

Volleyball Warm-up Procedures

Volleyball

20-minute Varsity warm-up procedure:

- A. Coaches' / Captains' Meeting occurs before the 20-minute clock starts – coaches should not hold up this meeting by not being available
- B. 8 Minutes – Shared Court
- C. 4 Minutes – Serving Team Court Time (receiving team may warmup in the non-playable areas)
- D. 4 Minutes – Receiving Team Court Time (serving team may warmup in the non-playable areas)
- E. 2 Minutes – Serving Team Court Time (used as desired) (receiving team may not warmup during this time, must be at the team bench)
- F. 2 Minutes – Receiving Team Court Time (used as desired) (serving team may not warmup during this time, must be at the team bench)

15-minute Sub Varsity warm-up procedure:

- A. Coaches' / Captains' Meeting occurs before the 15-minute clock starts – coaches should not hold up this meeting by not being available
- B. 3 Minutes – Shared Court
- C. 4 Minutes – Serving Team Court Time (receiving team may warmup in the non-playable areas)
- D. 4 Minutes – Receiving Team Court Time (serving team may warmup in the non-playable areas)
- E. 2 Minutes – Serving Team Court Time (used as desired) (receiving team may not warmup during this time, must be at the team bench)
- F. 2 Minutes – Receiving Team Court Time (used as desired) (serving team may not warmup during this time, must be at the team bench)

Use of Flags

During regular season contests, district, and divisional tournaments flags may be used by line judges. The use of flags will be decided by the R1 and R2. The R1 and R2 will provide the flags and will train the line judges in the use of flags. Flags will be required to be used during MHSA state tournament contests. The officials assigned to those tournaments will provide the flags. If non-MOA line judges are used during a post season contest, the R1 and R2 will train the line judges on the appropriate use of the flags.