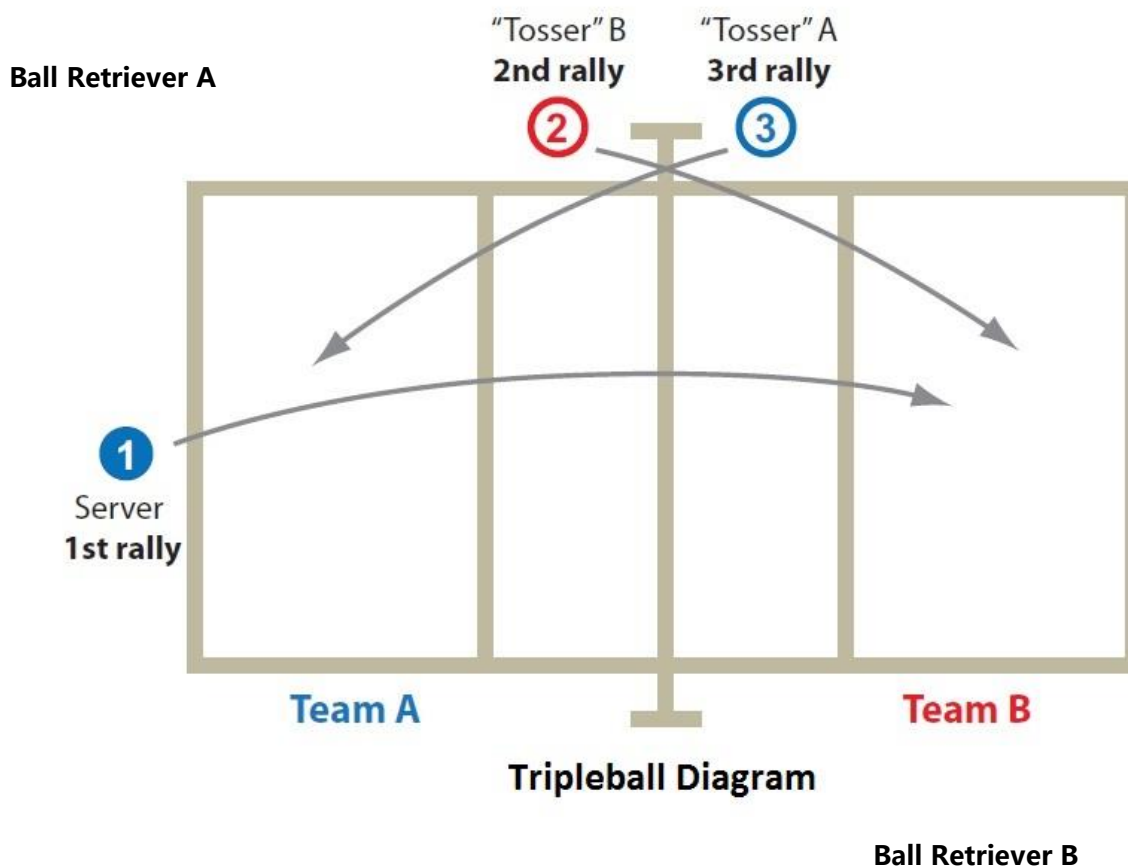


14U Tripleball - Premier 1 Only

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.



14U Tripleball Rules:

- a) Teams CAN SPECIALIZE, players do not have to return to their original rotation prior to the tossed ball.
- b) Players can switch positions and teams can specialize with any offensive system that uses multiple setters (NO 5-1 system). Teams using 4-2, 6-3, or 6-2 offensive systems encourage greater skill development of all players.
- c) Athletes must play the tossed ball with a forearm pass, otherwise a replay will occur. The following developmental substitution rule applies:
 - o All players listed on the score sheet must start the first or second set.
 - o Substitutions are not permitted in the first or second set unless an injury occurs.
 - o 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 sequences.
- 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 three sets in POOL PLAY MATCHES will be played. This will not apply for teams placed in a pool of 5. Note: Third set results will only be included in tie-breaking procedures when the third set was necessary (different teams won the first two sets of the match).
- g) All PLAYOFF MATCHES are best 2 of 3.
- h) All other standard volleyball rules not listed above continue to apply.
- 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.

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 free ball must be introduced directly to the athlete in the centre-back position (rotationally 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". 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.