

**NARROWS & SOUTH PUGET SOUND LEAGUES**  
**VOLLEYBALL WARMUP PROCEDURES (2015)**

**NARROWS LEAGUE** – “4A” & “3A”

4A-Bellarmino, Gig Harbor, Olympia, South Kitsap, Stadium, Timberline, Yelm.

3A- Capital, Central Kitsap, Foss, Lincoln, Mt. Tahoma, North Thurston, Shelton, Wilson.

The home teams will warm-up first.

**An approved NFHS white or multi-colored leather ball shall be used as selected by the home team.**

Home team will provide both line judges, unless the visiting team brings their own.

Varsity – 3/5 Rally score to 25 – 5<sup>th</sup> game to 15 no cap.

JV/C Rally score 25-25-15 all games, no cap.

**Afternoon Matches**

- a. JV and Freshman (C) will play the 1<sup>st</sup> match. Warm-up time is 7/7/2. Start time is 3:30 P.M. unless otherwise stipulated. JV match will be played on the varsity court so that varsity contest can start on time.
- b. Varsity will play the 2<sup>nd</sup> match. Warmup time is 7/7/2. Start time is no earlier than 4:45 P.M.

**SHARED WARMUP PROCEDURES.**

**1. C and JV teams will receive seven (7) minutes of shared warm-up time prior to the start of the timed warm-ups. At the conclusion of the first match of the day on the varsity court, a minimum of seven minutes of shared warm-up for the varsity teams will begin.**

**The pre-match conference will be held at the end of the seven minutes if the R1 is present otherwise the teams will continue their extended warm-up until the R1 arrives. Once the coin flip has taken place the 7-7-2 timed warm-ups will begin. This procedure will enable the R1 in the varsity match to conduct his/her own meeting with the captains and coaches.**

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**SOUTH PUGET SOUND LEAGUE - "4A"**

4A, South Division-Bethel, Curtis, Emerald Ridge, Graham Kapowsin, Puyallup, Rogers, Spanaway Lake.

4A, North Division-Beamer, Decatur, Federal Way, Jefferson, Kentlake, Kent-Meridian, Kentridge, Kentwood, Mt. Rainier, Tahoma.

The home teams will warm-up first.

The home team will supply both line judges for ALL matches.

**An approved NFHS white leather ball shall be used, however a multi-colored ball may be used if both teams agree.**

Varsity – 3/5 Rally score to 25 – 5<sup>th</sup> game to 15 no cap.

JV/C Rally score 25-25-15 all games, no cap. Non-deciding games starting after 7:00pm will not be played.

**Afternoon Matches**

a. Varsity will play the 1st match - warmup time is 8/8 (serving time included) - start time is 3:30 P.M.

b. C and JV will play the 2nd match - warmup time is 6/6 (serving time included) - start time is immediately following the Varsity match.

**Evening Matches**

a. C and JV will play the 1st match –

Shared warm-up is 10 minutes followed by the coin flip and then timed warm-up of 6/6 (serving time included). Shared warm-up starts at 5:20pm. Start time is 5:45pm.

b. Varsity will play the 2nd match – Shared warm-up is 10 minutes followed by the coin flip and then timed warm-up of 8/8 (serving time included) - start time is NO earlier than 7:15pm.

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**SOUTH PUGET SOUND LEAGUE - "3A"**

3A-Auburn, Auburn Mountainview, Auburn Riverside, Bonney Lake, Enumclaw, Lakes, Peninsula and Sumner.

The home teams will warm-up first.

The home team will supply both line judges for ALL matches.

**An approved NFHS white or multi-colored leather ball shall be used as selected by the home team.**

Varsity – 3/5 Rally score to 25 – 5<sup>th</sup> game to 15 no cap.

JV/C Rally score 25-25-15 all games, no cap. Non-deciding games starting after 7:00pm will not be played.

**Evening Matches**

a. JV will play the 1st match – shared warm-up is 6 minutes followed by the coin flip and then timed warm-up of 6/6. Shared warm-up starts at 5:28pm. Timed warm-up starts at 5:33pm. Start time is 5:45pm.

b. Varsity will play the 2nd match – shared warm-up is 8 minutes followed by the coin flip and then timed warm-up of 8/8. Start time is NO earlier than 7:15pm.

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