



## **1. VOLLEYBALL YUKON WARM-UP PROTOCOL**

- 1.1. 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. 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 team's allocated court time. It is recommended for the opposing team to support the retrieval of volleyballs for the team on the court.
- 1.2. For teams that do not follow the warm-up protocol, the referees will note on the score sheet the non-compliance of the warm-up protocol. The league, PTA, or Volleyball Canada will determine the appropriate sanction.