



2020 NCAA BEACH VOLLEYBALL RULES MODIFICATIONS



Modifications to the Domestic Competition Regulations as Presented by USA Volleyball

Note: Teams shall abide by all USA Volleyball Beach Domestic Competition Regulations (DCR) and these modifications for NCAA Beach Volleyball.

RULE	MODIFICATION
NCAA Definitions	<p><u>Definitions</u></p> <p><i>Team (overall):</i></p> <ul style="list-style-type: none"> a. All players, coaches, trainers, managers and any other individuals who formally represent a single institution; and b. Is composed of five pairs (two-players) who represent a single institution in an event. <p><i>Event:</i></p> <ul style="list-style-type: none"> a. <u>A tournament</u> that includes bracket play is an event in its entirety (i.e., conference tournament, NCAA tournament, etc.). b. <u>A dual</u> in which two teams, represented by five pairs, play each other is an event in its entirety. <ul style="list-style-type: none"> (1) Officially recognized as an NCAA Beach Volleyball match. (2) An event in which each pairs match result counts toward points to determine the result of the dual (a team win or a team loss). <p><i>Pairs:</i></p> <ul style="list-style-type: none"> a. A two-player team representing a single institution. b. Identified on the team's <i>NCAA Dual Match Lineup Form</i>, in order of ability. <p>NOTE: For regulations governing Pairs, reference section 4.1, <i>Composition and Registration</i>.</p> <p><i>Original Player:</i></p> <ul style="list-style-type: none"> a. A player whose <u>initial</u> entry to the team lineup is as one of the ten (10) players comprising the official team lineup (pairs 1-5) for the team's first countable contest of the season. <p><i>Alternate Player:</i></p> <ul style="list-style-type: none"> a. A player not having entered the team lineup as an original player. <ul style="list-style-type: none"> (1) Alternate player names must be submitted on the team's <i>NCAA Dual Match Lineup Form</i>, in the lower left section titled <i>Alternates</i>. (2) May compete at position 6, an exhibition match, which does not count for team's overall score and without losing their alternate player status. <p>NOTE: For regulations governing team lineups and player(s) movement(s), reference the <i>Team Lineups and Player Movement Regulations</i> section.</p> <p><i>Removed Player:</i></p> <ul style="list-style-type: none"> a. An original player who is removed from the team lineup, for any reason; and/or, b. An alternate player who initially enters the team lineup in position 1-5, is then moved up one position or down one position and is subsequently removed from the team lineup (see <i>Player Movement Regulations</i> section, 2.a. EXCEPTION). <p>Thus, an alternate player COULD become a removed player, but a removed player WILL NEVER become an alternate player.</p> <p>NOTE: For regulations governing team lineups and player(s) movement(s), reference the <i>Team Lineups and Player Movement Regulations</i> section.</p>

1.2 PLAYING SURFACE	<p>If the beach courts are man-made, it is recommended that the sand be washed, screened and clean, round, sub-round or sub-angular in shape, and intermediate in sizing, at least 18 inches deep on the court and at least 12 inches deep in the free space. The sand should drain adequately for the site, a general guideline being 30 minutes from weather incident. If the courts are outdoors, the whiter the sand the more it will reduce relative heat gain. It is recommended that institutions allow beach volleyball athletes to evaluate the sand prior to purchase.</p> <p>1.2.4 Grass courts are prohibited in NCAA competition.</p> <p><u>1.2.6 Number of Courts:</u> Two courts are required; however, three are recommended to conduct an NCAA Event. If an Event or Pairs match needs to be moved indoors to accommodate inclement weather, it may be played on one court, if there is only one court available (reference Modification 1.5, below).</p> <p><u>1.2.7 Adjacent Courts:</u> When building courts side by side, it is recommended that the free space be six meters. If adjacent courts are situated end line to end line, the recommendation is 9 meters of free space.</p> <p><u>1.2.8 Net System:</u> In permanent court setups, it is recommended that the posts anchoring the nets be fixed to the ground without wires, and that the posts be padded.</p> <p><i>Note: Many Beach Volleyball courts will be built to accommodate both doubles play (16m x 8 m court) and fours or sixes (18m x 9 m court). Buried line anchors for two sets of lines can be placed at the corners of the court, but only one set of lines should be visible during play.</i></p>
1.5 WEATHER	<p>The weather must not present any danger of injury to the players.</p> <p><i>Inclement weather.</i> Collegiate beach volleyball is an outdoor sport. Events shall be played outdoors unless weather or court conditions threaten the health and safety of student-athletes. In the event of inclement weather, a Pairs match or Event shall be conducted indoors provided a regulation beach volleyball court(s) is available (reference Modification 1.2.6, above).</p> <p><i>1.5.1 Determining playable outdoor weather conditions.</i> When on site within one hour before game time, the coaches of both teams and/or the on-site administrator shall decide whether a game shall not be started because of unsatisfactory conditions of weather or competition court.</p> <p><i>Note: Guidelines for inclement weather conditions are outlined in the <u>NCAA Sports Medicine Handbook under Lightning Safety and Cold Stress and Cold Exposure.</u></i></p> <p><i>1.5.2 Decision to suspend play.</i> <i>Should inclement weather or unfit conditions exist during a match, the referee, <u>in conjunction with the on-site administrator</u>, shall be the final judge as to the suspension, resumption or termination of play.</i></p> <p>If play is suspended due to weather conditions, it is suggested that play resume as soon as conditions allow.</p> <p>If a postponed Pairs match or Event can be scheduled within a 48-hour period, it shall resume at the point of suspension. Otherwise, the Pairs match or Event is not replayed or continued at a later date unless both coaches agree to do so or unless conference rules dictate otherwise.</p>
2.2 STRUCTURE	<p><i>Note to Rule 2.2: At the prerogative of the host institution, advertising (print or decal) may be placed on the top tape, top net sleeve, bottom tape and/or side bands. Institutional logos and NCAA logo are also permitted. During NCAA championship events, commercial advertising is prohibited.</i></p>
2.3 SIDE BANDS	<p><i>Note to Rule 2.3: At the prerogative of the host institution, advertising (print or decal) may be placed on the top tape, top net sleeve, bottom tape and/or side bands. Institutional logos and NCAA logo are also permitted. During NCAA championship events, commercial advertising is prohibited.</i></p>
2.5 POSTS	<p>The posts supporting the net may be placed at an upright spread of 36'-37' to accommodate both collegiate beach Events and recreational play. If courts are built only to accommodate collegiate beach Events, the posts supporting the net should be placed at a distance of 0.70-1.00 m (27½" – 39") outside each side line to the post padding.</p>

<p>2.6 ADDITIONAL EQUIPMENT</p> <p>MANDATORY IN 2020</p>	<p>A referee stand with platform, a podium ladder, or a platform workstation for each competition court is mandatory in order for a contest to be countable. The platform may be either attached (to a permanently installed net standard) or may be free-standing. The platform should be adjustable in height, such that the referee’s eye position shall be approximately 50 cm (19”) above the top of the net. The platform should be constructed, positioned and padded such that it presents the least potential hazard for players while retaining maximal stability for the referee. Step ladders, jump boxes, and other devices not specifically designed as referee platforms shall not be used. The front and sides of the referee’s platform shall be padded to a minimum height of 1.7 m (5’6”) with at least 1.25 cm (1/2”) thick, resilient, shock-absorbing material.</p>
<p>4.1 TEAM COMPOSITION AND REGISTRATION</p>	<p>4.1.1 <u>A team</u> is composed of five pairs (two-players) who represent a single institution in an event.</p> <p>4.1.1.1 Two (2) coaches and no more than one (1) volunteer <u>coach</u> are permitted to participate in the match to promote athletic development (<u>per Bylaws 11.7.6 and 11.7.6.2.3.2, respectively</u>).</p> <p>Only five (5) Pairs teams count in the scoring of an Event, either a dual or a tournament. Other Pairs may participate in exhibition matches or brackets, but their points do not count toward the team score for determining the winner of an Event.</p> <p>Only the two players recorded on the scoresheet (as listed on the NCAA Beach Volleyball Dual Match Lineup Form) may participate in that Pairs match.</p>
<p>4.1.4 NCAA MATCH STANDARDS</p>	<p><i>Coaching is permitted under the following guidelines. Coaches:</i></p> <p>4.1.4.1 <i>must be identified on the NCAA Beach Volleyball Dual Match Lineup Form as a coach, assistant coach, and/or volunteer coach and dress professionally, in shirt and shorts as a minimum requirement;</i></p> <p>4.1.4.2 <i>may not address the officials or attempt to influence their decisions at any time;</i></p> <p>4.1.4.3 <i>may perform drills with their team, on the playing court, until the conclusion of the coin toss;</i></p> <p>4.1.4.4 <i>must leave the playing court at the conclusion of the coin toss and may only instruct from the sideline during the shared, official warm up;</i></p> <p>4.1.4.5 <i>may not give instructions during play, may give instruction only during time outs, technical time-outs, side changes, and between sets;</i></p> <p>4.1.4.6 <i>while coaching a specific pairs match, must remain in the team area, and will switch sides with their team;</i></p> <p>4.1.4.7 <i>may suggest to the team captain, in a non-disruptive manner, the request for time-out;</i></p> <p>4.1.4.8 <i>are subject to sanction (individual misconduct or delay) for inappropriate behavior, for delay of the match, and/or for giving instruction(s) during play.</i></p>
<p>4.2 LOCATION OF THE TEAM</p>	<p><u>Team Areas and Location of Participants</u></p> <p>The team areas must be at least 3 meters (9’10”) from the sideline. If two courts are side-by-side, the team areas shall be placed on the outside of each court. If multiple courts are placed side-by-side, the team areas shall be placed in the end zone free space unless there is at least 6 meters of free space between the courts. Participant chairs may be removed during play and only used during breaks if necessitated by space constraints.</p> <p>4.2.1 Only the players recorded on the scoresheet for the current match, along with their coaches, are allowed in the playable area and in the team areas. All other members of a team must remain outside of the playable area. In venues comprised of adjacent courts, only when play concludes on an adjacent court and is no longer active, other members of a team are permitted to occupy that court for purposes of cheering for and supporting their competing teammates. These other members of a team will switch sides of the adjacent court at the same time as their competing teammates. No replays will be granted due to interference by one’s own teammates.</p> <p><i>SPECIAL NOTE: USA Volleyball Beach DCR Rule 1 defines playing area.</i></p>

4.3 PLAYERS' EQUIPMENT

4.3 A player's equipment consists of shorts with at least a one-inch inseam. A jersey or "tank-top" is **required**. Players may wear a hat or sunglasses at their own discretion (or risk).

NCAA: When engaged in competition, each competitor must wear an official team uniform with components governed by these rules or be subject to disqualification. Wearing any part of the official team uniform illegally (i.e., top off or intentionally shortened, shoulder straps lowered) while in the area of competition shall lead to a warning by the official that, repeated violations may result in disciplinary action.

- a. A uniform consists of two school-issued components – shorts and a top. A one-piece body suit is acceptable as a combination of the two components. Any outerwear (i.e. sweatshirt, sweatpants, jacket, etc.) that is school-issued becomes the official uniform, when worn. Outerwear may vary in style across the venue, but must in all cases fit within the institution's color scheme. If worn during play, outerwear should display the player's unique uniform number. *Common example: Institutional track suit with player number on jacket top and pant.*
- b. The uniform must be of a material and design deemed to not be objectionable or offensive by the athletics department of the issuing institution.
- c. The uniform top must, by design and size, cover the full length of the torso, meeting or hanging below the waistband of the bottoms, while the competitor is standing.
- d. All players representing an institution should be dressed in similar school uniforms so that they are readily recognizable across the venue. All players should be in matching jersey tops (sleeve length may vary, but color must be the same). All players should be in identical colored shorts/capris (length may vary). Further, in all cases, the two members of a pairs team must present for each match dressed *identically* in all respects (i.e., length of sleeves, length and type of bottom) and must remain *identically* dressed during play.
 - All uniform tops worn during competition must be legally numbered, using only 1, 2, 3, 4, 5 combinations (Reference 4.3.3.2).

Penalty: Players are required to be in official team uniform at the start of the official warm-up (Reference **GUIDELINES FOR WARM-UP PROCEDURES (PRE-MATCH)** presented at the end of this document). Failure to adhere to this requirement is grounds for the match to be forfeited.

- e. Other than the approved uniform above, players may wear cold weather gear. Cold weather gear must fit within the institution's color scheme on site.
 - Cold weather gear is worn under the uniform and must be form fitting. These items must be of solid color. *Common example: long-sleeved black compression shirt or blue compression pant.*
- f. Personal Items:
 - Hats, visors, sunglasses and sand-socks are considered optional personal items. Hats or visors should be of school issue and color.
 - No display of any advertisement, slogan, etc. is allowed on any personal item at any time.

Logo Policy

An institution's official team uniform and all other items of apparel (e.g., socks, headbands, t-shirts, wristbands, visors or hats, swim caps and towels) that are worn by student-athletes in competition, practice, and official championship functions may bear a single manufacturer's or distributor's normal trademark, not to exceed 2¼ square inches, including any additional material (e.g., patch) surrounding the normal trademark or logo. The logo or trademark must be contained within a four-sided geometrical figure (i.e., rectangle, square, parallelogram).

In addition, an institution's official uniform cannot bear a design element similar to the manufacturer's that is in addition to another logo or that is contrary to the size restriction. These restrictions apply to all apparel worn by student-athletes during the conduct of competition, which includes any practice, pregame or postgame activities.

The logo restrictions on student-athletes' apparel set forth in Bylaw 12.5.4 shall apply during NCAA championships to all personnel (e.g., coaches, trainers, managers) who are on the team bench for practices and games or who participate in NCAA news conferences. Please note that contracts

	between institutions and apparel manufacturers or distributors that include logo specifications may be honored, provided such contracts were in effect before August 11, 1998. The logo restrictions on student-athletes' apparel set forth in 12.5.4 shall apply to commercial logos on uniforms worn by band members, cheerleaders, dance team members and the institution's mascot during NCAA championship events.
4.3.3	<p>4.3.3.1 Player's jerseys must be <u>uniquely</u> numbered on the front and back of the jersey.</p> <p>4.3.3.2 A player number with Arabic numerals.</p> <ol style="list-style-type: none"> Each team member's game jersey shall be numbered on the front and back. The number shall be centered on the back of the jersey. In the front, the number must be either centered or placed on one shoulder with the top of the number no more than 5 inches down from the shoulder seam. The following numbers are legal: 1, 2, 3, 4, 5, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, and 55. The number shall be at least 6 inches high on the back and at least 4 inches high on the front and not less than 1-inch wide. Duplicate numbers are not permitted to be worn by members of the same team. <p>The number shall be one single solid color that contrasts the jersey color and may be bordered by no more than a ½-inch border of any color(s).</p>
4.4 CHANGE OF EQUIPMENT	It is required that the visiting team ensure its uniform top is of a contrasting color to that selected by the home team. Exception: <i>Tournament brackets may designate uniform color. When competing team's uniforms do not contrast, the visiting team must change uniforms. Note: For NCAA championship play, the respective NCAA Beach Volleyball Committee may elect to create a different method to select contrasting uniform colors, provided it is formally declared before the start of the championship round.</i>
5.1 CAPTAIN	Note to Rule 5.1: There shall be a captain designated for each Pairs team.
6.3 TO WIN THE MATCH	<p>6.3.1 A pairs match is won by the pairs team that wins two sets.</p> <p>6.3.2 In case of a 1-1 tie, the deciding (3rd) set is played to 15 points with a minimum lead of 2 points.</p> <p>6.3.3 A Dual. The format is five best-of-three set, pairs matches. Each pairs match is worth one point. The dual is won by the team that wins the majority of pairs matches (i.e. best 3 of 5 pairs matches). Three or more points are required to win a team match.</p> <p>6.3.3.1 All pairs matches should be played to completion, unless there are extenuating circumstances.</p> <p>6.3.3.2 An unfinished pairs match will be treated as a default by the withdrawing team, unless the decision not to finish is mutually made by both coaches.</p> <p>For a tournament to count toward the sport sponsorship minimum, an institution must field five pairs teams. All institutions competing in the tournament do not need to field five pairs teams, but only those institutions fielding five pairs teams may count the dates toward minimum requirements. Those institutions fielding less than five pairs teams must still count all dates of the tournament toward the maximum requirement. (Per NCAA bylaw 20.9.6.3).</p>
7.4 POSITIONS	<p>7.4.1.1 The server shall be on the playing surface to receive authorization for service.</p> <p>7.4.1.2 Service must be initiated within the playing area and from a legal playing surface.</p> <p>SPECIAL NOTE: USA Volleyball Beach DCR Rule 1 defines playing area, while Rule 1.2.1 defines playing surface.</p>
15.4 TIME-OUTS AND TECHNICAL TIME-OUTS	<p>15.4.1 Time-out requests must be made by showing the corresponding hand signal, when the ball is out of play and before the whistle for service. All requested time-outs last for 90 seconds.</p> <p>15.4.2 In sets 1 and 2, one additional 90-second "Technical Time-Out" is applied automatically when the sum of the points scored by the teams equals 21 points.</p> <p>15.4.3 In the deciding (3rd) set, there are no "Technical Time-Outs"; only one time-out of 90 seconds duration may be requested by each pairs team.</p>
18.1 INTERVALS	18.1.1 An interval is the time between sets. All intervals last 2 minutes.

19.1	<p>Sportsmanlike Conduct: Both Players and Coaches</p> <p>19.1.1 Participants must know the <i>Beach Volleyball Domestic Competition Regulations</i> and these NCAA Beach Volleyball Rules Modifications and abide by them.</p> <p>19.1.2 Participants must accept referees' decision with respectful conduct, without disputing them. In case of doubt, clarification may be requested.</p> <p>19.1.2.1 Either player may make this request.</p>
20	<p><u>Coaching</u></p> <p>a. <i>When coaching is allowed.</i> Coaches shall be designated before the doubles matches and listed on the lineup sheet. A coach may not interfere with play or coach verbally or by signaling during other times than specified above. Use of electronic communication devices (e.g. walkie-talkies and cell phones) is prohibited.</p> <p>b. <i>Penalties for inappropriate coaching.</i></p> <p>(1) Language between rallies that involves instructional content is subject to sanction by the referee (First instance = verbal reminder; Second instance = Yellow card; Third instance = Red card, loss of rally and a point for the opponent).</p> <p>(2) Language during a rally that offers instructional content or that might affect the rally in play is immediately sanctioned (First instance = Yellow; Second instance = Red).</p> <p>(3) Coaches are NOT allowed to interact directly with the officials during a match (First instance = Yellow; Second instance = Red).</p> <p>(4) Captains should know that they have the right to occasionally ask referees for explanations of decisions, or clarifications of rules.</p> <p>c. <i>Who may coach? Two (2) coaches and no more than one (1) volunteer coach may be active during an event (per Bylaws 11.7.6 and 11.7.6.2.3.2, respectively).</i></p> <p>d. <i>Conversations of coach with opposing player banned.</i> A coach shall not initiate a conversation with the opposing player or in any way get involved with an on-court problem, except at the request of the referee, or the player or the coach of the player involved. At no time should a player initiate a conversation with an opposing coach. Violations of these provisions by the coach are subject to misconduct.</p>
<p>TEAM LINEUPS and PLAYER MOVEMENT REGULATIONS</p>	<p><u>Team Lineups</u></p> <p>The team's completed <i>NCAA Beach Dual Match Lineup Form</i> (team lineup) should be submitted to the Head Referee one hour before the start of play, or 15 minutes before the start of the next dual, if playing back-to-back duals, at which time, the lineup is official.</p> <p>Coaches are responsible to position their pairs (positions 1-5) in order of ability for ALL matches from the first match of the season to the last match of the season. Within this guideline:</p> <p>a. Player movement within the team lineup is restricted to one position up or down from one event to another.</p> <p><i>Examples:</i></p> <p>(1) <i>A player currently listed in a 3 position may be moved up one position in the lineup to a 2 position, or may be moved down one position in the lineup to a 4 position.</i></p> <p>(2) <i>A player currently listed in a 1 position may be moved down one position in the lineup to a 2 position.</i></p> <p>b. Changes to the official lineup must be reported immediately to the Head Referee. The Head Referee will share the lineup changes with the opponent's head coach as soon as possible.</p> <p>(1) For purposes of lineup changes, a dual, a tournament that includes bracket play, and a bracketed pair's tournament are different events, even if played on the same day or at the same site on simultaneous days.</p> <p>(2) A coach may make lineup changes from one event to another as long as they stay within the one position parameter for moving players.</p> <p><u>Player Movement Regulations:</u></p> <p>A player may <u>initially</u> enter the team lineup in one of two (2) ways:</p> <p>1. As an original player.</p> <p>Furthermore, <u>an original player who is removed from the team lineup:</u></p> <p>a. Is immediately added to the <i>Removed Players</i> section located on the bottom right of the team's <i>NCAA Dual Match Lineup Form</i>, and</p>

	<p>b. May ONLY re-enter the team lineup into the position which she last played. She may be moved from there in subsequent matches (see <i>a.</i> in <i>Team Lineups</i> section above).</p> <p>2. From the alternate player list.</p> <p>An alternate may <u>initially</u> enter the lineup in any position, 1-5.</p> <p>Furthermore, <u>an alternate player who is removed from the team lineup:</u></p> <p>a. Is returned to the <i>Alternate Players</i> list, thus retaining the status of alternate player.</p> <p>EXCEPTION: an alternate player who initially enters the team lineup in position 1-5, is then;</p> <p>(1) <i>moved up one position, in the case of initial entry into positions 2-5, or</i></p> <p>(2) <i>moved down one position, in the case of initial entry into positions 1-4, and is subsequently removed from the team lineup. In these cases, if/when this player is removed from the team lineup, she loses her alternate player status, is now considered a Removed Player, and is subject to the re-entry guidelines in 1.b immediately above.</i></p> <p>b. Is then limited to returning to the team lineup in either of the following two scenarios:</p> <p>(1) She may return to the position into which she last played, and may be moved from there in subsequent matches (see EXCEPTION above); or</p> <p>(2) She may return in the five (5) position, and may be moved from there in subsequent matches (see EXCEPTION above).</p> <p>c. The one-up/one-down regulation applies to pair's events also (i.e., a No. 1 team cannot play in the No. 3 spot or vice-versa).</p> <p>NEW IN 2020: Lineup Adjustments. If a student-athlete is out of the lineup for a significant amount of time due to injury, academics, etc., the NCAA Women's Beach Volleyball Committee has adopted a new protocol to adjust a student-athlete's returning spot. If a player is out:</p> <p>(1) <u>12 full duals – she may return two spots lower in the lineup than where they went out.</u></p> <p>(2) <u>16 full duals – she may return three spots lower in the lineup than where they went out.</u></p> <p>(3) <u>20 full duals – her status may reset to full alternate status.</u></p> <p>Transfers at quarter break or student-athletes joining the beach team from the court team after the beach season has started should be placed in the lineup by ability.</p> <p><i>Team that has an insufficient number of players.</i> A team appearing with an insufficient number of players shall default matches at the bottom of the lineup. If the No. 1 doubles team is not available to compete, all doubles teams must move up one position. The No. 1 doubles match cannot be forfeited. The minimum number of players for a dual-meet match is six physically able players. A team that does not meet this minimum must forfeit the match.</p>
21.1 COMPOSITION	<p>One referee required.</p> <p>Players from non-competing teams may keep score, serve as a line judge, or serve as the second referee.</p>
24 SCORER	<p>24.1.1 It is acceptable that the First Referee (R1) or the Second Referee (R2) fill the role of official scorer in collegiate volleyball. This requisite act may be performed by either, from their designated location.</p> <p><i>SPECIAL NOTE:</i> The use and completion of an NCAA Beach Volleyball Scoresheet is required.</p>

GUIDELINES FOR WARM-UP PROCEDURES (PRE-MATCH)

For NCAA Collegiate Beach competition: Ten minutes are allowed for warm-up. Formally, this period includes one minute to conduct the coin toss with a player representative from each competing pairs team and eight minutes of formal timed warm-up. Pairs teams share the entire court throughout the 10-minute period. One coach (identified on the NCAA Beach Volleyball Dual Match Lineup Form as coach, assistant coach, and/or volunteer coach) from each institution may remain on the playing court until the conclusion of the coin toss. Players are required to be in and remain in uniform at this time.

Formal Warm-Up Protocol

- 10 Coin toss
- 9 Start eight-minute formal timed warm-up (coaches must leave the playing court)
- 1 End warm-up, teams to pre-determined team area, referee(s) to designated location
Final court grooming procedures
- 0 Teams to end-lines (respective to team area)
First Referee (R1) whistles and signals to invite teams to the net to shake hands with opponent
First Referee (R1) starts the match

SPECIAL NOTE: In certain circumstances (i.e., broadcast or court maintenance demands), the warm-up protocol may be modified. Below is an example of the modified warm-up procedure used at previous NCAA DI National Championships

- 11 *Coin toss*
- 10 *Start eight-minute formal timed warm-up (coaches must leave the playing court)*
- 2 *End warm-up, teams to pre-determined team area, referee(s) to designated location
Final court grooming procedures*
- 0 *Same as above*