



VC Nationals Warm-up protocol

a) Team warm-ups will be conducted using the 2-4-4 format, which is as follows:

- 2 minutes for players to warm-up on their respective side of the court,
- 4 minutes to use the full court (traditionally used for spiking and serving practice), and
- 4 minutes for on or off the court. See item 'c' below for warm up recommendations.

b) In an effort to reduce the incidence of injuries and concussions during match play, Volleyball Canada has developed the following warm-up protocol. This protocol is to be followed by all teams during the designated on court warm-up time;

(article 7.2.4 of the Indoor Rulebook)

1. Athletes must remain on their side of the net immediately following an attack and only move to the opposite side of the net from outside of the court. Athletes are not permitted into the receiving court.
2. Any ball from the receiving side of the court, entered to the attacking side, must be entered from outside of the court.
3. Retrieved balls must be returned along the sidelines of the court and not through the receiving court.
4. If the team is using both sides of the court, i.e. full court game type activity - only one ball can be in play at any given time.
5. Opposing teams are not permitted to use volleyballs in the free zone during the other teams allocated court time.

Teams who do not follow the protocol will be notified by the referee that they must follow the above stated regulation. Teams must adjust their warm-up accordingly or may chose not to continue their hitting warm-up. Time for the hitting warm-up will not stop during the notification and adjustment period.

c) Warm Up recommendations:

6. The team that is not participating in the hitting warm up are encouraged to act as ball retrievers for the hitting team.
7. Hitting should be directed away from courts with active games and from spectator seating areas whenever possible.