

# VOLLEYBALL - TIMED WARMUP PERIODS

## Reminders:

- Officials should be on site and ready to begin at least 30 minutes prior to the scheduled match time, having checked the net/antennas prior to teams taking the court for warmups.
- If both officials are late arriving and the timed warmup has already started, do not re-start the running clock. Perform the pre-match conference and coin toss while the clock is running. Check net/antenna after warmup, not while players are warming up.
- Stick to the posted warmup times unless there is a mass email notifying of a change.
- **DO NOT** initiate the conversation or attempt to persuade teams to shorten the timed warmup. If a team is very late in arriving, let the coaches determine if THEY want to shorten their time on the court. That decision is not yours to make.
- For the girls: the SERVING team always has the full court first after the shared time.

## **Baltimore City, Baltimore County, IAAMS, Christian Schools - 27 minute warmup**

ONLY IAAMS schools are allowing players to stand at the END of the bench, not in front of the bench

Pre-match conference and coin toss

27:00 minute timed warmup.. the first 15 minutes is shared court time

At 12:15 double whistle

At 12:00 horn sounds. **SERVING** team has full court

At 6:15 double whistle

At 6:00 horn sounds. Receiving team has full court

At 0:00 horn sounds to end timed warmup

**NO CHANGING OF SIDES** (A few IAAMS schools only change **if** there is an obvious disadvantage to one team. Ask head coach to verify)

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## **MIDDLE SCHOOLS - Baltimore County & IAAMS**

There have been no official warmup times given

Always ask HOME team coach what warmup times they are using. If they don't know then:

Pre-match conference and coin toss

Use 15:00 timed warmup, the first 5 minutes is shared court time

At 10:15 double whistle

At 10:00 horn sounds, **SERVING** team has full court

At 5:15 double whistle

At 5:00 horn sounds, RECEIVING team has full court

At 0:00 horn sounds to end timed warmup

**NO CHANGING OF SIDES**

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### **Carroll County including Christian and public middle schools - 20 minute warmup**

Pre-match conference and coin toss

20:00 minute timed warmup.. the first 6 minutes is shared court time

At 14:15 double whistle

At 14:00 horn sounds. **SERVING** team has full court

At 7:15 double whistle

At 7:00 horn sounds. Receiving team has full court

At 0:00 horn sounds to end timed warmup

### **NO CHANGING OF SIDES**

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### **MIAA BOYS - 26 minute warmup**

Pre-match conference and coin toss

26:00 minute timed warmup.. the first 10 minutes is shared court time

At 16:15 double whistle

At 16:00 horn sounds. VISITING team has full court

At 12:15 double whistle

At 12:00 horn sounds. HOME team has full court

At 8:15 double whistle

At 8:00 horn sounds , VISITING team has full court

At 4:15 double whistle

At 4:00 horn sounds, HOME team has full court

At 0:00 horn sounds, ending timed warmup

MIAA boys **WILL** be changing sides between sets. If there's a deciding set, toss winner can choose, serve, receive or side.