

SPSL 4A—NPSL 4A—PCL 3A—SSC 3A LEAGUES
VOLLEYBALL WARMUP PROCEDURES (2017)

SPSL LEAGUE – 4A

Bellarmine, Curtis, Emerald Ridge, Graham Kapowsin, Olympia, Puyallup, Rogers, South Kitsap and Sumner.

The home teams will warm-up first. Home team will provide both line judges for All matches.

An approved NFHS white leather ball shall be used as selected by the home team unless both teams agree to use a multi-colored ball.

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.

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 5:45 pm.**

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 7:15 pm.**

The SPSL 4A has approved the use of the modified Solid-Color Uniform guidelines for the season as attached.

NORTH PUGET SOUND LEAGUE - "4A"

4A-Cascade Division: Hazen, Kennedy Catholic, Kentlake, Kent-Meridian, Kentridge, Kentwood, Mt. Rainier, Tahoma

4A-Olympic Division: Auburn, Auburn Mountainview, Auburn Riverside, Decatur, Enumclaw, Federal Way, Thomas Jefferson, Todd Beamer

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 – 5th game to 15, no cap.

JV/C: 3/3 Rally score 25-25-15, no cap.

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 5:45 pm.**

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 7:15 pm.**

Senior Nights: Senior nights will be no longer than 15 minutes. Senior night ceremonies will take place PRIOR to the start of the shared warm up.

The NPSL 4A has approved the use of the modified Solid-Color Uniform guidelines for the season as attached.\|

PIERCE COUNTY LEAGUE - 3A

Bethel, Bonney Lake, Lakes, Lincoln, Mt. Tahoma, Spanaway Lake, Stadium and Wilson.

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 – 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

- 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.

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

SOUTH SOUND CONFERENCE - 3A

Capital, Central Kitsap, Gig Harbor, North Thurston, Peninsula, Shelton, Timberline and Yelm.

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 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 6:45pm will not be played.

Evening Matches

- a. 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**. Shared warm-up starts at **5:08pm**. Timed warm-up starts at **5:18pm**. Start time is 5:30pm.
- 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). All varsity players must be present before the shared-warmup will begin (some schools have varsity players working C team matches). Start time is NO earlier than 7:00pm.

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