

[Sent by Brian Hemelgarn from the OVR List of Certified Officials, March 22, 2019]

Referees,

Just want to clarify our pre-match warm-up protocol, particularly as it relates to the first two matches of the day before teams have played. Note that this is specific to the Ohio Valley Region - other regions or events outside the OVR may be different than this.

All OVR tournaments have either three- or four-team pools. Therefore, the first two matches of the day will use the following warm-up:

7 minutes - shared court time, no hitting/serving across the net  
4 minutes - serving team alone on the court (other team may "shag")  
4 minutes - receiving team alone on the court (other team may "shag")

This is true for each day of a multi-day tournament as well.

The important point is the SEVEN MINUTE segment for the FIRST MATCH of the day. There seems to be some confusion, so here are a couple important notes:

- 1 - Coin toss should be conducted a minimum of 15 minutes before the start time of the first match of the day.
- 2 - The 15-minute (7-4-4) timed warm-ups begin AFTER the coin toss.
- 3 - If teams have been on the court stretching/peppering PRIOR to the coin toss, remember, this is NOT part of their official warm-up. It is acceptable to ASK BOTH COACHES if they've warmed up long enough to start hitting after the coin toss. They are entitled to the full 15-minute TIMED warm-up, so if either coach says "no," you can't skip the 7 minutes.

Here is an example of what we do NOT want to happen: A referee says to a coach/team, "You've been warming up on the court already, so we're going right into the first 4-minutes after the coin toss." DO NOT DO THIS! Show them the courtesy of asking if they are ready to start hitting.

Let me know if you have questions about this.

Brian Hemelgarn  
OVR Referees' Chair