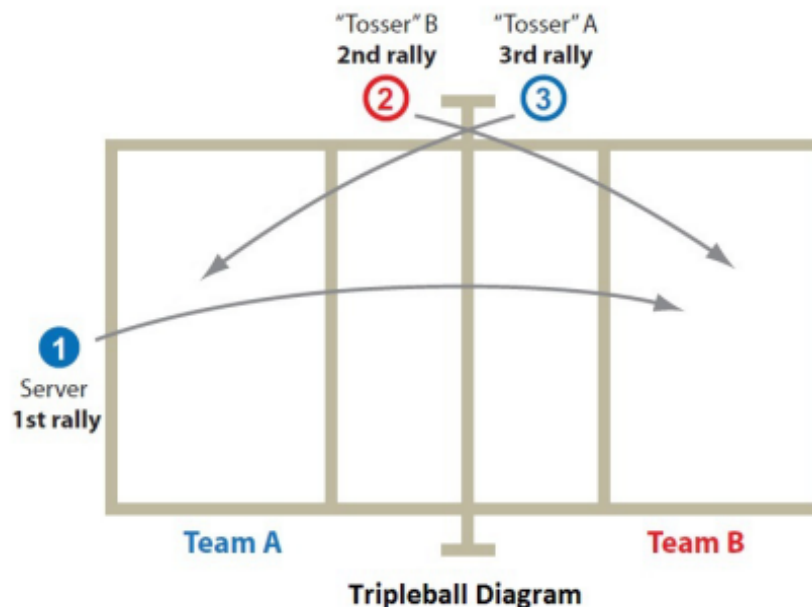


Triple Ball Rules



General Overview of the "Triple Ball" Format:

Triple ball requires more people to run it successfully. Prairie Winds will provide referees. **Each team will need a tosser that tosses to their team only.** This can be an assistant coach, parent, or high school aged student. **Each team will also need a person that retrieves the ball** assigned to them (a player from their own team or someone else competent).

- 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.
- c) Every ball introduced is worth one point.
- d) The coach, or tosser introduces the free ball to their team.

Guidelines for Tossers:

- The Head Coach, Assistant Coach or a competent volunteer may be the tosser and introduce balls to their own team.
 - 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.
 - The tosser can step into the court to introduce the ball but must immediately move a safe distance away from the court after the toss.
 - The free ball will be introduced directly to the athlete in **position 6**, otherwise a replay will occur. If the passer passes the ball over the net, then the ref will blow the whistle and call for a replay. Balls that are shanked out of bounds will not be rewarded with a free ball.
 - The tosser verbally cues the athletes by calling "Free Ball". Tossers encourage a fast paced transition between the end of a rally and the next toss.
- a) A set can be won in the middle of a three ball sequence.
 - 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) Athletes cannot intentionally send the tossed ball over the net, otherwise a replay will occur. We are trying to encourage 3 ball contact.

- e) **Athletes may play the tossed ball with a forearm pass or an overhead pass.**
- f) Time-outs and substitutions must be made before the introduction of serve and may not be made in the middle of a three ball sequence.
- g) 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. Retrievers should stay in possession of the ball they collect until the referee directs them to return the ball back to the tosser. This will alleviate any confusion about which actions (serve or toss) are to be implemented in the triple ball sequence.