

fold

## Daily Stand Up or Scrum

The Scrum Framework gets its name from a Rugby Scrum which is similar to a huddle in football. The Scrum Meeting, sometimes known as the Daily Stand Up, is the smallest planning horizon in the framework. The team gets together and plans their day. It is not a status meeting!

Stand Ups should be held on your feet! Standing is tiring and helps keep the meeting to the desired 15 minutes or less and occur at a regular time and place. Meetings should be held in front of a task-board and/or sprint burn-down chart.

Tasks that a team are working on should be less than a day in size. If a team member is working on the same thing today as yesterday, someone else in the team should help: they're probably blocked.

The meeting is public and open to anyone, but only the team members should be speaking.

**Less than 15 min!**

**3 Questions:**

- 1. What did I do yesterday?**
- 2. What am I planning on doing today?**
- 3. What is standing in my way?**