

**Volleyball Alberta – Tripleball**  
October 2023

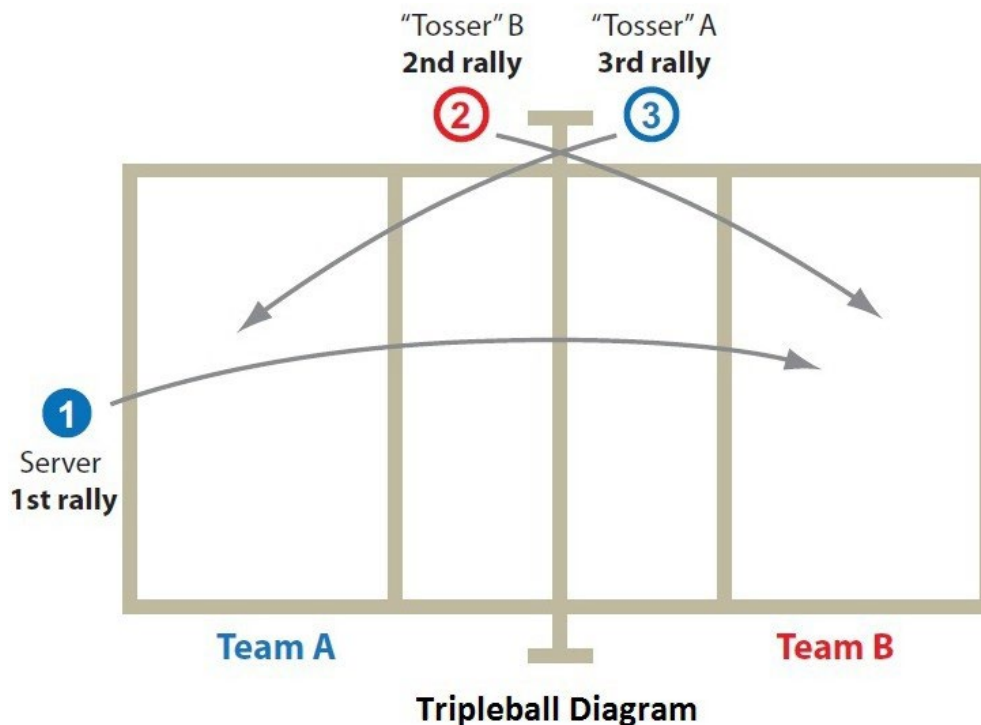
**Tripleball**

Tripleball is the official competition format for Canadian regions offering 12U & 13U age competitions. The goal of tripleball is to promote better skill development, participation, meaningful competition, and fun. [Tripleball Video](#)

**Overview of the Tripleball Sequence:**

- a) 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.
- 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.

**Ball Retriever A**



**Ball Retriever B**

## Tripleball Rules

- a) No player specialization, each rotation will have a different setter. 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.
- b) Athletes must play the tossed ball with a forearm pass, otherwise a replay will occur. The ball remains live if played over the net with a forearm pass (not a replay).
- c) The following developmental playing rules applies:
  - i. All players listed on the score sheet must start the first or second set.
  - ii. Substitutions are not permitted in the first or second set. In case of an injury, an exceptional substitution may be made. The injured player may not return to play in the same set but may return in subsequent sets.
  - iii. 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 can only occur between a three-ball sequence.
- d) 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.
- e) Time-outs cannot occur during a three-ball sequence. **Three time-outs are available for sets 1 & 2.** In the third set, only two time-outs are available.
- f) **All MATCHES are best 2 of 3:** a third set will only be played to break a 1 – 1 tie in sets.
- g) All other standard volleyball rules not listed above continue to apply.

**EACH TEAM MUST PROVIDE A BALL RETRIEVER** who collects the balls from athletes at the end of a rally (this improves the speed and flow of the game). Please remain a safe distance from the court during play.

## Guidelines for Ball Tossers

- a) The Head Coach, Assistant Coach or a competent volunteer may be the Ball 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 Ball 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 tossed ball must be introduced directly to the athlete in the center-back position (rotationally position six), otherwise a replay will occur.
- e) 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.**

Note: Coaches that do not roster athletes on the score sheet or misrepresent an athlete's playing status to avoid compliance with the Developmental Substitution rule, will be subject to sanctions. Injured athletes must be noted in the remarks area prior to the coach signing the score sheet. Teams that have more than twelve players at a tournament must submit the [Extended Roster Development Plan form](#). Sanctions will follow the Volleyball Alberta Discipline policy, and may include written warning, fine, probation, or suspension from Volleyball Alberta.