

Triple Ball

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VOLLEYBALL

Standard Volleyball rules (6 on 6) with the following additions:

Sequence

The game follows a sequence of three rallies (service, free ball 1, and free ball 2).

- 1st rally – introduced by the server
- 2nd rally – introduced by a free ball tossed to the receiving team
- 3rd rally – introduced by a free ball tossed to the serving team

The service alternates between teams after each three-ball sequence.

After each rally is complete, the ball must quickly be removed from the court so the next sequence can be started. Both teams must allow enough time for the ball to be removed from the court before starting the next sequence.

Scoring

Every ball introduced is worth one (1) point; a set can be won in the middle of a three-ball sequence.

Toss

A coach, assistant coach or a competent volunteer can toss the free ball to their team and can step into the court to do so. The tosser will immediately move off the court after the toss.

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 will always be tossed directly to the athlete in position six (6), otherwise a replay will occur.

Athletes can only play tossed free balls from behind the attack line, otherwise a replay will occur.

The free ball will be tossed once the front row players are at the net (ready to transition) and all athletes have been verbally told that the ball is being introduced, "Free Ball!".

Athletes can take "free balls" introduced by the tosser with an overhead pass (volley). The ball can be sent over the net, however the intent of having a tosser is to make pass, set, attack rallies easier to achieve.

Time Outs

Requests for time-outs can be made before the introduction of a serve or between any of the three-ball sequences.

Rotation and Substitution

The coach must write the line-up on the score-sheet.

After every three-ball sequence, players on the serving team will rotate clockwise. When rotating players into the game, the player from position one (1) will move to the bench, the first player "in line" on the bench will move to position six (6).

Players are not allowed to switch positions during the rally. For example, a player who is in position four (4) will play left front for the entire three ball rally.

The coach should identify where the designated setter will be positioned. Either in Position 2 (right front) or Position 3 (middle front).

The service order will be carried over from the end of a set to the start of the next set. The same order will be rolled over and played throughout the entire match.

Video instructions for Triple Ball:

<http://www.youtube.com/watch?v=8RZAHDIGRUE> VOLLEYBALL CANADA

