

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. 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, - 27-minute warmup.

- 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 10:00 NO MORE ROSTER CHANGES ARE ALLOWED**
- At 6:15 double whistle
- At 6:00 horn sounds. Receiving team has full court
- **At 2:00 LINEUPS ARE DUE**
- At 0:15 double whistle
- At 0:00 horn sounds to end timed warmup
- There is NO changing of sides

IAAMS and Christian Schools – 22-minute warmup - Change for 2025

- Pre-match conference and coin toss
- 22:00 minute timed warmup. The first 10 minutes is shared court time
- At 12:15 double whistle
- At 12:00 horn sounds. SERVING team has full court
- **At 10:00 NO MORE ROSTER CHANGES ARE ALLOWED**
- At 6:15 double whistle
- At 6:00 horn sounds. Receiving team has full court
- **At 2:00 LINEUPS ARE DUE**
- At 0:15 double whistle
- At 0:00 horn sounds to end timed warmup
- There is NO changing of sides ***A few IAAMS schools only change if there is an obvious disadvantage to one team. Ask head coach to verify
- **ONLY IAAMS schools are allowing players to stand at the END of the bench, not in front of the bench**

Middle Schools - Baltimore County & IAAMS 15-minute warmup

- Pre-match conference and coin toss
- 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 10:00 NO MORE ROSTER CHANGES ARE ALLOWED**
- At 5:15 double whistle
- At 5:00 horn sounds, RECEIVING team has full court
- **At 2:00 LINEUPS ARE DUE**
- At 0:15 double whistle
- At 0:00 horn sounds to end timed warmup
- There is NO changing of sides

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 10:00 NO MORE ROSTER CHANGES ARE ALLOWED**
- At 7:15 double whistle
- At 7:00 horn sounds. Receiving team has full court
- **At 2:00 LINEUPS ARE DUE**
- At 0:15 double whistle
- At 0:00 horn sounds to end timed warmup
- There is NO changing of sides

MIAA BOYS – 17-minute warmup - Change for 2025

- Pre-match conference and coin toss
- 17:00 minute timed warmup.. the first 5 minutes is shared court time
- At 12:15 double whistle
- At 12:00 horn sounds. VISITING team has full court
- **At 10:00 NO MORE ROSTER CHANGES ARE ALLOWED**
- At 6:15 double whistle
- At 6:00 horn sounds. HOME team has full court
- **At 2:00 LINEUPS ARE DUE**
- At 0:15 double whistle
- 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.