

APPENDIX A1 - YSL MATCH WARM UP 10 MINUTE PROTOCOL

REGULAR SEASON & FINALS SERIES (EXCLUDING GRAND FINAL)

COUNTDOWN TO FIRST SERVE (MIN)	ACTIVITY	NOTE
10:00	Official Warm Up Commences Referees Check Net	Teams have access to the court, general warm up commences. (Teams to warm up along the court, not across it). Coaches and captains to complete the team lists on the scoresheet. If scoresheet is pre-printed coaches and captains need only to verify the team lists and amend if necessary.
8:00	Coin Toss	Teams to be in playing uniform
8:00	Serving team official warm up at net	Coaches to submit team's starting line-up. Team receiving may continue warming up in the serving team's service zone.
05:00	Receiving team official warm up at net	Team serving may continue warming up in the receiving team's service zone.
02:00	Official Warm Up Ends	
01:00	Teams Enter the Court	Teams enter the court so that their starting line-up can be verified by the 2nd referee and scorer.
00:00	First Serve	1st Referee Whistles for Service