

Volleyball Checklists

<u>Pre-Conference Checklist</u>	
Proper Uniform .....	On
Arrival on Site .....	30 Minutes
Net Pads .....	On
Metal .....	Covered
Net Height .....	7'4" <sup>1</sup> / <sub>8</sub> / 7'11" <sup>5</sup> / <sub>8</sub>
	Checked 3 Places
Tightness .....	Checked
R1's Stand .....	Padded, Stable
Antennas .....	Vertical, Line Edge
Benches .....	10 Foot Line
Home Bench .....	Identified
Ceiling .....	Checked
Obstructions .....	Noted
Balls .....	Official, Round
Air .....	4.3 to 4.6
<u>Conference Checklist</u>	
Captain(s) .....	Present
Head Coaches .....	Present
Introductions .....	Made
Playable Area .....	Described
Sportsmanship .....	Discussed
Legal Uni, Equip .....	Requested
Speaking Captains .....	Identified
Line Judges, Shaggers .....	Requested
Questions .....	Answered
Coin Toss .....	Visitor Calls
	Serve or Receive
Good Luck .....	Wished
<u>Warmup Checklist</u>	
Scorekeeper .....	Briefed
Line Judges .....	Briefed
Ball Shaggers .....	Trained
Rosters In .....	At conference
Lineups In .....	2 min on clock
	Home's Time
Setters .....	Identified
R1 and R2 .....	Talk

<u>Before Match Start Checklist</u>	
Correct Lineups .....	On court
Scorekeeper .....	Ready
Line Judges .....	Ready
Ball Shaggers .....	Balls
R2 .....	Signals R1
<u>R1 Before Serve Checklist</u>	
Receivers .....	Ready
Line Judge .....	Ready
R2 .....	Ready
Scorekeeper .....	Ready
Line Judge .....	Ready
Server .....	Ready (or Not)
Whistle .....	Blows
<u>R1 During Play Checklist</u>	
Ball .....	Followed
Bad Stuff .....	Called
Ball Dead .....	Whistled
R2, Line Judges .....	Checked
Violation Signal .....	Signaled
Direction of Serve .....	Given
<u>R2 During Play Checklist</u>	
Ball .....	Ignored (mostly)
Nets /Under .....	Called
10 foot to 10 foot .....	Watched
R1 .....	Mirrored
<u>Line Judge During Play Checklist</u>	
Ball .....	Tracked
Eyes .....	See touches
Eyes .....	Focused on Line
	Let ball come to you
Move .....	Only as needed
	Antennas, or if blocked
Flag .....	Good snap always

Between Points Checklist

Benches ..... Scanned  
Subs ..... Handled  
Questions ..... Answered  
Trash Talking ..... Stopped

Substitution Checklist

Request ..... From Coach  
(Enter zone = request)  
Whistle ..... R2 only  
Signal ..... R1 and R2  
Enter Zone ..... One at a time  
Scorekeeper ..... Knows  
R2 ..... Permits  
R2 ..... Signals R1

Timeout Checklist

Request ..... Coach or Captain  
Whistle ..... R2 only  
Signal ..... R1 and R2  
Scorekeeper ..... Starts Clock  
Horn/Whistle ..... 15 Sec. & End  
R2 ..... Reads Score Book  
R2 ..... Shows # Used to R1  
R2 ..... Tells coach after 2<sup>nd</sup>  
R1 and R2 ..... Shows # used

Injury Checklist

During Play ..... Stop  
(Judgement)  
Injury Time ..... 30 seconds  
Choice ..... Play, Sub, or  
Call timeout  
Time ..... Unlimited if Sub  
Exceptional Sub ..... Permitted  
Return after E. S. .... Next set  
Uniform Change ..... No Penalty, if Blood  
Unconscious?concussio ... No return

Between Games Checklist

Clock ..... 3 minutes  
Coin Toss ..... R2 if needed  
Called by ..... Home captain  
Choices ..... Serve, Receive, or  
Side

1<sup>st</sup> Contact Checklist

If Alien ..... Call NASA  
Watch ..... Hands, not Ball  
Just Ugly ..... Do nothing  
Double Hit ..... Do nothing  
Prolonged Contact ..... R1 calls  
Not Sure? ..... Do nothing  
R2 ..... Signals R1 if screened  
Block ..... Touch, Not contact

2<sup>nd</sup> and 3<sup>rd</sup> Contact Checklist

Watch ..... Hands, not Ball  
Double Hit ..... R1 calls  
Prolonged Contact ..... R1 calls  
R2 ..... Signals R1 if screened

Block Checklist

Where ..... At net  
Hand(s) ..... Above top of net  
Touch Ball ..... Required  
Attack ..... Not allowed  
Across Net ..... If play on other  
side completed.  
Collective ..... 2 or more players up  
Back-row ..... See next list

Backrow Checklist

Legal Feet ..... Behind line  
Legal Ball ..... Any part below  
top of net  
Illegal ..... When crosses net  
Block ..... Illegal on contact  
if hand(s) above net  
Collective ..... Illegal if any  
player contacts

Libero Checklist

Plays ..... Back row only  
Replacement ..... Behind 10 ft line  
Replaces ..... Anyone  
Serves ..... In one spot only  
Uniform ..... Distinct  
Attacks ball ..... Only below net  
even if behind 10 ft line