

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.
- The free ball will always be tossed directly to the athlete in position six.
- The free ball will be introduced when 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!".

## Triple-Ball Diagram

