

13U Triple Ball

In an effort to incorporate Long Term Athlete Development (LTAD), Alberta Volleyball will implement “Triple Ball” for the 13U age class. The goal of “Triple Ball” is to promote better skill development, participation, meaningful competition, and fun. Outlined below are the specific elements of “Triple Ball”, on the last page of this document is a diagram.

General Overview of the “Triple-Ball” Format:

- a) The coach must write his full service order on the score-sheet, including the athletes on the bench (in proper order in which they will enter the game).
- a) There will be no specializing of positions, i.e. no switching to a different position from your service order. Whoever happens to be 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.
- b) Everyone on the team will get the opportunity to play as a “Rotating Substitution” system will be in place. After the 3 ball sequence, players on the serving team will rotate clockwise. Server from position #1 will move to the bench, the first player “in line” on the bench will move to position #6. The service order will be carried over from the end of a set to the start of the next set, so the same order will be rolled over and played through the entire match.
- c) All three sets in the round robin are played regardless of the results from sets 1 and 2 (third set played to 15 points). Matches in the play-off rounds will be played best 2 out of 3.
- d) To win the match, a team must win 2 of the 3 sets.
- e) The game follows a sequence of three rallies (service, free ball 1, free ball 2).
 - * 1st rally – introduced by the server
 - * 2nd rally – free ball given to the receiving team
 - * 3rd rally – free ball given to the serving team
- f) Every ball introduced is worth one point.
- g) The coach (tossers) introduces the free ball to their team, and can step into the court to do so.
- h) A set can be won in the middle of a three ball sequence.
- i) The service rotates between teams after each three ball sequence.
- j) A team must rotate and introduce a new server when it is their turn to serve.
- k) Athletes can take “free balls” introduced by the coach with an overhead pass (set).
- l) After each rally is complete, the designated ball retrievers must quickly remove the ball from the court so the next sequence can be started as soon as possible.
- m) Requests for time-outs during the three ball sequence will be considered improper requests; time-outs must be made before the introduction of serve.
- n) Each team is to provide a ball retriever who is responsible for the removal of all loose balls, and to provide the tossers and server with a ball to start the next sequence

The head coach, assistant coach or a competent volunteer may be the “Tosser” to introduce balls to their own team. Tossers are advised of the following when introducing free balls:

- 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.

