

SOUTH PUGET SOUND 2A--NISQUALLY--EMERALD CITY-- SEA-TAC LEAGUES
VOLLEYBALL WARMUP PROCEDURES (2016)

SOUTH PUGET SOUND LEAGUE – 2A

Division 1: Clover Park, Eatonville, Highline, Orting, Renton, River Ridge, Steilacoom and Tyee.
Division 2: Evergreen, Fife, Foss, Foster, Franklin Pierce, Lindbergh, 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 – 5th 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.

The SPSL 2A has approved the use of the modified Solid-Color Uniform guidelines for the season as attached.

NISQUALLY LEAGUE -“1A”

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

Varsity – 3/5 Rally score to 25 – 5th 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

The Nisqually League has approved the use of the modified Solid-Color Uniform guidelines for the season as attached.

EMERALD CITY LEAGUE - “1A”

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

Varsity – 3/5 Rally score to 25 – 5th 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 5th 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

Auburn Adventist (2B), Christian Faith, Crosspoint Academy (2B), Evergreen Lutheran, Mt. Rainier Lutheran, NW Yeshiva, Puget Sound Adventist, Pope John Paul II, Quilcene, Rainier Christian, Seattle Lutheran (2B) and Tacoma Baptist.

Varsity – 3/5 Rally score to 25 – 5th 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.

PACIFIC LEAGUE - “2B”

Chief Leschi, Life Christian Academy, Ilwaco, North Beach, NW Christian, Ocosta, Raymond, South Bend and Willapa Valley.

Varsity – 3/5 Rally score to 25 – 5th 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 and two qualified lines-people for every game.

Each team that uses a Libero must provide the tracker and the officials will determine who sits at the scoring table.

An approved NFHS white ball shall be used.