



# VC Warm-up protocol

In an effort to reduce the incidence of injuries and concussions during National Championships, Volleyball Canada will be introducing a warm-up protocol during the 2018 Nationals in Edmonton, AB. Coaches are recommended to adopt this new protocol however it will not be required in 2018.

The following guidelines summarize the protocol which is recommended to be followed by all teams during the hitting portion of the team warm up:

1. Athletes hitting are not permitted to cross under the net after completing their attack.
2. Athletes should step out of the way after completing their attack.
3. If coaches are tossing from the receiving side of the court, they are encouraged to do so from outside of the court or from directly at the net.
4. Teams are responsible for ensuring that there are ball retrievers.
5. The ball retrievers should return the balls along the sidelines of the court, they must not roll balls under the net.

Teams who do not follow the protocol will have a note added to their game sheet by the referee.