

2026-27 Rules and Regulations – Frequently Asked Questions

Note – 11th September 2026

As a result of feedback, the pre-match schedule has been amended so that the coin toss takes place at -16 minutes, with 11 minutes now allocated for the official warm-up.

Warm up

1. The observation from previous matches: the halls are usually booked 30 minutes before 1st serve. Moving toss to -17 minutes followed by warm-up leaves less time to setup the net and properly warm-up. Can officials group flag this change to coaches and try to push teams to have extra 10 minutes (example hall booked from 10am and 1st serve arranged at 10:40, not 10:30)?

As a result of feedback received, this change will move the warm-up by 1 minute. The Home team is responsible for the court and setting up the net. If the court is only booked from 30 minutes prior to the match start time, then the home team should not begin their own general warm-up until the court is ready.

2. Should we direct both teams to benches before initiating serving warmup?

No. There is no need for both teams to be directed to their benches at the start of the first serving warm-up. Team A should go straight into the serving section. The only delay should be where Team B are slow to clear the court.

3. If a team does not leave the court in a timely manner, would you add that in the referee's report?

No. It is expected that all participants will leave the court promptly when instructed by the Referees. This is vital for the safety of all participants.

4. Are teams allowed to use the court for something else during that 90 seconds instead of serving i.e. hitting or stretching?

The 90 seconds is given specifically for serving. The reason they have separate access is to reduce the chance of injury during the serving section of the warm-up; not to allow additional time on other activity.

5. Do the separate warmups remain the same at 5 minutes each? Or will they get 6 mins each if were allocating extra time for the official warmup?

Separate warm-ups would be 5.5 minutes – 4 minutes plus 90 seconds.

7. Who is going to return the balls to the team that is practising their serves?

The teams will need to arrange how they will use the court. Only those registered on the scoresheet may be within the playing area during the warm-up.