

# APPENDIX E - VVL GRAND FINAL MATCH WARM UP 23 MINUTE PROTOCOL

## ALL COMPETITIONS (EXCLUDING PREMIER LEAGUE AND YOUTH STATE LEAGUE) GRAND FINALS

COUNTDOWN TO FIRST SERVE (MIN)	ACTIVITY	NOTE
23:00	Referees Check Net	Teams clear court so 1st and 2nd referee can check the height of the net.  Coaches and captains to complete and sign the team lists on the scoresheet. If scoresheet is pre-printed coaches and captains need only to verify the team lists, amend if necessary and then sign.  Teams to be in full playing uniform
22:30	Coin Toss	
22:00	Teams Shake Hands at Net	Teams line up along the end line. Referee whistles both teams to approach net to shake hands.
21:30	Team Official Photos	Teams to gather in 2 rows on their side of the net for official team photo
20:00	General Warm Up Commences	Teams have access to the court <b>with</b> volleyballs.  Teams to warm up along the court, not across it.
12:00	Start of official warm up at net	Players may commence warm up at the net together.  Coaches or captains to submit team's starting line-up.
(07:00)		(Unofficial) Teams may choose to switch warm up positions along the net.
(03:00)		(Unofficial) 1st Referee to notify teams that there is 1 minute of warm up remaining.
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 first service of the match.