



# Triple Ball

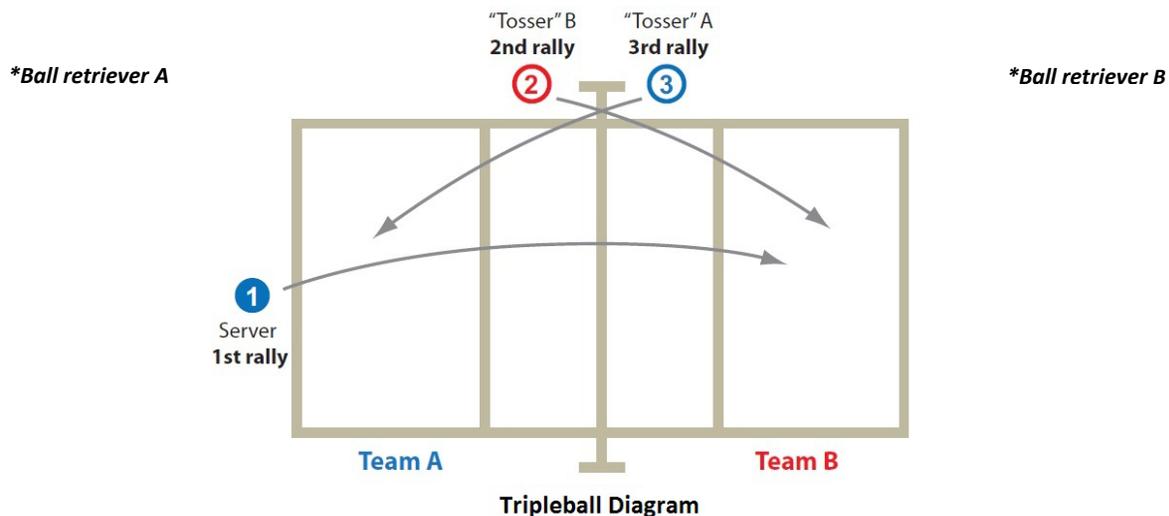
Triple Ball is the official competition format for all 13U age competitions as well as Sask Cup #1 in the 14UM age category.

The **goals** of Triple Ball are to promote better skill development, participation, meaningful competition, and fun.

ALL standard volleyball rules apply with the following modifications:

## Triple Ball Sequence:

- a) The game follows a sequence of **three** rallies (served ball, tossed ball 1, and tossed ball 2).
  - 1st rally – introduced by the server
  - 2nd rally – introduced by a tossed ball directed to the RECEIVING team
  - 3rd rally – introduced by a tossed ball directed to the SERVING team
- b) The service alternates between teams after EACH three-ball sequence.
- c) A team must rotate and introduce a new server when it is their turn to serve.
- d) Each server only serves once, when it is their turn in the service rotation.



\* To improve the flow of the game, each team must provide a **Ball retriever** (NOT THE LINESPERSON) who collects the balls from the athletes.

\* At the end of each rally, athletes should be encouraged to quickly roll the ball to the Ball Retrievers to speed up the pace the game.

\* The ball retrievers are expected to remain a safe distance from the court during play.

## Rotation and Substitution:

The following Fair Play substitution rules apply:

- a) All players listed on the scoresheet (**maximum of 12**) MUST start in either the 1<sup>st</sup> OR 2<sup>nd</sup> set.
- b) There is **NO specialization** for positions. Players switching to a different position from their service order during a rally is NOT ALLOWED.
- c) The coach must identify, on the score sheet, where the designated setter will be positioned. Either in Position 2 (right front) or Position 3 (middle front).
- d) ALL 3 sets are played –ROUND-ROBIN PLAY.
- e) Best 2 of 3 sets are played – PLAYOFF DETERMINING MATCHES, PLAYOFFS & PROVINCIAL CHAMPIONSHIPS.
- f) Substitutions **ONLY** occur in the event of an injury.
- g) Any line up can be used at the start of the 3<sup>rd</sup> set. Athletes who did not start the 3<sup>rd</sup> set **MAY** be substituted into the game at any time during the set, following a three-ball sequence.

## Scoring:

- a) **Every** ball introduced (served or tossed) is worth one (1) point.
- b) The first two (2) sets in a match are played to 25 points, the third to 15 points.

## Guidelines for Tossers: (\*Changes for the 2017 season)

- a) \* Tossers are positioned on the same side of the court as the Referee.
- b) A coach, assistant coach or a competent volunteer can toss the ball to **their** team and can step into the court to do so. The tosser will immediately move off the court after the toss.
- c) \* The tosser MAY NOT 'coach' (provide instruction/cheer/call timeouts/make substitutions) while in the role of the tosser. The tosser assumes a role similar to that of the lines people, that is, fulfill their responsibility as an interested observer.
- d) \* The tosser DOES NOT converse with the Referee or the scorekeepers.
- e) Balls are tossed underhand, with two hands and little to no spin, above the height of the antennae to allow athletes time to play the ball.
- f) The ball will always be tossed directly to the player in **position six (6)**, otherwise a replay will occur.  
**Reminder:** Position 6 is a **minimum** of **2m** behind the 'attack' line (also known as the *3m line*).  
The toss is a 'simulated' serve, NOT a free-ball
- g) The ball will be tossed once the front row players are at the net (ready to transition) and all athletes have been verbally told that the ball is being introduced, "**Ball in!**".  
\* Tossers encourage a fast paced transition between the end of a rally and the next toss. As soon as a rally ends and the ball is safely off of the court, the next toss should be initiated.
- h) Players must play the tossed ball with a **forearm pass**, otherwise a replay will occur.
- i) \* If the first contact, after a toss/serve, goes over the net, it is considered a legal contact and the point will be played out. No re-serve or re-toss is required.

## Time Out

- a) Requests for time-outs must be made **before** the introduction of a serve.