

# CIF State 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	20:00	STOP
R1, R2, captains and head coaches	<b>Captains and Head Coaches meeting; coin toss</b> (normally performed by R1 but may be done by R2 in a split match where R1 is not immediately available) **Team Rosters shall be presented at this time		
R2	When the meeting ends R2 directs the timer to start the clock (no horn/whistle just start the clock)	20:00	START
Teams	5:00 minutes of shared warm-ups (no hitting/serving across the net)		
Timer	Timer stops the clock	15:00	STOP
R2	R2 <u>sounds horn</u> /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	15:00	START
Serving team	Serving team warms up		
Both coaches	The rosters are to be submitted no later than:	10:00	
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	9:00	STOP
R2	R2 <u>sounds horn</u> /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 <u>after</u> the serving team has left the court!	9:00	START
Receiving team	Receiving team warms up		
R2	Clock continues to run and R2 <u>sounds horn</u> /whistles for the receiving team to end their warm-up and to leave the court	3:00	
Both coaches	The lineups are to be submitted no later than:	2:00	
Note:	Late or inaccurate lineups result in a loss of serve/point to the opposing team		
R2, Timer	R2 is to <u>whistle</u> at 0:30 for a warning and then allow time to expire and <u>automatic horn to sound</u> ; both officials must be present before the match starts	0:00	STOP
Timer	Reset game clock to 1:00 and insure all scores are zeroed and all sets are zeroed		