

# ARIZONA REGION VOLLEYBALL

## Adult/Junior Division WARM-UP Protocol 2005-2006

### No Shared Hitting!!

#### Matches where one or both teams have not played that day!

5 minutes **Both** teams ball-handling on own half of court!

4 minutes "Serving" team **ALONE!**

4 minutes "Receiving" team **ALONE!**

(Serving included in your 4 minutes!)

#### Matches where BOTH teams have already played!

Pre-Match Coin toss: **Both** teams ball-handling on own half of court!

Teams go to "alone time" immediately after choices!

4 minutes "Serving" team **ALONE!**

4 minutes "Receiving" team **ALONE!**

(Serving included in your 4 minutes!)

Special Note: In a tournament where a 1-game playoff is used to break a 3-way tie, the teams should be warming up while the Site Director is determining the playoff sequence. When the first 2 teams to play are identified, each team has 2 minutes **alone** on the court. As soon as that game ends, the remaining team has 4 minutes **alone** on the court. Play begins promptly! In all playoff games, team line-ups must be submitted **30 seconds** before the end of Warm Up!

## PLAY VOLLEYBALL...