

Intramural Volleyball Safety Rules

Volleyball injuries are generally defined as either cumulative (overuse) or acute (traumatic) injuries. Overuse injuries occur over time due to stress on the muscle, joints and soft tissues without proper time for healing. They begin as a small nagging ache or pain, and can grow into a debilitating injury if they aren't treated early.

Volleyball requires the athlete to be aware not only of the ball, but of the other players, boundaries and net. Some of the most common injuries that occur while playing volleyball include sprains, blunt force injuries and joint or repetitive motion injuries.

Volleyball Injury Prevention

Always take time to warm up and stretch! Research studies have shown that cold muscles are more prone to injury. Warm up with jumping jacks, stationary cycling, running or walking in place for 3 to 5 minutes. Then do some dynamic stretching.

Many sports injuries result from overuse, lack of proper rest, lack of proper warm ups or poor conditioning. The following safety precautions are recommended to help prevent Volleyball Injuries:

- Warm up thoroughly prior to play
- Wear shoes with skid-resistant soles.
- Use good technique and play by the rules
- Check for slippery spots or debris before play
- Get adequate recovery
- Stay hydrated.

Wear Protective equipment- Ankle, knee, and back support are usually recommended at the very minimum. Bruises, twisted ankles, concussions, and sore muscles are all injuries and ailments that are very common in volleyball. Prevent and manage injuries by equipping yourself with the right protective gear and equipment.

Communicate with your team - Many volleyball injuries are the result of colliding with a teammate. Call for the ball and listen to your team to avoid this kind of injury.

Wear Proper Footwear- Many injuries occur because of improper footwear that does not provide adequate support. Wear light weight shoes that offers good shock absorption, and that also provide strong ankle and arch support, most importantly Wear shoes with skid-resistant soles. You may also consider ankle braces to avoid injuries that occur from landing on someone's foot (a common volleyball and basketball injury).

Stay hydrated - Drink plenty of water or sports fluid.

Stretch and warm up - Many muscle injuries occur because the muscles are cold and go from a resting state to a maximum exertion state immediately. Warming up and stretching will prevent injuries and muscle soreness after the game.

Jewelry-All jewelry should be removed. It can be a safety hazard, especially if you are playing at the net. Earrings, necklaces and bracelets can get caught in the net and cause injury to the player. Wedding bands are permitted but tape must be worn over the band.

Awareness- There isn't a lot of physical contact in the game of volleyball. However, you must be aware of your fellow players on the court. By calling for a ball, it lets the other players know you are going to make that play. This can lead to a reduction in player collisions.

The athlete can take many precautions to prevent a number of the injuries discussed here by remaining alert while on the court and during practice sessions. They can also improve their skills and awareness by maintaining a healthy diet and getting adequate sleep. With the proper precautions in place, volleyball is a rewarding sport to participate in

After you have been fully equipped for playing volleyball, there are other things that you need to keep in mind. These are the basic safety rules of volleyball, and should be adhered to at all times.

- Body Positions - Setting, Serving, Spiking and Passing
- Physical Contact

Body Positions

In volleyball, an important aspect of the sport is the position your body is in, whether you are setting the ball, serving, or spiking. Improper body positions can cause injury to yourself, or potentially others, so you should take great care in assuring that you assume the proper positions.

Physical Contact

In Volleyball, physical contact should be avoided at all times. As this is a no-contact sport, collisions usually result in injuries that prevent you or your teammates from participating in future games. While many sprains only take a week or two to heal, broken ankles and wrists from collisions take far longer and can ruin your season. Always keep in mind where your teammates and opponents are. By doing this, you can save yourself and your comrades a lot of pain and trouble.

At first, all of these volleyball safety tips may be overwhelming. However, without them, you will find yourself out of play due to a painful injury. Persistence in following the basic rules of safety can prevent this and enable you to enjoy the game to its fullest extent.

Conclusion: Basic warm-up and stretching exercises combined with a sound awareness of injury prevention techniques and safety precautions can help prevent sports related injuries and/or medical emergencies. Sports participants can take personal responsibility for their well-being and safety while enjoying their sporting activities. It is not necessary to compromise one to have the other.