

**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

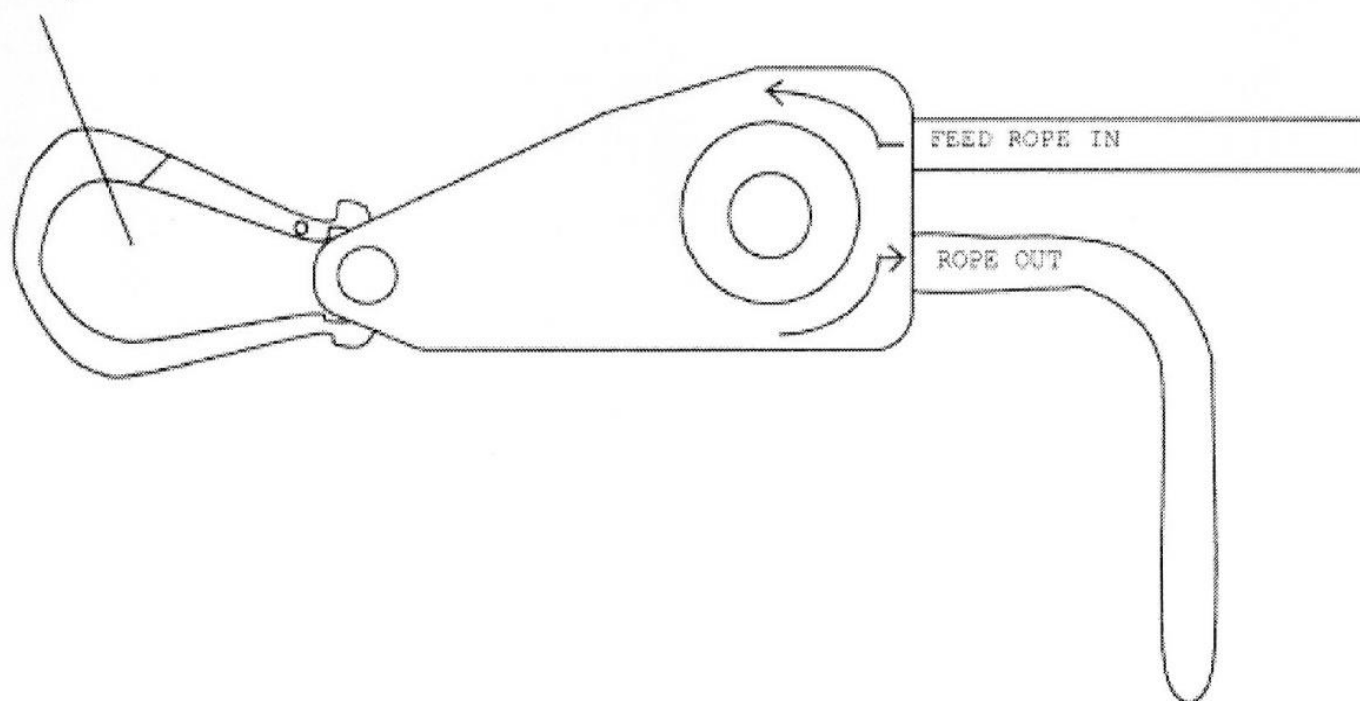
# Galaxy/Astro/Frontier Volleyball Systems

## Assembly Instructions

**FIGURE B**

Clip to  
Large Lower  
Clamp Here

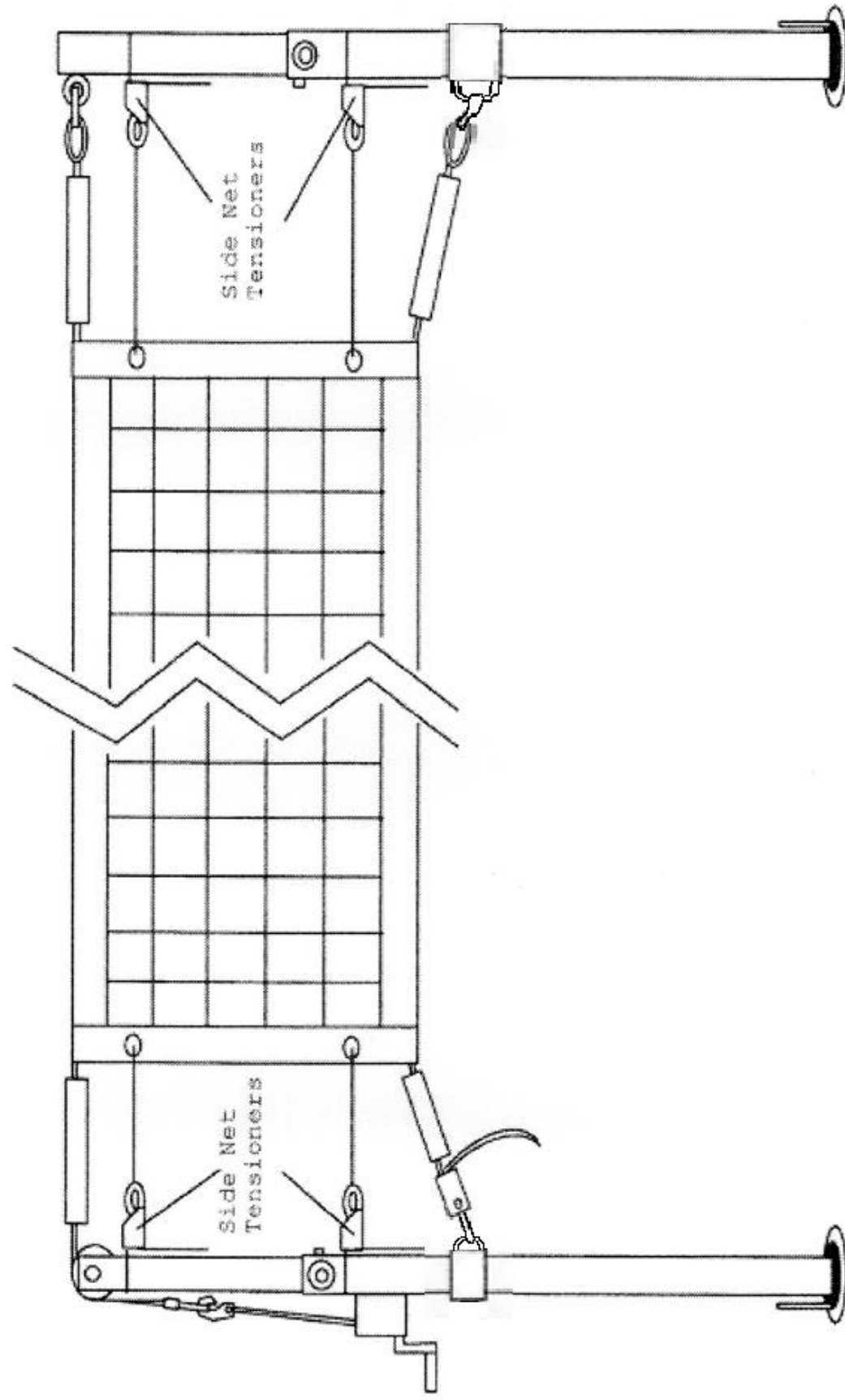
Bottom Rope Tensioning Device



# Galaxy/Astro/Frontier Volleyball Systems

## Assembly Instructions

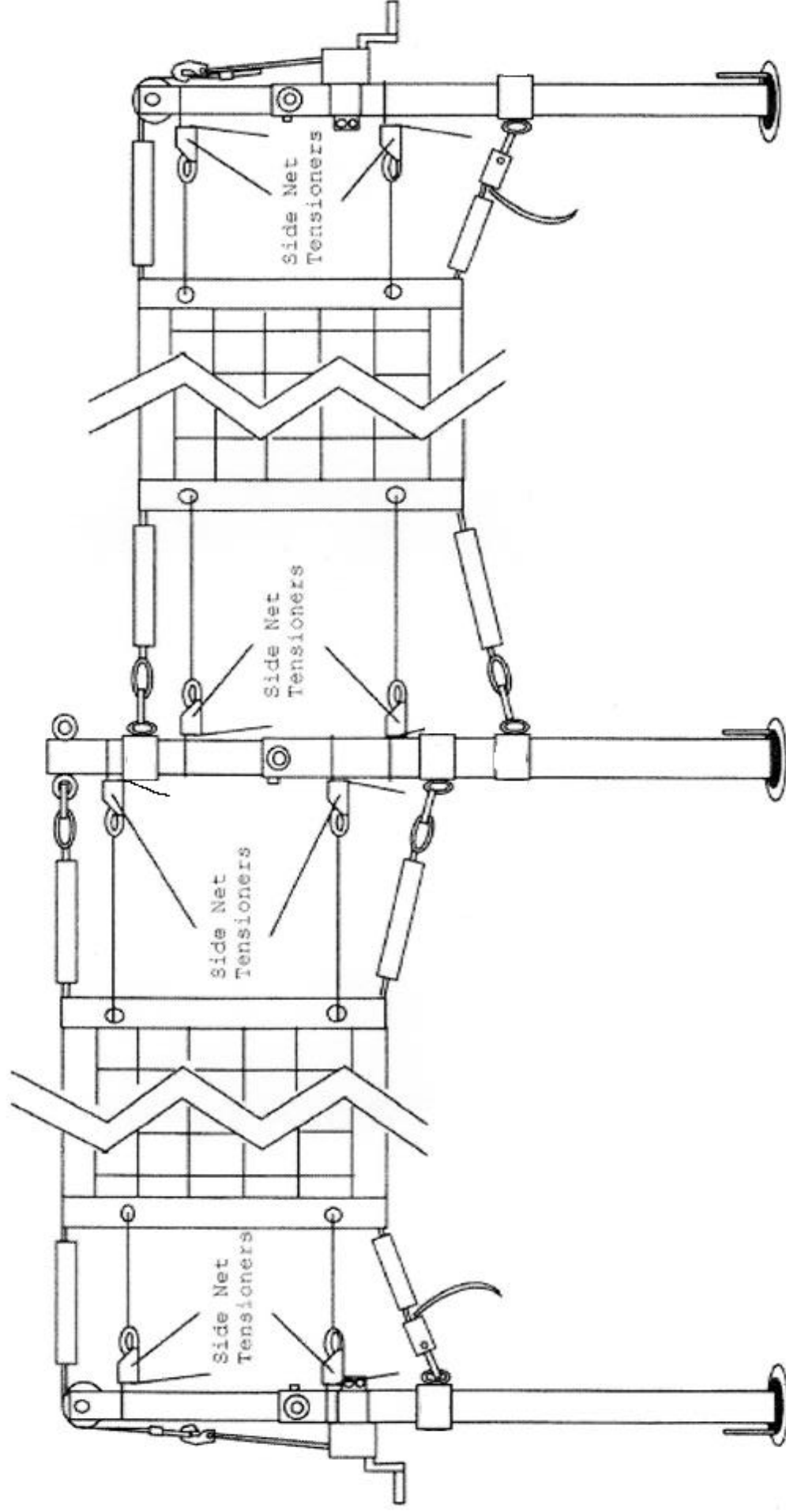
**FIGURE C**



# Galaxy/Astro/Frontier Volleyball Systems

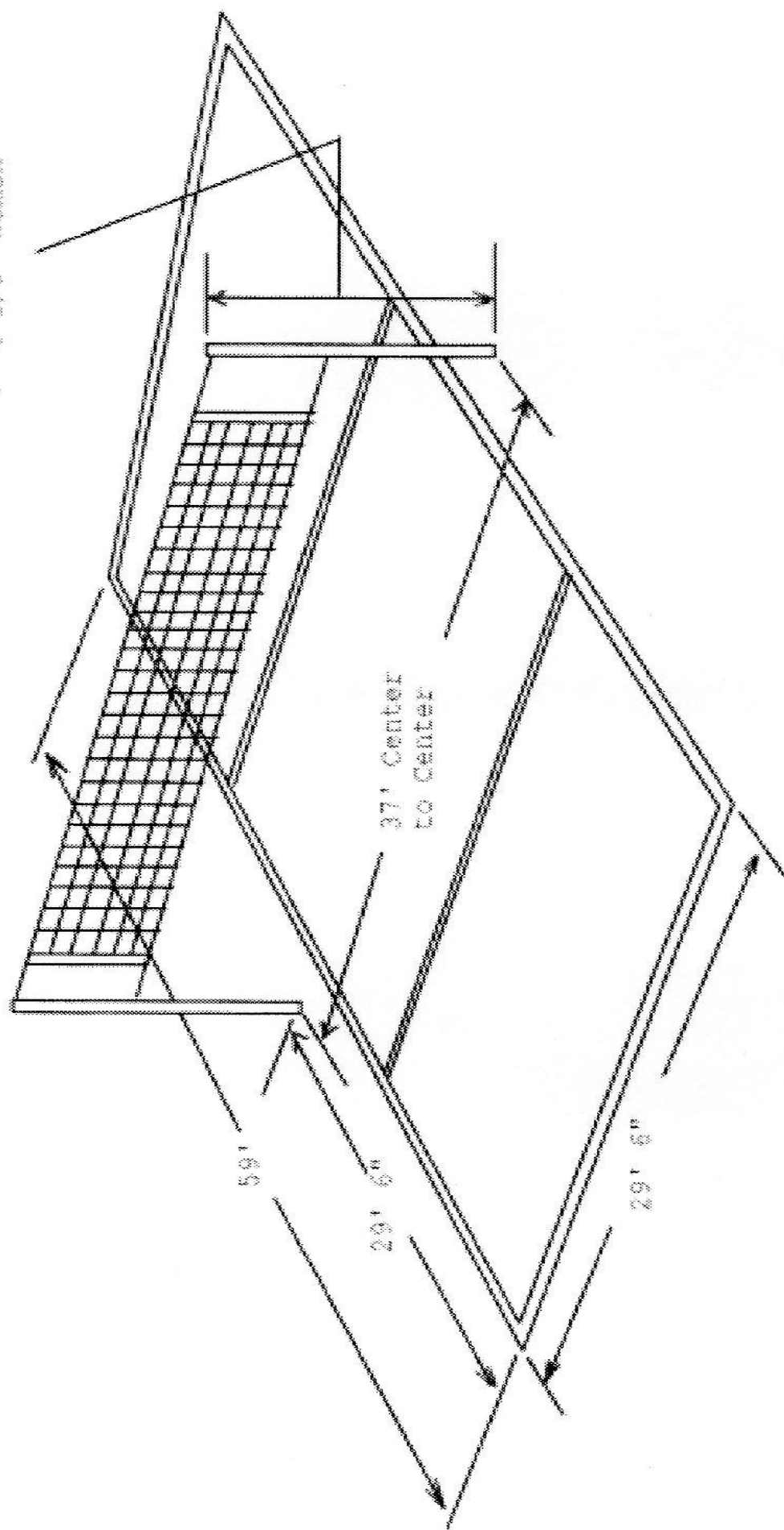
## Assembly Instructions

**FIGURE D**



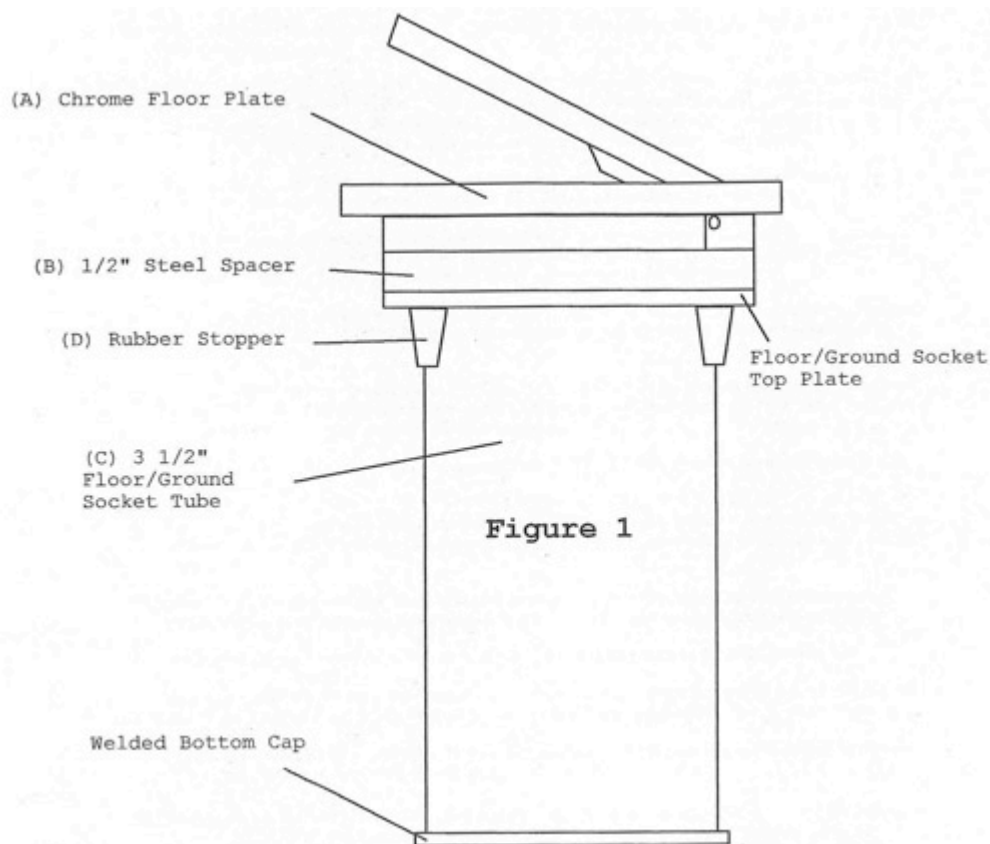
# Volleyball Court Diagram

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



## FIRST TEAM SPORTS, INC

### FT5001 Floor Socket Assembly Instructions



#### Bill of Materials

|  |   |
|--|---|
| A (1) Chrome Floor Plate                         | F (4) #10 x 1" Flat Head Phillips Wood Screw      |
| B (1) Steel Spacer                               | G (4) 10-24 x 1" Flat Head Phillips Machine Screw |
| C (1) 3 1/2" Floor Socket Tube                   | H (4) 10-24 Hex Nut                               |
| D (3) Rubber Stopper                             | I (4) #10 Lockwasher                              |
| E (3) #10 x 2 1/2" Flat Head Phillips Wood Screw |   |

**NOTE: Immediately unpack all components and cross check against bill of materials. Report any shortages to First Team customer service at 1-888-884-6677.**

#### FLOOR/GROUND SOCKET INSTALLATION ON TYPICAL GROUND LEVEL FLOATING WOOD FLOORS

1. Determine the desired location for the Floor Socket Assembly (see court diagram). Use a pencil to mark the center points. **NOTE: If you are using the sockets for a SOCCER GOAL, you must determine the "center-to-center" dimensions between the soccer uprights in order to determine the proper location for the floor/ground sockets.**
2. Using a compass or similar device draw a 7" circle around the center point in both locations. Cut out

this 7" circle clear through the wood floor.

3. Rout a pocket ¼" deep and 9" round (concentric with the 7" hole) so that the Chrome Floor Plate sits flush with the floor. Orient your Chrome Floor Plate so that the hinged lid is to the outside of the playing surface. Make certain that your hinged lid operates without obstruction. Rout out any areas necessary to allow lid to hinge properly. Please use EXTREME caution during this process to avoid sloppy or oversized holes. (see figure 2)

4. Measure the distance from the top of the floor to the concrete surface below. If the distance is greater than 3" call your sales representative for guidance as you will need to make field modifications to your socket.

5. Drill or break out a 6" diameter hole in the concrete either through the concrete or approximately 11" deep into the concrete if the concrete is extra deep. Use of a rotary hammer drill and a chisel or core drill is recommended. Use caution with water cooled coring drills if floor is wood as damage can occur. (see figure 2)

6. If the thickness of the concrete allowed you to go through it, excavate the soil, sand and gravel below the concrete to an approximate diameter of 30". The depth of the hole should be approximately 16" from the top surface of the wood floor. (see figure 2)

7. Assemble Floor Socket as shown in Figure 1. Using (3) #10 x 2 ½" Wood Screw attach Chrome Floor Plate to the ½" Steel Spacer and 3 ½" Floor Socket Tube as shown. Place Rubber Stoppers below the Floor Socket Top Plate and secure by screwing wood screws into Rubber Stoppers as shown.

8. Set the socket/floor plate assembly into the prepared hole to insure that both the socket and the floor plate fit neatly. Rework holes if necessary.

9. Fill the hole in the concrete with premixed, non-shrink grout to within approximately 4" of the top surface of the concrete. Using a pole, vibrate the grout to insure the hole is filled. It is recommended to use a quick cure chemical action mortar.

10. Install socket assembly into hole. You will need to work assembly into hole to allow the grout to surround the socket. If grout does not flow out the top of the hole in the concrete, remove assembly and add more grout.

11. Using a level on the inside of the socket, verify that the socket is perpendicular to the playing surface.

12. After allowing 2 hours for grout to set, remove the (3) #10 x 2 ½" wood screws from the Chrome Floor Plate. Use the (3) 10-24 x 1" Machine Screws, Lockwasher and Hex Nuts to fill the holes where the 2 ½" wood screws were.

13. Loosen and remove the Steel Spacer (B). NOTE: If it has bonded to the grout, it may be necessary to hit the Steel Spacer with a hammer several times to break it loose from the grout.

14. Once again, orient Chrome Floor Plate so that the hinged lid is to the outside of the playing surface. ***(Lids rest against outside of volleyball/soccer uprights. See Figure A in your Volleyball Assembly instructions or Figure B in your Soccer Goal installation instructions for more info on floor/ground socket lid orientation)*** Attach Chrome Floor Plate to floor using (4) #10 x 1" Wood Screws. It is best to drill a small pilot hole into the wood to avoid cracking the floor.

**CAUTION!! CAUTION!! CAUTION!!**  
**DO NOT ALLOW USE OF SOCKETS FOR 10 DAYS AS PERMANENT STRUCTURAL DAMAGE TO THE SOCKET INSTALLATION MAY OCCUR!!**

**FLOOR/GROUND SOCKET INSTALLATION FOR SYNTHETIC OVER CONCRETE, TILE OVER CONCRETE, OR PLAIN CONCRETE FLOOR**

1. Determine the desired location for the Floor Socket Assembly (see court diagram). Use a pencil to mark the center points. **NOTE: If you are using the sockets for a SOCCER GOAL, you must determine the “center-to-center” dimensions between the soccer uprights in order to determine the proper location for the floor/ground sockets.**
2. Using the top of the Chrome Floor Plate and a pencil, draw a 9” circle on the floor at each location.
3. On SYNTHETIC floors use a razor blade knife to accurately cut away the synthetic flooring so that the top of the Chrome Floor Plate fits cleanly in the cutaway hole. On TILE floors it is easier to remove all tiles that are affected being careful not to damage tiles so they can be cut and reinstalled later. On PLAIN CONCRETE floors cut/chisel the concrete to a depth of ¼” so the Chrome Floor Plate sits flush with the top surface of the concrete floor.
4. Drill or break out a 7” diameter hole in the center of both 9” circles. The 7” hole should be cut all the way through the concrete or approximately 11” deep into the concrete if the concrete is extra thick. Use of a rotary hammer drill and concrete chisel or core drill is recommended.
5. If the thickness of the concrete allowed you to go through it, excavate the soil, sand and gravel below the concrete to an approximate diameter of 30”. The depth of the hole should be approximately 16” from the top surface of the floor. (see figure 3) **ATTENTION: IF YOU ARE INSTALLING SLEEVES OUTDOORS, MAKE CERTAIN TO DIG HOLE AT LEAST 36” DEEP OR TO YOUR KNOWN FROSTLINE TO PREVENT HEAVING DURING FREEZING WEATHER!**
6. Assemble Floor Socket as shown in Figure 1. Using (3) #10 x 2 ½” Wood Screw attach Chrome Floor Plate to the ½” Steel Spacer and 3 ½” Floor Socket Tube as shown. Place Rubber Stoppers below the Floor Socket Top Plate and secure by screwing wood screws into Rubber Stoppers as shown.
7. Set the socket/floor plate assembly into the prepared hole to insure that both the socket and the floor plate fit neatly. Rework holes if necessary.
8. Fill the hole in the concrete with premixed, non-shrink grout to within approximately 4” of the top surface of the concrete. Using a pole, vibrate the grout to insure the hole is filled. It is recommended to use a quick cure chemical action mortar.
9. Install socket assembly into hole. You will need to work assembly into hole to allow the grout to surround the socket. If grout does not flow out the top of the hole in the concrete, remove assembly and add more grout. Make sure lids open to the outside of the playing surface. **(Lids rest against outside of volleyball/soccer uprights. See Figure A in your Volleyball Assembly instructions or Figure B in your Soccer Goal installation instructions for more info on floor/ground socket lid orientation)**
10. Using a level on the inside of the socket, verify that the socket is perpendicular to the playing surface.

11. Remove excess grout and clean floor surface
12. After allowing 2 hours for grout to set, using a pencil, mark the (4) Chrome Floor Plate attachment holes located around the outermost perimeter of the Chrome Floor Plate on the concrete below the Plate.
13. Next, remove the (3) #10 x 2 ½" wood screws from the Chrome Floor Plate.
14. Attach, Chrome Floor Plate to concrete floor using concrete anchors NOT PROVIDED.
15. Next, reattach Chrome Floor Plate to Floor Socket using (3) #10x 2 ½" wood screws.

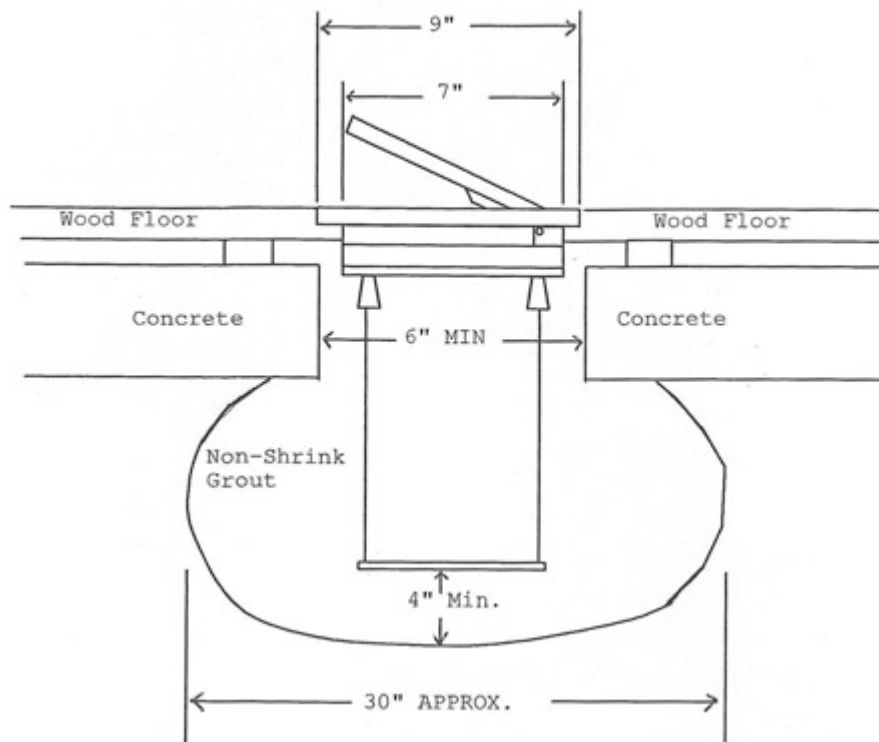
**CAUTION!! CAUTION!! CAUTION!!**  
**DO NOT ALLOW USE OF SOCKETS FOR 10 DAYS AS PERMANENT STRUCTURAL DAMAGE TO THE SOCKET INSTALLATION MAY OCCUR!!**

### **FLOOR/GROUND SOCKET INSTALLATION FOR PLAIN GROUND/GRASS**

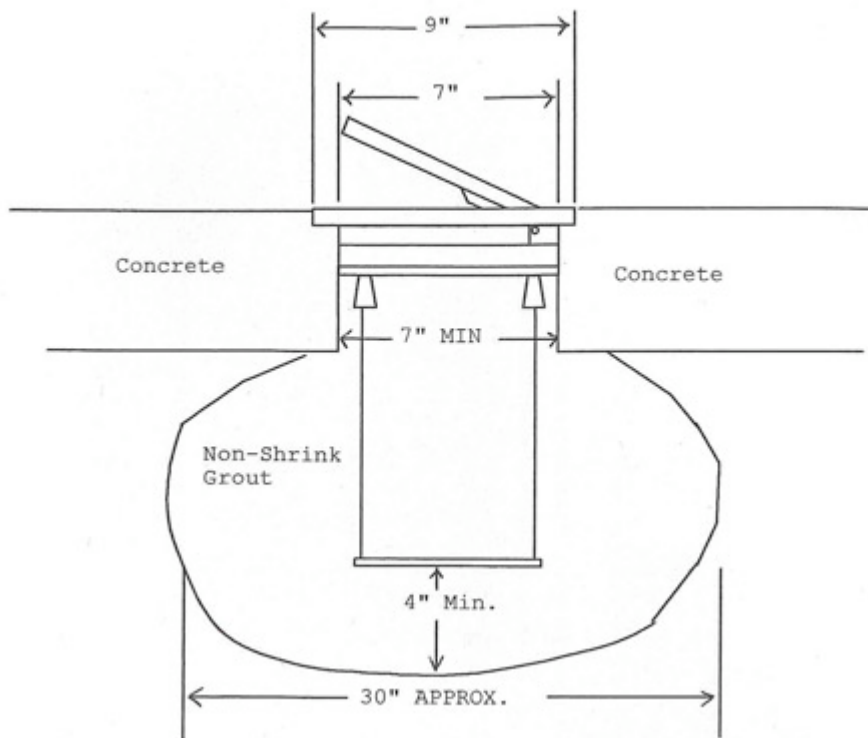
1. Determine the desired location for the Floor Socket Assembly (see court diagram). Use a wire flag or stake to mark the center points. **NOTE: If you are using the sockets for a SOCCER GOAL, you must determine the "center-to-center" dimensions between the soccer uprights in order to determine the proper location for the floor/ground sockets.**
2. Using the wire flags/stakes as a center point, dig a 20" diameter hole 36" deep at both socket locations. Bell out the bottom six inches if possible to add stability to the footing.
3. Assemble Floor Socket as shown in Figure 1. Using (3) #10 x 2 ½" Wood Screw attach Chrome Floor Plate to the ½" Steel Spacer and 3 ½" Floor Socket Tube as shown. Place Rubber Stoppers below the Floor Socket Top Plate and secure by screwing wood screws into Rubber Stoppers as shown. Additionally, attach (4) 10-24 x 1" Flat Head Machine Screw, lockwasher and hex nut into the 4 holes along the outermost perimeter of the chrome cover. All screws should be assembled into cover plate so tapered head "seats" into chrome covers' recessed holes providing a smooth flat top surface.
4. Fill the hole in the concrete with premixed, non-shrink grout. Using a pole, vibrate the grout to insure the hole is filled. It is recommended to use a quick cure chemical action mortar.
5. Install socket assembly into hole until chrome plate is level with your ground playing surface. You will need to work assembly into hole to allow the grout to surround the socket. If grout does not flow out the top of the hole, remove assembly and add more grout. SEE FIGURE 4. Make sure lids open to the outside of the playing surface. ***(Lids rest against outside of volleyball/soccer uprights. See Figure A in your Volleyball Assembly instructions or Figure B in you Soccer Goal installation instructions for more info on floor/ground socket lid orientation)***
6. Using a level on the inside of the socket, verify that the socket is perpendicular to the playing surface.
7. Remove excess grout.

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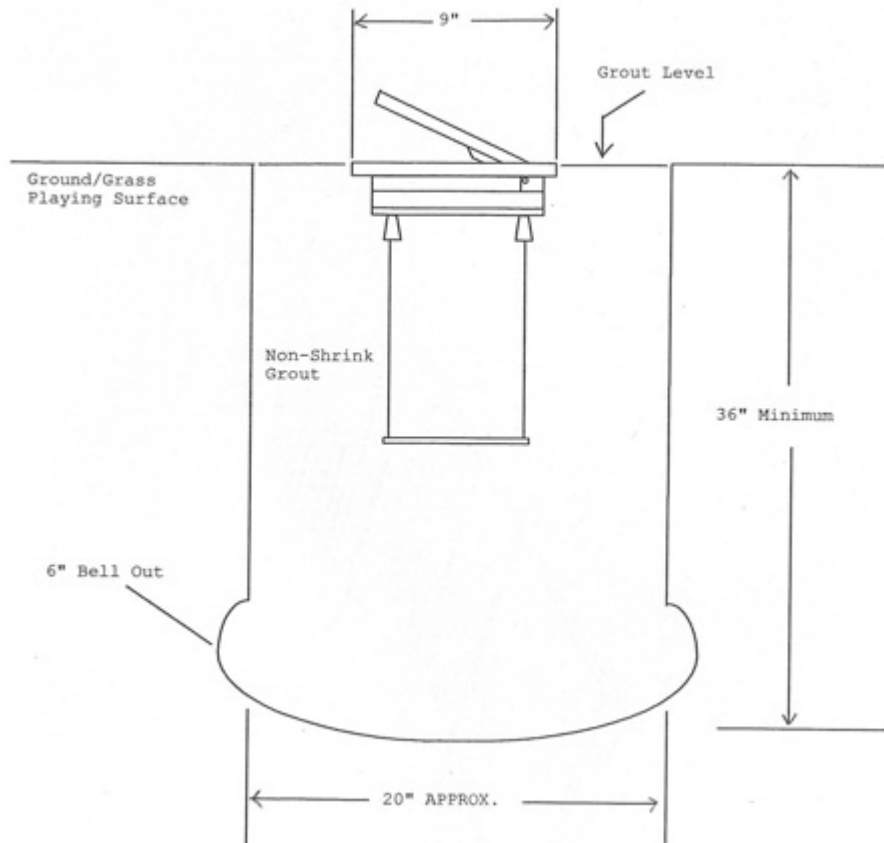
**Figure 2**



**Figure 3**



**Figure 4**



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