

MIDDLE SCHOOL/ Jr. H - VOLLEYBALL WARMUP PROCEDURES (2010)

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

SPSL Jr. HIGH LEAGUE - Puget Division - Bethel, Cedarcrest, Columbia JH, Cougar Mountain, Curtis, Frontier, Spanaway - **Sound Division** - Aulen, Ballou, Edgemont, Ferrucci, Glacier View, Kalles, Stahl. 9th/8th rally score 21-21-21 all games, no cap. School using the Libero must provide their own Libero tracker at away matches.

1. Start time is: 3:30 p.m. Warm-up is: 7/7/2 for 9th grade, 5/5/2 for 8th grade, 5/5/2 for 7th grade
 - a. Sound Division 9th grade warm-up will be 10/10/2 and will always be played first.
 2. Afternoon matches: varsity or 9th grade goes first.
 3. Evening matches: Jr. Varsity or 8th grade goes first.
 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 insure that matches are started on time.

BETHEL SCHOOL DISTRICT 7th grade program – Bethel, Cedarcrest, Cougar Mountain, Frontier, Spanaway. 7th Rally score 21-21-21 all games, no cap. Schools using the Libero must provide their own Libero tracker at away matches.

1. Matches 3/3
2. Warm-ups must be completed in auxiliary gyms. Shared 2 minutes on main court for serving.
3. For 1st match of the day, warm-up is 5/5/2. If both teams are present at least 20 minutes before match time, warm-up will be on the main court with visiting team warming up first. Otherwise teams will use main and auxiliary gym to warm up simultaneously and then convene on the main court for 2 minutes of serving time.

NISQUALLY MIDDLE SCHOOLS (V-3/3, JV-3/3) - Cascade Christian, Charles Wright, Life Christian, Seattle Christian, Showalter, **Surprise Lake**, 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, Heritage Christian, King's West, Lighthouse Christian (Gig Harbor), 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.

FOOTHILLS MIDDLE SCHOOL LEAGUE (V- 3/3, JV 3/3) - Beaver Lake, Chief Kanim, Islander, Issaquah, Maywood, Mercer Island, Pacific Cascade, Pine Lake, 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.

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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

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

TACOMA MIDDLE SCHOOL LEAGUE -8th 2/3, 7th 2/2, 6th 2/2 - Baker, First Creek, Giardrone, Gray, Hunt, Jason Lee, Mason, Meeker, Stewart, Truman

8th Rally score Best 2/3 to 25 points in first two games, no cap (win by two). Third deciding game is to 15 points, no cap

7th/6th Rally score two games to 21 points no cap (win by two).

1. The home team will warm up first. Warm-up times for 6th, 7th, 8th grade matches are 4/4/2.
2. The 8th grade match will be played first, followed by the 7th grade. 6th grade matches will be played at the opposite site.
3. 6th grade players may be allowed to serve from a line 4' inside the court.
4. 6th grade programs only are allowed to use a lighter ball for matches. This ball does NOT need to have the official NF stamp on it because WIAA does not govern 6th grade programs.
5. The home team will provide an adult scorekeeper.
6. Line judges - Each team will each provide a line judge.
7. Net height - 7 feet 4 1/4 inches.
8. Scoring device - scoreboard or flip cards.

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.

West Sound League: McMurray MS

1. Best 2/3 to 25 points in first two games, no cap. Third deciding games is to 25 points, no cap, however a non-deciding third game will only go to 15 points, no cap.

Warm-up is 5/5/2.

Match Format: Rally score 25-25-25 if the third game determines the winner of the match.

If not used to determine the winner of the match, the third game will be played to 15 points.

Ridgeline MS (Plays in North Thurston MS League):

8th/7th Rally score 21-21-21 All games, capped at 25 points.

Libero will not be used in either level

1. Start time is 3:30 p.m

2. Warm-up is 7/7/2 for both 8th and 7th grade matches.