

2021-2022 REGION 4B

VHSL Athletic & Academic Handbook



September, 2021

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Preface

As of July 1, 2021 the Region 4B is part of the Virginia High School League (VHSL) and fulfills its role in support of league policy and regulations. Member schools include:

Atlee	Chancellor	Courtland	Dinwiddie
Eastern View	George Wythe	Hanover	Huguenot
King George	Henrico	Matoaca	Mechanicsville
Monacan	Patrick Henry (Ashland)	Powhatan	Spotsylvania
Varina			

This handbook has been developed by Region 4B schools to compile rules and regulations consistent with those of the VHSL needed for administration and governance of regional activities. Due to a continual turnover of regional officers, it is essential that a consistent plan of action for conducting Regional meetings and Regional tournaments be developed.

It shall be the responsibility of the Region 4B Chairperson to ensure that an annual review of this handbook is conducted. The purpose of this review is to ensure that Region 4B and VHSL policies are consistent and all Council-approved revisions have been included in the handbook. An updated edition of the Region 4B handbook shall be electronically available to all member schools.

History of Region 4B

In 2012 the Virginia High School League voted to use a new classification system for the purpose of determining champions for athletics and activities. This change to six classifications grouped schools together by similar enrollments. After using a conference system for four years, a new system was adopted which formed four regions for each classification (1-6) in the state. The regions are grouped together by enrollment and location. In the Fall of 2019 there will be 16 high schools competing in Region 4B. These schools are located as far North as Culpeper County, Spotsylvania, Richmond, and as far South as Dinwiddie.

Article I – Regional Council Organization

A. Purpose

1. The regional council shall provide for the conduct of the VHSL program with Region 4B.

B. Membership

1. The regional council shall be composed of the principal of each member school or his/her designee. The athletic director of each school shall serve in an advisory capacity to the council unless he/she is the principal's designated voting member.

C. Officers

1. The officers of the regional council shall be the chairperson, vice-chairperson, secretary, and treasurer. They shall be elected by the regional council from its membership at the last regular meeting of the school year. They shall be elected for one two year term. If for any reason an officer cannot finish his/her term of office, the regional council shall follow the procedure outlined in Section 23 of the VHSL handbook.
2. Only principals shall be eligible to hold office on the regional council.
3. Officer Duties
 - a. Chairperson – The Council Chairperson shall be the executive officer of the Region 4B Council and shall exercise general supervision over the region program, with the advice and assistance of the other regional officers and in accordance with the expressed wishes of the Regional Council members. The chairperson shall preside over meetings of the Region 4B Council and serve as a liaison between the VHSL and committees. The chairperson shall serve as the official spokesperson for Region 4B. The Council Chairperson shall also be responsible for ensuring that an annual review of the Region 4B handbook is conducted and a current, updated edition of the handbook is available electronically to all member schools.
 - b. Vice-Chairperson – The Council Vice-Chairperson shall assist and perform the duties of the Chairperson if the Chairperson becomes disabled or is unable to attend a Council meeting.
 - c. Secretary – The Council Secretary, not later than Sept. 1, Nov. 1, and March 1 shall send to the VHSL office a report giving the dates of fall, winter, and spring regional sponsored events, respectively. The report should include 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 Secretary shall take the minutes of all Council meetings and forward a complete copy of the minutes to all regional schools and the VHSL Executive Director. The Secretary shall be responsible for maintaining all records, reports and communication of the Region 4B Council. The Secretary shall ensure that a record is maintained of all Region 4B championships.
 - d. Treasurer – The Council Treasurer shall be responsible for the proper administration and maintenance of all records regarding the receipt and disbursement of Region 4B funds. The Treasurer shall publish and make available

to all member schools an official financial report at each Region 4B Council meeting. The Treasurer shall ensure that the Council utilizes sound financial management practices over Region 4B funds and maintains a positive financial balance. The Treasurer shall be paid a \$1000 annual stipend as compensation for the additional responsibility of keeping the Region 4B Council financial records and overseeing the organization's financial accounts.

D. Duties

1. The Region 4B Council shall determine with such appropriate resource people as it deems advisable to the regional sponsored events for each school year; shall formulate and adopt, in conformity with and not in contradiction to VHSL and Group Board policies and rules, such specific regulations as are deemed necessary or desirable in the conduct of the regional sponsored events; shall make recommendations to the Executive Committee for Group Board or Legislative Council action; and shall regulate regional sponsored events. The regional council may refuse permission to advance to regional competition any school that does not abide by regional council decisions.

E. Vacancy of an Officer Position

1. In case a regional office is vacated for any reason between the time a term begins and the time it expires, the vice-chairman shall become acting chairman if the office of the chairman becomes vacant, and secretary shall become acting chairman if both the offices of chairman and vice-chairman become vacant. If the offices of chairman, vice-chairman, and secretary become vacant, the treasurer shall become acting chairman. In such cases, the temporary successions shall prevail only until the next meeting of the Regional Council, which shall then fill the vacancies for the remainder of the expired terms. In case there is a vacancy at a time when action by the regional officers is necessary, the chairman or acting chairman shall appoint some other member of the Regional Council to serve temporarily, until the vacancy can be filled by election of the Council.

F. Representation to the VHSL: To be decided by membership

G. Meetings

1. The Regional Council shall meet on call of the Regional Chairperson in May to establish the regional program for the following year. 4B shall meet again not later than January 1 of the current school year to review and transact other business. All other dates for meetings shall be set forth in conjunction with the VHSL group meetings.
2. There will be a formal agenda at each meeting. When possible, the Region Chairman will mail out a tentative agenda prior to each meeting.

H. Voting Procedures

1. Each member school of the Region 4B Council, including the Chairperson, shall be entitled to one vote. If the principal is absent, the athletic director or designee with a proxy of that member school may vote on behalf of its school. A quorum shall consist of a majority of the total membership of the regional council.
2. Business may be conducted and Council policy adopted on a majority vote of those members present and voting.
3. All business conducted, policy adopted, and athletic and academic programs developed and approved by Region Council shall be in conformity with all rules, regulations, and policies of the VHSL Handbook.

I. Finances

1. Regional council shall defray the expenses of conducting the regional program through the council's portion of funds realized through the regional activities that are more than self-sustaining. Each school shall be assessed a \$1000 fee to become a member of the region. The regional council is authorized to distribute any designated surplus funds to the schools comprising the region.

J. Member Schools and Vesting:

1. Each member school has one shared & vested interest in Region 4B.
2. To become a vested member of the Region 4B, the school entering will purchase one vested share. This amount is \$1000 per member school.
3. If a disbursement of surplus funds is so approved by Region 4B members, any member school which ends a school year as a vested member of Region 4B will be entitled to the annual surplus disbursement. This annual surplus disbursement will be equal to one share of the total surplus at year end.
4. Upon leaving Region 4B, 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 receipted from the fiscal year just completed, by the total number of vested member schools.

K. Amendments to the Handbook

1. All amendments to the Region 4B Handbook shall require the approval of a two-thirds majority of the Council voting membership. Policy changes may be proposed by individual Council members. No policy may be entered into the Region 4B Handbook without receiving a two-thirds affirmative vote by Council voting members. The regional chairman shall designate a principal or athletic director to keep the handbook current and provide an electronic handbook to all member schools. This designee will receive a \$250 stipend at the conclusion of each school year.

Article II – Region 4B Operational Guidelines

A. Reimbursement for Regional Events

1. Reimbursement for any team associated with playing in or attending a regional event will be covered at \$.50 per mile and \$1.00 per mile for football, to be paid at the end of the fiscal year with dividend payments. Subject to change based on year-end financial situation and treasury report. Travel is considered part of your bills. Region 4B will maintain a balance of \$13,000.00 at the start of each school year. Pay for mileage will be at 100% if financially possible, otherwise pay is based on the percentage of the overage of \$13,000.00 each year.

B. Admission Fees and Pass Policies

1. The Region 4B Council authorizes Regional Directors to recognize only those passes issued by the council and those passes issued by associations with official Virginia High School League affiliation. The Region 4B Region Council reserves the right to require a picture identification with any pass presented at the gate of regional contests & events.

Acceptable passes are listed below and are subject to the restrictions listed on the pass:

1. VHSCA
2. VHSL Coach's Pass
3. VIAAA Membership Card
4. VHSL Principal's Pass
5. VASSP
6. NASSP
7. VSBA
8. VASS

Authorized press credentials will be recognized when presented by media representatives along with picture identification.

Admission Fees:

Football-	\$8.00
Regional Varsity Sports-	\$7.00
Wrestling-	\$7.00 for 1 st day, \$10 for 2 nd day, and \$15 for both
Golf, Tennis, Cross Country, and Academic Activities-	No Charge

***** All spectators school age or higher will pay full price.**

The 4B Council authorizes Regional Directors to recognize only those passes issued by the council and those passes issued by associations with official Virginia High School League affiliation. The Region Council reserves the right to require a picture identification with any pass presented at the gate of regional contests & events. For all

regional events each member school will be allotted 30 Regional Passes for the Principal of each school to issue at his/her discretion.

C. Director's Responsibilities and Fees

A season prior to the event, the tournament director is responsible for providing in writing all appropriate Region 4B schools with the following regarding tournament play:

1. Date, site, and times of events
2. Pairings & seeding
3. Entry form and program information deadlines
4. Submit a budget proposal of expenses for the event.

If playing at the "highest seed" the site director is responsible for paying officials, workers and other approved expenses. Region 4B will reimburse the director's school after the treasurer receives the gross gate receipts and final expense report. Gross gate receipts and a copy of the event financial report should be forwarded to the regional treasurer. This procedure is required to be completed within 14 calendar days of the event. **Supporting documents are required to receive reimbursement.**

The director is responsible for securing all officials for regional competition. If we are competing at "highest seed" then Site Directors will secure officials. Prior to the tournament or event, the director should contact officials to confirm rates. Officials will be assigned by the tournament director based on the location of events.

The site director is responsible for actual game management and preparation. This includes, but is not limited to field preparation, providing game balls, assigning locker rooms, etc...

The site director shall contact news media to publicize regional events. Directors shall also secure awards from the awards chairman.

Post Tournament

1. See that proper result forms are submitted immediately.
2. If the tournament has been held at several sites, the director shall receive a game financial report and check from each site director. The Regional Treasurer will return an expense check to each site incurring expenses.
3. See that all expenses where applicable are paid.
4. Include cost of all awards, trophies, medals and plaques on the VHSL financial report form. The Regional Awards Chairman should provide a list of costs for awards.
5. Complete the total financial report for the event on the VHSL form and forward to the Regional Treasurer within 14 working days.
6. The Regional Treasurer will send appropriate funds where applicable to VHSL after additional expenses are deducted.

7. Provide a financial report of tournament play to Region 4B Council members.

Postponement Policy:

1. In the event of extreme weather conditions which imperil travelers & teams attempting to reach a regional event, the regional director with the approval of the regional council has the authority to postpone a regional event. If the delay is beyond the regional deadline, the director will inform the Executive Director and the state event director of the postponement. Regional event directors are required to call/email in the regional results to the state event director as soon as the event is completed. The regional director is required to email, deliver or fax the results to the state director and the VHSL office.
2. The regional director will always try to rearrange the schedule of the regional event to allow all teams the possibility of participation. However, if the regional director, with the approval of the Region 4B Council, determines that the regional event cannot be postponed, the tournament will be played if a majority of teams can travel to or are at the tournament site.
3. The regional director will always try to rearrange the schedule of the regional event to allow all teams the possibility of participation. However, if the regional director, with the approval of the Region 4B Council, determines that the regional event cannot be postponed, the tournament will be played if the majority of teams can travel to or are at the tournament site.
4. In the event the regional director cannot meet the “day preceding the state event” he/she will call the Executive Director and request a delay in the state event so that the regional qualifiers will be eligible for the state event. If possible the Executive Director, state director, Group 4 Board Chairman and the VHSL Chairman shall attempt to reschedule the state event.

Directors Fees:

<u>EVENT</u>	<u>FEE</u>
Academic Competition-Scholastic Bowl	\$ 350
Athletic Director Chairman	\$ 400
Awards Chairman	\$ 400
Baseball	\$ 300
Basketball (Girls)	\$ 300
Basketball (Boys)	\$ 300
Cheerleading	\$ 500
Cross Country	\$ 400

Debate	\$ 350
Field Hockey	\$ 300
Football	\$ 500
Forensics	\$ 350
Golf	\$ 400
Girls' Gymnastics	\$ 400
Indoor Track	\$ 750
Outdoor Track	\$ 750
Swimming	\$ 500
Site Director (FB)	\$ 300/game
Site Director	\$ 150/single session, \$ 200/double header
Soccer (Girls)	\$ 300
Soccer (Boys)	\$ 300
Softball	\$ 300
Tennis individual (Girls and Boys)	\$ 750
Tennis team (Girls and Boys)	\$ 300
Theater Festival	\$ 350
Volleyball	\$ 300
Wrestling	\$ 750

D. Tournament Workers' Fees

- | | |
|------------------------------|---|
| a) Ticket Seller(s)/Taker(s) | \$15/hour |
| b) Trainer | Up to \$25/hour |
| c) Announcer/Clock | \$15/hour |
| d) Scorer/Statistician | \$15/hour |
| e) Non-police Security | Hourly rate |
| f) Field Preparation | \$100 per day |
| g) Hospitality | \$150 for Cheer, Activities, and Gymnastics |
| | \$300 for Indoor/Outdoor Track, Swimming, and Wrestling (per day) |
| h) Police/Custodians | Local Rate |

- i) Judges for non-athletic events Going Rate
- j) Judges for Forensics, Theater, Debate, and Academic Competition are to be paid via the VHSL with a check sent from the Region to the VHSL to cover the cost.
- k) All FICA for school workers will be reimbursed to schools.

E. Safety, Security, & Crowd and Facility Management

Game Management Plans – Event management responsibilities for facilities and personnel services shall be accomplished in a manner which will contribute to the utmost comfort, convenience, and safety of students, spectators, and players. Every venue hosting a regional event will have an up to date operational emergency action plan.

1. Police Supervision (where appropriate)

- a. A meeting with the officer who will be in charge of the police detail should be scheduled prior to the Regional Tournament/Meet in order to review plans and requirements for crowd control.
- b. The public address announcer should make it perfectly clear before the contest that spectators not following established crowd control policies will be asked to leave the premises.

2. Host Site Supervision

- a. The tournament/meet director will provide as much local adult supervision as necessary. These adults will normally be administrators, faculty members, and athletic booster club members of the host school.
- b. All adults serving as supervisors should have proper identification.
- c. The administrators and officials of the participating schools should be available to assist with crowd control involving their respective students. The principal or designee of the various participating schools should notify the tournament director as to their presence and where they can be located in an emergency.
- d. All gates should be properly marked and staffed.
- e. A sportsmanship message must be read to the crowd prior to each contest.

2. First Aid

- a. A qualified trainer should be available at the site.
- b. It is recommended that an ambulance and/or licensed physician be available for contact sports.

2. Ticket Areas

- a. Should be easily recognizable and accessible, and staffed by adults.
- b. There should be adequate lighting and police supervision in the ticket selling area.
- c. All areas/booths should have a ticket price sign posted.

F. Public Address System and Announcer

1. The public address system should be checked thoroughly prior to the game/meet to make certain that it is in proper working order. Someone familiar with the operation of the public address system should be readily available to assist with any malfunctions.
- a. It is recommended that the host sites have an adult as their public address announcer.

G. Press Box

1. A plan should be developed in order to accommodate all necessary persons in the press box, and an adult supervisor to be responsible for press box security.
2. With limited facilities, only authorized persons should be allowed in the press box. Provisions should be made for film crews, spotters, and radio personnel.

H. Concession Stands

1. Concession stands should be provided when possible.
2. For outdoor events, where possible, concession stands should be provided on both the home and visitor sides of the field.
3. Profits from the sale of concessions are kept by the host school.

I. Dressing Rooms

1. The tournament director shall make provisions for both the home and visiting teams to be met upon arrival, directed to their dressing rooms, and assisted with any last minute request or needs.
2. Security arrangements must be made to protect valuables, clothing, and equipment.
3. All unauthorized persons must be kept out of the dressing room areas.

J. Field Supervision

1. Police officers or site supervisors should be assigned to keep the field clear of unauthorized persons, and to protect the equipment in the areas of the team benches and dugouts.
2. It is recommended that sideline passes be used to identify those persons not in uniform who are authorized to be on the field.

K. Game Officials

1. Adequate dressing facilities are necessary to ensure comfortable and safe preparation by the game officials.
 - a. These facilities should be located away from either team, and no one should be allowed to enter the area, even if they are using the coaches' dressing room.
 - b. The tournament director or his/her designee should meet the officials upon their arrival and direct them to their dressing room.
 - c. Be sure to notify the officials of any changes in the time schedule, such as extended half- time, etc.
 - d. Tournament directors or designee should escort the officials from the contest site at halftime and the conclusion of the contest.
2. The game ball should be delivered to the officials prior to the start of the contest.

L. Pregame and Half-Time Ceremonies

1. Arrangements must be made and coordinated in advance for any pre-game or half-time ceremonies through the tournament director.
2. The football tournament director or his/her designee should coordinate the pre-game and half-time activities by contacting the two participating band directors.
 - a. Bands are not allowed on the football playing field prior to ten minutes before the game unless the visiting coach is informed in advance.
 - b. If both the visiting and home bands are to perform at halftime, the normal halftime of fifteen minutes shall be extended to twenty minutes with notification to home and visiting athletic directors, coaches, and game officials by the home athletic director. No halftime will exceed twenty minutes. Requests to perform must be made by the visiting athletic director six days in advance.
 - c. Band directors will work together to make provisions and arrangements for the visiting band. Band members, band directors, and aides will be admitted free if they arrive in a group and in uniform. There is a limit of one chaperone per ten band members.
 - d. If bands are allowed for indoor events, clear guidelines should be provided regarding times.

M. Restroom Facilities

1. If restroom facilities are required, the tournament director is expected to make arrangements with a commercial portable outdoor toilet company.

N. Miscellaneous

1. Programs- If produced, will be done so by the host school at its expense, and the host school will keep all proceeds.
2. Noisemakers- Artificial noisemakers are not allowed at any indoor activity.
3. Broadcasting
 - a. Radio Stations broadcasting regional events will be charged \$50 per station per game. Webcasting- \$50.00/event or game. TV- live or delayed telecast, \$250 for any event other than football. Football broadcast- live or delayed is a fee of \$1000. The fee will be waived for non-profit organizations. Before allowing a broadcast, the regional director shall have in his possession a certified or cashier's check for the total amount due.

O. Eligibility

1. Region 4B will enforce the same eligibility policies and guidelines that are in place for the VHSL Handbook. In the event an eligibility requirement changes in the VHSL Handbook, Region 4B will comply accordingly.

P. Out of Season Practice Rule - Per VHSL Handbook Section 27-8-1

Article III – Rotation of Tournament Directors and Tournament Format

Fall 2021				
	Director	Date(s)	Location	Time Frame
Competition Cheer	Bob Bollander	October 23	Hanover H.S.	October 16-30
Cross Country	Tripp Metzger	November 3	Pole Green Park	Oct 30-Nov 6
Field Hockey	4C - Len Carlson	October 30; November 1,3	Higher Seed Hosts	October 27-Nov 6
	4B - Tripp Metzger	October 30; November 1,3	Higher Seed Hosts	October 27-Nov 6
Football	Kevin Adams		Higher Seed Hosts	Nov. 13 - 27
Golf	Ryan Molloy	September 29 & 30	The Hollows Golf Club	Sept. 27 - Oct. 5
Volleyball (Girls)	Ryan Molloy	Nov, 1, 3, 8, & 10	Higher Seed Hosts	Oct 30-Nov 10
Volleyball (Boys)	Danny Parsons	Nov, 1, 3, 8, & 10	Higher Seed Hosts	Oct 30-Nov 10
Theatre	North - Len Carlson South - Richard Farquharson	November 6	North - Chancellor South- Huguenot	Deadline Nov 6
Theatre	Richard Farquharson	November 20	Huguenot High School	Deadline Nov 20
Winter 2020-21	Director			
Boys Basketball	Kevin Adams	TBD	Higher Seed Hosts	Feb 18-Mar 1
Girls Basketball	Len Carlson	TBD	Higher Seed Hosts	Feb 18-Mar 1
Indoor Track				Feb 12-19
Swim & Dive	Bob Bollander	TBD	Swim RVA	Feb 5-12
Wrestling Dual				Feb. 5-12
Wrestling Individual	Charles Payton	TBD	Matoaca High School	Feb. 5-12
Gymnastics				Feb. 5-12
Scholastic Bowl	Brad Atkins	TBD	Dinwiddie High School	Deadline Jan 29

Forensics	Len Carlson	TBD	Chancellor High School	Deadline Feb 19
Debate	Mechanicsville	TBD	Mechanicsville High School	Deadline March 26
Spring 2021	Director			
Baseball	Charles Payton	TBD	Higher Seed Hosts	May 25-June 4
Softball	Charles Payton	TBD	Higher Seed Hosts	May 25-June 4
Boys Soccer	Len Carlson	TBD	Higher Seed Hosts	May 25-June 4
Girls Soccer	Rob Welch	TBD	Higher Seed Hosts	May 25-June 4
Boys Tennis - Team	Tripp Metzger	TBD	Higher Seed Hosts	May 21 - June 1
Boys Tennis - Individual	Tripp Metzger	TBD	Higher Seed Hosts	May 21 - June 1
Girls Tennis - Team	Brad Atkins	TBD	Higher Seed Hosts	May 21 - June 1
Girls Tennis - Individual	Brad Atkins	TBD	Higher Seed Hosts	May 21 - June 1
Track & Field	Ryan Molloy	TBD	Atlee High School	May 21-28

Region 4B Tournaments

1. Games will be played according to seeding (no “pairing” of closest opponent)
2. All non-football power points will be generated by Region 4B using the following system:

REGION 4B POWER POINTS RATING SYSTEM FOR TEAM SPORTS (*except Football*)

To find the rating of a team, total the number of points earned in accordance with the following table and divide that total number by the number of games played. **REGULAR SEASON TOURNAMENT GAMES WILL ALL COUNT AS NON-DISTRICT OPPONENTS FOR POINTS.**

GAME POINTS	Out-of-State						
	6A	5A	4A	3A	2A	& Private	1A
For winning from (Non-Dist. Opp.)	36	34	32	30	28	27	26
For tying from (Non-Dist. Opp.)	27	25	23	21	19	18	17
For losing from (Non-Dist. Opp.)	18	16	14	12	10	9	8
For winning from (Reg. & Dist. Opp.)	36	36	36	36	36	XX	36
For tying from (Reg. & Dist. Opp.)	27	27	27	27	27	XX	27
For losing from (Reg. & Dist. Opp.)	18	18	18	18	18	XX	18

Formula: To find the rating of a team, take the total number of points earned divided by the total number of games played.

- Schools MUST PLAY 75% of the VHSL allowed contests in order to qualify within the above formula. If not, their total points will be divided by the 75% contest number.

TIEBREAKER ADDITION:

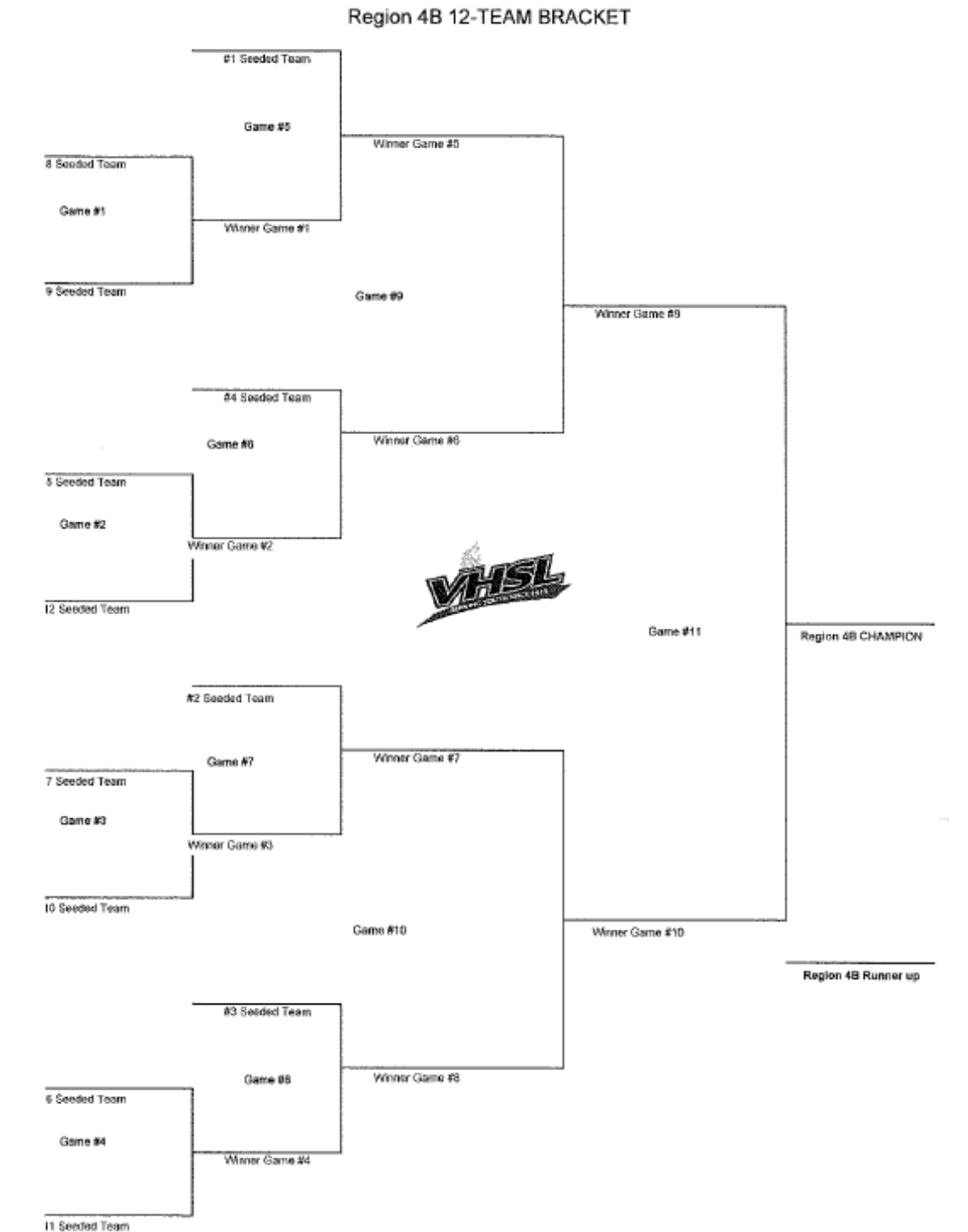
1. Head to Head
2. Percentage vs. common opponents of the same classification
3. Percentage vs. all opponents of the same classification
4. Percentage vs. common opponents of all classifications
5. Percentage vs. only VHSL member opponents
6. Lot Draw

Other Team Sports

1. Top 12 schools within the region make the tournament.
2. Seeding will be based on the Region 4B Power Points Rating System.
2. Higher seeded team will always be the home team throughout the tournament.
3. If two like seeds are matched up, the higher power rating would be the host school.

Bracket Format

1. The top 4 schools will get a first round bye
2. The remainder of the tournament is played out in standard bracket format (winning team advances to the next line/game in the bracket).



INDIVIDUAL SPORTS:

A. Basketball:

1. Game time for a single game is 7:00pm or 7:30pm decided by the host school. Game time for doubleheader games is 6:00/7:45pm.
2. Highest seeded team will wear light colored jerseys and be designated the home team. Pep bands may play at home games. Their playing shall be limited to before the game, time-outs, halftime, and after the game. Pep bands should be located so that they do not present any problems for the team.

B. Cheerleaders:

1. Shall comply with Section 62 of the VHSL Handbook.
2. All cheerleaders should be under proper adult supervision at all times.
3. Cheerleaders should display good sportsmanship at all times. They should not chant negative or obscene cheers and should try to keep spectators from using them.
4. The coach of the home cheerleaders should inform the visiting squad of all rules and regulations of that field or court.
5. Visiting team will cheer first and the groups will alternate at each time-out. When the buzzer sounds, cheerleaders must clear the floor immediately.
6. At football games, it is recommended that cheerleaders have a roped-off section. A maximum of 10 cheerleaders and one mascot will be allowed to be on the floor at any time for cheering purposes including halftime shows.

C. Cross Country:

1. A map of the cross country course should be sent to all competing schools no less than five days before the Region 4B regional meet.
2. Each Region 4B team will enter 7 individuals in each of the boy's and girl's championship races. *Exhibition or Sub Varsity race(s) will be at the discretion of the regional cross country director.

D. Football:

1. Top 8 teams will make the playoffs based on powerpoints through the VHSL system. The team with the higher power points will host.
2. Game time will be on Friday at 7/7:30pm (agreed by both schools) or Saturday at 1:00pm according to the VHSL calendar, decided by the host school. Postponed games will be played on Monday night at a time agreed upon by both schools.

3. The home team will wear dark colored jerseys. The visiting team will wear light colored jerseys.
4. It is strongly recommended that the home school have a medical doctor/trainer at each game. Any costs associated with these services will be listed as a game expense.
5. The home team is responsible for providing a chain crew, statistician and ball boy(s). Each school will provide their own footballs and furnish the announcer with the starting lineup.
6. Band Rules for Football - Host school protocol

E. Golf:

1. Regionals will be a 2 Day event. There will be a sub-region in both the North & South. Three separate courses will be played total. 1 course in the North, 1 in the South, and a different course for the regional championship. From the sub-region the top 2 schools will advance along with the top 5 golfers not on either of those teams. Each Region 4B golf team will enter 6 golfers to compete in the region golf tournament. Each team's top 4 scorers will count toward their team's score.
2. **There is a site director fee associated with each Region4B golf match and will be paid by the region.**
3. In the event an individual qualified golfer cannot compete, coaches must list an alternate on the entry form in order for that athlete to compete.
4. Players must carry their own clubs - no caddies or carts allowed. A three person rules committee will be appointed by the director.

Pairings:

1. Play in threesomes.
2. The course where we play and the tournament director will determine the groups.

Playoffs:

1. All team playoffs to be completed, before individual playoffs, if same golfers are involved.
2. In the event of a tie, each coach will select 4 players to represent the team in the playoff.
3. All playoffs will begin on the 1st or 18th hole based on course availability.
4. Due to darkness or weather, cards will be compared from the 18th hole back (Individual playoffs).

F. Soccer:

1. Highest seeded team will wear light colored jerseys.

G. Swimming

1. Scoring: Per National Federation handbook
2. To ensure that the meet is completed in a reasonable time frame, the host school must make sure that they:

- a. Secure sufficient numbers of officials
 - b. Use the PA system to aid athletes to be at the proper place at the proper time.
 - c. Make sure that the running events begin on time.
3. Entries:
 - a. Each school will be permitted to enter up to four (4) athletes in each event. If only entering two (2) swimmers in an event then the swimmers do not need to meet qualifying standards. If entering more than two (2) then all swimmers must meet or exceed the regional qualifying standard.
 - b. Each school may also enter one (1) relay team in each relay event.
4. Qualification:
 - a. Qualifying standards will be calculated the first year using the average of the last two (2) years 16th place times from the Region 4B Championships

H. Tennis:

1. Qualifiers:
 - a. Only the #1 player(s) for singles and doubles will qualify for the region tournament
2. Seeding Criteria:
 - a. The win/loss record of the #1 or #2 spot in each regular season contest, not the individual's win/loss record during regular season play.

I. Track and Field:

1. Scoring: Per National Federation handbook
2. To ensure that the meet is completed in a reasonable time frame, the host school must make sure that they:
 - a. Secure sufficient numbers of officials
 - b. Use the PA system to aid athletes to be at the proper place at the proper time.
 - c. Make sure that the running events begin on time.

Field Events:

1. Per National Federation Handbook
2. The games committee will set the starting heights and increments according to the performances entered.
3. The games committee may establish minimum distances for measurements
4. The games committee may establish minimum distances for measurements.

Entries:

1. Each school will be permitted to enter two (2) athletes in each track & field event. They may also enter one (1) relay team in each race. Additional entries must meet or exceed the regional qualifying standard. A school may enter more than two (2) athletes in the event provided all of those athletes have met or exceeded the

regional qualification. A region qualifying meet consists of 4 or more schools.

2. Qualifying standards will be calculated the first year using an average of 6th place times/distances/measurements from 2018-2019 school year for 4B region. In following years the qualification standard will be 6th place in the region from the previous year.

J. Wrestling:

Entries: Schools may enter one (1) wrestler per weight class (max of 16 wrestlers per weight class)

Seed Criteria - The Region 4B wrestling tournament will be all in, every school can enter 1 wrestler per weight class. The top 8 wrestlers will be seeded based on the following point formula. An initial ranking of the wrestlers at each weight will be determined by a point system combining the previous season's finish in postseason and the current season's won/loss record.

All other wrestlers and byes will be randomly drawn into the bracket.

Each returning wrestler will earn points by totaling Part I postseason points from the previous and their points from the current season. Freshman and First Year varsity wrestlers will be based only on points from the current season, head-to-head results, and common opponents information.

The criteria below is not numbered because at least the first three bullets should be taken into account when seeding. Due to the fact that schools wrestle varying forms of schedules and levels of competition there should be no hard #1 criteria. The total points a wrestler has is a starting point for seeding. The goal is for our Region to qualify our best wrestlers to the state championships.

Ranking Total Points = Part I + Part II

I. From 2020 Post Season

Returning State

Place 1st – 48 points

2nd – 40 points

3rd – 32 points

4th – 24 points

5th – 18 points

6th – 14 points

Returning Region

Place 1st – 24 points

2nd – 20 points

3rd – 16 points

4th – 12 points

5th – 9 points

6th – 7 points

II. 2020-2021 Individual Wrestlers Points

5 points for a win, -1 point for a loss

The seeding criteria will be...

- Wrestler with the most points
- Head to Head when applicable
- Record against common opponents
- Overall winning %
- Previous year placement in region/state tournament
- Random draw

*A returning state or region place winner can be seeded higher than their point total if they missed part of the season due to injury.

**All teams in Class 4 Region B should record ALL results in Trackwrestling

Academic Activities

A. THEATER FESTIVAL

1. The first level of competition is the Sectional level, which is all-in. The VHSL has determined our sectional groupings. Each section will have a festival and the top two schools from each section will advance to the Super Region (A+B or C+D) for an 8-school Super Regional festival.
2. The second level of competition is the Super Regional level. It is important that the Regions officers communicate with their Super Region counterpart in advance to decide which Region and which school will host the Super Regional festival. Each Super Region (A+B and C+D) will have a festival and the top two schools from each Super Region will advance to state for a 4-school state festival.
3. The final level of competition is the state level.
4. The Region 4B will hold a theater festival each year prior to the deadline specified by the VHSL Activities Calendar.
5. The regional council will designate a festival director and site.
6. The regional theater festival shall follow the regulations and suggestions in Sections 100 and 101 of the VHSL Handbook.

B. FORENSICS

1. The first level of competition is the Regional level, which is all-in. Each region will have a tournament and the top three entries from each category will advance to the Super Region (A+B or C+D). There will be a fourth and fifth alternate per category from region to Super Region.

2. The second level of competition is the Super Regional level. It is important that the Regions officers communicate with their Super Region counterpart in advance to decide which Region and which school will host the Super Regional tournament. Each Super Region (A+B and C+D) will have a tournament and the three entries from each category will advance to state. There will be a fourth alternate per category from Super Region to state.
3. The final level of competition is the State level.
4. The Region 4B will hold a forensics meet each year prior to the deadline specified in the VHSL Activities Calendar.
5. The regional council will designate a forensics meet director and site.
6. The regional forensics meet shall follow the regulations and suggestions in Sections 110 – 116 of the VHSL Handbook.

C. DEBATE

1. The first level of competition is the Regional level, which is all-in. Each region will have a tournament and the top entries (3 Policy, 3 Public Forum, 4 Lincoln-Douglas, 6 Congress) from each category will advance to the Super Region (A+B or C+D). The second level of competition is the Super Regional level.
2. It is important that the Regions communicate with their Super Region counterpart in advance to decide which Region and which school will host the Super Regional tournament.
3. Each Super Region (A+B and C+D) will have a tournament and the top entries (3 Policy, 3 Public Forum, 4 Lincoln-Douglas, 12 Congress) from each category will advance to state.
4. The final level of competition is the state level.
5. The Region 4B will hold a debate meet each year prior to the deadline specified in the VHSL Activities Calendar.
6. The regional council will designate a debate meet director and site.
7. The regional debate meet shall follow the regulations and suggestions in Sections 110 and 117 of the VHSL Handbook.

D. SCHOLASTIC BOWL

1. The first level of competition is the Regional level, which is all-in. Each region will have a tournament and the top two schools from each region will advance to the Super Region (A+B or C+D) for a 4-school Super Regional tournament.
2. The second level of competition is the Super Regional level. It is important that the Regions officers communicate with their Super Region counterpart in advance to decide which Region and which school will host the Super Regional tournament. Each Super Region (A+B and C+D) will have a tournament and the top two schools from each Super Region will advance to state for a 4-school state tournament.
3. The final level of competition is the state level.

4. The Region 4B will hold a scholastic bowl each year prior to the deadline specified in the VHSL Activities Calendar.
5. The regional council will designate a scholastic bowl director and site.
6. The regional scholastic bowl shall follow the state guidelines:
 - a. Must be run as a double elimination.

Article IV - All-Region Team/Selection

All-Region 4B teams will be determined by a coach's nomination in an all-region voting meeting. The number of nominations is determined by a team's final rank at the conclusion of the Region 4B tournament of that specific sport. Coaches may attend the all-region voting meeting and speak on behalf of their players regardless of team rank, but ONLY the Coaches from the 8 schools who make the quarter-finals of the region tournament will vote during the all-region selection meeting.

Volleyball

Rank	# of Nomination
1-4	5
5-10	4
11-16	3

Football

Rank	Offensive Nominations	Defensive Nominations	Total Nominations
1-4	8	8	16
5-10	7	7	14
11-16	4	4	8

***Only Sport that breaks it down into true offense and defense. See option of limited nominations on both sides of the ball or total number.

Soccer

Rank	# of Nominations
1-4	8
5-10	7
11-16	4

Softball

Rank	# of Nominations
1-4	7
5-10	6
11-1 6	4

Baseball

Rank	# of Nominations
1-4	7
5-10	6
11-1 6	4

Lacrosse

Rank	# of Nominations
1-4	8
5-10	7
11-1 6	4

Field Hockey

Rank	# of Nominations
1-4	8
5-10	7
11-1 6	4

Basketball

Rank	# of Nominations
1-4	4
5-10	3
11-1 6	2

Cheer will award All-Region based on the following:

Twenty cheerleaders will be selected for the first team based on the place of the teams at the end of competition:

Advance 10 names for All-state based on:

- 1st Place gets top 3 cheerleaders
- 2nd Place gets top 2 cheerleaders
- 3rd Place-7th Place get top cheerleader for a total of 10 names.

First Team will consist of 20 members:

1st: 5
2nd: 4
3rd: 3
4th: 3
5th: 2
6th: 1
7th: 1
8th: 1

Second Team will consist of 20 members:

2nd: 1
3rd: 2
4th: 2
5th: 2
6th: 3
7th: 2
8th: 2
9th: 1
10th: 1
11th: 1
12th: 1
13th: 1
14th: 1

Article V – Advancement to State and Awards

Mirror State except Awards in Team Sports, teams will not receive team medals.

INDIVIDUAL SPORTS	ADVANCEMENT FROM REGION	WHO MEDALS
Golf (Boys)	Top 3 individuals who are not on a region champion team. 2 Teams	Top 5
Golf (Girls)	Top 20% from each of 9 zone qualifiers plus those who are exempted by their placement in a boys region tournament.	
Cross Country	Top 5 finishers who are not on one of the top 3 teams.	Top 10
Gymnastics (Individual Open)	Top 8 individuals in each event inclusive of all-around; top 4 individual all-around finalists; and any individual or all-around who meets the state standard in a regional meet.	Top 8 per event Top 5 All-Around TBD

Indoor Track	Top 3 per event plus anyone who has met the state standard	Top 4 per event plus 4 relays
Swim & Dive	Top 5 per event and top 4 relay teams, plus anyone who has met the state qualifying score in any meet.	Top 4 per event plus 4 relays
Track & Field (Outdoor)	Top 4 finishers in each event plus anyone who meets the state qualifying standard in the Regional meet, or in any sanctioned meet involving 10 or more teams.	Top 4 per event plus 4 relays
Wrestling	Top 4 per weight class	Top 4 per wt. class

TEAM SPORTS	ADVANCEMENT FROM REGION
Baseball	Top 2 teams from each region
Basketball	Top 2 teams from each region
Field Hockey	Top 2 teams from each region
Football	Region Champion
Volleyball	Top 2 teams from each region. Boys-per VHSL format
Softball	Top 2 teams from each region
Soccer	Top 2 teams from each region
Lacrosse	Current format
Team Tennis	Region Champion, 1 single, 1 doubles
Competition Cheer	Top 2 teams from each region

ACADEMIC ACTIVITIES	ADVANCEMENT FROM REGION	HOW MANY MEDALS
Scholastic Bowl	Top 2 teams from each region to a Super-regional. 2 trophies.	0 for sectional tournament
Theatre	Top 2 teams from each region to a Super-regional. 2 trophies.	Best actor, best actress, runner-up for each. (4)
Film Festival	Current format	
Creative Writing		Top 3 per category
Debate	All in Regional, #TBD to Super-regional	Top 3 per category
Forensics	All in Regional, #TBD to Super-regional	Top 3 per category

VHSL ALL-STATE SELECTION PROCESS

TEAM SPORTS AND ACTIVITIES

- 1) The number of “all-state” teams will mirror the number of championships in that sport.
- 2) Each classification/Group Board must schedule a selection meeting within 2 weeks of each state championship. That meeting date may not conflict with the VHSCA established date.

- 3) Any coach may attend the all-state selection meeting to speak on behalf of his/her player(s), but the voting membership of the committee will consist of four pre-designated coaches from each region/zone. It is recommended that each district be represented whenever possible.
- 4) Each meeting will be organized by a Region Tournament Director in the applicable sport.
- 5) Meetings may be held electronically as determined by each classification. For details, contact the League office.
- 6) Only first-team All-Region/Zone representatives may be considered for All-State recognition.
- 7) Players may only be considered for All-State recognition in the position in which their name is forwarded by the Region.
- 8) All players will be ranked in order, 1 through the total number of players to be selected at that position.
- 9) Ties will be broken as follows:
 - a) First tie-breaker - Re-vote
 - b) Second tie-breaker - Compare the ranking of the players who are tied
 - c) Third tie-breaker - Region that wins the state title breaks the tie
- 10) Players who do not make the first team will be designated as second team all-state.
- 11) Only those individuals recognized for being first team all-state will receive certificates.
- 12) Player of the Year and Coach of the Year will be selected in each sport, with ties being broken as specified above (Item 9).
- 13) All-State team composition in each sport or activity will be as follows:

SPORT/ACTIVITY	NUMBER SELECTED	# OF CHAMPIONSHIPS
Baseball	4 individuals (Three pitchers, one catcher, one 1st Baseman, one 2nd Baseman, one 3rd Baseman, one Shortstop, four outfielders, one DH, one utility player)	6
Basketball	8 individuals	6 boys/6 girls
Competition Cheer	20 individuals (Ten per region as ranked by that region) – No selection meeting necessary. Regions may use their own processes to identify “All-Region” squads. Individuals on All-Region squads must be ranked 1 through 20. Advance 10 names for All-state based on: -1st Place gets top 3 cheerleaders -2nd Place gets top 2 cheerleaders -3rd Place-7th Place get top cheerleader for a total of 10 names.	5
Field Hockey	16 individuals (Five forwards, five midfielders, five defenders, one goalkeeper)	3
Football	32 individuals (Defense: Three linemen, two defensive ends, four linebackers, four defensive backs, one punter, one punt returner, one “all-purpose” player; Offense: One quarterback, four linemen, one center, three running backs,	6

	three receivers, one tight end, one kicker, one kick returner, one “all-purpose” player)	
Lacrosse	6 individuals (Five attack, five midfielders, five defenders, one goalkeeper)	2 boys/2 girls
Soccer	6 individuals (Five forwards, five midfielders, five defenders, GK)	6 boys/5 girls

INDIVIDUAL SPORTS AND ACTIVITIES

In individual sports (Cross Country, Golf, Gymnastics, Indoor Track, Outdoor Track, Swim/Dive, Tennis and Wrestling), All-State selection is based on placement in the state tournament in that sport (see below) so no selection meeting is necessary.

SPORT/ACTIVITY	NUMBER SELECTED	# OF CHAMPIONSHIPS
Cross Country	Top 7	6 boys/6 girls
Golf	Top 6	6 boys/1 girls
Gymnastics	Top 3/event + top 3 All-around	1 open
Indoor Track	Top 4/event	5 boys/5 girls
Swim/Dive	Top 3/event	5 boys/5 girls
Tennis	Top 4 singles; top 4 doubles teams	5 boys/6 girls
Track & Field	Top 4/event	6 boys/6 girls
Wrestling	Top 3/weight class	6