

# Volleyball Canada

## Warm Up Protocol

In an effort to reduce the incidence of injuries and concussions during warm-up, 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;

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. Balls 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, only one ball can be in play at any given time.
5. **Due to COVID, the opposing team will NOT retrieve/shag the balls for the hitting team. The hitting team will use their players/coaches to retrieve/shag. The non-hitting team will be allowed to warm-up/dig/pepper with balls, OUTSIDE the court, BEHIND the hitting team.**
6. It is advised that if teams are serving as a component of their warm-up and have multiple servers at the same time, that athletes do not attempt to serve receive.

For teams that do not follow the warm-up protocol, the referees will notify the head coach and note on the score sheet the non-compliance of the warm-up protocol. The league, PTA or Volleyball Canada (depending on the event), will determine the appropriate sanction.

