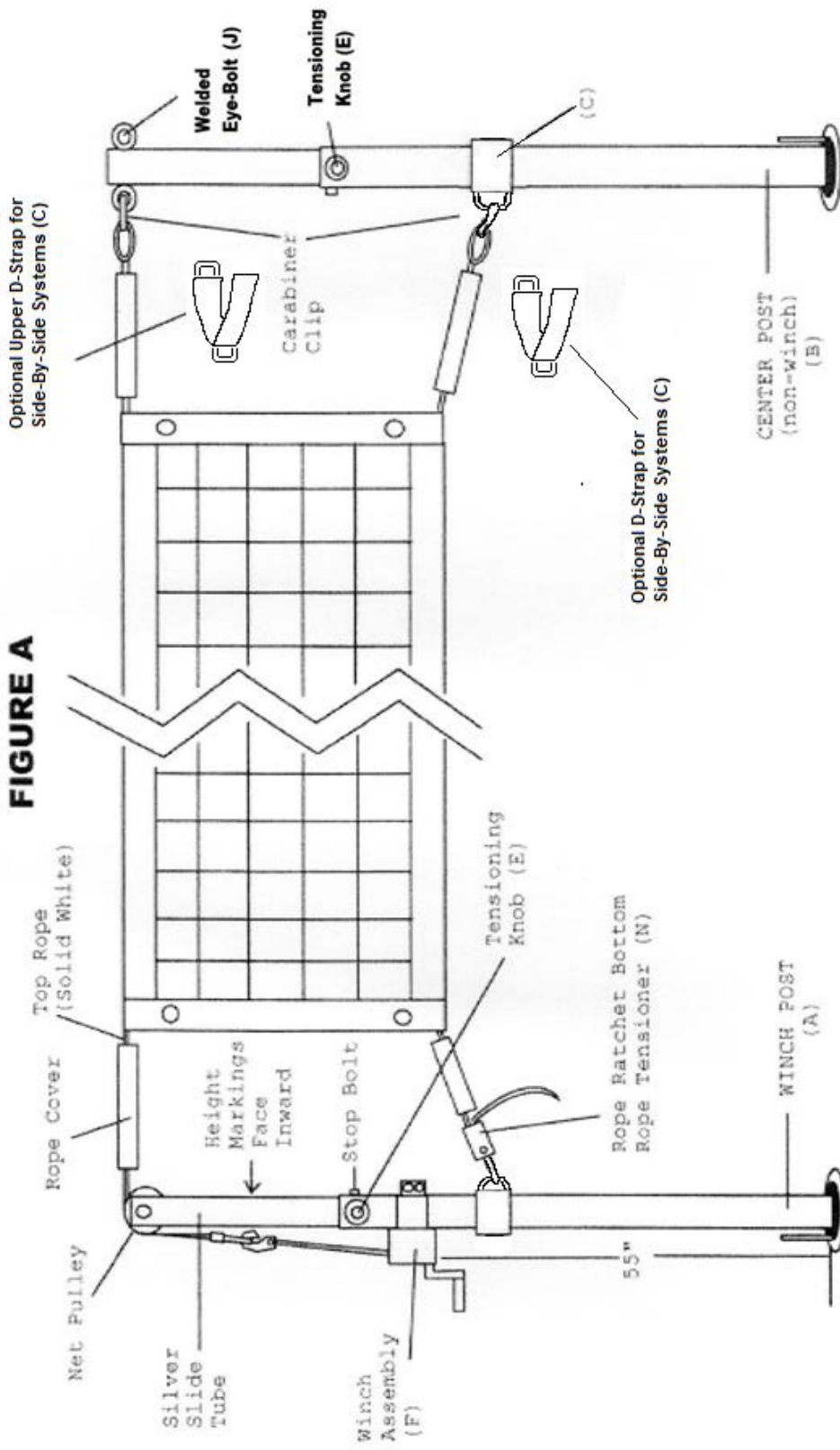


FIRST TEAM SPORTS, INC.

Galaxy/Astro/Frontier Volleyball Systems

Assembly Instructions



BILL OF MATERIALS

A	1	Winch Post	J	2	Top Net Attachment Eye-Bolt
B	1	Center Post (non-winch)	K	2	5/16" Flat washer
C	3	D-Ring Strap	L	2	5/16" Lock washer
D	4	Net Tensioner (75 lb. Load)	M	2	5/16" Hex Nut
E	2	Tensioning Knob	N	1	Rope Tensioner(150 lb. Load)
F	1	Winch Assembly	O	2	Carabiner Clips
G	1	Competition Volleyball Net	P	2	Post Padding
H	1	Set of (4) Rope Covers	Q	2	Height Labels
I	1	Set of (2) Volleyball Antennas			

ADDITIONAL ITEMS PROVIDED WITH "SIDE BY SIDE" SYSTEMS

	1	Winch Post		1	Set of (4) Rope Covers
	1	Winch Assembly		1	Set of (2) Volleyball Antennas
	1	Competition Volleyball Net		1	Center Post Pad
	1	D-Ring Strap		4	Net Tensioner (75 lb. Load)
	2	Tensioning Knob		1	Rope Tensioner(150 lb. Load)
	2	Carabiner Clips		2	Height Labels

NOTE: The above bill of materials applies to the volleyball system itself. Additional components may be included with your order such as floor sockets or judges stand. Bill of materials and installation instructions are included with any additional products provided with your order.

Inspect all contents prior to installation. Report any missing parts to First Team customer service immediately, 1-888-884-6677.

READ ALL INSTRUCTIONS BEFORE PROCEEDING!

UPRIGHT POST ASSEMBLY

1. Remove Upright Posts from shipping tubes.

Note: There is a compression spring shipped inside each of the uprights. For safety, the uprights are shipped extended to minimize the spring pressure. Always use caution when extending and retracting telescoping uprights.

2. Locate and identify the “Winch Post” and the “Center Post”. The Winch Post is the upright with the round pulley wheel attached to the top. The Center Post is the upright with no pulley at the top.

NOTE: FOR YOUR TRANSPORT CONVENIENCE A ROLLER WHEEL IS ATTACHED TO THE BOTTOM OF THE FRONTIER (STEEL) POSTS. THIS WHEEL IS INTENDED TO AID IN TRANSPORTING THE POSTS DUE TO THEIR WEIGHT. THIS TRANSPORT WHEEL SHOULD NOT BE CONFUSED WITH THE NET PULLEY. CALL FIRST TEAM IF YOU HAVE QUESTIONS, 1-888-884-6677.

3. Each upright has a long groove machined into the silver slide tube upper section of the post. Insert each upright into its respective floor socket with the “silver groove” facing toward the center of the court. Note: If you are installing a “side-by-side” system make sure the Center Post is in the center floor socket. (In the case of a “side-by-side” system the silver groove on the Center Post can face either direction)
4. Look at Figure A. You will see the location of the “Tensioning Knob” E on each upright. For shipping purposes, this knob is not installed. In its place you will find a ½” hex bolt. Loosen and remove this hex bolt. Remember, the uprights have an internal spring. Exercise caution when removing bolt, silver slide tube may want to extend outward suddenly.
5. On each Winch Post, wrap (1) D-Ring Strap C around the post. Loosely attach the D-Ring Strap by sliding the end of the strap through the Rectangle ring and looping the velcro back onto itself.
6. Repeat step 5 for the Center Post. NOTE: If you are setting up a “side-by-side” set and separate net heights are desired for each net, then you will need to wrap two additional D-Ring Straps around the Center post for attaching second net. One on the silver top telescoping section of the post and another down on the main body of the post.
7. Screw in Tensioning Knobs to the threaded hole in each upright vacated by the shipping bolt in step 4.
8. Using the hardware provided with the Winch Assembly F, clamp the Winch Assembly to the Winch Post approximately 55” up from the playing surface as shown in Figure A. NOTE: Do not overtighten Winch hardware, doing so could cause damage to Galaxy carbon fiber post.
9. Using the 5/16” flat washer, lock washer and hex nut provided, attach the Welded Eye-Bolt to the top of the Center Post as shown in Figure A. For “side-by-side” systems attach both Eye-Bolts as shown.

NET ATTACHMENT

1. Loosen Post Tensioning Knobs and telescope silver tubes down to approximately 7' from the floor.
2. Unpack Competition Volleyball Net G. Lay net out flat on the floor. Slide wooden dowels provided into side pockets of net. Notice that the ropes are different lengths. The TOP of the net is the side with the SHORTER rope, called the TOP ROPE. Your TOP ROPE should have a loop at each end.
The BOTTOM ROPE should be longer than the top and should have only one loop.
3. Attach (2) Carabiner Clips to the end of the net that has a loop at the top and at the bottom.
4. Next, using the Carabiner Clip, attach the TOP ROPE to the Eye-Bolt at the top of the Center Post.
5. Drape the other end of the TOP ROPE over the Net Pulley at the top of the Winch Post. Extend the Winch Assembly strap and loosely connect it to the TOP ROPE.
6. Secure each D-Ring Strap to a height approximately 3" below bottom of net and pull tight.
7. Attach looped end of the BOTTOM ROPE to the D-Ring Strap on the Center Post using the Carabiner Clip.
8. Locate the Rope Tensioner N. Thread BOTTOM ROPE through Rope Tensioner as indicated on the tensioner's plastic casing, or see Figure B.
9. Attach Rope Tensioner/Bottom Rope to D-Ring Strap on Winch Post as shown in Figure A.

HEIGHT ADJUSTMENT LABEL APPLICATION

NOTE: Height label are not factory installed to insure exact height regardless of socket depth!

1. Loosen the tensioning knobs on each post and raise net so that when the winch is tightened the net height at the middle of the net is 7' 4-1/8" (official women's height). The net should be no more than 3/4" higher on the ends over the side court line.
2. Use a pencil to mark all inner poles at the top of the outer poles with the net set at the 7' 4-1/8" height.
3. Loosen the net tension and remove net.
4. Loosen the tensioning knobs on the posts once again and raise the inner silver slide tubes to maximum height and tighten knobs.
5. Apply self-adhesive Height Labels Q to the groove in the inner pole so that the 7' 4-1/8" mark on the label is lined up with the pencil mark.

NET HEIGHT ADJUSTMENT FOR SINGLE COURT SYSTEM

1. Starting with a loose top net rope, loosen the Tensioning Knobs on the post and adjust the silver slide tubes to the desired height as indicated on the height label. Tighten tensioning knobs.
2. Adjust the D-Ring Straps to approximately 2"-3" below the bottom of the net and attach bottom rope to D-Ring Straps.
3. Crank top rope tight with the winch, then pull bottom rope tight through the rope tensioning device.
4. Attach Net Tensioners (75 lb. Load) D around pole and hook ends together, then even out net between poles and apply desired tension.

HEIGHT ADJUSTMENT FOR SIDE-BY-SIDE COURT SYSTEMS

Both Nets the Same Height – FIGURE C

1. Remove tension from both nets with the winches.
2. Adjust all three poles by loosening tensioning knobs on posts and adjusting to the desired height, then retighten knobs.
3. Tighten both nets using the winches, retighten bottom ropes and reinstall and tighten side net tensioners and rope covers.
4. Install padding and antennas.

Nets at Different Heights – FIGURE D

1. Remove tension from both nets with the winches.
2. If the additional D-Ring Straps have not previously been installed on the center post, you will need to do so.
3. Loosen the Tensioning knobs on all three posts, adjust the net that will be at the greater height, then retighten those two posts.
4. Adjust the D-Ring Strap location on the Center Post to the desired height for the second court and tighten strap.
5. Adjust the lower net court winch post and tighten the winch.
6. Reattach and tension both bottom ropes.
7. Attach all side net tensioners and rope covers.
8. Install padding and antennas

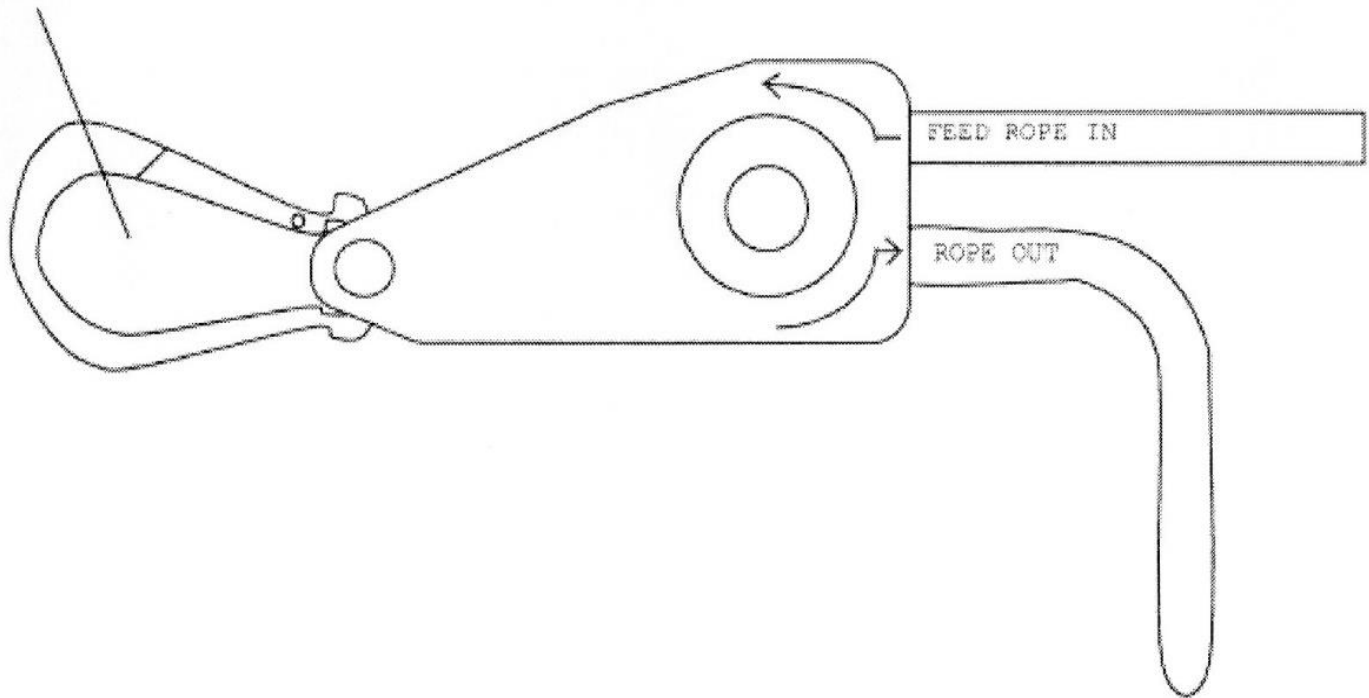
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Assembly Instructions

FIGURE B

Clip to
Large Lower
Clamp Here

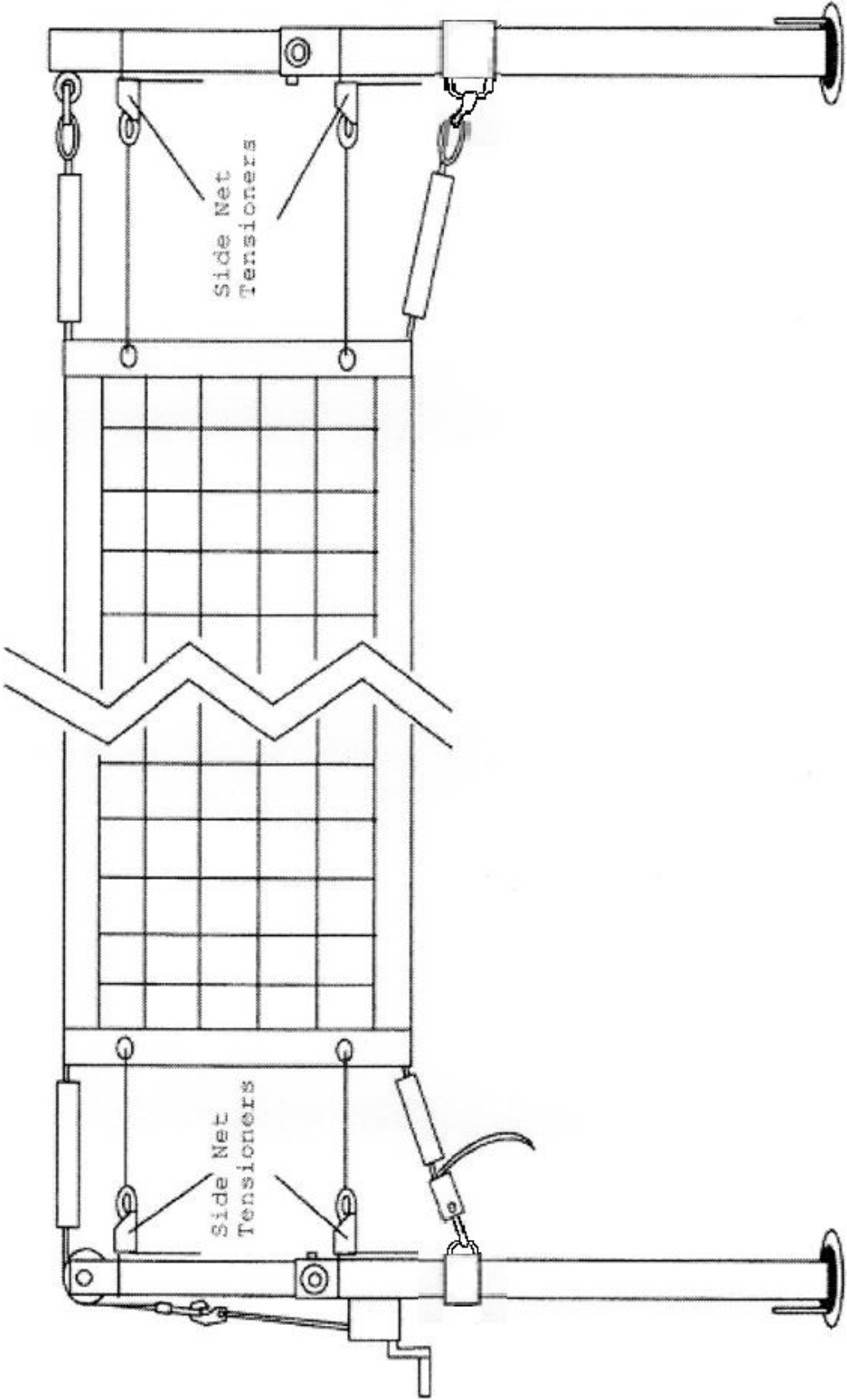
Bottom Rope Tensioning Device



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Assembly Instructions

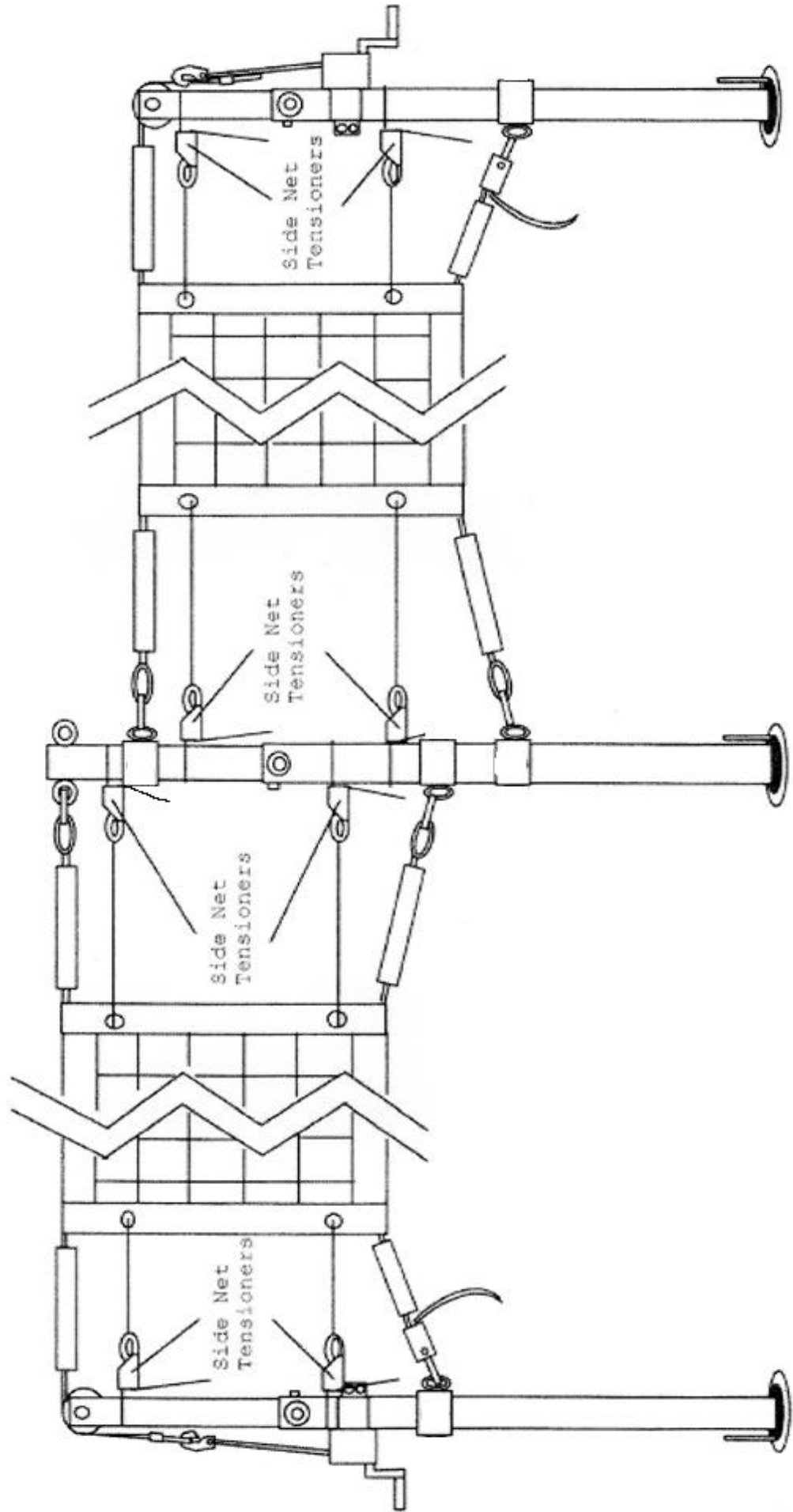
FIGURE C



Galaxy/Astro/Frontier Volleyball Systems

Assembly Instructions

FIGURE D



Volleyball Court Diagram

Net Height
7' 11 5/8" Men
7' 4 1/8" Women

