseman, 1-3 rd Baseman, 1-Shortstop, 4-Outfielders, 1-Designated Hitter, 1-Utility Player		
Nominations:	First team All-Conference players eligible. Conferences should rank players: three #1s, three #2s, three #3s, and three #4s. DH & Utility are not ranked.		
Player of the Year:	Selected from the All-Region First Team player.		
Coach of the Year:	Coach of the Region 2A-West Championship Team.		

Basketball

Reference Section 50 VHSL Handbook			
Site Director Fee:	\$50.00	Tournament Director Fee:	\$250.00
Game Times:	Quarterfinals – 7:00	Semifinals – 6:00 & 8:00	Finals – 7:00
Tournament Director will determine the times for teams to take the court.			
Admission Fee:	\$6.00		
Officials:	Association used by home site for Quarterfinal. Semifinal & Final officials assigned by Tournament Director.		
Passes Accepted:	VHSL, VHSCA, VIAAA, VATA, VSBA – Principals State Membership Cards		
Home Team:	Teams on the top of the bracket will serve as Home Teams.		
Official Ball:	VHSL Adopted Ball	Rule Book:	NFHS Rules unless VHSL or Region2A-West adopted rules are in place.
Hospitality:	None for single game. Not to exceed \$100.00 for two or more games unless pre-approved by Region 2A-West Principals.		
State Qualifiers:	Region 2A-West Champion and Runner-Up Region 2A-West First Team Members (Must be ranked 1-8)		
Awards:	Trophy for Champion & Runner-Up Teams 25 Medals for Championship Team Certificates for All-Region Team Members. Plaques for Player and Coach of the Year.		
All-Region Team:	8 Players		
Nominations:	First team All-Conference players eligible. Conferences should rank players: 1-8		
Player of the Year:	Selected from the All-Region First Team player.		
Coach of the Year:	Coach of the Region 2A-West Championship Team.		
Cheerleaders: Will be admitted from competing schools if in uniform. Cheering squads are limited to the number of varsity members used by their school during regular season. No musical instruments or noisemakers are allowed by spectators. Kicking of bleachers is prohibited. No hand held signs or banners permitted except those used by the host school for instructional purposes.			

Competition Cheer

Reference Section 62 VHSL Handbook	
Tournament Director Fee:	\$200.00
Game Times:	Set by Tournament Director and approved by Regional Council.
Admission Fee:	\$6.00
Officials:	VHSL Certified, secured by director. Routine Judges - \$75.00, Safety Judges - \$85.00 plus approved travel & \$50.00 commissioner's fee.
Passes Accepted:	VHSL, VHSCA, VIAAA, VATA, VSBA – Principals State Membership Cards
Regional Qualifiers	To be determined each year.
Hospitality:	Not to exceed \$100.00 unless pre-approved by Region 2A-West Principals.
State Qualifiers:	Region 2A-West Champion, Runner-Up, 3 rd and 4 th Place Teams, announced in reverse order.
Awards:	Trophy for Champion & Runner-Up Teams 30 Medals for Championship Team
See Appendix for Specific Cheer Competition Guidelines.	

Cross Country

Reference Section 64 VHSL Handbook	
Tournament Director Fee:	\$100.00
Location:	Regional Cross Country will be hosted on a rotating basis between Conferences 38 and 39.
Game Times:	Set by Tournament Director and approved by Regional Council.
Admission Fee:	\$6.00 (if applicable)
Officials:	Secured by Director.
Passes Accepted:	VHSL, VHSCA, VIAAA, VATA, VSBA – Principals State Membership Cards
Regional Qualifiers	Top three Conference Teams and the first 10 individual finishers outside of the qualifying teams.
State Qualifiers:	Top six Regional Teams and the first 10 individual finishers outside of the qualifying teams.
Awards:	Trophy for Champion & Runner-Up Teams 15 Medals for Championship Teams 15 Medals for first 15 finishers

Football

Reference Section 68 VHSL Handbook			
Site Director Fee:	\$100.00		
Game Times:	7:00 pm unless traveling 3 hours or more, then game will be played on Saturday at 2:00pm, unless both schools mutually agree upon a date and time.		
Admission Fee:	\$7.00		
Officials:	Association used by home site.		
Passes Accepted:	VHSL, VHSCA, VIAAA, VATA, VSBA – Principals State Membership Cards		
Home Team:	Higher seeded team will host the games. The VHSL determines date, site, and time.		
Official Ball:	VHSL Adopted Ball	Rule Book:	NFHS Rules unless VHSL or Region2A-West adopted rules are in place.
Hospitality:	None for single game.		
State Qualifiers:	Region 2A-West Finalists Region 2A-West First Team Members (Must be ranked 7-#1s, 2s, 3s)		
Awards:	Trophy for Champion & Runner-Up Teams 25 Medals for Championship Team Certificates for All-Region Team Members. Plaques for Player and Coach of the Year.		
All-Region Team:	Defense – 4 Linemen, 4 Linebackers, 4 Defensive Backs, 1 Punter, 1 Punt Returner, 1 “All Purpose” Offense – 1 Quarterback, 4 Linemen, 1 Center, 3 Running Backs, 3 Receivers, 1 Kicker, 1 Kick Returner, 1 “All Purpose”		
Nominations:	First team All-Conference players eligible. Conferences should rank players: seven #1s, seven #2s, and seven #3s. Punter, Return Specialists, All Purpose Players, and Kicker do not need ranking.		
Offensive Player of the Year:	Selected from the All-Region First Team Offensive player.		
Defensive Coach of the Year:	Selected from the All-Region First Team Defensive player.		
Coaches of the Year:	Coaches of the Region 2A-West Finalist Teams.		

Golf

Reference Section 70 VHSL Handbook	
Tournament Director Fee:	\$100.00
Game Times:	9:30 am Coaches Meeting – 10:00 am Tee Times
Practice Times:	Qualifying teams and medalists shall be allowed a practice round the day before the tournament. Cost of the practice round will be set by the host facility and paid for by the participating team.
Officials:	Golf professional or his designee for rules interpretations or violations.
Regional Qualifiers	Top two Conference Teams and the top 6 individual finishers outside of the qualifying teams.
State Qualifiers:	Top two Regional Teams and the top 6 individual finishers outside of the qualifying teams.
Awards:	Trophy for Champion & Runner-Up Teams 10 Medals for Championship Teams 6 Medals for top 6 finishers Certificates for top 6 finishers = All Region Team
Golfer of the Year	Winner of the Region 2A-West Tournament
Coach of the Year	Coach of the Region 2A-West Championship Team

Soccer

Reference Section 78 VHSL Handbook			
Site Director Fee:	\$50.00	Tournament Director Fee:	\$250.00
Game Times:	Quarterfinals – 7:00	Semifinals – 6:00 & 8:00	Finals – 7:00
Tournament Director will determine the times for teams to take the field.			
Admission Fee:	\$6.00		
Officials:	Association used by home site for Quarterfinal. Semifinal & Final officials assigned by Tournament Director.		
Passes Accepted:	VHSL, VHSCA, VIAAA, VATA, VSBA – Principals State Membership Cards		
Home Team:	Teams on the top of the bracket will serve as Home Teams.		
Official Ball:	VHSL Adopted Ball	Rule Book:	NFHS Rules unless VHSL or Region2A-West adopted rules are in place.
Hospitality:	None for single game. Not to exceed \$100.00 for two or more games unless pre-approved by Region 2A-West Principals.		
State Qualifiers:	Region 2A-West Champion and Runner-Up Region 2A-West First Team Members (Must be ranked 1-8)		
Awards:	Trophy for Champion & Runner-Up Teams 25 Medals for Championship Team Certificates for All-Region Team Members. Plaques for Player and Coach of the Year.		
All-Region Team:	16 Players – 5 Attackers, 5 Defenders, 5 Midfielders, 1 Goalkeeper		
Nominations:	First team All-Conference players eligible. Conferences should rank players: 1-8		
Player of the Year:	Selected from the All-Region First Team player.		
Coach of the Year:	Coach of the Region 2A-West Championship Team.		

Softball

Reference Section 56 VHSL Handbook			
Site Director Fee:	\$50.00	Tournament Director Fee:	\$250.00
Game Times:	Quarterfinals – 7:00	Semifinals – 6:00 & 8:00	Finals – 7:00
Tournament Director will determine the times for teams to take the field.			
Admission Fee:	\$6.00		
Officials:	Association used by home site for Quarterfinal. Semifinal & Final officials assigned by Tournament Director.		
Passes Accepted:	VHSL, VHSCA, VIAAA, VATA, VSBA – Principals State Membership Cards		
Home Team:	Teams on the top of the bracket will serve as Home Teams.		
Official Ball:	VHSL Adopted Ball	Rule Book:	NFHS Rules unless VHSL or Region2A-West adopted rules are in place.
Hospitality:	None for single game. Not to exceed \$100.00 for two or more games unless pre-approved by Region 2A-West Principals.		
State Qualifiers:	Region 2A-West Champion and Runner-Up Region 2A-West First Team Members (Must be ranked 3-#1s, 2s, 3s, 4s)		
Awards:	Trophy for Champion & Runner-Up Teams 25 Medals for Championship Team Certificates for All-Region Team Members. Plaques for Player and Coach of the Year.		
All-Region Team:	5 Infielders, 4 Outfielders, 2 Pitchers, 2 Catchers, 1 Utility Player		
Nominations:	First team All-Conference players eligible. Conferences should rank players: 3-#1s, 2s, 3s, 4s		
Player of the Year:	Selected from the All-Region First Team player.		
Coach of the Year:	Coach of the Region 2A-West Championship Team.		

Swim/Dive (Boys & Girls)

Reference Section 80 VHSL Handbook	
Tournament Director Fee:	\$100.00
Game Times:	Set by Meet Director and approved by Regional Council.
Admission Fee:	\$6.00
Officials:	Secured by meet director. These include starter, scorer, times, stroke and turn judges, place judges, referee, and security. All must be certified.
Passes Accepted:	VHSL, VHSCA, VIAAA, VATA, VSBA – Principals State Membership Cards
Regional Qualifiers	A schools entry list must show those participants who placed first, second, third, fourth, fifth, sixth, seventh, or eighth in the conference meet, or who are certified by their coach and/or conference meet director as having met regional or state meet standards during the season or in the conference meet. The same applies to the relay.
Entries & Deadlines:	<ul style="list-style-type: none"> ○ An entry deadline will be established. ○ No changes of entries will be allowed after this entry deadline, unless there was a clerical error in seeding the meet by the director. ○ A swimmer who qualifies from the conference to the regional meet may change events but only if he/she has met the regional or State Group AA standard in the event to which he/she wants to change. ○ Additionally, each swimmer is still held to the limitation of a maximum number of 2 individual entries in the meet. ○ Each school is limited to a maximum of (4) individuals per event and (1) relay team per relay event ○ A swimmer must use the conference meet time for each entry time unless the swimmer has achieved a Regional or State standard and this time is verified on the VHSL State verification form and a copy of this completed form is sent to the regional director with the teams set of entries. ○ A competitor shall be permitted to enter a maximum of four events, no more than two of which may be individual events.

Diving:	Competing school presently sponsors diving will be a part of the regional competition scoring. If diving is held separately, there is a mandatory 15-minute break between the girls' 50 Free Style and the Boys' 100 Fly.
Order of Events:	The order will be that prescribed by the National Federation Swim Rule Book. The boys' heats will precede the girls' heats per event.
Heats:	All heats will be timed finals. The fastest seeded heat will be swam last per event.
Timing:	If no timing system is available, there will be 3 watches per lane. The official time per swim will be the time of the middle watch. Should a timing system and touch pads be available, the system will be used with a backup watch running per lane.
Place Finish:	Final places will be determined by time, except that no swimmer can be placed ahead of another swimmer from the same heat by time comparison if he/she was place-judged behind the other swimmer.
Lap Counters:	Lap counters will be used for the 500 Free. No swimmer will be allowed to be compete without one. The count will increase until the orange sign is shown.
Jewelry:	No jewelry of any kind is allowable except religious and/or medical alert items. However, these items, including the chain and/or necklace must be completely taped to the body. No earrings, watches, bracelets, necklaces, items of body piercing of any kind are allowable.
Scoring:	Eight places will be scored in individual events and eight places in relays. Therefore, the scoring will be: Individual Events 9, 7, 6, 5, 4, 3, 2, and 1 point Relay Events: 18, 14, 12, 10, 8, 6, 4, and 2 points
Hospitality:	Not to exceed \$100.00 unless pre-approved by Region 2A-West Principals.
State Qualifiers:	Top eight (8) individuals in each event; the top four (4) relay teams, and qualifiers meeting State Standards.
Awards:	To be purchased by the schools involved in the event.
All-Region Records:	The tournament director is responsible for up-dates in the Region 2A-West handbook.

Tennis

Reference Section 82 VHSL Handbook	
Tournament Director Fee:	\$100.00
Location:	Radford University and Virginia Tech will be explored for economic feasibility and availability. If unavailable, the tennis regional tournament will continue on a rotating basis among all four conferences.
Game Times:	9:30 am Coaches Meeting – 10:00 am Matches
Officials:	Tournament director will designate a tournament official.
Regional Qualifiers	Top two Conference Teams and individual tournaments.
State Qualifiers:	Top two Regional Teams.
Awards:	Trophy for Champion & Runner-Up Teams 10 Medals for Championship Teams 4 Medals for top 4 Singles Places 8 Medals for top 4 Doubles teams Certificates for top 6 finishers = All Region Team
Player of the Year	Winner of the Region 2A-West Singles Championship
Doubles of the Year	Winner of the Region 2A-West Doubles Championship
Coach of the Year	Coach of the Region 2A-West Championship Team

Indoor/Outdoor Track

Reference Section 84 VHSL Handbook	
Tournament Director Fee:	\$200.00
Game Times:	Set by Tournament Director.
Location:	Radford University is the first option of location with Virginia Tech being the second option, should rental expenses not exceed \$2,500.00. Should neither of these facilities be financially suitable or available, Conferences 38 and 39 shall host on a rotating basis.
Officials:	To be secured by Tournament Director in accordance with workers' fees in the financial section.
Regional Qualifiers	A school's entry list must show those participants who place first, second, third, fourth, fifth, or sixth in a conference meet or those who are certified by the conference director as having met regional or state standards in a sanctioned meet involving four or more schools. A school's entry list must also show those relay teams that place first or second in a district meet or who are certified as having met state standards in the conference meet, or who are certified by the conference director as having met state standards in a sanctioned meet involving four or more schools.
State Qualifiers:	Those participants that placed first, second, third, fourth, fifth or sixth in the regional meet or who were certified by the regional or conference meet director as having met the qualifying times, heights and distances for the state meet during a conference or regional meet or a sanctioned meet involving 10 or more teams which is verified by the meet director.
Awards: <i>(Outdoor Track Only Indoor Track Awards to be purchased by participating schools.)</i>	Trophy for Champion & Runner-Up Teams 20 Medals for Championship Teams 8 Medals – First 8 places in each individual event, First two places in relay events.
All-Regional Records	The Tournament Director is responsible for updates in the Region 2A-West Handbook.
Coach of the Year	Coach of the Region 2A-West Championship Team
See Appendix for Order of Events	

Volleyball

Reference Section 86 VHSL Handbook			
Site Director Fee:	\$50.00	Tournament Director Fee:	\$250.00
Game Times:	Quarterfinals – 7:00	Semifinals – 6:00 & 8:00	Finals – 7:00
Tournament Director will determine the times for teams to take the court, provide warm-up balls, and water for teams.			
Admission Fee:	\$6.00		
Officials:	Association used by home site for Quarterfinal. Semifinal & Final officials assigned by Tournament Director.		
Passes Accepted:	VHSL, VHSCA, VIAAA, VATA, VSBA – Principals State Membership Cards		
Home Team:	Teams on the top of the bracket will serve as Home Teams.		
Official Ball:	VHSL Adopted Ball	Rule Book:	NFHS Rules unless VHSL or Region2A-West adopted rules are in place.
Matches:	Each match will consist of the best three out of five matches, rally scoring to 25 points, win by two points.		
Hospitality:	None for single game. Not to exceed \$100.00 for two or more games unless pre-approved by Region 2A-West Principals.		
State Qualifiers:	Region 2A-West Champion and Runner-Up Region 2A-West First Team Members (Must be ranked 3-#1s, 2s, 3s, 4s)		
Awards:	Trophy for Champion & Runner-Up Teams 20 Medals for Championship Team Certificates for All-Region Team Members. Plaques for Player and Coach of the Year.		
All-Region Team:	8 Individuals and 1 Libero.		
Nominations:	First team All-Conference players eligible. Conferences should rank players: 3-#1s, 2s, 3s, 4s		
Player of the Year:	Selected from the All-Region First Team player.		
Coach of the Year:	Coach of the Region 2A-West Championship Team.		

Wrestling

Reference Section 88 VHSL Handbook	
Tournament Director Fee:	\$200.00
Game Times:	Weigh-In – 9:00am, Meet time – 10:00am
Admission Fee:	\$6.00
Officials:	Association used by the Host conference and assigned by Director.
Passes Accepted:	VHSL, VHSCA, VIAAA, VATA, VSBA – Principals State Membership Cards
Weight:	Will follow VHSL guidelines. Weight classes include: 106, 113, 120, 132, 138, 145, 152, 160, 170, 182, 195, 220, and 285.
Subsections:	<p>Subsections serve as Regional Semifinals.</p> <ul style="list-style-type: none"> • They will follow the same financial guidelines as other semifinal games. • No awards should be presented at the subsections. • The subsections must be factored into a school’s total match count per VHSL guidelines. • No team points will be calculated at the match.
Regional Qualifiers:	Subsections will qualify 8 places in each weight classification.
Hospitality:	Not to exceed \$100.00 unless pre-approved by Region 2A-West Principals.
State Qualifiers:	Participants who place 1 st through 4 th in each weight class
Awards:	Trophy for Champion & Runner-Up Teams 4 Medals for top 4 places per Weight Class. Plaques for Wrestler and Coach of the Year. Certificates for All-Region Team.
All-Region Team:	Tournament Weight Class Winners
Coach of the Year:	Coach of the Region 2A-West Championship Team.

Debate

Reference Section 112 VHSL Handbook	
Tournament Director Fee:	\$100.00
Admission:	None
Game Times:	Set by Tournament Director
Officials:	One judge per round. The judge is to be independent of any school participating. \$75.00 paid per judge.
Hospitality:	Not to exceed \$100.00 unless pre-approved by Region 2A-West Principals.
Regional Qualifiers	Top two Conference representative in each category. #1 seed will be the Conference Champion and #2 see will be the Conference Runner-Up
State Qualifiers:	Champion and Runner-Up for Affirmative, Negative, and Switch
Awards: <i>(to be purchased by participating schools)</i>	Trophies for Champion & Runner-Up Affirmative, Negative, and Switch Teams 6 Medals for First Places

Forensics

Reference Section 111 VHSL Handbook	
Tournament Director Fee:	\$200.00
Game Times:	Set by Tournament Director.
Admission:	None
Officials:	Two judges for each event to be secured by the Tournament Director. Fees are \$25.00 per judge and \$50.00 per scorer.
Regional Qualifiers:	<ul style="list-style-type: none"> ○ Top three Conference places in each event. ○ All entries must be submitted on the official entry form, properly certified by the principal and postmarked no later than the deadline date for entry.
Hospitality:	Not to exceed \$100.00 unless pre-approved by Region 2A-West Principals.
State Qualifiers:	First three places in each contest.
Awards:	Trophy for Champion & Runner-Up Teams 35 Medals (11-1 st Place, 11-2 nd Place, 11-3 rd Place, 2-Duo)
Individual Competition:	Winner for each individual competition will be determined by lowest ranking. Rankings for each round are added. If a tie exists, then it will be broken by adding the total points.
Scoring:	<p>Each event will have at least two rounds of competition with contestants being scored by at least (2) judges per round. If there is a final round after 2 or 3 preliminary rounds, the points used will be 7, 5, 3, 1, for others who are in the final round.</p> <p>Point Distribution:</p> <ul style="list-style-type: none"> ○ Each 1st place = 5 points ○ Each 2nd place = 3 points (if there is no final round) ○ Each 3rd place = 1 point
Areas of Competition:	<ul style="list-style-type: none"> ○ Extemporaneous Speaking Domestic Affairs ○ Extemporaneous Speaking Foreign Affairs ○ Original Oratory ○ Impromptu Speaking ○ Storytelling ○ Poetry Interpretation ○ Prose Interpretation ○ Serious Dramatic Interpretation ○ Humorous Dramatic Interpretation ○ Duo-Interpretation of Literature

Scholastic Bowl

Reference Section 126 VHSL Handbook	
Tournament Director Fee:	\$200.00
Admission:	None
Game Times:	Set by Tournament Director
Officials:	Moderators assigned by Tournament Director (4). \$100.00 per moderator plus approved travel.
Format:	Will follow VHSL State Tournament Format
Hospitality:	Not to exceed \$100.00 unless pre-approved by Region 2A-West Principals.
Regional Qualifiers	Top two Conference representative in each category. #1 seed will be the Conference Champion and #2 see will be the Conference Runner-Up
State Qualifiers:	Region 2A-West Champion and Runner-Up
Awards:	Trophies for Champion and Runner-Up Teams 8 Medals to Championship Team

Theater Festival

Reference Section 101 VHSL Handbook	
Tournament Director Fee:	\$200.00
Admission:	None
Game Times:	Set by Tournament Director
Officials:	Four judges to be secured by Tournament Director. Fee of \$100.00 per judge.
Order of Performance:	A Blind Draw will take place at least one week prior to the Festival to determine the order of performance.
Hospitality:	Not to exceed \$100.00 unless pre-approved by Region 2A-West Principals.
Regional Qualifiers	Top two Conference Teams
State Qualifiers:	Region 2A-West Champion and Runner-Up
All Region Selection:	Five All-Region actors will be selected by the judges.
Awards:	Trophies for Region 2A-West Champion & Runner-Up Teams 15 Medals for Champion Team 5 All-Festival Medals

Appendix A: Medals

Event	Medal Inscription	Quantity
Baseball	Region 2A-West Team Champion	25
Boys Basketball	Region 2A-West Team Champion	25
Girls Basketball	Region 2A-West Team Champion	25
Competition Cheer	Region 2A-West Team Champion	30
Cross Country	Region 2A-West Team Champion	30 (15 boys, 15 girls)
	Region 2A-West Medalists	30 (1 st – 15 th Each)
Golf	Region 2A-West Team Champion	10
	Region 2A-West Medalists	5 (1 st – 5 th)
Boys Soccer	Region 2A-West Team Champion	25
Girls Soccer	Region 2A-West Team Champion	25
Softball	Region 2A-West Team Champion	25
Boys Tennis	Region 2A-West Team Champion	10
	Region 2A-West Singles Medalists	4 (1 st – 4 th)
	Region 2A-West Doubles Medalists	8 (1 st – 4 th)
Girls Tennis	Region 2A-West Team Champion	10
	Region 2A-West Singles Champion	4 (1 st – 4 th)
	Region 2A-West Doubles Champion	8 (1 st – 4 th)
Boys Indoor Track	Region 2A-West Team Champion	NA
(purchased separately)	Region 2A-West All-Conference (Event winners)	NA
Girls Indoor Track	Region 2A-West Team Champions	NA
(purchased separately)	Region 2A-West All-Conference (Event winners)	NA
Boys Outdoor Track	Region 2A-West Team Champion	20
	Region 2A-West All-Conference (Event winners)	26
Girls Outdoor Track	Region 2A-West Team Champion	20
	Region 2A-West All-Conference (Event winners)	25
Volleyball	Region 2A-West Team Champion	25
Wrestling	Region 2A-West Individual Champs	30
	Region 2A-West Medalists	112 (1 st – 8 th ea class)

Academic Events

Event	Medal Inscription	Quantity
Forensics	Region 2A-West Team Champion	15
	Forensics Medalists	72 (1 st – 6 th Places)
Theatre Festival	Region 2A-West Team Champion	15
	All-Region Outstanding Actors	5
Scholastic Bowl	Region 2A-West Team Champion	10
Debate	Region 2A-West Team Champion	

Appendix B: Trophies & Plaques

Event	Inscription	Quantity
Fall Sports		
Volleyball	Region 2A-West Tournament Champion	1 Trophy
	Region 2A-West Tournament Runner-Up	1 Trophy
	Region 2A-West Player of the Year	1 Plaque
	Region 2A-West Coach of the Year	1 Plaque
Football	Region 2A-West Finalist	2 Trophies
	Region 2A-West Offensive Player of the Year	1 Plaque
	Region 2A-West Defensive Player of the Year	1 Plaque
	Region 2A-West Coach of the Year	1 Plaque
Golf	Region 2A-West Tournament Champion	1 Trophy
	Region 2A-West Tournament Runner-Up	1 Trophy
	Region 2A-West Golfer of the Year	1 Plaque
	Region 2A-West Coach of the Year	1 Plaque
Boys Cross Country	Region 2A-West Champion	1 Trophy
	Region 2A-West Tournament Runner-Up	1 Trophy
	Region 2A-West Runner of the Year	1 Plaque
	Region 2A-West Coach of the Year	1 Plaque
Girls Cross Country	Region 2A-West Champion	1 Trophy
	Region 2A-West Tournament Runner-Up	1 Trophy
	Region 2A-West Runner of the Year	1 Plaque
	Region 2A-West Coach of the Year	1 Plaque
Competition Cheer	Region 2A-West Champion	1 Trophy
	Region 2A-West Tournament Runner-Up	1 Trophy
	Region 2A-West Coach of the Year	1 Plaque
Winter Sports		
Boys Basketball	Region 2A-West Tournament Champion	1 Trophy
	Region 2A-West Tournament Runner-Up	1 Trophy
	Region 2A-West Player of the Year	1 Plaque
	Region 2A-West Coach of the Year	1 Plaque
Girls Basketball	Region 2A-West Tournament Champion	1 Trophy
	Region 2A-West Tournament Runner-Up	1 Trophy
	Region 2A-West Player of the Year	1 Plaque
	Region 2A-West Coach of the Year	1 Plaque
Wrestling	Region 2A-West Champion	1 Trophy
	Region 2A-West Tournament Runner-Up	1 Trophy
	Region 2A-West Wrestler of the Year	1 Plaque
	Region 2A-West Coach of the Year	1 Plaque

Spring Sports		
Baseball	Region 2A-West Tournament Champion	1 Trophy
	Region 2A-West Tournament Runner-Up	1 Trophy
	Region 2A-West Player of the Year	1 Plaque
	Region 2A-West Coach of the Year	1 Plaque
	Region 2A-West Pitcher of the Year	1 Plaque
Softball	Region 2A-West Tournament Champion	1 Trophy
	Region 2A-West Tournament Runner-Up	1 Trophy
	Region 2A-West Player of the Year	1 Plaque
	Region 2A-West Coach of the Year	1 Plaque
	Region 2A-West Pitcher of the Year	1 Plaque
Boys Indoor Track	Region 2A-West Champion	1 Trophy
(purchased separately)	Region 2A-West Tournament Runner-Up	1 Trophy
	Region 2A-West Athlete of the Year	1 Plaque
	Region 2A-West Coach of the Year	1 Plaque
Girls Indoor Track	Region 2A-West Champion	1 Trophy
(purchased separately)	Region 2A-West Tournament Runner-Up	1 Trophy
	Region 2A-West Athlete of the Year	1 Plaque
	Region 2A-West Coach of the Year	1 Plaque
Boys Outdoor Track	Region 2A-West Champion	1 Trophy
	Region 2A-West Tournament Runner-Up	1 Trophy
	Region 2A-West Athlete of the Year	1 Plaque
	Region 2A-West Coach of the Year	1 Plaque
Girls Outdoor Track	Region 2A-West Champion	1 Trophy
	Region 2A-West Tournament Runner-Up	1 Trophy
	Region 2A-West Athlete of the Year	1 Plaque
	Region 2A-West Coach of the Year	1 Plaque
Boys Tennis	Region 2A-West Champion	1 Trophy
	Region 2A-West Tournament Runner-Up	1 Trophy
	Region 2A-West Player of the Year	1 Plaque
	Region 2A-West Coach of the Year	1 Plaque
Girls Tennis	Region 2A-West Champion	1 Trophy
	Region 2A-West Tournament Runner-Up	1 Trophy
	Region 2A-West Player of the Year	1 Plaque
	Region 2A-West Coach of the Year	1 Plaque
Swin and Dive	Region 2A-West Champion	1 Trophy
(purchased separately)	Region 2A-West Tournament Runner-Up	1 Trophy
	Region 2A-West Player of the Year	1 Plaque
	Region 2A-West Coach of the Year	1 Plaque

Boys Soccer	Region 2A-West Tournament Champion	1 Trophy
	Region 2A-West Tournament Runner-Up	1 Trophy
	Region 2A-West Player of the Year	1 Plaque
	Region 2A-West Coach of the Year	1 Plaque
Girls Soccer	Region 2A-West Tournament Champion	1 Trophy
	Region 2A-West Tournament Runner-Up	1 Trophy
	Region 2A-West Player of the Year	1 Plaque
	Region 2A-West Coach of the Year	1 Plaque

Academic

Forensics	Region 2A-West Champion	1 Trophy
	Region 2A-West Tournament Runner-Up	1 Trophy
Theatre Festival	Region 2A-West Champion	1 Trophy
	Region 2A-West Tournament Runner-Up	1 Trophy
Academic Competition	Region 2A-West Champion	1 Trophy
	Region 2A-West Tournament Runner-Up	1 Trophy
Debate	Region 2A-West Champion	1 Trophy
(purchased separately)	Region 2A-West Tournament Runner-Up	1 Trophy

Appendix C: Tournament Rotation

FALL SPORTS	2014-15	2015-16	2016-17	2017-18
Cross Country	Conference 38	Conference 39	Conference 38	Conference 39
Competition Cheer	Conference 39	Conference 40	Conference 37	Conference 38
Golf	Conference 40	Conference 37	Conference 38	Conference 39
Theater	Conference 37	Conference 38	Conference 39	Conference 40
Volleyball	Conference 38	Conference 39	Conference 40	Conference 37
WINTER SPORTS				
Boys Basketball	Conference 39	Conference 40	Conference 37	Conference 38
Girls Basketball	Conference 39	Conference 40	Conference 37	Conference 38
Wrestling	Conference 37	Conference 38	Conference 39	Conference 40
Scholastic Bowl	Conference 38	Conference 39	Conference 40	Conference 37
Forensics	Conference 39	Conference 40	Conference 37	Conference 38
Swim	Virginia High School			
Indoor Track	Conference 37	Conference 38	Conference 39	Conference 40
SPRING SPORTS				
Baseball	Conference 38	Conference 39	Conference 40	Conference 37
Boys Soccer	Conference 40	Conference 37	Conference 38	Conference 39
Girls Soccer	Conference 40	Conference 37	Conference 38	Conference 39
Softball	Conference 37	Conference 38	Conference 39	Conference 40
Boys Tennis	Conference 39	Conference 40	Conference 37	Conference 38
Girls Tennis	Conference 39	Conference 40	Conference 37	Conference 38
Outdoor Track	Radford University/Virginia Tech or Rotation of 39 and 38.			
Debate	Conference 37	Conference 38	Conference 39	Conference 40

Appendix D: Regional Tournament Sites & Directors 2014-2015

Sport	Site	Date(s)	Time	Director
Competition Cheer	Graham			Glynn Carlock
Cross Country	Giles	November 5, 2014	2:30 Coaches 3:00 Girls 3:45 Boys	Steve Wilson
Football	N/S			Tommy Golding & Tom Keene
Golf	Cedar Hills CC	October 2, 2014	9:00 am	Jeremy Pendergraff/ Ray Robbins
Volleyball	James River	November 11, 13, & 15, 2014	QF - 7:00 SF - 6 & 8:00 F - 7:00	Sheila Profitt
Boys' Basketball	Richlands			Rickie Vencill
Girls' Basketball	Tazewell			Tom Keene
Wrestling	Chatham			Nathan Lumpkins
Swim & Dive	Virginia High			Barry Reed
Baseball	Glenvar			Richard McElwee
Softball	Dan River			Julia Woodward
Girls' Tennis	Graham			Glynn Carlock
Boys' Tennis	Graham			Glynn Carlock
Track	Virginia High			Barry Reed
Boys' Soccer	Sugar Hollow, John Battle			Whitney Ball
Girls' Soccer	Sugar Hollow, John Battle			Whitney Ball
Indoor Track	TBD			
Academic Events				
Theatre	Randolph-Henry			Chris Holt
Forensics	Randolph-Henry			Chris Holt
Scholastic Bowl	James River			Sheila Profitt
Debate	N/A			

Appendix E: Meetings and Deadlines

Sport	Pre-Tournament Report Deadline	All-Region Meeting	Location	Tournament Director
Football	3 days prior to game	Nov. 30, 2014	Shoney's, Dublin	Tommy Keene & Tommy Golding
Volleyball	Sept. 3, 2014	Nov. 16, 2014	Shoney's, Dublin	Sheila Profit
Golf	Sept. 3, 2014	@ Tournament		
Cross Country	Sept. 3, 2014	@ Tournament		
Competition Cheer	Sept. 3, 2014	@ Tournament		
Theater	Sept. 3, 2014	@ Tournament		
Girls Basketball	Oct. 16, 2014	March 8, 2015	Shoney's, Dublin	Tom Keene
Boys Basketball	Oct. 16, 2014	March 8, 2015	Shoney's, Dublin	Rickie Vencill
Wrestling	Oct. 16, 2014	@ Tournament		
Indoor Track	Oct. 16, 2014	@ Tournament		
Swim & Dive	Oct. 16, 2014	@ Tournament		
Scholastic Bowl	Oct. 16, 2014	@ Tournament		
Forensics	Oct. 16, 2014	@ Tournament		
Baseball	Mar. 11, 2015	June 7, 2015	Shoney's, Dublin	Richard McElwee
Softball	Mar. 11, 2015	June 7, 2015	Shoney's, Dublin	Julia Woodward
Boys Soccer	Mar. 11, 2015	June 7, 2015	Shoney's, Dublin	Whitney Ball
Girls Soccer	Mar. 11, 2015	June 7, 2015	Shoney's, Dublin	Whitney Ball
Outdoor Track	Mar. 11, 2015	@ Tournament		
Tennis	Mar. 11, 2015	@ Tournament		
Debate	Mar. 11, 2015	@ Tournament		

Appendix F: Regional Cheer Competition Guidelines

ENTRIES: The Regional Cheerleading Competition is open to all Varsity Cheer squads from any of the qualifying schools in the Piedmont, River Ridge and Southwest Districts. Participants must place in the top four in the district competition in order to advance to competition at the regional level. Each school must send a copy of their squad eligibility list to the tournament director upon registration for the competition.

SQUAD LIMITS: Each schools squad may have up to a maximum of 20 squad members who must be listed on the current years Master Eligibility List. Squads may have a mascot. The mascot will not be counted as a squad member as long as they do not step in to the competition area.

SCHEDULE: By VHSL policy, teams will not be allowed to practice at the site of the competition prior to the event.

SCHEDULE OF WARM-UP AND COMPETITION:

Each team will be allocated a warm-up time on the competition surface. Warm-up rotation and Competition order, for each round, will be by a blind draw. This will be performed during the September Regional Council meeting.

PERFORMANCE: Each squad shall wait for its introduction before entering the competition area or beginning its performance. There will be an additional mat for warm-ups. At the conclusion of the routine, the squad shall immediately vacate the performing area. Entrances will be allowed as long as teams do not tumble. If athletes tumble, then safety points will be deducted.

ROUTINE: The routine must be a minimum of 2 minutes and 30 seconds and a maximum of 3 minutes. The music portion of the routine, however, must not exceed a 90 second time limit. Each coach needs two tapes. The extra tape could be needed in case of a mechanical problem. Coaches are required to cue their own tapes. The host site will provide a sound technician to help with the sound equipment.

EQUIPMENT: The competition surface will be a smooth padded surface at 1" thickness (+ or 1 1/4"). The area will be a minimum of 39' 4 1/2" (12

meters) square to a maximum of 40' square. If the sections of the mats are not in one piece, each section shall be securely fastened together.

The host school will also provide a quality sound system.

TOURNAMENT OFFICIALS:

A panel of five routine judges to adjudicate the competition routines, three safety judges to identify deductions for safety and execution regulations, two timers (one music and one for overall routine length), an announcer, sound technician, trainer, and meet director.

JUDGES:

All judges will be VHSL certified. There will be 5 routine judges and three safety judges

JUDGING CRITERIA:

The following categories will be judged up to the maximum points shown by each category. A perfect score is 100 points. The routine score will be based on dropping the high and low scores of the 5 judges and totaling the three remaining scores. The Safety Judges will submit one score sheet with applicable deductions that will be subtracted from the team routine score.

ROUTINE EXECUTION:

MOTIONS Levels, Sharp Timing	15
JUMPS Height, Variety, Technique	15
TUMBLING Difficulty, Variety, Technique	15
STUNTS Technique, Dismounts, Variety	15
DANCE Synchronization, Energy, Formations, Rhythm	15
PROJECTION Voice, Expression, Crowd Appeal	5
CHOREOGRAPHY Spacing, Level changes, Formations, Use of floor	5
TRANSITIONS Timing, Flow	5
DEGREE OF DIFFICULTY Overall execution & incorporation of technical skills	5
OVERALL IMPRESSION Entertainment, Variety, Creativity	5
TOTAL POINTS	100

SAFETY/EXECUTION DEDUCTIONS: The following deductions will be taken per infraction:

INFRACTIONS	POINTS DEDUCTED PER INFRACTION
<u>Under/Over Performance Limit</u>	10
<u>Exceeding Music Time Limit</u>	5
<u>Exceeding Boundaries</u>	1
<u>Dangerous Use of Props</u>	1
<u>Illegal Stunts</u>	20
<u>Illegal Execution of Stunt</u>	10
<u>Improper Spotting Technique</u>	3
<u>Falls to Ground</u>	5
<u>Falls Caught by Bases</u>	3
<u>Tumbling Falls</u> (Hands, Knees or Buttocks)	5
<u>Safety Related Appearance Infraction</u> (Jewelry, Nails, Hair, etc)	1
<u>Unsporting Behavior</u> (Squad behavior while on the mat)	10

QUALIFIERS TO FINAL ROUND:

The 5 schools with the highest number of points will advance to the second round of competition. For the final round of competition the first round of scores will not count. The order of the final competition will be determined by a random drawing by the meet director.

TEAM SCORE:

The team score will be the total number of points of the 3 remaining score sheets after the high and low scores have been eliminated. The safety deductions will then be subtracted from that score (Only one sheet of deductions for both judges). Ties will be broken by including the dropped highest and lowest scores. Only 4 teams will advance to the State Competition. All teams will receive their schools judged sheets but will not receive copies of any other schools score sheets.

Appendix G: Outdoor Track Order of Events

Coaches = Meeting
Certification of Implements
Boys = 3200 Meter Relay
Girls = 3200 Meter Relay
Boys = Long Jump followed by Girls = Triple Jump
Girls = Long Jump followed by Boys = Triple Jump
Pole Vault
Girls = High Jump followed by Boys = High Jump
Boys = Shot followed by Girls = Shot
Girls = Discus followed by Boys = Discus
Girls = 100 Meter Hurdles Trials
Girls = 110 Meter Hurdles Trials
Girls = 100 Meter Dash Trials
Boys = 100 Meter Dash Trials
Girls = 200 Meter Dash Trials
Boys = 200 Meter Dash Trials

Break or second day's events.

Girls = 100 Meter Hurdles Finals
Boys = 110 Meter Hurdles finals
Girls = 100 Meter Dash Finals
Boys = 100 Meter Dash Finals
Girls = 1600 Meter Run Finals
Boys = 1600 Meter Run Finals
Girls = 400 Meter Relay Finals
Boys = 400 Meter Run Finals
Girls = 400 Meter Run Finals
Boys = 300 Meter Hurdles Finals
Girls = 300 Meter Hurdles Finals
Girls = 800 Meter Run Final
Boys = 800 Meter Run Finals
Girls = 200 Meter Dash Finals
Boys = 200 Meter Dash Finals
Girls = 3200 Meter Run Finals
Boys = 3200 Meter Run Finals
Girls = 1600 Meter Relay Finals
Boys = 1600 Meter Relay Finals

Appendix H: Indoor Track Order of Events

Coaches= Meeting

Certification of Implements

Field Events

Boys = Shot Put

Girls = High Jump

Boys = Long Jump

Pole Vault

Girls = Shot Put

Boys = High Jump

Girls = Long Jump

Running Events

Girls = 3200 Meter Relay

Boys = 3200 Meter Relay

Girls = 55 Meter Hurdle Trials

Boys = 55 Meter Hurdle Trials

Girls = 55 Meter Dash Trials

Boys = 55 Meter Dash Trials

Girls = 55 Meter Hurdle Finals

Boys = 55 Meter Hurdle Finals

Girls = 55 Meter Dash Finals

Boys = 55 Meter Dash

Girls = 55 Meter Dash

Girls = 1600 Meter Run

Boys = 1600 Meter Run

Girls = 880 Meter Relay

Boys = 880 Meter Relay

Girls = 500 Meter Dash

Boys = 500 Meter Dash

Girls = 1000 Meter Run

Boys = 1000 Meter Run

Girls = 300 Meter Dash

Boys = 300 Meter Dash

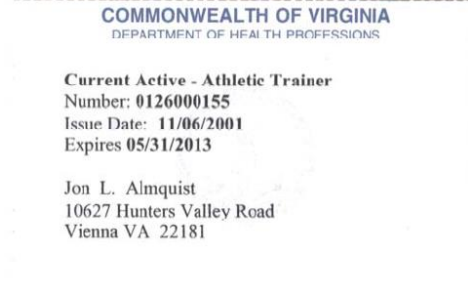
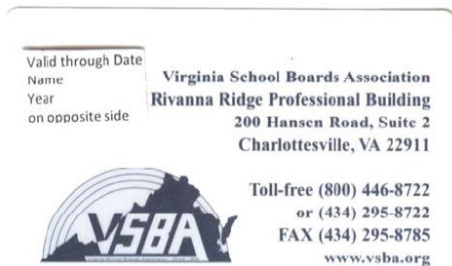
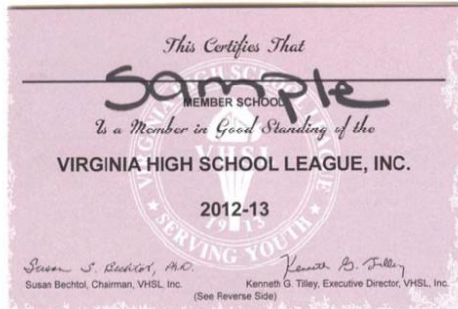
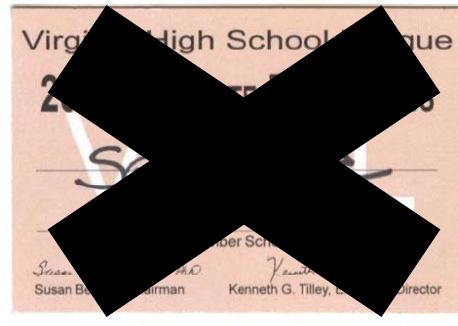
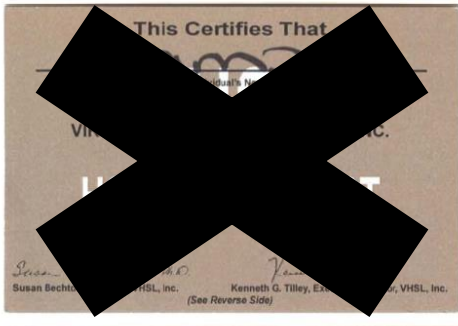
Girls = 3200 Meter Run

Boys = 3200 Meter Relay

Girls = 1600 Meter Relay

Boys = 1600 Meter Relay

Appendix I: Accepted Passes



Appendix J: Regional Championship History

FALL SPORTS				
	2013-14	2014-15	2015-16	2016-17
Girls Cross Country	Grayson Co.			
Boys Cross Country	Floyd Co.			
Competition Cheer	Graham			
Golf				
Theater				
Volleyball	Gate City			
WINTER SPORTS				
Boys Basketball	Dan River			
Girls Basketball	Gate City			
Wrestling	Grundy			
Scholastic Bowl				
Forensics				
Boys Swim	Marion			
Girls Swim	Virginia High			
Boys Indoor Track				
Girls Indoor Track				
SPRING SPORTS				
Baseball	Virginia High			
Boys Soccer	Martinsville			
Girls Soccer	Radford			
Softball	Dan River			
Boys Tennis	Glenvar			
Girls Tennis	Gate City			
Boys Outdoor Track				
Girls Outdoor Track				
Debate				