

## Warm-up Protocols for 2011 High School Volleyball Season

**Important:** Any late-arriving official at any site **should not restart any running clock** that is timing warm-ups. The late official should come in and check with both coaches to see if both are okay with the running time. It is okay if the coaches did their own coin toss.

### Girls – All Conferences (There is a running clock starting at 27 minutes)

- Coin flip and pre-match conference
- 15 minutes shared court time (each team stay on their side – no hitting) Start at 27 minutes
- 5 minutes for the serving team Start at 12 minutes
- 5 minutes for the receiving team Start at 7 minutes
- 2 minutes of serving for both teams (serve from their own half) Start at 2 minutes

Applicable to IAAMS only: For example, if there is a 4PM match (officials are running late, both teams are present) then the coaches will start the warm-up. When the official does arrive and both teams are in the warm-ups, the coaches will notify how much time is left. The official should then do the coin toss and keep the time moving.

### Boys – MIAA (There is a running clock starting at 26 minutes)

For example, if there is a 4PM match (officials are running late, both teams are present) then the coaches will begin their timed warm-ups. When the official does arrive and both teams are in the warm-ups, the coaches will notify how much time is left. The official should then do the coin toss and keep the time moving.

- Coin flip and pre-match conference

**Note: Whoever wins the coin flip, the visiting team still has the first 4 of the 10-4-4-4-4 warmup.**

- 10 minutes shared court time (each team stay on their side – no hitting) Start at 26 minutes
- 4 minutes for the visiting team Start at 16 minutes
- 4 minutes for the home team Start at 12 minutes
- 4 minutes for the visiting team Start at 8 minutes
- 4 minutes for the home team Start at 4 minutes

### Boys – MIAA – Additional Point of Emphasis

The **Card Sanctions** for Boys are a little different. We still have to communicate to the coach the reason for the sanction.

First Offense is a **Yellow Card** for the player, coach, etc.

Second Offense is a DQ (**Yellow & Red card separate**) for the player, coach, etc.

### Middle School – (Each warm-up segment is timed individually)

- Coin flip and pre-match conference
- 5 minutes shared court time (each team stay on their side of the court – no hitting)
- 5 minutes for the serving team (can use both sides of the court)
- 5 minutes for the receiving team (can use both sides of the court)
- 2 minutes of serving for both teams (must serve from their starting side of the court)