

MIDDLE SCHOOL/ Jr. H - VOLLEYBALL WARMUP PROCEDURES (2015)

Unless specifically noted, leagues will play with regular height net, standard and approved volleyball, serving from end line and optional Libero.

PUYALLUP ATHLETIC LEAGUE - Aylen, Ballou, Edgemont, Ferrucci, Glacier View, Kalles, Stahl.

9th/7th rally score 21-21-21 all games, no cap. School using the Libero must provide their own Libero tracker at away matches. In addition, the home team will determine if a white or multi-colored ball is used.

1. Start time is: 3:30 p.m. Warm-up is: 10/10/2 for 8th grade and may be started prior to arrival of refs to keep things on time. 7th grade IS 5/5/2.
2. Afternoon matches: varsity or 8th grade goes first.
3. Evening matches: Jr. Varsity or 7th grade goes first. JV starts at 5:30pm and Varsity at 7:00pm
4. Schools will need to begin their warm-ups if the referee is not at the school to start it on time.
5. Warm-up time may be reduced by mutual agreement of both coaches in order to ensure that matches are started on time.

WEST SOUND MS LEAGUE—Curtis and McMurray

1. **3/3 to 25 points, no cap for all three games.**
2. Warm-up is 5-5-2. Home team warms up first.
3. In a non-deciding third game the losing team is awarded the serve and both teams remain on the same side that they played on in the second game.
4. Varsity plays first followed by JV.
5. Start time of matches at McMurray MS is 3:45 pm. Start times at Curtis are 3:30 pm.
6. Each team provides a line judge. Home team provides a trained scorekeeper.
7. Libero may be used but team using libero must provide tracker.

NISQUALLY MIDDLE SCHOOLS (V-3/3, JV-3/3) - Cascade Christian, Charles Wright, Life Christian, Seattle Christian, Showalter, Tacoma Baptist.

8th/7th rally score 25-25-15 points no cap on first two. 3rd game to 15 points with 17-point cap.

Libero and net serve will be used

Afternoon Matches - 8th/7th JV start time is 3:30pm Varsity start time is immediately following the JV match.

1. JV will be played first. Warm-up time is 5/5/2. JV players are allowed to take one step in when serving.
2. Varsity will be played second. - Warm-up time is 7/7/2.

CHINOOK MIDDLE SCHOOLS (V-3/3, JV-3/3) - Annie Wright, Carbonado, Chief Leschi, Crosspoint, Heritage Christian, Lighthouse Christian (Gig Harbor), Muckleshoot Tribal School, Rainier Christian.

8th/7th rally score 25-25-15 points no cap on first two. 3rd game to 15 points with 17-point cap.

Libero and net serve will be used

Afternoon Matches - 8th/7th JV start time is 3:30pm Varsity start time is immediately following the JV match.

1. JV will be played first. Warm-up time is 5/5/2. JV players are allowed to take one step in when serving.
2. Varsity will be played second. - Warm-up time is 7/7/2.

MIDDLE SCHOOL/ Jr. H - VOLLEYBALL WARM-UP PROCEDURES (2015) cont.

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ISSAQUAH MIDDLE SCHOOL LEAGUE (V- 3/3, JV 3/3) - Beaver Lake, Issaquah, Maywood, Pacific Cascade, and Pine Lake

8th/7th rally score 21-21-21 all games, no cap. Libero may used in either level.

Note: Unlike in past years, taking the serve with an overhead pass WILL be allowed if done legal within the rules.

1. JV & Varsity warm-up 7/7/2. Can be reduced if time is a factor, if both coaches agree.
2. Each team provides a line judge. Can be students or adults.
3. There must be an adult at the scorer's table to assist as needed.

TRIANGLE MIDDLE SCHOOL LEAGUE (V- 3/3, JV 3/3) - Chief Kanim, Islander, Snoqualmie, Tolt, and Twin Falls.

8th/7th rally score 21-21-21 all games, no cap. Libero will not be used in either level.

Note: Unlike in past years, taking the serve with an overhead pass WILL be allowed if done legal within the rules.

1. JV & Varsity warm-up 7/7/2. Can be reduced if time is a factor, if both coaches agree.
2. Each team provides a line judge. Can be students or adults.
3. There must be an adult at the scorer's table to assist as needed.

PENINSULA SCHOOL DISTRICT MIDDLE SCHOOL (V-3/3, JV-3/3) - Goodman, Harbor Ridge, Key Peninsula, Kopachuck.

8th/7th rally score 21-21-21 all games, capped at 25 points. Libero will not be used in either level.

Each school must provide a line judge

Warm-up is 7/7/2 for 8th grade & 5/5/2 for 7th grade.

TACOMA MIDDLE SCHOOL LEAGUE -Var 3/5, JV 3/3, C 3/3 - Baker, First Creek, Giaudrone, Gray, Jason Lee, Mason, Meeker, Stewart, Truman

Varsity--Rally score Best 3/5 to 25 points in first four sets, no cap (win by two). Fifth deciding set is to 15 points, no cap.

JV/C teams--Rally score, best 3/3 sets to 25 points no cap (win by two), third deciding set is to 15 points, no cap. Due to bus transportation time constraints the third set of JV matches will be played, time permitting. This decision will be made by the coaches at the conclusion of the second set.

1. The home team will warm up first. Warm-up time for Var, JV and C team matches is 4/4/2.
2. The Varsity match will be played at one location, while the JV and C-team matches will be played at the opposite location (JV first, followed by C-team).
3. C team players may be allowed to serve from a line 4' inside the court.
4. The home team will provide an adult scorekeeper. Schools using the Libero must provide their own Libero tracker at away matches.
5. Line judges - Each team will each provide a line judge. An adult is preferred.

KENT-TAHOMA MIDDLE SCHOOL LEAGUE -(V-3/3, JV-3/3) -(Cedar Heights, Kent, Mattson, Meeker, Meridian, Northwood, Sequoia, Tahoma)

- a. Start time is 3:45pm.
- b. Net height is 7'0".
- c. Format: All matches are best 3/3.
Rally score to 25 points with no cap, with rally to 15 points with no cap in third game if necessary. .
IF a third tie-breaking game is NOT necessary to determine the winner of a Match, then the third game will be played to 15 points, no cap, under Limited Participation rules, to be overseen by the coaches.

Match winners will be first team to win two games. Rally score to 25 with no cap. If a third game is necessary to determine a winner, it will be rally score to 15 with no cap. If a third tie-breaking game is not necessary to determine a match winner, the third game will be played to 15 (no cap) under limited participation rules. If the third game is played to determine a winner of the overall match, it shall be followed by a fourth game to be played to 15 (no cap) under limited participation rules.

Bottom line is that the first two sets will be played to 25 and the last two sets will be played to 15 but a fourth set may not always be played.

- d. Libero is permissible. Schools must provide their own libero tracker, if used. **Liberos may serve.**
- e. Let serves are playable.
- f. Warm-up Time:
 - 1. Officials warm-up time begins 10 minutes after visiting team arrives at school, HOWEVER matches are expected to start at the scheduled time. If teams are late arriving, officials may adjust the warm-up time as needed. This includes reducing/eliminating the 10 minutes prior to the start of the official warm-up time and/or reducing/eliminating the shared warm-up time.
 - 1. 8th grade: 7-7-1
 - 2. 7th grade: 5-5-1
- g. An adult scorekeeper is highly recommended and preferred.
- h. Home team provides line judges.

PUGET SOUND LUTHERAN SCHOOLS LEAGUE: Christian Faith School

- 1. Rally Scoring will be enforced to 25 points, must win by two (2) points, with no cap in the first two (2) games. Game 3 will be to 15 points, with no cap.
- 2. Serving before the referee's whistle will result in a replay. If this happens to the same person again it shall be a sideout.
- 3. The visiting team will call the coin toss for the first game to determine who serves first. The home team gets to choose what side they will start on. At the end of the third game the teams will line up on the endline while the captains meet at center court to flip the coin for the third game. The home team will make the call and teams will be instructed to switch sides if necessary.
- 4. Two (2) sixty (60) second time-outs permitted per game.
- 5. Three (3) minutes between games.
- 6. During regular season play, 6th graders or younger may serve from a line located 8' from the end line while serving. This line shall be marked with a hash mark
- 7. Home team provides both line judges.
- 8. Teams may start and finish with less than six players however a maximum of six (6) players will be allowed on the court at a time.)
- 9. Jewelry may not be worn nor covered with tape.
- 10. Warmup time is 5/5/2.
- 11. Match format is 2/3 for varsity and 3/3 for JV.