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### **Volleyball Warm-Up Procedure**

Upon the visiting team entering the gymnasium, a 5-minute clock will begin. Officials are not required to be present for any portion of the warm-up procedure.

#### **During this period:**

- Both teams may occupy the court simultaneously.
- Time is designated for dynamic movement, stretching, and shoulder activation only.
- No balls are permitted during this period.

#### **Following the initial 5-minute period, the official warm-up sequence will begin as follows:**

- 6 minutes – Home Team: Full court warm-up
- 5 minutes – Shared Court: Ball control activities only (passing and setting etc.). Full-speed hitting is not permitted during this session
- 6 minutes – Visiting Team: Full court warm-up

#### **Adjustments:**

- Doubleheaders (V / JV) on the same court: The first match shall follow the full warm-up procedure outlined above. The second match shall begin with the Home Team's 6-minute full-court warm-up period.
- All multi-team tournaments (except the NJSIAA tournament) will not be required to follow this procedure. The warm-up procedure will be left up to the event organizer.
- State Finals: The warm-up schedule and procedures will be determined at a later date.