



AIA VOLLEYBALL

Pre-game Court Warm-up Protocol

(Effective 2024)

The pre-game court warm-up will be the standard 15 minutes. For the first three minutes each team may occupy one-half of the court for general warm-up and ball handling followed by each team having six minutes for full court warm-up, hitting and serving.

The visiting team will have the first six minutes on the court, followed by the home team.

If room allows, opponents may warm-up behind the team active on the court.