



13 Minute Protocol

Duty only requires 1 person

Duty Team

- Blow Whistle, Start timer
- Get scoresheet and get both coaches' signatures
- Captains to score bench to perform coin toss
- Blow whistle starting net time

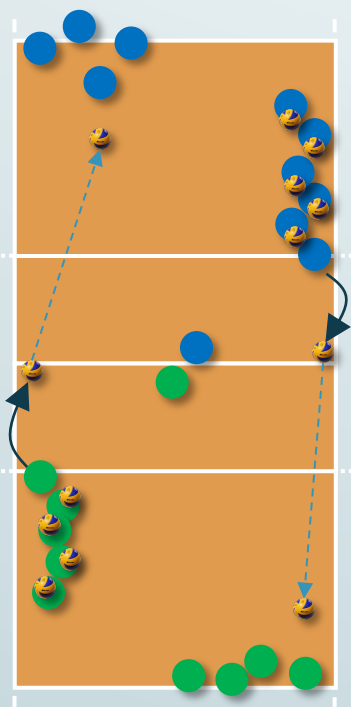
Min

Playing Teams

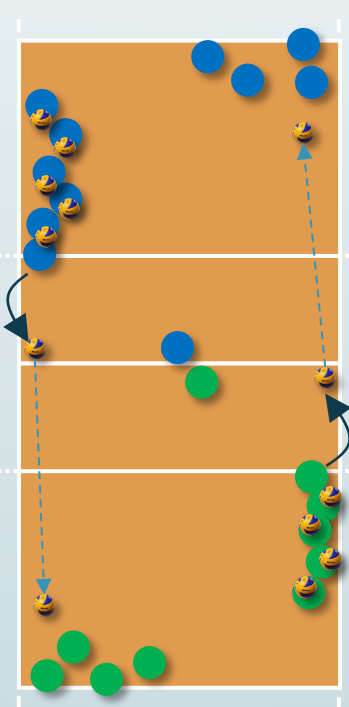
- 1 Straight on court doing 'pepper'
- ← Captains to score bench
- Teams change sides if required
- 5 Coaches submit lineups

Hit Down Line Only!

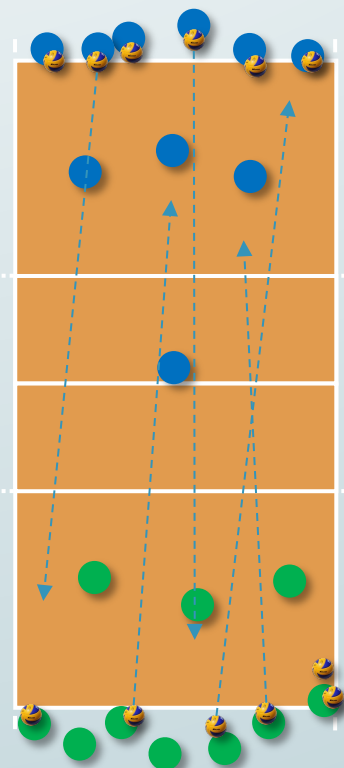
3 Mins hitting through 4



3 Mins hitting through 2



2 Min Serving



Do not chase your own balls

Blow whistle at 13 mins

Referees, Scorers, Line Judges,
Adult Supervisor into duty position

Teams collect their volleyballs,
starting VI on court

Match Begins!