

# 2023 Volleyball Registration Now Open

## CO-ED SAND VOLLEYBALL INFORMATION

WHISTLE BINKIES ON THE LAKE  
247 WOOD LAKE DRIVE  
ROCHESTER, MN 55904



### **Monday Night League**

The dates for this league are May 15, 22; June 5, 12, 19, 26; July 10, 17, 24, 31; Playoffs will be August 7, 14, and 21. There is a maximum of 16 teams.

### **Tuesday Night League**

The dates for this league are May 16, 23; June 6, 13, 20, 27; July 11, 18, 25; August 1. Playoffs will be August 8, 15, and 22. There is a maximum of 16 teams.

### **Wednesday Night League**

The dates for this league are: May 17, 24; June 7, 14, 21, 28; July 12, 19, 26; August 2. Playoffs will be August 9, 16, 23. There is a maximum of 16 teams.

### **Thursday Night League**

The dates for this league are May 18, 25; June 8, 15, 22, 29; July 13, 20, 27; August 3. Playoffs will be August 10, 17, 24. There is a maximum of 16 teams.

**\*Please note there will be no league play the week of Memorial Day or the week the Fourth of July.**

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## **Playoffs**

Following the 10 week season, there will be playoffs to determine the top team from each night of play. There will be cash prizes at the end of each league.

## **Registration**

**PLEASE NOTE THAT YOU MUST FOLLOW THE REGISTRATION PROCEDURES EXACTLY. DO NOT REGISTER ONLINE UNTIL YOU ARE INSTRUCTED TO DO SO.**

Team placement will be done on a 1<sup>st</sup> come, 1<sup>st</sup> served basis.

First, please bring your completed TEAM ROSTER and a CHECK for \$150 to Whistle Binkies on the Lake. Please give them to the manager or bartender. The sooner you turn in your TEAM ROSTER and CHECK, the better chance you have to get your first choice for league night. Once Whistle Binkies receives your application, you will be contacted by a representative to complete your registration online. PLEASE KEEP A COPY OF THE TEAM ROSTER, AS YOU WILL NEED IT TO COMPLETE YOUR ONLINE REGISTRATION.

### **WAIVER OF LIABILITY**

All participants must complete a waiver of liability form. All participants in the league assume the risk of injury. Whistle Binkies on the Lake, its volunteers, and employees shall not be liable for injury to person, loss or damage to personal property arising from or in any way resulting from participation in the league.

ALL WAIVER FORMS must be received by 11:59 pm on Sunday, May 7, 2023. PLEASE TURN IN ALL WAIVER FORMS TOGETHER, ALL AT THE SAME TIME. Your team email will receive notification from the league website when the season schedules are completed. This will be no later than Monday, May 1, 2023.

### **SUBMITTING A ROSTER**

Each team must submit a roster with a maximum of 18 players. No player may register for more than 1 team in each league. Each player must be at least 18 years of age to participate in the league. Rosters must be submitted, and a waiver of liability must be signed before any player may take the field. Rosters must be finalized and **no changes** are allowed after the 3<sup>rd</sup> week of play. Once the rosters are finalized no changes may be made. Your roster may include up to 18 players. **Please allow for potential injuries and other special circumstances as the cut-off date for roster changes will be June 11, 2023.**

## **Teams**

- A) A team consists of six players, 3 men and 3 women.
- B) All teams shall be comprised of not more than six players at a time.
- C) Leagues can play with three men and two women, or two men and three women.
- D) At least four players must be present to begin a game (two women and two men).
- E) Teams may pick up a maximum of two players from other teams if they have less than the four players required to start the game. Teams must use all of their team players first and may only pick up Whistle Binkies on the Lake Coed Volleyball League players as substitutes. If a game begins with these substitutes and the teams' eligible players eventually show up, they must be inserted in the line-up immediately in favor of the substitutes. You may not pick-up players for the playoffs. If a team is short players, they will lose by forfeit.
- F) Men and women shall be positioned alternately on the court. When the ball is served, players may change into formations.
- G) When the ball is touched by more than one player on a team, one of the contacts shall be made by a woman. (Blocking the ball is not considered a touch)
- H) One backcourt player (man or women) may also block when there is only one male player in a frontline position.

## **Start of the Match**

- A) A coin toss will be done between the two opposing captains. The winner has the choice of: serving the first game or choosing which court to start on. At the beginning of the second game the roles are reversed. The coin toss will be done at the beginning of the third game with the winner getting the same options as above.
- B) A match shall consist of 3 games. Each game shall be played to 25 if time permits. A game is over when one team scores 25 points. The winning team must have at least a two-point advantage. If a 24-24 score exists, play will continue until one team wins by 2 points or reaches a cap of 27 points. If the score is 26-26, the next point wins. If a game is tied when game time expires, next point wins the game. All three games must be played within the hour time block. Playoff games will consist of a best 2 out of 3 match. The 3<sup>rd</sup> game will be played to 15 if such a game is necessary.
- C) Both the serving and receiving teams can score.

## **Serving Regulations**

- A) The serve is the act of putting the ball into play by the right back-row player who hits the ball with one hand or arm from the service zone (anywhere beyond the back line and within the two sidelines). The service may not begin until the team with the serve has announced the score of the game and the teams are clearly ready to begin the volley.
- B) The first server for each team is the right back player. Thereafter, the right front player rotates to the serving area.
- C) Serves may be underhand, overhand or a jump serve.
- D) The players of the serving team must not screen the opponents from seeing the contact for service or the path of the ball. This would include a player waving arms, jumping up and down, or moving sideways at the time of the serve. The serving team is also prohibited from making a collective screen when the server is hidden behind two or more teammates and the ball is served over them.
- E) Blocking the serve is not allowed.
- F) Let Serves are legal.
- G) Only one serve is allowed (There are no “re-serves,” meaning that a player may not drop a bad toss without serving and then toss it again to serve.)  
Faults on the serve may occur when:
  - i. Ball touches teammate
  - ii. Ball is passed under the net
  - iii. Ball goes out of bounds
  - iv. Server steps on serving line
- H) The ball is out-of-bounds when it touches any surface, object, or ground outside the court.

## **Game Play**

- A) If a player touches the ball or the ball touches a player, he or she is considered as having played the ball.
- B) The ball may be hit by any part of the body.
- C) It is permissible to run out of bounds to play a ball. A ball that is knocked out of bounds by the opponent must be allowed to hit the ground before being touched, unless successfully returned.
- D) When a ball touches a boundary line, it is considered good.
- E) Players are not permitted to scoop or hold the ball. The ball must be clearly batted.
- F) A ball is kept in play if it hits the net and goes over into the opponent’s court.
- G) A ball hit into the net by a team may still be kept in play provided that the net is not touched by any player.
- H) One player may hit the ball twice during a volley, however they cannot be in succession. The ball must be returned over the net by the third contact (with the exception of a block).

- I) A player may cross the centerline with their foot/feet as long as the player does not interfere with the play of an opponent.
- J) If any part of your body or clothing touches the net, it is considered a net foul.
- K) The position of the substitute shall be that of the server.
- L) Replay – A replay is the act of putting the ball in play without awarding a point. The same player who served the previous play serves on the replay. A replay shall be declared when:
  - i. A foreign object enters the proximity of the playing area.
  - ii. An obstruction within 6 feet of a boundary line interferes with a player's legitimate effort to legally play the ball.
  - iii. A player is injured.

### **Net Play**

- A) Reaching over the net is permitted during:
  - i. The follow-through of a hit made on the player's own side.
  - ii. An attempt to hit
  - iii. A fake hit
  - iv. A block or an attempt to block.
- B) Blocking a ball, which is entirely on the opponent's side of the net, is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when:
  - i. The attacking team has had an opportunity to spike the ball or, intentionally directs the ball into the opponents' court.
  - ii. The attacking team has completed its 3 allowable hits.
  - iii. The ball is falling near the net and no member of the attacking team could reasonably make a play on the ball.
- C) It is a net foul for a player to grasp the cables or standards. Incidental contact is permissible.

## **A Few Reminders....**

1. Please do not occupy patio tables and chairs during your match. We are first, and foremost, a restaurant and these should be used for customers. You are a customer before and after your match, but a player during your match. Bring your own lawn chairs or blankets if you would like to. You may also take advantage of our bleachers.
2. Outside beverages are not permitted, with the exception of bottled water and Gatorade/Powerade. All other beverages should be obtained from a server or bartender. We will continue to put out a cooler with ice water.
3. No alcohol will be consumed by any players under the age of 21. If an underage player is caught drinking, that player will be removed from play that night. A warning will be issued to the player and the team captain. If the issue arises again, the entire team will be removed from the league. All registration fees will be forfeited.
4. There is a difference between SPORTSMANSHIP and GAMESMANSHIP. We are a League that encourages fun and good sportsmanship. Intimidating gamesmanship will NOT be tolerated. Please approach play so that everybody has fun....win or lose.
5. Please remember that we are a family restaurant and act appropriately before, during, and after your matches. Foul language and obscenities will not be tolerated. Please dress appropriately.

**Any questions, please contact Rich at**  
**Rich@Batchelor.com**

**WHISTLE BINKIES ON THE LAKE CO-ED SAND  
VOLLEYBALL LEAGUE ROSTER**

TEAM NAME \_\_\_\_\_  
TEAM E-MAIL \_\_\_\_\_

OUR TEAM WOULD PREFER TO PLAY ON : Mon, Tues, Wed, or Thurs  
CHOICE #1 \_\_\_\_\_  
CHOICE #2 \_\_\_\_\_ (MUST HAVE TWO CHOICES)

**TEAM CAPTAINS**

NAME	EMAIL (required)
1. _____	_____
2. _____	_____

**TEAM MEMBERS**

NAME	EMAIL (required)
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____

**Please submit a team roster and a check (ONLY) payable to Whistle Binkies on the Lake stapled to the roster. The sooner you do this, the better chance you have of getting your choice of night.**

**Whistle Binkies on the Lake  
247 Wood Lake Drive  
Rochester, MN 55904**

**WAIVER OF LIABILITY**

I, \_\_\_\_\_ will make every reasonable effort to ensure safety and integrity of the facilities provided, but neither Whistle Binkies of the Lake, the staff, nor other affiliated parties assume responsibility of any personal injury or other damages sustained by any participant, in return for the opportunity to participate in the programs sponsored by Whistle Binkies on the Lake. I acknowledge that there are certain risks (including risks of personal injury) associated with this and any other Whistle Binkies on the Lake activity, and I voluntarily assume all such risks for myself. By signing this form, I hereby release and hold harmless Whistle Binkies on the Lake, the program coordinator, employees, and each affiliated party from any, and all damages, claims, and causes of action whatsoever for any loss or injury suffered by me so that I may be allowed to participate in programs sponsored by Whistle Binkies on the Lake. I have read and fully understand this waiver and have executed it voluntarily so that I may be allowed to participate in programs sponsored by Whistle Binkies on the Lake.

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**Signature**

**Date**

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**Team Name**

**Night of Play**