

# APPENDIX D - VVL MATCH WARM UP 20 MINUTE PROTOCOL

## ALL COMPETITIONS (EXCLUDING YOUTH STATE LEAGUE) REGULAR SEASON & FINALS SERIES (EXCLUDING GRAND FINAL)

COUNTDOWN TO FIRST SERVE (MIN)	ACTIVITY	NOTE
20:00	General 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.  Teams to be in playing uniform
14:00	Coin Toss	
13:00	Teams Shake Hands at Net	Teams line up along the end line. Referee whistles both teams to approach net to shake hands.
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)		Referees 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.