

PREP-SCHOOLS / NCAA

Pre-Match Protocol

This is the pre-match protocol for those schools that follow NCAA rules and warm-up procedure:

- Please arrive at least 40 minutes prior to start of match
- The scoreboard clock may start at 60 min prior to match start time
- Do the pre-match conference at 30:00 on clock, or 30 min before start-time
- Hold coin up & double tweet, do not call for captains - any team rep may approach.
- Coin toss - Visitor calls & chooses Serve or Receive
- Warm-ups, un-shared court, start at 19 minutes (4-4-5-5-1)

Clock

- 30:00** Pre-Match Conference - R1 hold coin up and double-whistle
- 19:15 Warning - R2 Single Whistle
- 19:00 Horn** - Visiting team has the court
- 15:15 Warning - R2 Single Whistle
- 15:00 Horn** - Home team has the court
- 11:15 Warning - R2 Single Whistle
- 11:00 Horn** - Visiting team has the court
- 06:15 Warning - R2 Single Whistle
- 06:00 Horn** - Home team has the court
- 01:15 Warning - R2 Single Whistle
- 01:00 Horn** - Teams have 1 minute for last huddle at bench.
- 00:15 Warning - R2 Single Whistle
- 00:00 Horn** - Team Intros, National Anthem.

* IF the horn is not working or being used, Double-Whistle where "Horn" is above.

Time-Outs

The standard T-O is 75 sec. It can be modified to 60 sec or 90 sec if both coaches agree. Most host schools use a 60 sec T-O. R2 single-whistle warning at 15 sec and then HORN to end T-O. (Use double-whistle to end T-O if horn is not an option.)

Set Intervals

Between sets R2 single-whistle warning is at **30 sec** (not 15s like NFHS).

James Borbas
CT Rules Interpreter
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