

NARROWS & SOUTH PUGET SOUND LEAGUES
VOLLEYBALL WARMUP PROCEDURES (2011)

NARROWS LEAGUE – “4A” & “3A”

4A-Bellarmino, Central Kitsap, Gig Harbor, Mt. Tahoma, Olympia, Shelton, South Kitsap, Stadium.

3A-Capital, Foss, Lincoln, Timberline, Wilson, Yelm.

The home teams will warm-up first. **Note: Home team will provide both line judges, unless the visiting team brings their own.**

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

JV/C Rally score 25-25-15 all games, no cap.

Afternoon Matches

a. JV and Freshman (C) will play the 1st match. Warm-up time is 7/7/2. Start time is 3:30 P.M. unless otherwise stipulated. JV match will be played on the varsity court so that varsity contest can start on time.

b. Varsity will play the 2nd match. Warmup time is 7/7/2. Start time is no earlier than 4:45 P.M.

SOUTH PUGET SOUND LEAGUE - "4A"

4A, South Division-Beamer, Bethel, Curtis, Emerald Ridge, Federal Way, Graham Kapowsin, Puyallup, Rogers, Spanaway Lake.

4A, North Division-Auburn, Auburn-Riverside, Jefferson, Kentlake, Kent-Meridian, Kentridge, Kentwood, Mt. Rainier, Tahoma.

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 – 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 7/7/1 - start time is 3:30 P.M.

b. JV will play the 2nd match - warmup time is 5/5/1 - start time is immediately following the Varsity match.

Evening Matches

a. JV will play the 1st match - warmup time is 5/5/1. 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 7/7/1 - start time is NO earlier than 7:15 P.M.

.....
SOUTH PUGET SOUND LEAGUE - "3A"

3A-Auburn Mountainview, Bonney Lake, Decatur, Enumclaw, Lakes, Peninsula.

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 – 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 7/7/1 - start time is 3:30 P.M.

b. JV will play the 2nd match - warmup time is 5/5/1 - start time is immediately following the Varsity match.

Evening Matches

a. JV will play the 1st match - warmup time is 5/5/1. 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 7/7/1 - start time is NO earlier than 7:15 P.M.

OLYMPIC LEAGUE – 3A/2A/1A Information only—we do not service any of these schools.

3A – Bremerton.

2A – Kingston, Klahowya, North Kitsap, North Mason, Olympic, Pt. Angeles and Sequim.

1A----Port Townsend