

Bench Rotation: Teams shall remain on the same benches and same court side throughout the duration of a match. However, if playing areas are deemed to be unequal, teams shall follow the NFHS Court Protocol (Rule 9-2-2).

COIN TOSS HAPPENS 20 MINUTES PRIOR TO MATCH TIME!

(keep it short and sweet please)

Pre-match Warm-up. A 15-minute warm-up period: 15 minutes goes on the clock (7-7-1) shall precede all matches as follows:

- **First seven (7) minutes – Visiting team** practices on the full court; the home team may practice ball-handling outside of the six-foot area from the volleyball court sideline on a side court area with volleyballs if the facility permits (this provision does not apply to auxiliary gyms); **Horn at 8 minutes**
- **Next seven (7) minutes – Home team** practices on the full court; the visiting team may practice ball-handling outside of the six-foot area from the volleyball court sideline on a side court area with volleyballs if the facility permits (this provision does not apply to auxiliary gyms); **Horn at 1 minute**
- One minute clean up – Both teams clearing the court to play.

Prior to the match officials arrival on the court for the required officials-coaches-captains meeting 20 minutes before the start of the match, teams may warm up on the court with volleyballs. Ball handling and warm-up by both teams on their respective sides of the net will be permitted provided no balls go over the net and the court is ready and supervised by the host.