



# PARK & SUN SPORTS®

## VOLLEYBALL INSTRUCTIONS



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## TOURNAMENT FLEX 1000 INCLUDES

- Telescopic, push button, aluminum poles
- Three height adjustments: 8' Men, 7'8" Co-ed, 7'4-1/8" Women
- 3' x 32' professional sleeve net
- "C" Clips (Pole/net clip)
- 1/4" pull-down guylines system
- 10" forged steel ground stakes
- Pre-measured boundary with corner anchors
- Equipment bag and cord winder

## NET ATTACHMENT AND ADJUSTMENT

Our new Slip Tube and Bolo Tie adjustment provides ease of net attachment and maximum adjustment for perfect net tensioning.

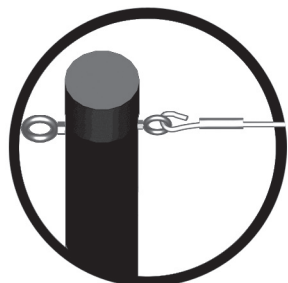


DIAGRAM A

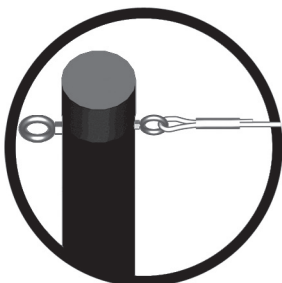


DIAGRAM B

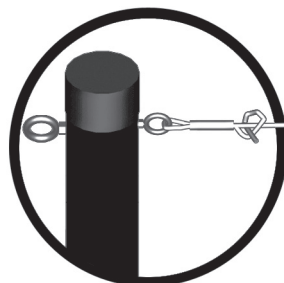


DIAGRAM C

## NET ASSEMBLY

Step 1: Slip pole into the net sleeve up to eye-bolts.

Step 2: Place pole clip on the net to keep the net from slipping.

Step 3: Insert the net rope cable through the Slip Tube, through the small eye bolt (Diagram A), and back through the Slip Tube (Diagram B).

Step 4: Use a Bolo tie loop as shown (Diagram C). Rope will tighten under tension. Note: Do not tie a knot.

Step 5: Slip excess cord down into pocket or cut to 12 inches and insert into the top of the net tape (Diagram D).

Step 6: Stretch out net and poles for proper and even net tension.

Note: If bottom net tape is longer than the top tape, release more rope for proper net alignment.

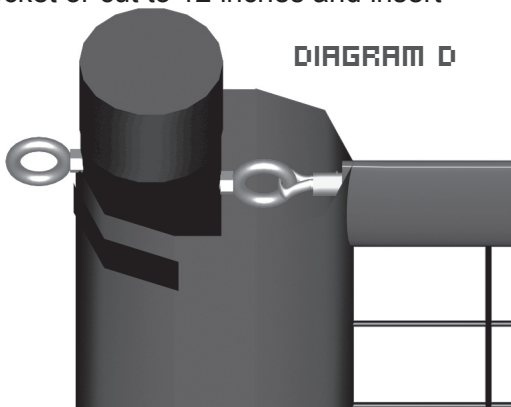


DIAGRAM D

# TOURNAMENT FLEX 1000 INSTRUCTIONS

## GUYLINES

Attach the swivel clip to the top of the outside pole, to the large eyebolt. Holding the pole upright, extend the guylines out to 45 degrees both directions (approximately 8-10 feet apart) and anchor with ground stakes [Diagram E & F].

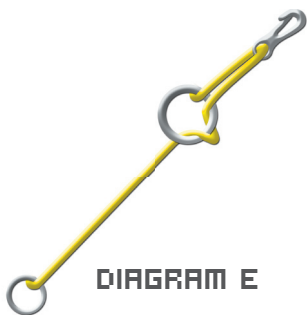


DIAGRAM E

## NET TENSIONING

Lean the base of the pole towards the inside center of the court approximately 18". Pull-down on the guyline tension ring. Stand the pole upright. This procedure provides maximum net tension [Diagram G].



DIAGRAM G

## TIPS

**Pole Maintenance** - Separate pole sections and remove all dirt, sand, and debris to prevent the poles from jamming.

**Net Adjustments** - Occasionally an adjustment is needed during the break-in period. To correct excessive or uneven expansion of the netting materials, simply follow the net assembly instructions for proper net tension.

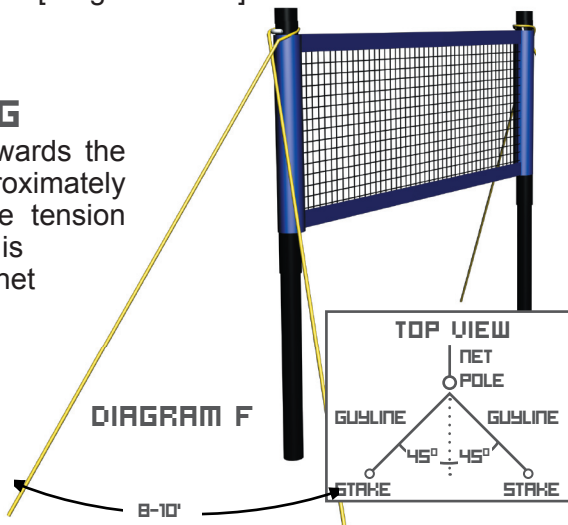
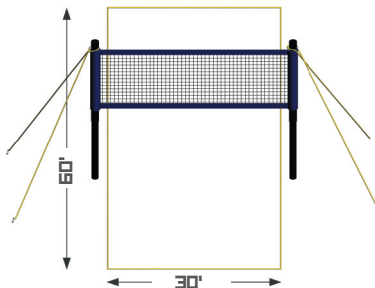


DIAGRAM F

## BOUNDARY SETUP

Unwind the boundary cord onto the playing area. The boundary is pre-measured with the center pole markers and four corner anchors. The standard and current volleyball court dimensions are 30' x 60'.



# BASIC VOLLEYBALL RULES

## Scoring:

Games are usually played to 11 or 15 points and should be determined before play begins. Court switches or exchanging courts occur at specified times during the game. In a 15-point game, courts are exchanged each time the total number of scored points is a multiple of 5. In an 11-point game, teams exchange playing courts each time the total number of scored points is a multiple of 4.

**Rally Point Scoring:** In rally point scoring, either the serving or receiving side scores a point whenever a team fails to serve properly, return the ball, or commits any other fault.

## Ball Play:

- Ball in: The ball is "in" when, after being put in play, its first contact with the ground is on the playing court or a boundary line.
- Ball out: The ball is out when after being put in play, its first contact with the ground is completely outside the playing court.
  - It touches an object outside the court, an overhead object or a person out of play.
  - It touches the antennas, ropes, posts or the net outside the antenna.

## Team Contacts:

- Each team is entitled to a maximum of three contacts to return the ball to the opponents.
- A player may not contact the ball consecutively, except during or after a block or at a team's first contact.

## Contact Characteristics:

- A player may touch the ball with any part of the body.
- The ball must be contacted cleanly and not held, lifted, pushed, caught, carried or thrown.
- The ball cannot roll or come to rest on any part of a player's body.
- An exception is allowed during the defensive play of a hard driven ball (an attack hit or a blocked ball traveling at a high rate of speed). At this time, the ball may be momentarily lifted or pushed.

## Attack Hit:

- All actions directing the ball toward the opponent's playing area, except the acts of serving and blocking, are attack hits.
- You cannot contact the ball within the playing space of the opponents.

## Block:

- Blocking is an action that deflects the ball coming from the opponent by a player and/or players at the net.
- For doubles and triples, blocking does constitute as a contact and any player may make contact of the ball after the block.
- For four-person and six-person play, blocking does not constitute a team contact. Any player may make the first contact of the ball after the block.

## Simultaneous Contact:

- When two blocking teammates touch the ball simultaneously, it is considered one contact and any player may make next contact.

## Faults:

- Assisted Hit: A player takes support from a teammate or any object in order to reach the ball.
- Double Contact: A player contacts the ball twice in succession or the ball contacts various parts of the player's body successively.
- Held Ball: A player does not cleanly contact the ball.
- Player/Net: It is a fault for the player or their clothing to touch any part of the net.
- Reaching beyond the net while blocking. A player may touch the ball beyond the net provided the player does not interfere with the opponent's play before or during the attack-hit.
- Player may cross the center line, either before, during or after legal play of the ball, provided this does not interfere with the opponent's play.
- While opposing players are not required to avoid the ball or the player, they cannot intentionally interfere with any legal attempt to play the ball on their court.

For more rules visit: <http://www.parksun.com/volleyball/rules>