

HSD White Division Grade 7 Volleyball: Triple Ball

Game Day Details

Warm-ups begin at 5:15, games begin at 5:30. Plan to be in the gym at 5:15.

The official Game Ball is the Mikasa VQ2000 (with the option of using VQ200W)

Net Heights: Boys: 2.20m, Girls: 2.15m

Regular Season Play:

Girls games will begin on Tuesday, October 1, and end on Tuesday, Nov 5.

Boys games will begin on Thursday, October 3, and end on Thursday, Nov 7.

Triple Ball details

Score will be kept, games up to 25 points, win by 2 with no cap. Do not send scores for grade 7 games

One – 30 second timeout is allowed per set

Equal playing time

Substitution format: If you have more than 6 players on the team, once a player has completed a full rotation on the court, they MUST substitute off the court and a bench player must take their place.

All players on a given team must play in every set and **coaches cannot keep the same 6 players on the court** for a full set if they have more than 6 players. If you have 12 or more players you can make 2 lineups where the 1st group plays one set and the 2nd group plays the other set. But no players should play more than 1 set (hence the 12 player requirement).

Tossing the ball in:

Each coach is encouraged to train 1-2 parents from your team as 'ball tossers'. The 'ball tosser' must step onto the court and toss the ball underhand with 2 hands so the ball crosses above the height of the antenna and must be underhand passed (or "bumped") by the player in position 6 (middle back). The coach is encouraged to stay on their team's side of the net to coach them.

If the referee feels that the player in position 6 is purposefully passing the ball over the net with a single touch (pass) they stop play and ask for a re-toss. The goal being 2-3 touches for the initial rally.

Touch on the net rule interpretation: we will continue to allow incidental contact on the net that does not affect the result of a rally (anywhere except the tape). Rationale: to increase the number of rallies in a match.

All Grade 7 players, coaches and referees should be able to enter the first week of games understanding how to play and officiate triple ball.

A reminder for good sportsmanship in all games.

Based upon HSD's Middle Years Sports philosophy, there are no playoffs, ribbons or team championships banners for grade 7. If any school wishes to host a 'final tournament' at the end of the season, they are free to do so.

Resources for coaches on Triple Ball:

https://volleyballmanitoba.ca/wp-content/uploads/2018/01/Tripleball_Rules_VCDM_Aug_2014.pdf

Explanation Video: <https://www.youtube.com/watch?v=YrTCix9MyzY>

Triple Ball Flow chart: <https://volleyballmanitoba.ca/wp-content/uploads/2019/05/VM-Tripleball-Tracking-Chart.pdf>

Triple Ball Scoresheet: <https://volleyballmanitoba.ca/wp-content/uploads/2020/01/VM-Tripleball-Tracking-Chart-1.pdf>