

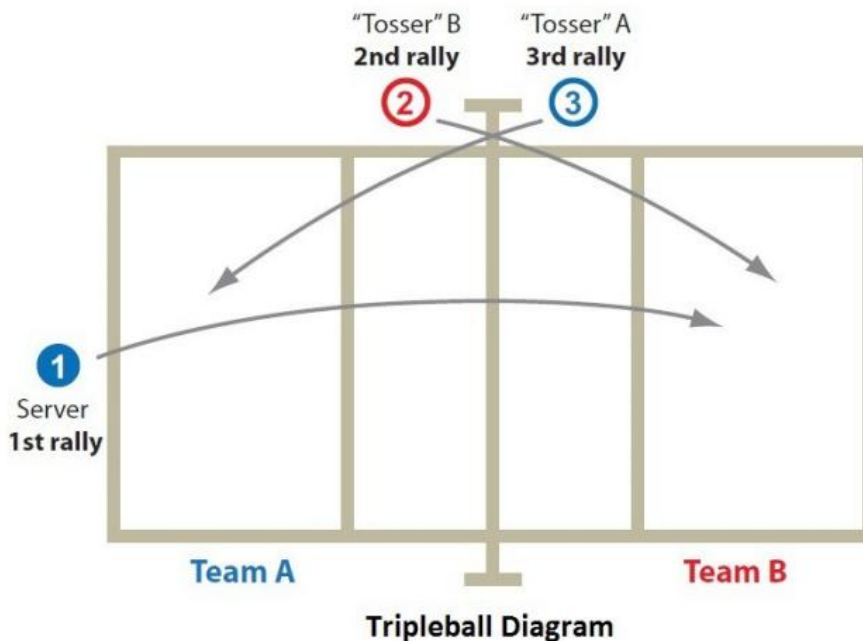


## TRIPLEBALL

The goal of Tripleball is to promote better skill development through more rallies, increase participation, and encourage 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:**

1. No player specialization
2. each rotation will have a different setter
3. The player in position #3 or #2 will be the designated setter for that rotation. The setting position will be noted on the score sheet by the coach prior to each set. Switching positions is NOT ALLOWED.
4. Athletes must play the tossed ball with a forearm pass, otherwise a replay will occur. Athletes cannot intentionally send the tossed ball over the net, otherwise a replay will occur.
5. Fair Play rules apply
6. Timeouts and substitution cannot occur during a 3-ball sequence. These requests must be made at the end of a sequence and before the introduction of a serve.
7. No libero
8. No overhand pass on the serve
9. All other standard volleyball rules not listed continue to apply

### *Guidelines for Ball Tossers:*

- The Head Coach, Assistant Coach, or a competent volunteer may be the Ball Tosser and introduce balls to their own team.
- 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.
- The Ball Tosser can step into the court to introduce the ball but must immediately move a safe distance off of the court after the toss.
- The tossed ball must be introduced directly to the athlete in the center-back position (rotationally position six), otherwise, a replay will occur.
- The tossed 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".
- Ball Tossers must encourage a fast-paced transition between the end of a rally and the next toss.