



To: NJSIAA Program Review Committee

From: Tony Maselli, Chief Operating Officer

Date: June 8, 2026

RE: Volleyball Warm-Up Procedures

The NJSIAA staff recommends the following changes to the warm-up procedure for boys' and girls' volleyball.

This codification of warm-up procedures originated at the request of our league and conference committee, as well as numerous athletic directors across the state. Schools are becoming increasingly frustrated with matches not starting on time. Consistent warm-up procedures will help ensure that matches begin as scheduled.

These warm-up procedures will be required during both the regular season and all rounds of the state tournament – it will have no effect on the actual play of volleyball.

Please see the new warm-up procedures below:

Volleyball Warm-Up Procedures (16 Minutes each team)

- Once the visiting team enters the gym, a 5-minute clock begins.
 - Both teams may be on the court simultaneously.
 - This time is reserved for dynamic movement, stretching, and shoulder activation only.
 - No balls are permitted during this 5-minute period.

- After the initial 5 minutes, official warm-ups begin:
 - 6 minutes – Home team: Full court.
 - 5 minutes – Shared court: Ball control only (passing, setting, no full-speed hitting).
 - 6 minutes – Visiting team: Full court.

Note: Officials are not required to be present for any part of the warm-up procedure.

Benefits of this adjustment:

- Maintains fairness and equal access to the court
- Reduces congestion during shared warm-up time
- Allows for a safer, more progressive increase in intensity
- Does not impact match start time or officiating responsibilities