

# Warm-up Protocols for the High School Volleyball Season

## Girls – IAAM, Baltimore City/County: There is a running clock starting at 27 minutes

- Coin flip and pre-match conference Start at 27 minutes
- 15 minutes shared court time (each team stay on their side – no hitting) Start at 12 minutes
- 6 minutes for the serving team Start at 6 minutes
- 6 minutes for the receiving team

\*\*\* Each team can serve during their 6 minute warm-up.

IAAM only: If officials are running late and both teams are present, 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 let the clock continue.

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.

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

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

If officials are running late and both teams are present, 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 let the clock continue.

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)