**2023 Junior Format Change**

Here is a link ([https://youtu.be/zfiXVNHqZaA](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2FzfiXVNHqZaA&data=05%7C01%7Caartchar%40alcdsb.on.ca%7C2649a66d829a4a9470fc08dbd4b01001%7C04e36a796c9a424eaef567a4321604c1%7C1%7C0%7C638337624881997071%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=w2B4Nky0yOnd4891%2BFBe2eVYNFblR9yxPNWYaNcgifA%3D&reserved=0)) for our Junior 3-ball (or TripleBall) format we will be following. Essentially, the flow of the game will be:

1. Team A serves to Team B (Students can be up to half)
2. Team B receives a "Free Ball" tossed over the net by a coach/designate (this can be a parent volunteer, student volunteer, or a player not on the court). The ball is ALWAYS tossed to the player in the back-row middle position.
3. Team A receives a "Free Ball." Same as above.
4. Team B serves to Team A.
5. Team A receives a "Free Ball."
6. Team B receives a "Free Ball"
7. Both Teams rotate one position counter-clockwise
8. Repeat steps 1-7.
* Games are played to 25 points. Each match will consist of 2 games. Teams can split the two games. A tiebreaker will only be played for a championship game.
* Junior Substitutions: Teams can follow two substitution methods
	+ A - The same 6 players play the entire first game, then a new roster is set for Game 2, and those 6 students stay on the entire game.
	+ B - Students change on a rotation basis into the back row middle position.
	+ One for one substitutions will not be permitted throughout the game, except in situations to accommodate students with exceptionalities. (For example, a student with special needs or who uses a walker may be able to serve, but participating in a rally may prove to be difficult).
	+ Remember the focus of these tournaments is not solely victory. We want our Junior students to have the opportunity to play and be part of a team. There should be no students who come to the tournament and do not get the chance to participate. While we cannot mandate playing time, please be mindful that for some students this is their only team sport.
* Senior Volleyball rules remain unchanged. Substitutions can be on a rotation OR one-for-one, but not a mixture of both. If player 1 replaces player 2, then player one cannot replace another player for the remainder of the game.
* Seniors will also only play 2 games to 25, with no need for a tiebreaker game because of championship night