



Tripleball Rules & Guidelines

Overview of the Tripleball Sequence:

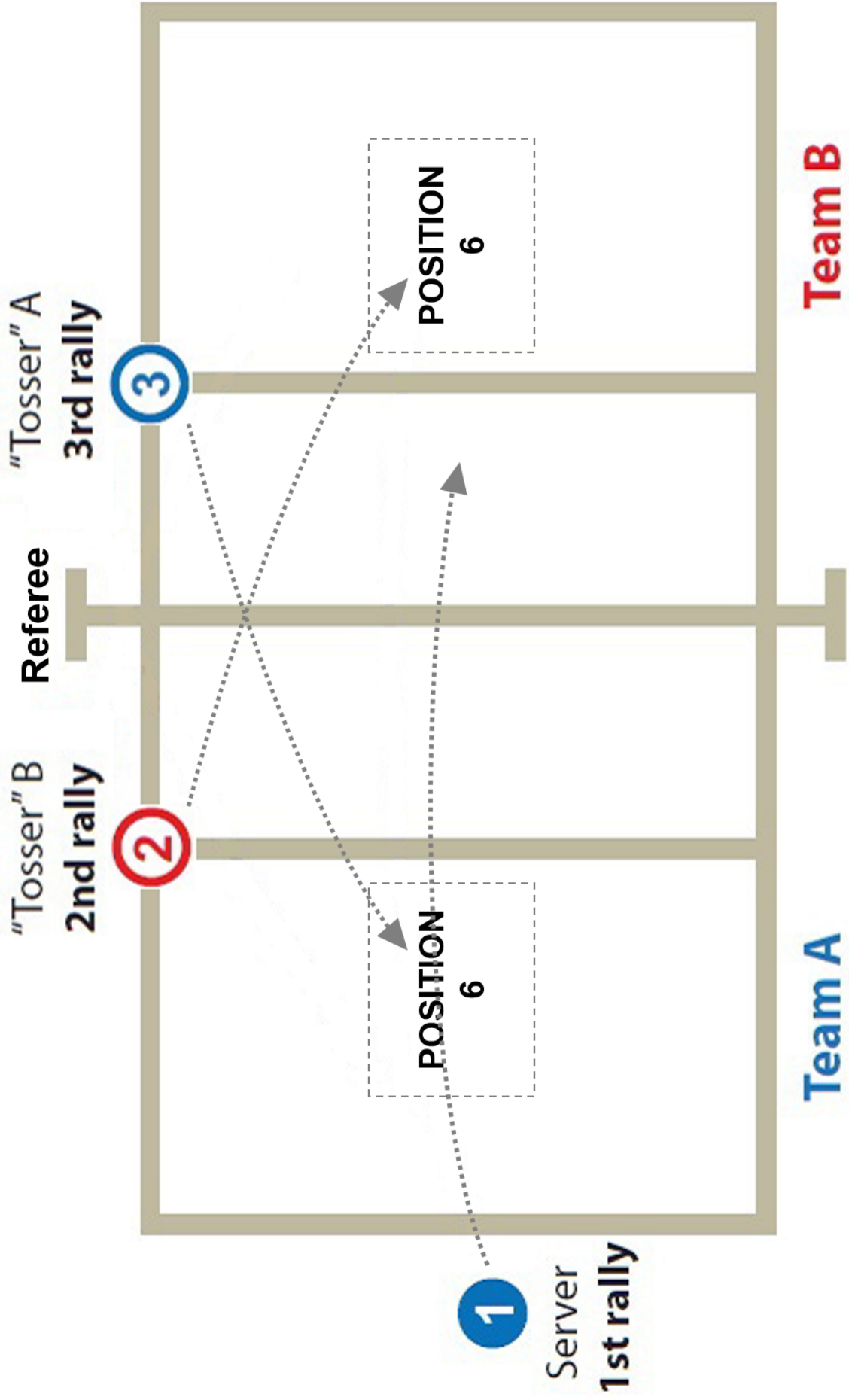
- a) The game follows a sequence of three rallies (service, toss 1, toss 2):
 - **1st rally** – introduced by the server
 - **2nd rally** – tossed ball given to the receiving team
 - **3rd rally** – tossed ball given to the serving team
- b) The service alternates between teams after each three-ball 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.
- f) If a sequence (serve, toss 1 and/or toss 2) occurs in the incorrect order, a replay should occur from when the incorrect serve, toss 1 and/or toss 2 was introduced. Points scored should be cancelled retroactively.
- g) All other standard volleyball rules not listed above will apply.

*** It is recommended that officials use an elastic band (or similar) to keep track of serving team.**

Guidelines for Tossers:

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) **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 lineup can be used to start the third set. Request for substitution can only occur between a three-ball sequence.
- d) **Time-outs cannot occur during a Tripleball sequence,** these requests must be made before the introduction of serve.
- e) **In the deciding set,** teams switch sides once a team hits 8 points. If this occurs during a three-ball sequence, then the change of court will be made after the sequence is complete.
- a) The Head Coach, Assistant Coach or a competent volunteer may be the “Tosser” and introduce balls to their own team.
- b) **The Tosser should stand on the side of the court opposite the bench and be wearing court shoes.**
- c) 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.
- d) **The Tosser should step into the court** and toss from the 3 metre line to introduce the ball but must immediately move a safe distance away from the court after the toss.
- e) The free ball must be tossed directly to the athlete in the **centre back position located behind the 3 metre line** (position 6), otherwise a replay will occur.
- f) 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.



Team B

Team A

Tripleball Diagram