

## Triple Ball

In an effort to incorporate Long Term Athlete Development (LTAD), Alberta Volleyball has implemented “Triple Ball” for the 13U & 14U age classes. The goal of “Triple Ball” is to promote better skill development, participation, meaningful competition, and fun. Outlined below are the specific elements of “Triple Ball” and an illustrated diagram. **Highlighted areas are new for the 2011 season.**

### General Overview of the “Triple Ball” Format:

- a) The coach must write his full service order on the score-sheet, including the athletes on the bench (in proper order in which they will enter the game). **A maximum of 15 athletes can be inserted on the score-sheet and enter the match.**
- a) There will be no specializing of positions, i.e. no switching to a different position from your service order. Whoever happens to be 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.
- b) Everyone on the team will get the opportunity to play as a “Rotating Substitution” system will be in place. After the three ball sequence, players on the serving team will rotate clockwise. Server from position #1 will move to the bench, the first player “in line” on the bench will move to position #6. The service order will be carried over from the end of a set to the start of the next set, so the same order will be rolled over and played through the entire match.
- c) All three sets in the round robin are played regardless of the results from sets 1 and 2 (third set played to 15 points). Matches in the play-off rounds will be played best 2 out of 3.
- d) To win the match, a team must win 2 of the 3 sets. **Teams will switch sides in a third set once a team reaches 8 points, if this occurs during a three ball sequence then the switch will be made after the sequence is complete.**
- e) The game follows a sequence of three rallies (service, tossed ball 1, tossed ball 2).
  - \* 1<sup>st</sup> rally – introduced by the server
  - \* 2<sup>nd</sup> rally – tossed ball given to the receiving team
  - \* 3<sup>rd</sup> rally – tossed ball given to the serving team
- f) Every ball introduced is worth one point.
- g) The coach, or Tosser, introduces the free ball to **their** team and can step into the court to do so. The Tosser will immediately move to a safe distance away from the court after the toss.
- h) A set can be won in the middle of a three ball sequence.
- i) The service rotates between teams after each three ball sequence.
- j) A team must rotate and introduce a new server when it is their turn to serve.
- k) Athletes cannot intentionally send the tossed ball over the net, otherwise a replay will occur.
- l) **Athletes must play the tossed ball with a forearm pass, otherwise a replay will occur.**
- m) After each rally is complete, the designated ball retrievers must quickly remove the ball from the court so the next sequence can be started as soon as possible.
- n) Requests for time-outs during the three ball sequence will be considered improper requests; time-outs must be made before the introduction of serve.
- o) Each team is to provide a ball retriever who is responsible for the removal of all loose balls, and to provide the Tossers and server with a ball to start the next sequence

The head coach, assistant coach or a competent volunteer may be the “Tosser” to introduce balls to their own team. Tossers are advised of the following when introducing free balls:

- Free 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.
- The free ball must be tossed directly to the athlete in **position six**, otherwise a replay will occur.
- The free ball will be introduced when the front row players are at the net (the coach will need to remind them) & ready to transition; the Tosser verbally cues the athletes by calling “Free Ball!”

## Triple Ball Diagram

