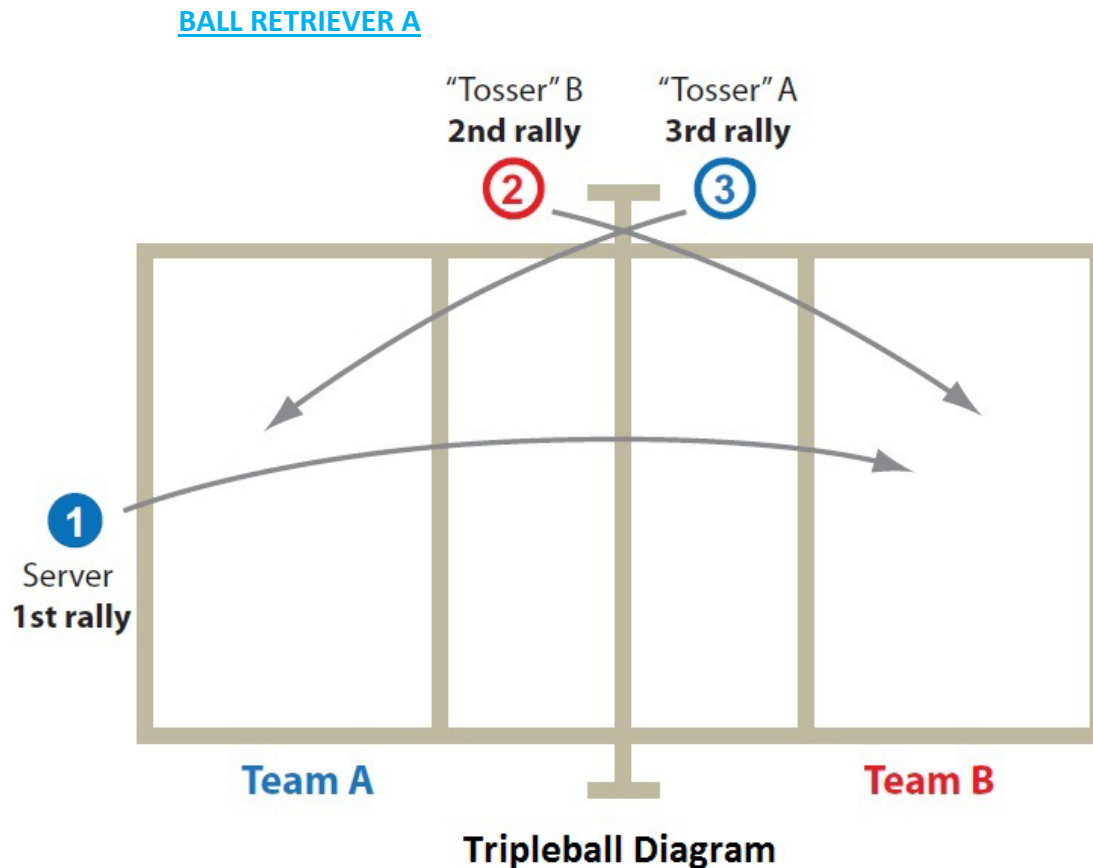


Tripleball is the official competition format for Canadian regions offering 13U age competitions. The goal of Tripleball is to promote better skill development, participation, meaningful competition, and fun.

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 Diagram



BALL RETRIEVER B



13U 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) Athletes must play the tossed ball with a forearm pass, otherwise a replay will occur.
- d) Athletes cannot intentionally send the tossed ball over the net, otherwise a replay will occur.
- e) Fair Play substitution rule applies:
 - All players listed on the score sheet must start the first or second set.
 - Substitutions are not permitted in the first or second set. In the case of injury, an Exceptional Substitution may be made. The injured/ill player may not return to the same set but may return to play in subsequent sets.
 - Any line up can be used at the start of the third set. Teams are strongly encouraged to distribute playing time among all players on the team. Substitution requests must occur between a three-ball sequence.
- f) Teams switch sides in the 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.
- g) Time-outs cannot occur during a three-ball sequence.
- h) All other standard volleyball rules not listed above continue to apply.
- i) To improve the flow of the game, each team must provide a ball retriever who collects the balls from athletes at the end of a rally. Please remain a safe distance from the court during play.
- j) The recommended ball for Tripleball is the MVA-Lite, the Tachikara SVMN (Volley Lite), or some other lightweight ball. This will not be regulated in 2016, however it is a very strong recommendation to use the light balls. At 2016 VNB Provincials, the official ball will be the MVA-Lite. If you are hosting an event and don't have access to light balls, please contact VNB and we will try to accommodate you.

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 will be introduced directly to the athlete in position 6, 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 the end of a rally and the next toss.

For a video demonstration of Tripleball: <http://vnb.nb.ca/content/triple-ball>

or

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