

Volleyball Pre-match WARM UPS

The pre-match warm up procedure will vary from conference or league. Here are the most relevant procedures in use today.

ALL Northern Region Public Schools Procedure is as follows:

We will start the 20 minute continuous clock and buzz a warning 15 seconds prior to all the 5 time periods:

- 2 mins of combined warm-up (as Referees discuss rules with Coaches/Captains)
- 4 mins of full-court warm-up for the Home Team
- 4 mins of full-court warm-up for the Away Team
- 5 mins of full-court warm-up for the Home Team
- 5 mins of full-court warm-up for the Away Team

You should or may have the coin flip and the Captains meeting 30 minutes before the match starts (before the 20 minute clock starts if time permits.)

The Northern Region procedure MAY likely not be used when a Northern Region team is matched up against a non-Northern Region Opponent as the visitor.

But starting in 2011, all the Northern Region Public Schools will use this format. These schools will include all public High Schools in Arlington, Alexandria, Fairfax County and Stone Bridge High School in Loudoun County. George Mason HS in Falls Church City will NOT use the NEW Warm up procedure.

MOST OTHER MATCHES (Most Private schools, and public schools)

8 mins Combined Warm Up with each team on half the court

5 mins of full-court warm up for 1 team

5 mins of full-court warm up for opposing team

2 mins of combined time with both teams on their respective ends of their court.

WCAC Conference (Bishop Ireton, Bishop O'Connell, and Paul VI)

They use 30 minutes in between the JV and Varsity match and officials can still meet w/ the captains at the 20 min mark. However they will go with an 8/6/6 warm up.

8 minutes shared followed by

6 min Home Team Full Court – to include serving

6 min Visitor Team Full Court - to include serving

Be sure to print this out and carry it with you for all matches and scrimmages.