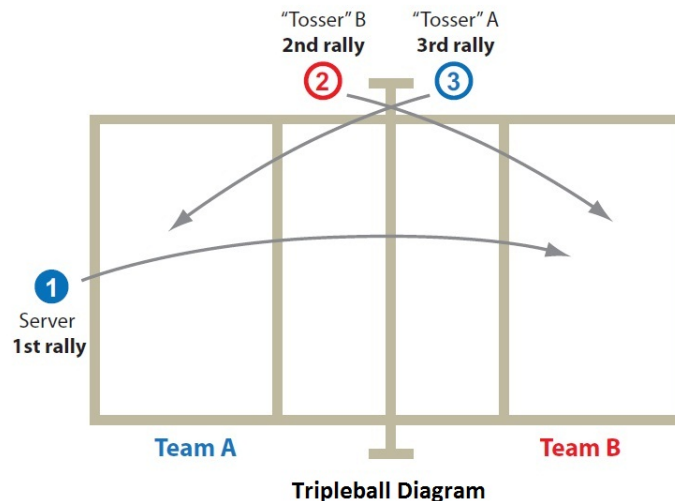


Tripleball

Tripleball is the official competition format for Canadian regions offering 13U age competitions. It is recommended that tripleball be played during the first half of the season in the 14U age category when a 13U age category does not exist. The goal of tripleball is to promote better skill development, participation, meaningful competition, and fun.

Overview of the Tripleball Sequence:

- a) The game follows a sequence of three rallies (service, tossed ball 1, tossed ball 2).
 - * 1st rally – introduced by the server
 - * 2nd rally – tossed ball given to the receiving team
 - * 3rd rally – tossed ball given to the serving team
- b) The service rotates 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) Every ball introduced is worth one point.



Tripleball Rules:

- a) Switching to a different position from your service order during a rally is NOT ALLOWED.
- b) Each rotation will have a different designated setter. The player in position #3 or #2 in service reception will be the designated setter; this position must be noted on the score-sheet by the coach.
- c) Fair Play substitution rule applies: Players not starting in the 1st set must start in the 2nd set. If there is a 3rd set, the coach has the choice of starting any players. *Substitutions are allowed during a match, although Volleyball Canada would like emphasize to all coaches, players and parents that the rule is intended to provide every athlete with the ability to participate equally in every game. It is VC's hope that*



coaches only substitute when an injury occurs.

Implementation of rule: Official or score keeper checks score sheet between sets to confirm players not starting in the 1st set are on the score sheet at the beginning of the 2nd set.

- d) Time-outs cannot occur during a 3-ball sequence.
- e) Athletes must play the tossed ball with a forearm pass, otherwise a replay will occur.
- f) Athletes cannot intentionally send the tossed ball over the net, otherwise a replay will occur.
- g) All other standard volleyball rules not listed above continue to apply.

**Recommendation for officials to use an elastic band to keep track of serving order*

Guidelines for Tossers:

- a) The Head Coach, Assistant Coach or a competent volunteer may be the “Tosser” and introduce balls to their own team.
- b) Balls are tossed underhand with two hands, with little to no spin and above the height of the antennae to allow athletes time to play the ball.
- c) The Tosser can step into the court to introduce the ball but must immediately move a safe distance away from the court after the toss.
- d) The free ball must be tossed directly to the athlete in position six, otherwise a replay will occur.
- e) The free ball will be introduced when the front row players are at the net and ready to transition; the Tosser verbally cues the athletes by calling “Free Ball”. Tossers encourage a fast paced transition between an end of a rally and the next toss.

Video demonstration of tripleball:

<http://vcdm.org/teachers/resources/gr-8-9-13-14-triple-ball>

or

www.vcdm.org > Teachers > Grade 8-9 Tripleball