

Volleyball Warm-up

There shall be a minimum of 16-minutes warm-up for all interschool matches. The warm-up period shall be divided as follows for district and state competition:

- 5 minutes – Both teams on their sides of the court
- 5 minutes – Home team both sides of the court (to include serving)
- 5 minutes – Visiting team both sides of the court (to include serving)
- 1 minute – Teams at respective benches and on the endline ready for play by the conclusion of the final minute.

For varsity regular season tournament play warm-ups may be 11-minutes divided as follows:

- 2 minutes—Both teams on their sides of the court.
- 4 minutes—Home team both sides of the court (to include serving)
- 4 minutes—Visiting team both sides of the court (to include serving)
- 1 minute—Teams at respective benches and by the conclusion of the final minute on the end line ready for play.

During the final minute of the warm-up, teams must return to their respective benches. By the conclusion of the final minute, the players who will be introduced (if doing player introductions) must be on the end line. After player introductions/National Anthem, the R1 will whistle for the teams to shake hands at the net. Then the starting players must immediately take their positions on the court for line-up checks, and the non-starters shall return to the team bench.

When a team is allowed both sides of the court, it may practice any skill including serving. While the team is allowed both sides of the court, the other team must be completely off of the 30' x 60' playing court, and the playable area adjacent to the playing court.

It is not automatically within the authority/duties of the referee to dictate the warm-up schedule. If the match officials are to direct warm-ups, meet management should make prior arrangements with the officials. It shall be the official timer's responsibility to notify each team when it is time to change drills.

Non-varsity warm-up shall be as listed unless the schools mutually agree to other arrangements.