



**Alberta School's Athletic Association**  
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# Memo

**To:** ASAA Member Schools  
**Date:** September 20, 2022

**RE:** Volleyball Warm Up & Side Switching

**From:** Shelbea MacLennan, Assistant Director

**CC:** John Paton, Executive Director  
Brad Van Raalte, Assistant Executive Director  
Jason Kozlow, Boys Volleyball Commissioner  
Kirsten DeZutter, Girls Volleyball Commissioner

Dear: ASAA Member Schools

As schools begin 'setting' up for another great season of ASAA Volleyball, we would like to give a few updates and reminders regarding side switching and warm up protocol.

## **Side Switching**

A decision made by the ASAA Executive Committee, will allow teams to go back to pre-covid procedures in regards to switching sides. At the end of each set and half way through a third (or fifth) set, both teams and benches will be permitted to switch sides, allowing for equal opportunities on both sides of the net.

## **Warm Up Procedure**

The ASAA would like to remind all member schools of the Volleyball Warm-Up procedure that was introduced last year by Volleyball Canada, that will continue to be used at the 2022/23 ASAA Volleyball Provincial Championships. All rules set out by Volleyball Canada shall govern ASAA Volleyball:

Warm-up Protocol 7.2.4 Volleyball Canada – 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:

- a. 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.

- b. Any ball from the receiving side of the court, entered to the attacking side, must be entered from outside of the court.
- c. Retrieved balls must be returned along the sidelines of the court and not through the receiving court.
- d. 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.
- e. 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.

Please contact [shelbea@asaa.ca](mailto:shelbea@asaa.ca) if you have any questions.

