



Warm Up Protocol

Teams will be granted a 2-minute shared court warm up followed by an individual 4-minute team warm up each. The 4-minute warm up will commence once the referee has whistled to instruct teams to shake hands from the previous match.

The coin toss will commence at this time and coaches and team captains will be responsible to ensure their team roster is recorded and verified by signing the score sheet within this 4-minute timeframe.

Volleyball Canada has made a recommendation of warm up protocol, which the NLVA will be implementing, which is an effort to reduce the incidence of injuries during the warm up period, especially concussions. This warm up protocol will be implemented at all NLVA Events.

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), 4 minutes to use the space behind the baseline (traditionally used for passing practice).
- The following guidelines summarize the protocol which is to be followed by all teams during the hitting portion of the warm up:
 - Athletes hitting are not permitted to cross under the net after completing their attack.
 - Athletes should step out of the way after completing their attack.
 - If coaches are tossing from the receiving side of the court, they are encouraged to do so from outside of the court.
 - Teams are responsible for ensuring there are ball retrievers for their own hitting warm up.
 - The ball retrievers should return balls along the sidelines of the court, they must not roll balls under the net.

Please ensure that all coaches, athletes, parents and spectators of your team are aware of this protocol.