

# THE WARM UP PROTOCOL

Time (mins)	Description	Referees' Action	Teams' Action
<b>10</b>	General Situation	Referees appear near the scorers' table and ensure the record on the scoresheet	Whenever the matches court is free, both teams for the following match can warm-up with balls on the respective courts as unofficial warm-up
<b>8</b>	Toss for choosing the 1 <sup>st</sup> service or receive and court in front of the scorers' table.  Sign on the scoresheet	The coin toss follows after which the <b>1<sup>st</sup> referee</b> ensures that the scorer is informed of the result of the toss. Referees ask the team captains and coaches to sign on the scoresheet.	After the toss, team's captain and coach sign on the scoresheet.
<b>7</b>	Official warm-up	<b>1<sup>st</sup> referee</b> whistles to announce the start of the official warm-up at the net of both teams	Teams A & B start SPIKING warm up together at the net <five (5) minutes in total> Or Separately <six (6) minutes total, three (3) minutes each team spiking and serving>
<b>2</b>	Line-up sheet for the 1 <sup>st</sup> set	The <b>2<sup>nd</sup> referee</b> must ensure that the coach of each team submits three copies of the line-up sheet for the 1 <sup>st</sup> set.	Teams A & B start SERVING warm up. The coach submits copy of the line-up sheet for the 1 <sup>st</sup> set to the <b>2<sup>nd</sup> referee</b> .
<b>1</b>	End of the official warm-up	The <b>1<sup>st</sup> referee</b> whistles to end of the official warm-up.	The players return to the benches at the end of the warm-up
<b>0.30</b>		The <b>2<sup>nd</sup> referee</b> checks the teams rotations	Starting 6 players take the court.
<b>0.0</b>	Start of Game	At the start of the match, the <b>1<sup>st</sup> referee</b> blows the whistle authorising the 1 <sup>st</sup> service	

## Forfeit Rules

The tournament games will be played under the GEST (Guaranteed Earliest Starting Time) system. This means all games will start at the scheduled time unless the preceding match on that court runs over time. In the case of a delayed start time a 10 minute warm-up will commence as soon as the final whistle of the previous match is blown.

Any team not ready to begin play at the scheduled starting time of a game shall be deemed to have forfeited the first set and other sets at 10 minute intervals. The only exception to this rule is if a team is still playing on another court in the venue due to matches running late.

These rules can be found in the Queensland Volleyball Schools Cup By Laws.