

# SCVOA/CIF-SS Prematch Warm-Up Protocol

Officials	Arrival at Gym: Set the clock so that it will reflect the number of minutes to game start time		
Timer	The clock will count down and the timer stops the clock	<b>20:00</b>	<b>STOP</b>
R1, R2, captains and head coaches	Captains and coaches meeting (Led by the R1)		
R2	When the meeting ends R2 directs the timer to start the clock (no whistle just start the clock)	<b>20:00</b>	<b>START</b>
Teams	<b>5:00 minutes of shared warm-ups (no hitting across the net)</b>		
Timer	Timer stops the clock	<b>15:00</b>	<b>STOP</b>
R2	R2 whistles for the serving team to begin their 6:00 minutes of warm-ups.		
Receiving team	(Receiving team leaves court at R2's direction)		
R2, Timer	R2 directs the timer to start the clock when the receiving team has left the court!! Scorekeeper and Libero tracker get their instruction from the R2 at this time	<b>15:00</b>	<b>START</b>
Serving team	<b>Serving team warms up</b>		
Both coaches	<b>The rosters are to be submitted no later than:</b>	<b>10:00</b>	
Note:	Late or inaccurate rosters result in a loss of serve/point to the opposing team		
R1	Conduct prematch conference with line judges and ball shaggers		
Timer	Timer stops the clock	<b>09:00</b>	<b>STOP</b>
R2	R2 whistles for the receiving team to begin their 6:00 minutes of warm-ups		
Serving team	(Serving team leaves court at R2's direction)		
R2, Timer	R2 directs the timer to start the clock after the serving team has left the court!!	<b>09:00</b>	<b>START</b>
Receiving team	<b>Receiving team warms up</b>		
R2	Clock continues to run and R2 whistles for the receiving team to end their warm-up and to leave the court	<b>03:00</b>	
Both coaches	<b>The lineups are to be submitted no later than:</b>	<b>02:00</b>	
Note:	Late or inaccurate lineups result in a loss of serve/point to the opposing team		
R2, Timer	R2 is to whistle at 0:30 for a warning and then allow time to expire and automatic horn to sound unless both teams are already on the court and ready to play	<b>00:00</b>	<b>STOP</b>
Timer	Reset game clock to 1:00 and insure all scores are zero and all games are zero		