



# Triple Ball



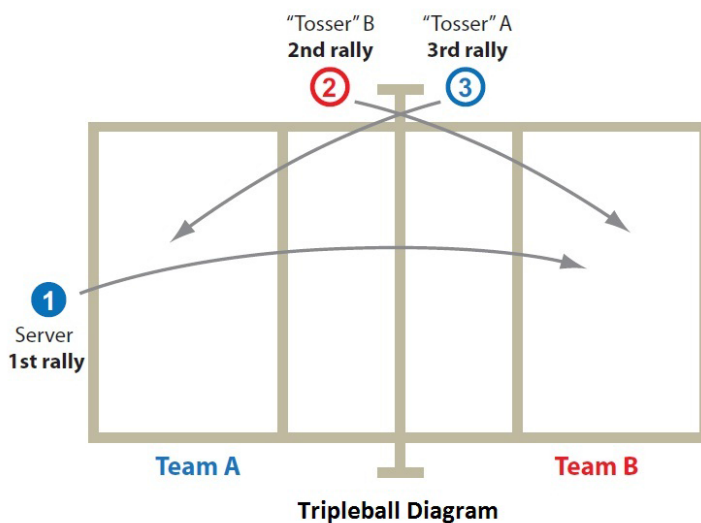
Triple Ball is the official competition format for all 13U age competitions. In Saskatchewan, Triple Ball will be played during SaskCup #1 in the 14U age category when a 13U age category does not exist.

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

Standard Volleyball rules (6 on 6) 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. Each server only serves once before they rotate.



## Rotation and Substitution:

Everyone gets to play. The following Fair Play substitution rules apply to Triple Ball:

- a) All athletes will start in either the 1<sup>st</sup> OR 2<sup>nd</sup> set.
- b) There is **NO specialization** for positions. Players are not allowed to switch positions during the rally. For example, a player who is in position four (4) will play left front for the entire rally.
- 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) Substitutions can only occur in the event of an injury.
- e) Athletes who did not start the 3<sup>rd</sup> set will substitute into the game after teams switch sides (@ 8 pts.).



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## Scoring:

- a) **Every** ball introduced (served or tossed) is worth one (1) point.
- b) All three (3) sets are played in round robin – the first two (2) to 25 points, the third to 15 points.  
In the case of playoff matches, teams will play the best 2 of 3.

## Guidelines for Tossers:

- a) 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.
- b) 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.
- c) The ball will always be tossed directly to the athlete in **position six (6)**, otherwise a replay will occur.
- d) 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!**”.
- 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.

## Time Out

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

## Triple Ball Team Rosters

- a) Minimum of 8 players, maximum of 15 players.
- b) If a team does not show up with 8 players, they will be permitted to play all assigned pool play matches, however, their results will not count and they will place last in their pool. During playoffs, teams will be permitted to play the first round, however, they will not advance, regardless of results.
- c) Team results will be counted if players show up mid-tournament; only the results that all 8 players were present for will be counted. All 8 players must be present at the start of the match for results to count.
- d) If a team attends the tournament with 8 players and loses one to injury, they will be permitted to continue with no consequences (all results will count).