

**SOUTH PUGET SOUND--NISQUALLY--EMERALD CITY-- SEA-TAC LEAGUES**  
**VOLLEYBALL WARMUP PROCEDURES (2010)**

**SOUTH PUGET SOUND LEAGUE - "2A"**

**2A-Clover Park, Eatonville, Fife, Franklin Pierce, Steilacoom, Sumner, Washington, and White River.**  
The home teams will warm-up first. **Note: The home team will supply both line judges for ALL matches.**

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 7/7/2 start time is 3:30 P.M.
- b. JV will play the 2nd match warmup time is 5/5/2 start time is immediately following the Varsity match.

**Evening Matches**

- a. JV will play the 1st match warmup time is 5/5/2. Coin flip approx. 5:35 P.M. Warm-up starts at 5:45 P.M. Serving starts at 5:56 P.M. Start time is 6:00 P.M.
- b. Varsity will play the 2nd match warmup time is 7/7/2 start time is NO earlier than 7:15 P.M.

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**NISQUALLY LEAGUE -"1A"**

1A-Cascade Christian, Charles Wright, Chimacum, Life Christian, Orting, 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.

Exception: A non-deciding third game will be played to 15 points, no cap, if it starts after 5:30pm.

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

**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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**EMERALD CITY LEAGUE - "1A"**

Annie Wright, Bellevue Christian, Bush, Cedar Park Christian, 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 Rally score 25-25-25 all games, no cap. Exception-A non-deciding game is capped at 15.

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. JV matches are rally to 25 points, no cap
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.

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**SEA-TAC LEAGUE - "2B/1B"**

2B- Bear Creek, Chief Leschi, Evergreen Lutheran, Rainier Christian, Kings West, Seattle Lutheran, and Tacoma Baptist.

1B- Auburn Adventist, Eastside Prep, Mt. Rainier Lutheran, NW Yeshiva, Puget Sound Adventist.

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

JV 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 home team will warm-up first. Note: Home team will provide both line judges.

Visiting team may provide a line judge upon approval by 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.

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.