

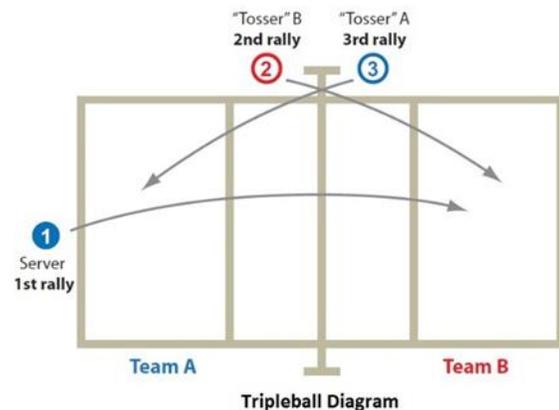
RETSD Grade 7: Six on Six Tripleball Sequence (New- 2016 Season)

Sept 15, 2016

The goal of Tripleball is to promote better skill development through more rallies, increase participation, and encourage 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 athlete serve
 - 2nd Rally- tossed ball given to the receiving team and in position 6
 - 3rd Rally- tossed ball given to the serving team and in position 6
- 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.
 - a) Time-outs cannot occur during a 3-ball sequence. These requests must be made before the introduction of serve.



Guidelines for Tossers:

- a) The Head Coach, Assistant Coach or a volunteer may be the "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 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 tossed directly to the athlete in the center back position (position 3), 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".
- f) Tossers must encourage a fast paced transition between the end of a rally and the next toss.

Guidelines for Ball Retrievers:

- a) It is recommended to have volunteers or athletes who are not involved in the set, to be designated as Ball Retrievers. At the completion of each rally, athletes should be encouraged to quickly roll balls to the Ball Retrievers to speed up the pace of the game. Further, tossers having ball in hand for their next toss is helpful.

Specific RETSD Rules:

- The "serve" must be initiated by an underhand serve
- All grade 7 students have the choice to forearm pass or overhead pass off of the athlete serve
- The "tossed balls" must be received by a forearm pass (the following each of the two tosses coach/manager tosses)
- In the spirit of the rules and for development purposes, there will be a designated setter position ie. position 3 (no specialized setter/setters)