

**WESTERN CASCADE CONF., EMERALD CITY, NISQUALLY, & SEA-TAC
VOLLEYBALL WARMUP PROCEDURES (2008)**

The Libero may be used in all varsity and sub varsity matches – no switch at 8 pts. All Leagues

WESTERN CASCADE CONFERENCE - “3A”

Capital, North Thurston, Timberline, and Yelm.

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

JV/C Rally score 25-25-15. First two games to 25, cap at 27. Third game to 15, cap at 17.

1. Home teams will warm-up first. Home team provides two adult line judges for varsity match.
2. JV & C matches start at 6:00pm. Varsity match starts no earlier than 7:00pm.
3. Warm-up: JV & C is 7/7/2 starting at 5:40pm. Varsity is 7/7/2 with a minimum of 10 minutes shared, prior to the start of the official warm-up.
4. Each team will provide a line judge for the C/JV matches, students or adults are acceptable.

A five-minute break will occur between games two and three unless both coaches agree to waive this break during the pre-match conference with the officials.

NISQUALLY LEAGUE - “2A” & “1A”

1A-Cascade Christian, Charles Wright, Chimacum, Life Christian (2B), Orting, Seattle Christian, Vashon
2A-Eatonville, Fife, Steilacoom, Washington.

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.

Exception: A non-deciding third game will be played to 15 points, no cap, if it starts after 5:30pm for 1A matches and after 6:30pm for 2A matches.

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

2A-JV start time is 5:30 P.M. Varsity start time is 6:45 pm

1. Warm-up is 7/7/2 for both JV and Varsity

EMERALD CITY LEAGUE - “1A”

Annie Wright, Bellevue Christian, Bush, Cedar Park Christian, Forest Ridge, Northwest School (JV only), Overlake, University Prep, and Seattle Academy (JV only).

Varsity – 3/5 Rally score to 25 – 5th 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 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 - “2B/1B”

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

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

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

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 7/7/2.
4. V will play the second match 3/5 - warm-up time is 7/7/2.