

**SOUTH PUGET SOUND--NISQUALLY--EMERALD CITY-- SEA-TAC LEAGUES**  
**VOLLEYBALL WARMUP PROCEDURES (2015)**

**SOUTH PUGET SOUND LEAGUE - “2A”**

2A - Clover Park, Fife, Franklin Pierce, Orting, River Ridge, Steilacoom, Washington, and White River.  
The home teams will warm-up first. Note: 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**

1. JV will play the 1st match – shared warm-up is 5 minutes followed by the coin flip and then timed warm-up of 5/5/1.  
Shared warm-up starts at 5:28 pm. Timed warm-up starts at 5:33pm. Start time is 5:45 P.M.
2. Varsity will play the 2nd match – shared warm-up is 7 minutes followed by the coin flip and then timed warm-up of 7/7/1.  
Start time is NO earlier than 7:15 P.M.

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**NISQUALLY LEAGUE -“1A”**

1A - Bellevue Christian, Cascade Christian, Charles Wright, Seattle Christian, Vashon

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

**JV/C – 3/3 Rally score 25-25-25 all games, no cap.**

**JV Games will begin at 4:30. JV matches will play three sets to 25. If the third set begins after 5:30, then the teams will play to 15.**

The home teams will warm-up first. Note: The home team will provide both line judges.

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

**Evening Matches**

1A-JV start time is 4:30 P.M. Varsity start time is 5:45 pm

Warm-up is 7/7/2 for both JV and Varsity

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**EVERGREEN LEAGUE - “2A/1A”**

Eatonville, Aberdeen, Elma, Forks, Hoquiam, Montesano, Rochester, Tenino.

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

**JV – 3/3 Rally score 25-25-15, no cap.**

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

Note: Home team will provide line judges.

1. JV will be played first with start time TBA - warm-up is 10 minutes shared and then 5/5/2.
2. Varsity will be played second using rally scoring to 25, a 5<sup>th</sup> and deciding game, it will go to 15, no cap.
3. Warm-up begins immediately after the end of the JV match. Warm-up is 10 minutes shared ball handling (no cross court hitting) and then 5/5/2.
- 4.

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**EMERALD CITY LEAGUE - “1A”**

Annie Wright, Bear Creek, Bush, Eastside Prep, Forest Ridge, Northwest School, Overlake, University Prep, and Seattle Academy.

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

**JV - 3/3 Rally score 25-25-15 no cap.**

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

Note: Home team will provide line judges unless visiting team provides own.

1. JV will be played first with start time TBA - warm-up is 5/5/2.
2. Varsity will be played second using rally scoring to 25, a 5<sup>th</sup> and deciding game, it will go to 15, no cap.
3. Warm-up begins immediately after the end of the JV match. Warm-up is 5 min. shared ball handling (no cross court hitting) and then 5/5/2.

**SEA-TAC LEAGUE - "1B"**

1B - Auburn Adventist (2B), Christian Faith, Crosspoint Academy (1B), Evergreen Lutheran, Mt. Rainier Lutheran, Muckleshoot Tribal School, NW Yeshiva, Puget Sound Adventist, Quilcene, Rainier Christian, Seattle Lutheran (1B) and Shorewood Christian.

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

**JV – 3/3 Rally score 25-25-15.** First two games are no cap.

Third game is no cap if a deciding game. Third game is capped at 15 if non-deciding game.

The visiting team will warm-up first unless they are late at which time the home team will warm up first in order to minimize delaying the start of the match. Note: Home team will provide both line judges.

Visiting team may provide a line judge upon approval by home team.

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

Afternoon Matches - JV start time is 4:30 p.m. Varsity start time is immediately following the JV match but no earlier than 6:00pm.

1. Five (5) minutes shared warm-up time is held prior to start of both Varsity & JV warm-up (Ball handling only - no cross court hitting).
2. JV will play the first match 3/3 - warm-up time is 5/5/2.
3. V will play the second match 3/5 - warm-up time is 7/7/2 for 2B and 5/5/2 for 1B.

Home team is responsible for supplying a qualified official scorekeeper, libero tracker, and two qualified lines-people for every game. If the visiting team has a qualified lines person, they must notify the home team in advance. If both teams utilize a Libero, then the home team provides the tracker. If only one team uses a Libero, then that team provides the tracker.

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**PACIFIC LEAGUE - "2B"**

1B - Chief Leschi, Ilwaco, Life Christian, North Beach, NW Christian, Ocosta, Rainier, Raymond, Tacoma Baptist, South Bend and Willapa Valley.

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

JV – 3/3 Rally score 25-25-15.

C – 2/2 Rally score 25-25.

Home team warms up first

1. Eight (8) minutes shared warm-up time is held prior to start of the Varsity warm-up (Ball handling only - no cross court hitting).
2. C will play the first match if there is one. Format is 2/2. Start time is 5:00pm. Warm-up time is 8 shared followed by 5/5/2.
3. If there is no C match then the JV will play the first match. Start time is 5:45pm. Format is 3/3. Warm-up time is 8/5/5/2.
4. V will play the final match. Format is 3/5. Start time is 7:00pm but may start if both coaches agree. Warm-up time is 8/ 5/5/2.

Home team is responsible for supplying a qualified official scorekeeper, libero tracker, and two qualified lines-people for every game. If both teams utilize a Libero, then the home team provides the tracker. If only one team uses a Libero, then that team provides the tracker.

**An approved NFHS white ball shall be used.**