



## 13U Triple Ball

In an effort to incorporate the Long Term Athlete Development (LTAD) model, Ontario Volleyball is planning to implement "Triple Ball" in the 13U Girls (all season, including Ontario Championships) and 14U Boys age class (first two tournaments only). Triple-Ball is a variation of volleyball that was piloted by the Alberta Volleyball Association last season. The goal of "Triple Ball" is to promote better skill development, participation, meaningful competition, and fun. The main benefit to Triple-Ball is the increased probability of a second contact. In Alberta, a study of 14U Boys indicated that in 436 rallies, 192 contacts did not produce a second contact i.e. (ace, missed serve, or poor pass where no one is able to touch the second contact) 44% of the time there is no chance of a second contact or rally to occur.

### General Overview of the "Triple-Ball" Format:

- 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 position #2) in your service reception will be the designated setter, this position should be noted on game-sheet prior to match starting.
- b) Everyone on your 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.
- 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 (each set needs to be won with a minimum lead of two (2) points).
- e) The game follows a sequence of three rallies (service, free ball 1, free ball 2).
  - o 1<sup>st</sup> rally – introduced by the server
  - o 2<sup>nd</sup> rally – free ball given to the receiving team
  - o 3<sup>rd</sup> rally – free ball given to the serving team
- f) Every ball introduced is worth 1 point but all 3 balls will be played out regardless of the results from the first 2 rallies.
- 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 but the teams will continue to play the third rally (second free ball) regardless of the outcome of the first two rallies.
- 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, teams must allow enough time for the ball to be removed from the court before starting the next sequence.
- 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