Warning - For your Safety!

Any activity involving motion or height creates the possibility of serious injury including permanent paralysis and even death, from landing or falling on the neck, head or other parts of the body.

You assume a risk of serious injury in using this equipment. However, this risk can be reduced by strictly following these rules at all times.

1. Use this equipment **only** under the supervision of a trained and qualified instructor.
2. This equipment must be used **only when protected by proper matting as recommended by the International Gymnastics Federation (F.I.G.). If in doubt concerning proper matting, do not use this equipment.**
3. This equipment must be used **with proper spotting equipment and qualified spotters** suitable to the activity or skill. Always consult an instructor.
4. **Know your own limitations and the limitations of this equipment**. Follow progressive learning techniques and always consult an instructor.
5. Always **inspect** this equipment for **proper stability** before each use.
6. Always **inspect** this equipment for **loose fittings and parts. Replace any worn, defective or missing parts.**
7. Always **inspect** this equipment **for improper or unsafe installation. If in doubt, do not use this equipment.**

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International Ring Frame

Assembly Instructions

Thank you for purchasing a SA Sport Still Ring Frame. We appreciate your business and value you as a customer.

You have purchased an outstanding designed product. The Still Ring Frame comes complete with Rings and Cable Tie-Down System. Floor sockets are not included and must be purchased separately if not already installed in your facility.

The exclamation mark symbol, when seen in this booklet, is used to indicate warnings or items that require special attention during the use or assembly of the apparatus.

Warranty

SA Sport Still Ring Frames are guaranteed for one year from date of purchase against faulty manufacturing and defective materials. Damage or breakage, which, in the opinion of the Company, is caused by misuse or mishandling, is not covered by warranty. Proper assembly, dismantling, storage and maintenance will ensure years of trouble free use.

Levelling Ring Height
(Figure E)

When done properly, this step need only be done once, regardless of the number of height adjustments made to the Rings.
Using an extension ladder, securely stabilized against the Frame, climb to the top of the Frame. At the same time, using a stepladder, have another person climb up and place a carpenter's level between the Rings.
To level the Rings, pull the plunger to release it from the Safety Slot. Turn the Adjusting Bolt to the left to lower ring height. The person viewing the carpenter's level will signal when the Rings are completely levelled.

It is absolutely essential that when levelling is complete, the Plunger be locked back into the Adjusting Bolt. Ensure that this is tested. Try to turn the Adjusting Bolt. If it turns, the Plunger has not been properly inserted back into the Bolt. If it will not turn, the Plunger has been securely locked.

Enjoy your Still Ring Frame.

Safety Check List

Before initial use,

- Double check that the Cables are securely locked into the Safety Bracket at the head of the Frame and that the Plunger is locked back into the Adjusting Bolt.
- Double check that the Base Plates are securely bolted into the Adjusting Tubes, rubber side to the floor.
- Double check that all steel Upright Tubes are securely inserted into each other.

Before each use:

- Visually re-check the overall stability of the Frame.
- Verify that the Height Adjustment Locking Pins are completely pushed through the Upright and Adjusting Tubes and securely locked into position.

During use:

- Ensure that all Turnbuckles have at least 1-2 threads showing.

To Disassemble

Eight people are required to support the Frame during disassembly. Unhook all chains from Floor sockets, ensuring that the Frame and the base Plates are extremely well supported. Carefully "walk down" the Frame to the floor. Do not let it drop down. Disassemble all Upright Tubes for storage.

Tension

Correct tension on the Still Rings Frame is achieved by using the Turnbuckles.

1. Tighten the Turnbuckles evenly until they are tight and the turnbuckle screws are equally positioned on all 4 cables and the Ring Frame is standing vertical

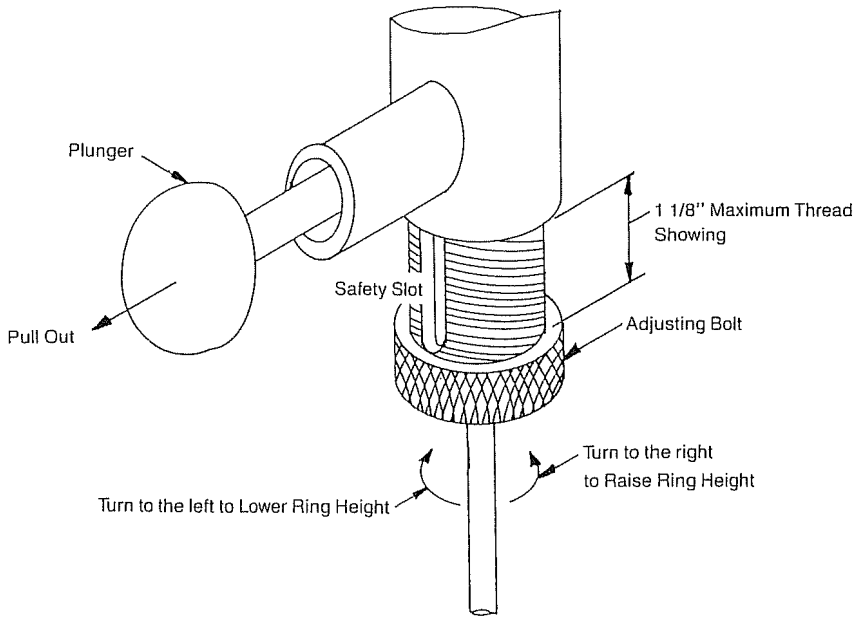
2. Now see if the tower leans forward or back. If required equally loosen (back-off) the two Turnbuckles on the side the tower leans towards & then tighten the turnbuckles on the opposite side.

3. You will see that this action makes the Frame lean as tension is changed from side to side.

4. The Frame will straighten upright as this tension is applied correctly.

5. Adjust the turnbuckles as required until the Ring Frame stands vertically and sturdy as explained above.

Figure E
Levelling Ring Height



Before you begin Assembly

Please read the following instructions carefully before attempting to assemble the Still Ring Frame.

Under no circumstances should children be permitted to undertake assembly of the Still Ring Frame. Only qualified adults, coaches or supervisory staff should undertake the assembly operation.

Assembly Checklist

You will have received two (2) shipping cartons. The following component parts should be identified before assembly begins. Refer to Figure A to assist with the identification of the components.

Carton 1:

One (1) "A" Frame assembly, pre-assembled with Rings, Cables, Straps, Swivels and Safety Bracket.

Carton 2:

Two (2) No. 1 Long Upright Tubes, assembled with Adjusting Tubes and hardware
Two (2) No. 2 Upright Tubes
Two (2) No. 3 Upright Tubes
Two (2) Base Plates
Four (4) Cables (Assembled with Pulley Holders)
Eight (8) Quick Links, to be attached to each Cables Looped end.
Four (4) Chains, complete with Turnbuckles
Four (4) 184 Threaded Socket Adaptors
One (1) Hook for catching Rings
One (1) Allen Key for attaching Base Plates

Tools required:

One (1) extension ladder, one (1) stepladder and a carpenter's level.

You will also need eight (8) people to assemble the Still Ring Frame. Do not attempt assembly of this apparatus with less assistance, as it cannot be done safely!

Figure A
Installation of Base Plates to Adjusting Tubes
Assembly of Upright Tubes
Quick Link/Cable/Chain Assembly
Chain Attachment to Floor Sockets

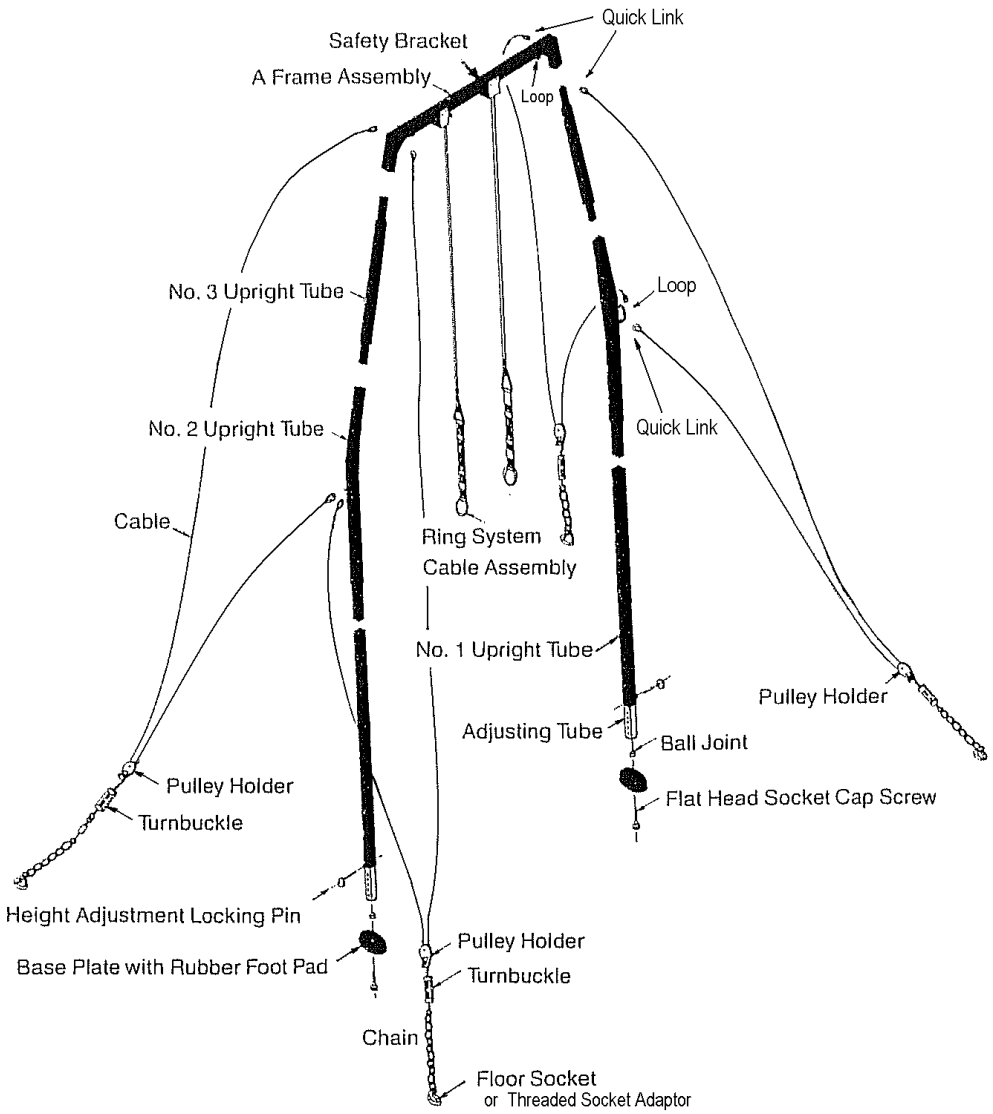


Figure C
Positioning of Still Rings Frame In Floor Socket Layout for Correct Alignment

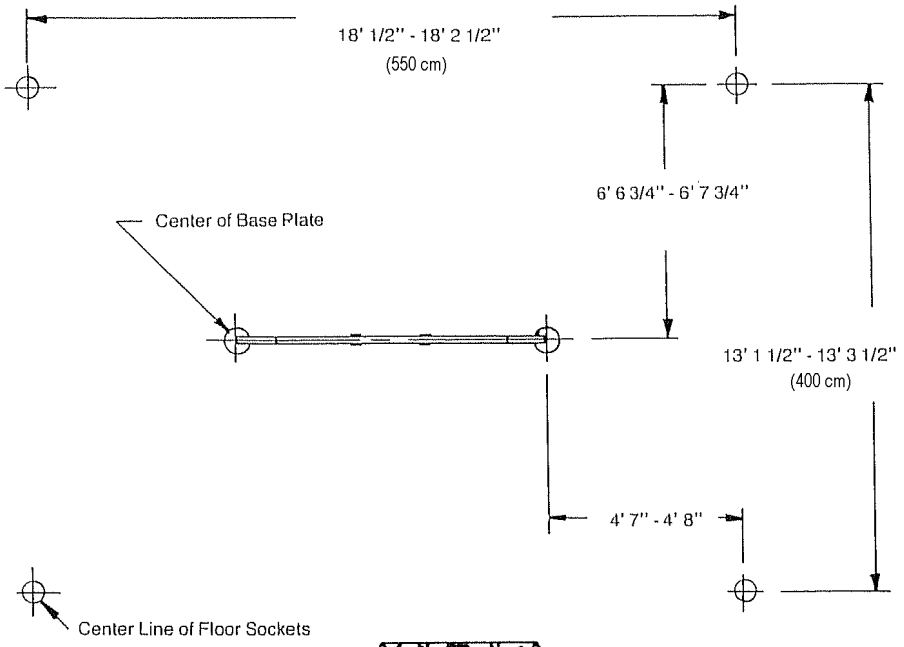
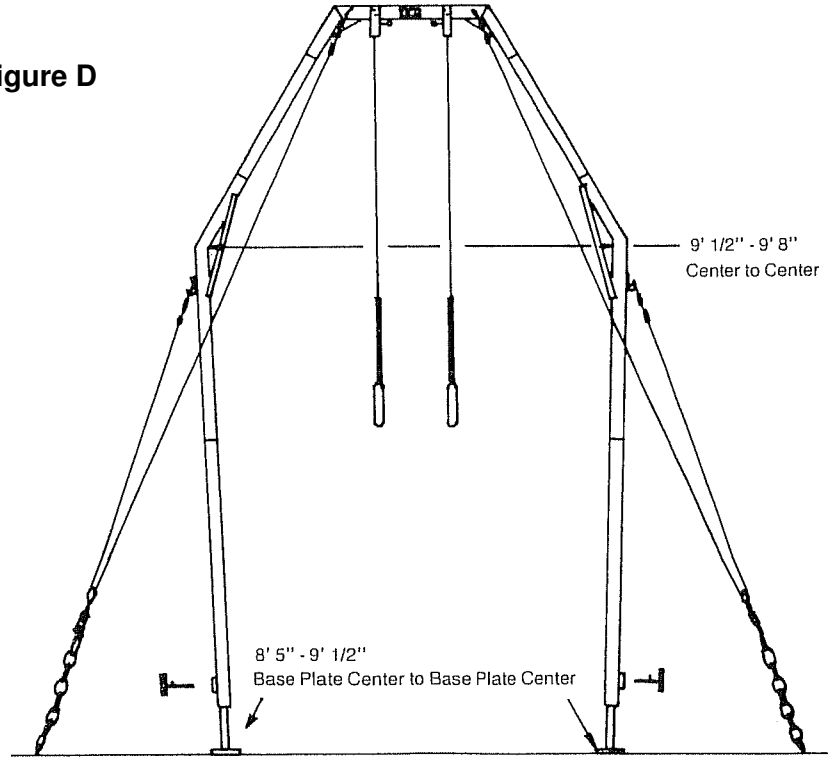


Figure D



Chain Attachment to Floor Sockets
(Figure A)

Ensuring that the Frame is properly and securely supported by three people on each side, proceed to attach the Chains to the floor sockets.

Ensure the turnbuckles on all 4 chains are fully extended equally, until only one thread is showing on the internal part of the Turnbuckle

Cables/Chains Front:
Selecting the tightest possible link, attach the Chains to their respective floor sockets. Start by counting the number of links in both Chains on one side of the Frame. When the links in both these Chains are attached to the floor sockets, the number of links must be equal for both the left and right side. For example, if the left side is hooked into the 20th chain link from the top, the right side must be the same.

Cables/Chain Rear:
As above, Attach the two chains on the opposite side of the Frame to their respective floor sockets. Start by counting the number of links in both Chains and match them to the other side of the Frame. When the links in both these Chains are attached to the floor sockets, the number of links must be equal to all 4 chains. For example, it the left side is hooked into the 20th chain link from the top, the right side must be the same.

Positioning of Still Rings Frame in Floor Socket Layout for Correct Alignment
(Figure C)
(Figure D)

To ensure proper alignment of your Still Rings Frame, the Base Plates must be equally centered within the floor socket layout.

(See layout measurements–Figure C).
The ideal recommended socket layout is 18’ 1/2” to 18’ 2-1/2” x 13’ 1-1/2” to 13’ 3-1/2” and the alignment instructions are based on this layout. If your floor socket layout does not fit these measurements, you will have to adjust your measurements accordingly.
It is important that the distance between the Base Plates (from the center of one Base Plate to the center of the other one) is 8’ 5” to 9’ 1/2”. You will see that this measurement narrows the width at the Base of the Frame from the width at the middle of the A-Frame **(see Figure D)**. Do not attempt to pull the base Upright Tubes perpendicular to the floor.

Installation of Base Plates to Adjusting Tubes

1. Select the two longest (#1) Uprights (those assembled with Adjusting Tubes). Remove the Ball Joint and the Flat Head Socket Cap Screw from the base of the Adjusting Tube.
2. With Uprights lying on the floor, insert the Flat Head Socket Cap Screw through the bottom of the Base Plate, up through the Ball Joint and into the bottom of the Adjusting Tube.

Note: Ensure that the Rubber Foot Pad on the bottom of the Base Plate will be floor side down when the Still Rings Frame is standing upright. Also ensure that the coned top of the Ball Joint is positioned INTO the Adjusting Tube.

3. Tighten the Base Plate securely using the Allen Key provided.
4. Repeat this procedure for the second Adjusting Tube.

Assembly of Upright Tubes
(Figure A)

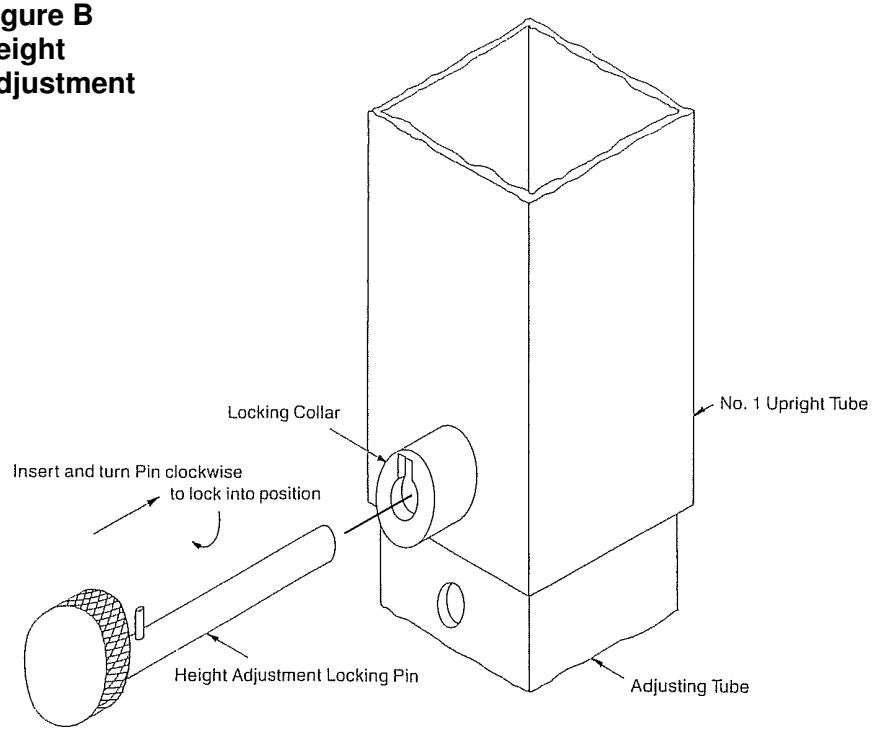
1. Correctly position Upright Tubes on the floor.
2. Slide together #2 Upright Tubes into #1 Uprights until red painted steel butts together on both Uprights.
3. Slide together #3 Upright Tubes into #2 Uprights until red painted steel butts together on both Uprights.
4. Slide the “A” Frame assembly into #3 Upright Tubes until red painted steel butts together on both Uprights.

Cable/Chain Assembly
(Figure A)

Note: Keep cables straight, untwisted at all times. Before assembly it is suggested to unravel the Cables and position them to be mounted on either the front or the rear of the Still Ring Frame. See Figure A, page 3

1. Selecting either the front or the rear and with the Uprights still lying on the floor, attach one end of one Cable using a Quick Link over the Loop on #2 Upright Tube and hook the other end of the Cable/Quick Link over the Loop on the A-Frame assembly. **Tighten the Quick Link fully using 2 adjustable wrenches, immediately!**
2. Attach the remaining three (3) Cables as in step 1. **Remember to keep the Cables untwisted.**
3. Open the Turnbuckles (fastened to Chains) until only one thread is showing on the internal part of the Turnbuckle.
4. Hook the Turnbuckles into the Pulley Holders on the four Cables. These Chains may be positioned on any Cable.

Figure B
Height Adjustment



Height Adjustment
(Figure B)

With the Uprights now completely assembled with Cables and Chains and still lying on the floor, set the Adjusting Tubes to the desired height.
As of January 1 2006 the official F.I.G. height specification is **280 cm**, measured from the inside bottom of the Ring to the floor.

Leaving 8 holes showing below the height Locking Pin will achieve the official FIG height.

Insert the Height Adjustment Locking Pin into the Locking Collar in the Upright Tube. Turn the Pin clockwise until it locks into position.

Note: For purposes of safety it is important that the large end of the Height Adjustment Locking Pin is positioned on the outside of the Frame, facing away from the inside working area between the Uprights.

Raising the Frame

You will require eight (8) people to raise the Still Rings Frame into position. Do not attempt this step with less assistance, as it cannot be done safely!

Position people as follows:
1 Person to hold all Cables on the right side.
1 Person to hold all Cables on the left side.
1 Person on the left side of the Frame and support the right side Base Plate.
1 Person on the right side of the Frame and support the left side Base Plate.
2 Persons on the right side of the head “A” Frame.
2 Persons on the left side of the head “A” Frame.

Carefully “walk” the Frame into a vertical position. **Ensure that the persons on the sides support the Base Plates so they will not slide out from under!**

Ensure that the persons supporting the head “A” Frame do so securely so that it will not work loose from the Uprights.

The persons holding the Chains and Cables will assist in raising the Frame by pulling forward.