Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effect of Static and Dynamic Stretching on Sprinting Ability of Volleyball Players

Protocol summary

Study aim
The aim of the study is to identify effects of static and dynamic stretching on sprinting ability of volleyball players

Design
Two parallel groups, Randomized Clinical Trial of 40 participants followed for 6 weeks

Settings and conduct
Pakistan Sports Board and Coaching Centre (PSB), Lahore

Participants/Inclusion and exclusion criteria
Inclusion Criterion: • All Volleyball players at Pakistan Sports Board and Coaching Centre Lahore are including in study; • Participants that are practicing for three or more times in a week; • Both male and female participants of age group 15-30 years; • Participants having an experience of at least 1 year. Exclusion Criterion: • Athletes with any musculoskeletal injuries; • Athletes with any systemic illness; • Novice players; • Elite/ International players.

Intervention groups
Group A: performing dynamic stretching exercises three times per week while maintaining their regular physical activity and nutritional plans. Group B: performing static stretching exercises three times per week while maintaining their regular physical activity and nutritional plans.

Main outcome variables
Sprinting ability of Volleyball Players

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20210811052138N2**
Registration date: **2022-07-06, 1401/04/15**
Registration timing: **retrospective**
Last update: **2022-07-06, 1401/04/15**
Update count: **0**

Registration date
2022-07-06, 1401/04/15

Registrant information

Name
Halima Shoukat

Name of organization / entity
Riphah international university, Lahore

Country
Pakistan

Phone
+92 55 4284121

Email address
halima.shoukat@yahoo.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-04-25, 1400/02/05

Expected recruitment end date
2022-05-30, 1401/03/09

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effect of Static and Dynamic Stretching on Sprinting Ability of Volleyball Players

Public title
Effect of Static and Dynamic Stretching on Sprinting Ability of Volleyball Players

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
All Volleyball players at Pakistan Sports Board and Coaching Centre Lahore are including in study; Participants that are practicing for three or more times in a week; Both male and female participants of age group 15-30 years; Participants having an experience of at least 1 year.
Exclusion criteria:
Athletes with any musculoskeletal injuries; Athletes with any systemic illness; Novice players; Elite/ International players.

Age
From **15 years** old to **30 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **40**
Randomization (investigator's opinion)
Randomized
Randomization description
Participants were selected by non-probability convenience sampling from the college setting. Each participant is allocated a number on enrollment in the study. Participants were randomly allocated into two groups by a random number sequence generated by a computer software program called "research randomizer". According to the number generated by a computer software, the participant is allocated into group in which that number falls. This software is used to generate 2 sets of 20 unique numbers via setting the range from 1-40 from least to greatest order.
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
nil

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
committee of Riphah International University
Street address
Madar-e-Millat Road, Quaid-e-Azam Industrial Estate Quaid e Azam Industrial Estate, Lahore, Punjab
City
Lahore
Postal code
5400
Approval date
2021-12-29, 1400/10/08
Ethics committee reference number
REC/RCR&AHS/21/0428

Health conditions studied

1

Description of health condition studied
sprinting ability
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Sprinting ability
Timepoint
6 weeks
Method of measurement
Running Anaerobic Sprint test (RAST); Counter Movement Jump (CMJ)

Secondary outcomes

empty

Intervention groups

1

Description
Group A: Performing dynamic stretching exercises three times per week while maintaining their regular physical activity and nutritional plans for a period of 6 weeks.
Category
N/A

2

Description
Group B: performing static stretching exercises three times per week while maintaining their regular physical activity and nutritional plans for a period of 6 weeks.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Pakistan Sports Board and Coaching Centre (PSB)
Full name of responsible person
Mr. Nasrullah Rana
Street address
Ferozepur Rd, Block E 2 Gulberg III, Lahore, Punjab

City
Lahore
Postal code
5400
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+92 42 99230383
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Web page address
http://www.sports.gov.pk/Detail/ODNmZDljYTMtNmIyOS00YzU3LWFhNmMtZjcxNGM5NjI4NzZm

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Riphah International University
Full name of responsible person
Halima Shaukat
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Web page address
https://riphah.edu.pk/lahore
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
Riphah International University
Proportion provided by this source
10
Public or private sector
Private
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
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Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

There is no further information

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available