

## NVEAA Tripleball Rules

- 1) Boys' games are on Mondays, girls' games are on Tuesdays. Both will start as close to 3:40 as possible, however it is important to wait for travelling teams.
- 2) All games will be rally point scoring
- 3) The home coach is responsible for setting up the gym for the matches and visiting coaches should expect to do some refereeing as there are normally two matches being played simultaneously. All coaches will be expected to toss in their own teams "free ball" or they must make arrangements for someone else to do their tossing.
- 4) League play is to be considered exhibition and no results are kept. As a consequence, one of the aims is to maximize participation by all athletes.

### Rules

An attempt has been made to merge both the former NVEAA Rules (aligned with Volleyball Canada Rules) and the Tripleball development format, in order to best suit the needs of our athletes and coaches. This was done at the request of the April 2013 AGM.

#### A) Net

- 1) The height of the net shall be 2.07m (the lowest hole on a set of standard, blue volleyball posts)
- 2) The net should be taut at the top and bottom and extend beyond the side lines whenever possible.

#### B) Ball

- 1) Wherever possible, a regulation leather volleyball shall be used for league play and must be used for playoff and tournament play. (Volleylite balls are recommended for the NVEAA)

#### C) Uniform

- 1) Players on the same team shall wear the same uniform.
- 2) A uniform shall consist of court shoes, socks, shorts and a jersey. No other clothing (hats, scarves, etc) or articles likely to cause injury (jewelry, casts, etc) shall be worn.

#### D) Teams

- 1) Teams may consist of any number of players, six of which must be on the floor at any one time

#### E) Rights and Responsibilities of Participants

- 1) Participants must know the rules and abide by them
- 2) Participants must accept the referee's decisions with sportsmanlike conduct, without disputing them. Clarification may be requested by the captain or coach but must be done quietly and in a sportsmanlike manner.

- 3) Participants must behave respectfully and courteously in the spirit of FAIR PLAY, not only towards the referee but also towards other officials, the opponent, teammates and spectators
- 4) Participants must refrain from actions or attitudes aimed at influencing the decisions of the referees or covering up faults committed by their team.
- 5) Both the captain and the coach are responsible for the conduct of their team members.

#### **F) The Coach**

- 1) must either stand at the sideline of the opposing team's three metre line, so they are available to toss in a free ball to their team, or, if they have another person available to toss in the free balls, they must sit on their own bench closest to the referee.
- 2) Is authorized to call a time out
- 3) And other team members may give instructions to the players on the court but only while sitting on the bench and without disturbing or delaying the match.

#### **G) The Captain**

- 1) represents his/her team in the coin toss
- 2) is authorized to speak to the referees
- 3) is authorized to call a time out

#### **H) Scoring System**

- 1) a match is won by the team that first scores 25 points with a minimum lead of two points. Scoring will be rally point. In the case of a 24-24 tie, play continues until a two point lead is reached.

Note: There is a point limit at 27. If there is a 26-26 tie, the first team to score the 27<sup>th</sup> point wins by a one point margin.

##### **Rally point system means:**

Every time there is a serve or toss, a point is awarded to the team that successfully wins

- 2) For League play, if there are three or more teams present at a gym, the teams will have a round robin tournament (playing each team once)

#### **I) Coin Toss**

- 1) Before the first set, the referee carries out a coin toss with the two team captains
- 2) The winner of the toss is entitled to first service or choice of court
- 3) In the deciding set of a match, a new coin toss is carried out

## **J) Team Line-up, Positions and Rotation**

- 1) Rotation order must be maintained throughout a set
- 2) There must be six players per team in play
- 3) At the moment the ball is hit by the server, each team must be within its own court (except the server) in two rows of six players. The lines may be broken
- 4) At the moment the ball is hit by the server, there cannot be any overlap of players, either front to back or left to right
- 5) Once the ball is hit by the server, the players may occupy any position on or outside the court
- 6) When the team wins the right to serve, the players must rotate one position clockwise

## **K) Substitutions**

- 1) Unlimited substitutions are allowed for position 6 only (All players on the bench must be utilized with equal amounts of play)
- 2) In case of injury, an exceptional substitution is allowed at any position

## **L) States of Play**

- 1) The rally begins with the referee's whistle, but the ball is in play from the service hit
- 2) The rally ends with the referee's whistle. If the whistle is due to a playing fault, the ball is out of play from the moment then fault was committed.
- 3) The call is "in" when the base of the ball touches the playing court including the boundary lines.
- 4) The ball is "out" when:
  - a. The base of the ball touches the floor outside the boundary lines
  - b. It touches any object outside the court
  - c. It crosses the net outside the crossing space (if the boundary of the court is extended upward, the area above the net but inside the boundary is the crossing space)
- 5) The rally begins with a team serving the ball and ends when the ball has hit the floor or is played out of bounds.

### **L1) Sequence and Rotation**

The game follows a sequence of three rallies (service, tossed ball 1, tossed ball 2)

1<sup>st</sup> rally- introduced by the server

2<sup>nd</sup> rally- introduced by a tossed ball to the receiving team

3<sup>rd</sup> rally- introduced by a tossed ball to the serving team.

The service alternates between teams after each three-ball sequence.

A team must rotate clockwise and introduce a new server when it is their time to serve.

After each rally is complete, the ball must quickly be removed from the court so the next sequence can be started. Both teams must allow enough time for the ball to be removed from the court before starting the next sequence.

### M) Playing the Ball

- 1) Each team is entitled to a maximum of three hits for returning the ball over the net. A contact while blocking the ball is not considered a hit.
- 2) **The serve MUST be received with a bump or forearm contact.** (Volleyball Canada Rule: 16U and younger competitions, receiving the serve with an overhand motion using fingers (volleying/setting the serve) is **not** permitted, regardless of the quality of contact. The referee will use the “double contact” signal to indicate this infraction)
- 3) Both intentional and unintentional contact of the ball by any part of the player’s body is considered a hit. When intentional use of soccer style kicking or soccer style heading the ball occurs the referee will whistle the rally to a stop. Players will be warned about appropriate level of play. The rally will be replayed; however, repeated intentional use of soccer style play will result in points being awarded to the other team.
- 4) A player may not hit the ball two times consecutively unless the first contact is a block
- 5) If two players hit the ball simultaneously, it is counted as two hits
- 6) If three players hit the ball simultaneously, it is counted as three hits
- 7) If there is simultaneous contact by two opponents about the net, the receiving team is entitled to another three hits.
- 8) If the ball is contacted simultaneously by two opponents above the net and the ball goes “out”, it is the fault of the team on the opposite side.
- 9) If the ball is contacted simultaneously by two opponents above the net and the ball goes “in”, it is the fault of the receiving team.
- 10) If a simultaneous contact above the net results in a “held” ball, it is a double fault and the rally is replayed.
- 11) The ball must be hit cleanly and may not be held, lifted, pushed, carried, or thrown
- 12) The ball may touch various parts of the body, provided the contacts occur simultaneously.
- 13) At the first hit of the team the ball may contact various parts of the body consecutively, provided the contacts occur during the same action

14) The “toss” (section M1) must be received with a bump or forearm pass. If a player is unable to make a clean bump pass to the setter, the toss must be redone. If the player is unable to do it a second time the play should continue one.

#### **M1) The Toss**

- a) A head coach, assistant coach or a competent volunteer may be the “tossing” and will introduce the tossed ball into their own team
- b) The “tossing” can step into the court to introduce the ball, but must immediately move a safe distance away from the court after the toss.
- c) Balls are tossed underhand to the player in position 6 (middle back), with two hands and little to no spin, about the height of the antennae to allow athletes time to play the ball.
- d) The free ball will be tossed once the front row players are at the net (ready to transition) and all athletes have been verbally told that the ball is being introduced, “Free Ball!”
- e) The “tossed” ball CANNOT be sent over the net by the player in position 6 otherwise a replay will occur. If it happens a second time, play should continue as normal.
- f) The player receiving the tossed ball should play the ball to their teammate in front row and be playable. If this doesn't happen on the first toss, a free ball should be re-tossed. If the pass is still not successful, play should continue as normal.
- g) A “re-toss” will only occur once, unless both coaches deem that a second one is necessary.

#### **N) Ball Playing Faults**

- 1) Four hits: a team hits the ball four times before returning it
- 2) Held ball: the ball is held, lifted, pushed, carried or thrown
- 3) Double contact: a player hits the ball twice in succession or the ball contacts various parts of the body successively

#### **O) Ball at the Net**

- 1) The ball may contact the net while crossing (**including during the service**) between the antennae, i.e., the ball must be “in” as it crosses the net
- 2) A ball driven into the net may be recovered within the three team hits
- 3) When the ball is driven into the net and causes it to touch an opponent, no fault is committed.

#### **P) Player at the Net**

- 1) In blocking, a blocker may touch the ball beyond the net, provided that the block does not interfere with the opponent's play, before or during the latter's attack hit.
- 2) A player may pass a hand beyond the net after an attack hit, provided the contact with the ball was made on his/her side of the net.
- 3) It is permitted to penetrate into the opponents space under the net provided it does not interfere with the opponent's play
- 4) Penetration beyond centre line is permitted as long as some part of the foot remains in contact with the centre line
- 5) Contact with the opponent's court by the whole foot or feet or any other part of the body is not permitted
- 6) Contact with the net is a fault and not permitted

#### **Q) Service**

- 1) The service is the act of putting the ball into play by the right back row player (Player 1), anywhere behind the back row and outside the boundary of the court, who hits the ball with one hand or arm.
- 2) The serve must be executed underhand or side arm only. If a side arm serve is used; the serving action must begin below the waist
- 3) The first service of set 1 and 3 is determined by a coin toss
- 4) Service in set 2 starts with the team that did not serve first in set 1
- 5) When the serving team wins the rally, it scores a point
- 6) The server must wait for authorization to serve, which might include a whistle, hand/verbal signal or a combination
- 7) The service must be completed outside the court where practical or behind the service line determined by the referee prior to the match
- 8) After authorization, the server must hit the ball without undue delay
- 9) The ball must be hit with one hand or part of the arm after it is tossed or released and before it touches the playing surface.
- 10) The players of the serving team must not prevent their opponent, through screening, from seeing the server or the path of the ball.

#### **R) Serving Faults**

- 1) A fault is committed and a side out results if:
  - a. The server touches the service line with his/her foot/feet
  - b. The ball touches a player of the serving team or fails to cross the vertical plane of the net,
  - c. The ball hits objects outside the court
  - d. The ball lands "out" and/or

- e. The ball passes over an individual or a collective screen

### **S) Attack-hits**

- 1) All actions to direct the ball toward the opponent, other than the service or block, are considered attack-hits
- 2) An attack hit is completed the moment the ball completely crosses the vertical plane of the net or is touched by a blocker
- 3) A front row player may carry out an attack-hit from any height and position on the court, providing that his/her contact with the ball was made within his/her own playing space.
- 4) A back row player may carry out an attack-hit from behind the front zone. He/she may also carry out an attack-hit in the front zone if at the moment of contact any part of the ball is below the top of the net.

### **T) Attack-hit Faults**

- 1) A player hits the ball within the playing space of the opposing team
- 2) A player hits the ball "out"

### **U) Block**

- 1) Blocking is the action of players close to the net to intercept the ball coming from the opponent by reaching higher than the net
- 2) A block is completed whenever a blocker touches the ball. Only front row players are permitted to block.
- 3) A block contact is not counted as a team hit
- 4) After a block contact, a team is entitled to three hits to return the ball
- 5) The first contact after the block may be executed by any player, including the one who touched the ball at the block
- 6) In blocking, the player may place his/her hands and arms beyond the net provided that his/her action does not interfere with the opponent's play, i.e., the contact occurs after the opponent has executed an attack-hit.
- 7) The opponent's serve may not be blocked
- 8) It is a fault if the ball goes "out" directly off the block

### **V) Interruptions to the Play**

- 1) A team is entitled to 2 time outs per set
- 2) A time out lasts 30 secs
- 3) Either coach or captain may request a time out
- 4) Should an injury occur, the referee must stop the game immediately. The rally is then replayed
- 5) A substitution for the injured player may be made legally or exceptionally.

## **W) Intervals and Change of Courts**

- 1) The interval between sets lasts two minutes
- 2) After each set the teams change courts, with the exception of a deciding set, which required a new coin toss. Other team members change benches
- 3) In a deciding set, once a team reaches 8 points, the teams change courts without delay and the player positions remain the same. If the change is not made at the proper time, it will take place as soon as the error is noticed. The score at the time that the change is made remains the same.

## **X) Misconduct**

- 1) Incorrect conduct by a team member towards officials, opponents, teammates, or spectators may consist of the following.
  - a. Unsportsmanlike conduct: argumentation, intimidation, etc
  - b. Rude conduct: acting contrary to good manners or moral principles, expressing contempt
  - c. Offensive conduct: defamatory or insulting words or gestures
  - d. Aggressive conduct: physical attack or intended aggression
- 2) Depending on the degree of the incorrect conduct, according to the judgment of the referee, the following sanctions are to be applied.
  - a. Misconduct warning: for unsportsmanlike conduct, no penalty is given but the team member concerned is warned against repetition in the same set.
  - b. Misconduct penalty: for rude conduct, the team is penalized with the loss of the rally
  - c. Expulsion: repeated rude conduct is sanctioned by expulsion. The player must leave the playing court and is not permitted to play (or in the case of another team member, is not allowed to carry out his/her function) for the rest of the set.
  - d. Disqualification: for offensive or aggressive conduct, the player (or any other team member) must leave the playing area and the bench for the rest of the match.