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Volleyball Warm-Up Procedure

Upon the visiting team's arrival at the gymnasium, a 5-minute preparation period shall be provided. This period is intended to allow the visiting team a reasonable opportunity to change, use restroom facilities, stretch, and prepare for the start of the warmup periods. The start of the 5-minute prep period should be determined through reasonable communication between game management and the visiting team and administered with common sense. It is not intended to begin the instant the visiting team physically enters the gymnasium.

During the prep 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 prep period, the official warm-up sequence will begin as follows:

- Period 1 (6-minutes): Home Team: Full court warm-up
- Period 2 (6-minutes): Visiting Team: Full court warm-up
- Period 3 (5-minutes): Shared Court: Ball control activities only (passing and setting etc.). Full-speed hitting is not permitted during this session.

Adjustments:

- During warm-up period 3 both coaches can agree to adjust this time if both teams are ready to start the match.
- 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 warm-up period 1.
- 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.

Officials are not required to be present for the above procedures to begin.