



coaches only substitute when an injury occurs.

Implementation of rule: Official or score keeper checks score sheet between sets to confirm players not starting in the 1st set are on the score sheet at the beginning of the 2nd set.

- d) Time-outs cannot occur during a 3-ball sequence.
- e) Athletes must play the tossed ball with a forearm pass, otherwise a replay will occur.
- f) Athletes cannot intentionally send the tossed ball over the net, otherwise a replay will occur.
- g) All other standard volleyball rules not listed above continue to apply.

**Recommendation for officials to use an elastic band to keep track of serving order*

Guidelines for Tossers:

- a) The Head Coach, Assistant Coach or a competent 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 position six, 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”. Tossers encourage a fast paced transition between an end of a rally and the next toss.

Video demonstration of tripleball:

<http://vcdm.org/teachers/resources/gr-8-9-13-14-triple-ball>

or

www.vcdm.org > Teachers > Grade 8-9 Tripleball