

## 3. NVL Protocol

- The total warm-up will last for 30 minutes. Prior to the start of the 30 minutes the Home Team prepares the court (See NVL Regulation D 1) and erects the posts and net. NOTE: The preparation of the court and the correct erection of the net is not the responsibility of the referees; they are only responsible for checking the facility and equipment. The NVL warm-up protocol is as follows:

- 45 Minutes

- Referees courtside and in uniform.

## - 30 Minutes

- Net ready for initial height check by Referees. Home team to adjust net height if necessary
- Scorer to be present. Team and Referee registration details submitted to the scorer. Scorer commences scoresheet.
- Home team provides the match balls. Second Referee checks match balls conform to the rules and are at the correct pressure.

## - 15 Minutes

- First referee calls team captains to the scorer's table and checks whether captains agree for their teams to share the net warm-up, or whether one team prefers separate warm-ups. (Rule 7.1.3)
- NOTE: (i) A captain still has the right to ask for separate warm-ups up to the time of the whistle to begin the warm-up. (ii) If it has not already been established teams should confirm whether they will be using a Libero and, if so, whether the Libero is likely to replace the team captain. In the latter case, it is helpful if referees are informed who is likely to be the game captain in such situations. (iii) In Divisions 2/3 and Cup/Shield matches it is to be confirmed if TTOs are not to be used.



- The toss is taken in the presence of the two team captains. Each captain will be allocated a side of the coin which shall be caught and not allowed to hit the floor .
- After the toss, team captains go to the scorer's table to sign the scoresheet. The scorer is informed of the result of the toss.

## - 14 Minutes

- Both coaches check and sign the scoresheet If they have not already done so, all players change into full playing kit prior to the net warm-up.

## - 13 Minutes

- Presentation of teams. Teams to line up on the side lines near the scorer's table from the third meter line towards the respective baselines. On the first referee whistle 12 players to enter the court lining up laterally in the middle of the court facing (the scorer table or the main TV camera). Referees to walk towards the first referee chair. The players of the two teams shake hands and return to their respective benches. Referees to return to the scorer's table.



## - 12 Minutes

- Begin official net warm up: this takes the format of 4 minutes through position 4, then 4 minutes through position 2, then 2 minutes serving – but this can be varied, if both teams agree.
- If one team chooses to warm up separately then the serving team will have the court for the first 5 minutes. The receiving team should remain at their bench. **NOTE;** They are not allowed to use balls or any part of the free zone for warming up.



- Coaches submit line up sheets for the first set to the second referee. The line-up sheet must have the name of the team and the set number and must be signed by the coach, not the assistant coach. It is no longer obligatory to include the Libero on the line up sheet for the first set. The ‘Libero’ is only excluded from the match if he/she is not named in the space provided on the scoresheet. Second referee ensures that the scorer has both team line-up sheets. Scorer must ensure each team does not see the opposition’s line-up sheet or the line-up recorded on the scoresheet.

## - 2 Minutes

- First referee whistles to signify the end of the warm-up. Referees ensure all is in order and ready for commencement of play. Line judges go to their positions.

## - 1 Minute

- First referee goes to the stand. Second referee stands at the post on their side of the court. The first referee calls teams to line up on their baseline, then onto the court. Second referee checks each team's line up. Libero may not enter the court until his/her team line up has been checked.

# 0 Minutes

- Start match

