



# 10ft x 17ft VariableBounce Trampoline System User's Manual

## Assembly, Installation, Care, Maintenance, and Use Instructions

### **⚠ WARNING**

**Read these materials prior to assembling and using this trampoline and Trampoline Enclosure**



DO NOT attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis or death, even when landing in the middle of the bed.



DO NOT allow more than one person on the trampoline. DO NOT allow more than one person inside the trampoline enclosure. Use by more than one person at the same time can result in serious injury.

Use trampoline only with mature, knowledgeable supervision.



DO NOT attempt to jump over the barrier.



DO NOT intentionally rebound off the barrier.

DO NOT hang from, kick, cut or climb on the barrier.

**The maximum user weight is 225 pounds, or 300 lbs with PowerBounce. This trampoline is not recommended for use by children under six years of age.**

Retain address information for future use.

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Campbell, CA 95008 U.S.A.

Patent info at: [Patents.JumpSport.com](http://Patents.JumpSport.com)

**408-213-2551**  
[www.jumpsport.com](http://www.jumpsport.com)

P/N: INS-P-10725-03C

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AlleyOop 10ft x 17ft VariableBounce Trampoline System P/N: UNA-U-11376-03

AlleyOop 10ft x 17ft PowerBounce Trampoline System P/N: UNA-U-11377-03

## Trademarks

JumpSport®, AlleyOop Sports®, VariableBounce™, VB2™, PowerBounce™, Sure-Lok™, ProFlex™ Basketball Set, Game and Party Pak™, SureStep™ Trampoline Ladder, and BounceBoard Extreme™ are trademarks of JumpSport, Inc.

All other brand or product names are trademarks or registered trademarks of their respective companies or organizations.

## How to Contact Customer Support

Should you require customer service or technical support for your AlleyOop 10ft x 17ft VariableBounce Trampoline System, please contact AlleyOop Sports' Customer Service department at:

408-213-2551

8:00am—5:00pm Monday through Friday, Pacific Time



# Contents

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<b>Chapter 1</b>	<b>Introduction</b>	<b>5</b>
	AlleyOop ProFlex Basketball Set	6
	Game and Party Pak	6
<b>Chapter 2</b>	<b>Assembly and Installation Instructions</b>	<b>7</b>
	Preparation	7
	Trampoline Placement	7
	Tools ( <i>Trampoline</i> )	8
	Parts List ( <i>Trampoline</i> )	8
	Tools ( <i>Safety Enclosure</i> )	9
	Parts List ( <i>Safety Enclosure</i> )	9
	Assembly	11
	Final Steps	37
	Disassembly	38
<b>Chapter 3</b>	<b>Care and Maintenance Instructions</b>	<b>40</b>
	Inspection ( <i>Trampoline &amp; Safety Enclosure</i> )	40
	Trampoline Mat	41
	Cold Weather Protection	41
	Replacement Parts	41
	Disassembly	41
	Care and Maintenance Safety Checklist ( <i>Trampoline</i> )	42
	Care and Maintenance Safety Checklist ( <i>Safety Enclosure</i> )	44
	Windy Conditions	45
	Moving the Trampoline	45
	Care	45
<b>Chapter 4</b>	<b>Warning Information</b>	<b>46</b>
	Points of Safety	46
	Before you Jump, Read this:	46
	Landing on Springs or Frame	47
	Bouncing off the Trampoline	47
	Landing Incorrectly on the Mat	47
<b>Chapter 5</b>	<b>Use Instructions</b>	<b>48</b>
	Safety Rules ( <i>Trampoline</i> )	49
	Safety Rules ( <i>Safety Enclosure</i> )	49
	Basic Skills	50
	Bouncing	50
	Stop Bounce	50
	Arm Action	50
	Bounce Variations	51
	Basic Landing Positions	51
	Seat Drop	51
	Hands and Knees Drop	52
	Front Drop	52
	Series of Drops	53

## Contents

<b>Chapter 5</b>	<b>Use Instructions (cont.)</b>	<b>47</b>
	Twisting Moves	52
	Swivel Hips	52
	Turntable	53
	Twist Variations	53
	<b>Warranty Information</b>	<b>55</b>

Congratulations on purchasing an AlleyOop Sports Trampoline Safety System! We sincerely believe that you have purchased the finest round trampoline on the market. It has been engineered with safety, durability, and performance in mind. As a result, this product features our VB2 Spring Staging System.

Safe use of a trampoline also requires adequate knowledge of technique, as well as what *not* to do. Please read this manual thoroughly for key points of safety.

Trampolines, being rebounding devices, propel the performer to unaccustomed heights and into a variety of body movements. Therefore, it is emphasized that all purchasers, and all persons using the trampoline, become familiar with the rules for safe use. Misuse and abuse of this trampoline is dangerous, and can cause serious injuries. The purchaser/user of this piece of equipment is assuming a degree of risk for which AlleyOop Sports cannot be responsible.

Read this information thoroughly before allowing the trampoline to be used. Keep this manual available for your review, and for review by all potential users. If there are questions please call AlleyOop Sports for further explanation.

## **Caution**

AlleyOop Sports trampolines are designed exclusively for the home backyard market. Many users of our trampolines are children, and therefore need close supervision and rules to follow while playing on the trampoline. These rules must be enforced by whomever is responsible for the care of the children. It is strongly recommended that the buyer of this product go over the rules and recommendations in the packet of information supplied, including those in this manual. It is also strongly recommended that these rules and recommendations be supplemented with those of your own, for example: the time that jumping is allowed, when neighbors can visit, and so on. These rules and recommendations should be reviewed with anyone who is going to jump on the trampoline. If it is possible, review these rules with the parents or guardians of any visitors who may be jumping on the trampoline. See *Safety Rules* (under the *Use Instructions* section) for more information.

Recommended weight limitation is no more than 225 pounds, or 300 pounds with PowerBounce installed. Persons at, or near this weight should test the resiliency of the springs prior to extensive bouncing. Do this by jumping lightly on the mat. If the resiliency appears to be weak (mat does not lift the individual when light jumps are made), discontinue bouncing immediately, take off the springs and inspect them. If the springs appear to be stretched out of shape, the mat should not be put back on until the springs have been replaced. Be sure to check the mat for any areas that need re-stitching, or V-rings that may need replacing.

We also urge you to not keep any ladder, step stool, or other climbing device next to the trampoline when use of the trampoline is not supervised by an adult. This precaution helps to prevent access to the trampoline by individuals that are too small, or do not have the physical strength necessary to jump on a trampoline without having the proper supervision.

## Introduction

### AlleyOop ProFlex Basketball Set

Let's face it, kids have to look up a lot: at parents, teachers, and bigger brothers/sisters. With the **AlleyOop ProFlex Basketball Set**, look down for a change!

Whether you are into practicing your outside shot or improving your up-close game, the **ProFlex Basketball Set** is a fun way to avoid homework. Heck, athletic scholarships pay for college too!



- Our most popular accessory!
- Easily installed to your safety enclosure
- Set includes basketball

Don't miss out on these fun accessories and more at [www.jumpsport.com](http://www.jumpsport.com) !

### Game & Party Pak

Bring the party to your trampoline! The **Game & Party Pak** is a great way to take turns and have fun participating in games while you are waiting.

Convince your parents that games provide the "structure" you need in your life, and that the **Game & Party Pak** is just the solution. Plus, you can tell them the Party Pak does big words like:

- Enhances Athletic Building Blocks
- Develops Agility, Stamina, Balance, Coordination
- Improves Spatial Awareness

(They won't be able to turn you down!)



#### Set Includes:

- Illustrated book of 20 games
- 3 soft balls
- 4 shock cords
- 1 box of sidewalk chalk
- Hours of fun!

# Assembly and Installation Instructions

## Preparation

Before you begin assembling your AlleyOop 10ft x 17ft VariableBounce Trampoline System, make sure your trampoline is in a proper location.

## Trampoline Placement



**Caution:** When deciding on where to place your trampoline, consider the following:

## **WARNING**

Overhead Clearance	Adequate overhead clearance is essential. A minimum of 24 feet from ground level is recommended. Provide clearance for wires, tree limbs, and other possible hazards.
Lateral Clearance	Lateral clearance is essential. Place the trampoline and trampoline enclosure away from walls, structures, fences, and other play areas. Maintain a clear space on all sides of the trampoline and trampoline enclosure.
Level Surface	Place the trampoline and trampoline enclosure on a level surface before use.
Lighting	Use the trampoline and trampoline enclosure in a well-lighted area. Artificial illumination may be required for indoor or shady areas.
Security	Secure the trampoline and trampoline enclosure against unauthorized and unsupervised use.
Ground Clearance	Remove any obstructions from beneath the trampoline and trampoline enclosure.

*Note: The trampoline enclosure is only to be used as an enclosure for a trampoline and the trampoline must be of the appropriate size as covered by the specific enclosure.*

*Note: The owner and supervisors of the trampoline are responsible to make all users aware of practices specified in the Use Instructions.*

**IMPORTANT:** *The best surface on which to place your trampoline is dirt or grass. However, if you plan to install the trampoline on a very hard surface such as concrete or asphalt, a dense foam — similar to what can be found in public playgrounds — should be installed under each leg. Contact JumpSport Customer Service if you have any questions.*

**It is the responsibility of the purchaser to become familiar with all of the information in this booklet, to convey the warnings to all users, and to enforce AlleyOop Sports' rules for safe use.**

**This unit is not intended for commercial or public use and is therefore strictly prohibited.**

**The maximum user weight is 225 pounds, or 300 pounds with PowerBounce installed.**

**This trampoline is not recommended for use by children under six years of age.**

## Assembly and Installation Instructions

### Tools (Trampoline)

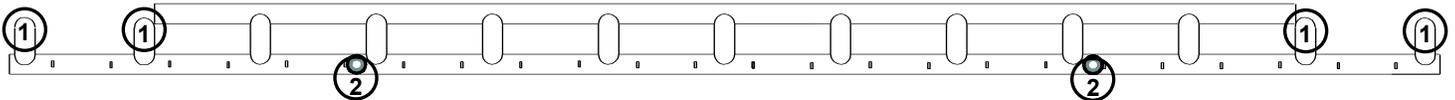
No tools are required for installation of the trampoline. However, safety glasses and gloves are recommended for safety.

### Parts List (Trampoline)

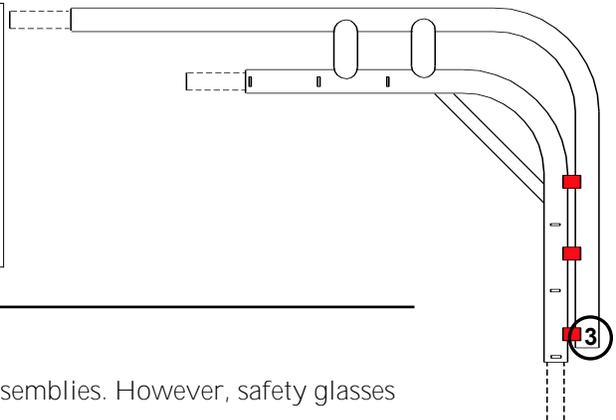
Your 10ft x 17ft VariableBounce Trampoline System is shipped with the parts shown below. The trampoline parts ship in 3 separate boxes which may arrive on different days. If any parts are missing, immediately call AlleyOop Sports Customer Service at 408-213-2551.

*Note: The long rail pieces will have plugs in the bottoms of the leg sockets to help secure the legs during shipping. The plugs must be removed before Step 1. You may discard the plugs after assembly is complete. See diagram below.*

Reference #	Part #	Description	Quantity
1	RAI-A-10682A	Long rail piece, 24 spring notches	2
2	RAI-P-10684A	Corner rail piece, 6 spring notches on top and 6 on bottom	4
3	LEG-P-10686A	Horizontal leg piece	4
4	LEG-P-10685A	Vertical leg piece	8
5	RAI-A-10683A	Short rail piece, 10 spring notches	2
6	MAT-S-10929A	Mat, 92 V-rings	1
7	SPR-P-20515-00	Spring, 9.25 inches	108
8a	POW-P-10379A	PowerArm	16
8b	POW-P-10380A	PowerHook	16
9a	PAD-A-11569A	Long frame pad piece	2
9b	PAD-A-11563A	Short frame pad piece	2
9c	BUN-P-10160A	Pad bungee, with plastic "T" (fits frame pad)	12



- 1 = **concave plug** (same as plug #2):  
leave attached
- 2 = **concave plug** (on bottom of leg socket, same as plug #1):  
remove and keep as a spare part (used to help secure rails during shipping)
- 3 = **flat plug**:  
leave attached



### Tools (PowerBounce Kit)

No tools are required for installation of the PowerBounce assemblies. However, safety glasses and gloves are recommended for safety.

### Parts List (PowerBounce Kit)

If you ordered a PowerBounce Trampoline, the PowerBounce parts come in a separate, smaller box. The parts are listed below.

Reference #	Part #	Description	Quantity
27	POW-P-10379A	PowerArm	56
28	POW-P-10380A	PowerHook	56
29	SPR-P-20515-00	PowerSpring, 9.25 inches	56

## Tools (Safety Enclosure)

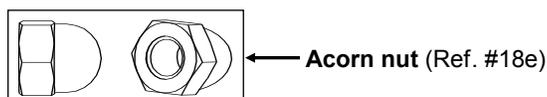
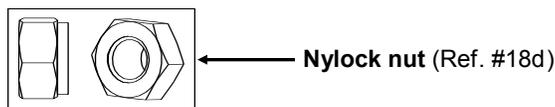
Installation of the safety enclosure requires a 13mm hex wrench and a 5mm Allen wrench, both of which are included in the safety enclosure box (see Reference #19 and #20). An 8 foot A-Frame ladder will be useful for some steps (use care and follow procedures for use). Safety glasses and gloves are also recommended for safety.

## Parts List (Safety Enclosure)

Your 10ft x 17ft VariableBounce Trampoline System is shipped with the parts shown below. The safety enclosure parts ship in a separate box, which has a smaller box inside of it. If any parts are missing, immediately call AlleyOop Sports Customer Service at 408-213-2551.

*Note: Do NOT discard the foam tubing (Reference #14 and #15), as it is used as part of the pole assemblies. It is not just packing material. Not all poles will have foam around them. And do NOT remove any plugs from the ends of any of the support poles.*

Reference #	Part #	Description	Quantity
12	POL-A-10690A	Lower support pole, with snap-button	8
13	POL-P-10689A	Upper support pole, notch at one end	8
14	FOA-P-10692A	Long foam tubing (1 tube packed over 1 pole)	8
15	FOA-P-10693A	Short foam tubing (2 tubes packed over 1 pole)	8
16	SLE-P-10694-00	Pole sleeve, green vinyl	8
17	CAP-P-10075A	Ball end cap	8
18a	BOL-P-10728A	M8 bolt, Allen head	16
18b	SPA-P-10083A	Pole spacer, black	16
18c	WAS-P-10082A	Washer	32
18d	NUT-P-10084A	M8 Nylock nut	16
18e	NUT-P-10622A	M8 acorn nut, capped end	16
19	TOO-P-10158A	Wrench, 13mm hex	1
20	TOO-P-10159A	Wrench, 5mm Allen	1
21	NET-A-21465-01	48ft x 7ft heavy-duty net	1
22	BUN-P-10696A	10ft bungee, loop at one end, hook at other end	2
23	BUN-P-10695A	7ft bungee, loop at one end, hook at other end	2
24	STR-P-11157A	Strap with buckle	8



## Assembly and Installation Instructions

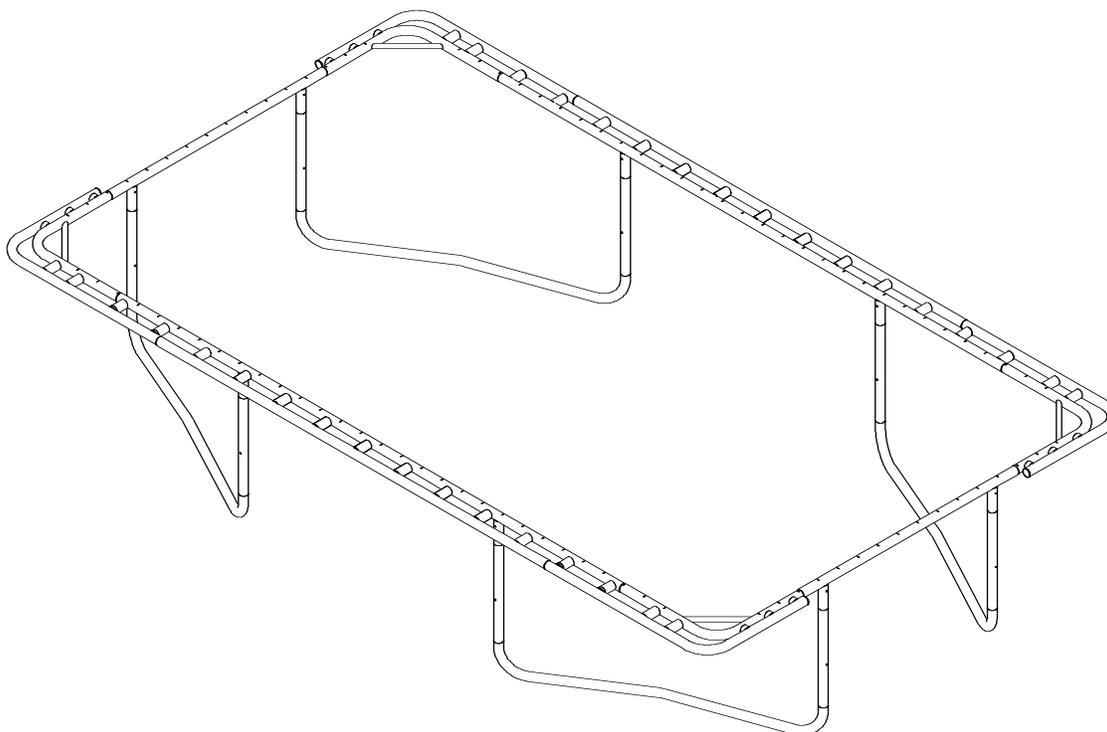
The following pages contain diagrams, pictures, and written instructions for assembling your 10ft x 17ft VariableBounce Trampoline System. The “Ref. #” mentioned in many steps is referring to the “Reference #” column of the parts list on the previous pages.

*Familiarize yourself with the Assembly and Installation Instructions before beginning installation.*

For installation questions, please contact AlleyOop Sports’ Customer Service department at:

408-213-2551

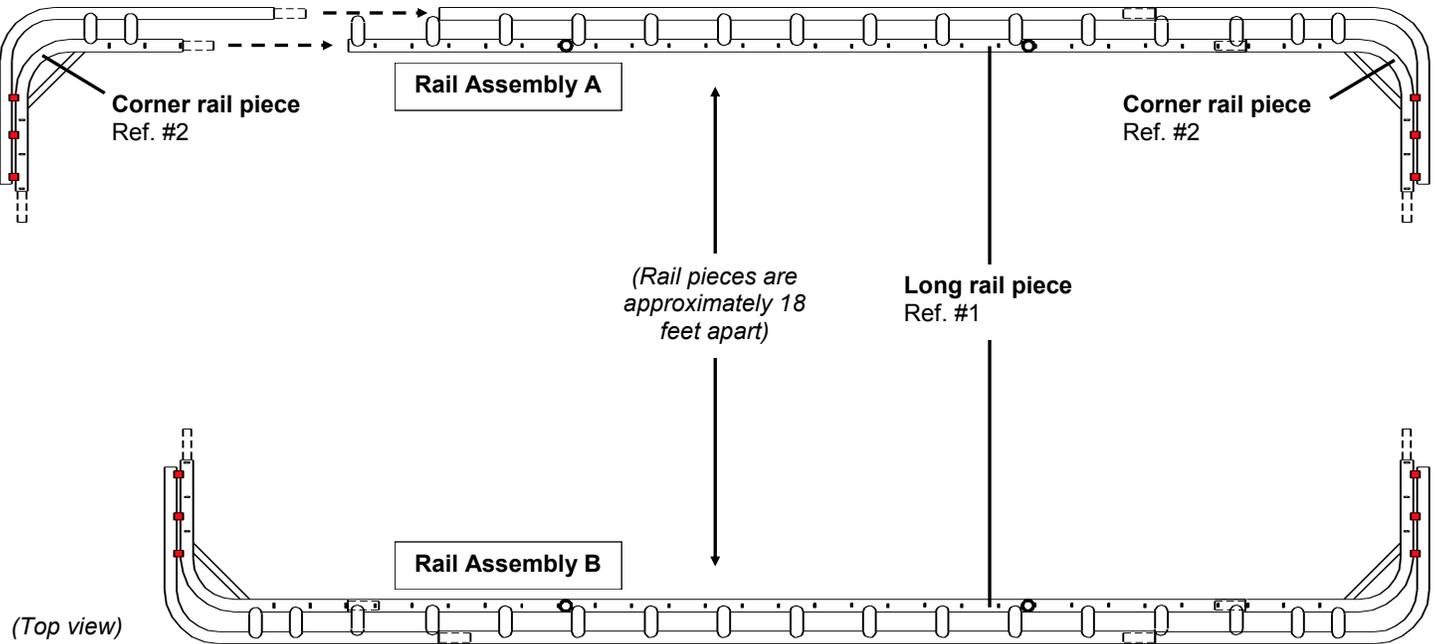
8:00am – 5:00pm Monday through Friday, Pacific Time



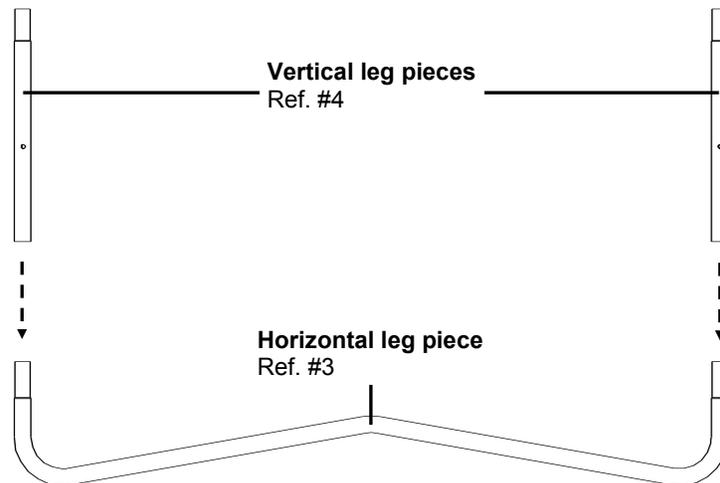
## Assembly

*Note: We recommend at least 2 people participate in assembling the trampoline. Use pages 8–9 to help with part names and numbers.*

*Note: The long rail pieces will have plugs in the bottoms of the leg sockets to help secure the legs during shipping. The plugs must be removed before continuing to Step 1. Do NOT remove any other plugs. See diagram on page 8.*



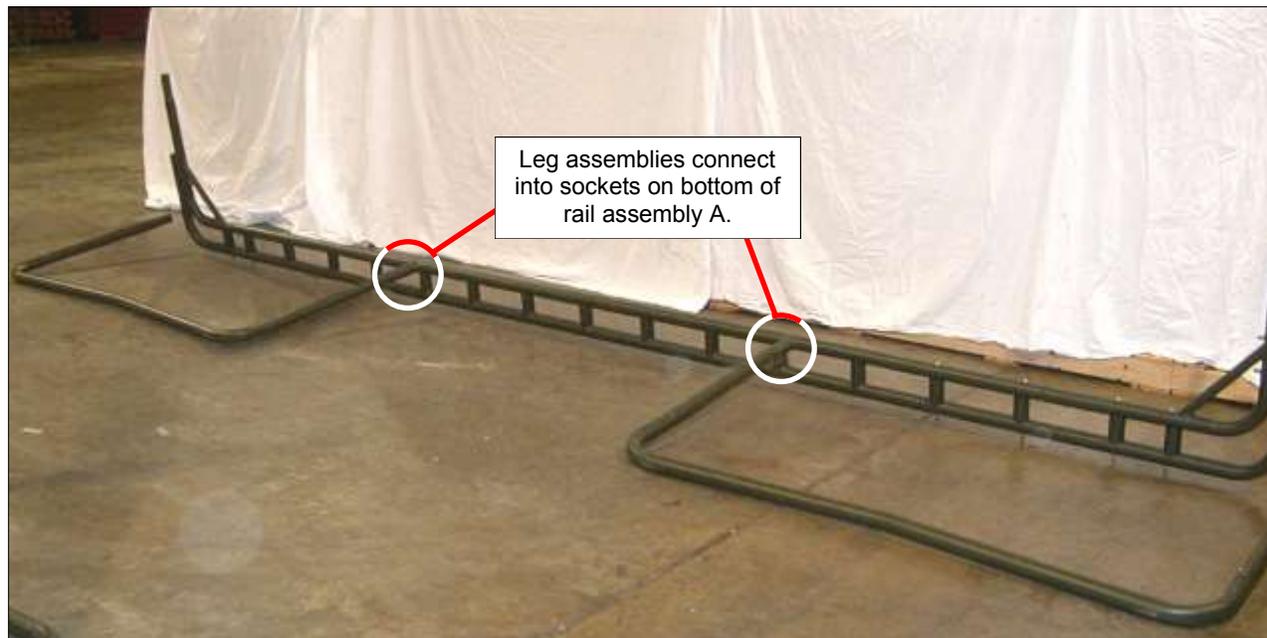
1) Lay each long rail piece on the ground. Position each long rail piece approximately 18 feet apart (if space allows), parallel to each other, with spring notches facing up. Connect each corner rail piece into the ends of each long rail piece. This will create 2 rail assemblies: “rail assembly A” and “rail assembly B”. (See page 8 for detailed part descriptions.)



2) Using 1 horizontal leg piece and 2 vertical leg pieces, build a “leg assembly”.

>> Repeat with all remaining leg pieces. When finished, you will have 4 complete leg assemblies.

## Assembly and Installation Instructions



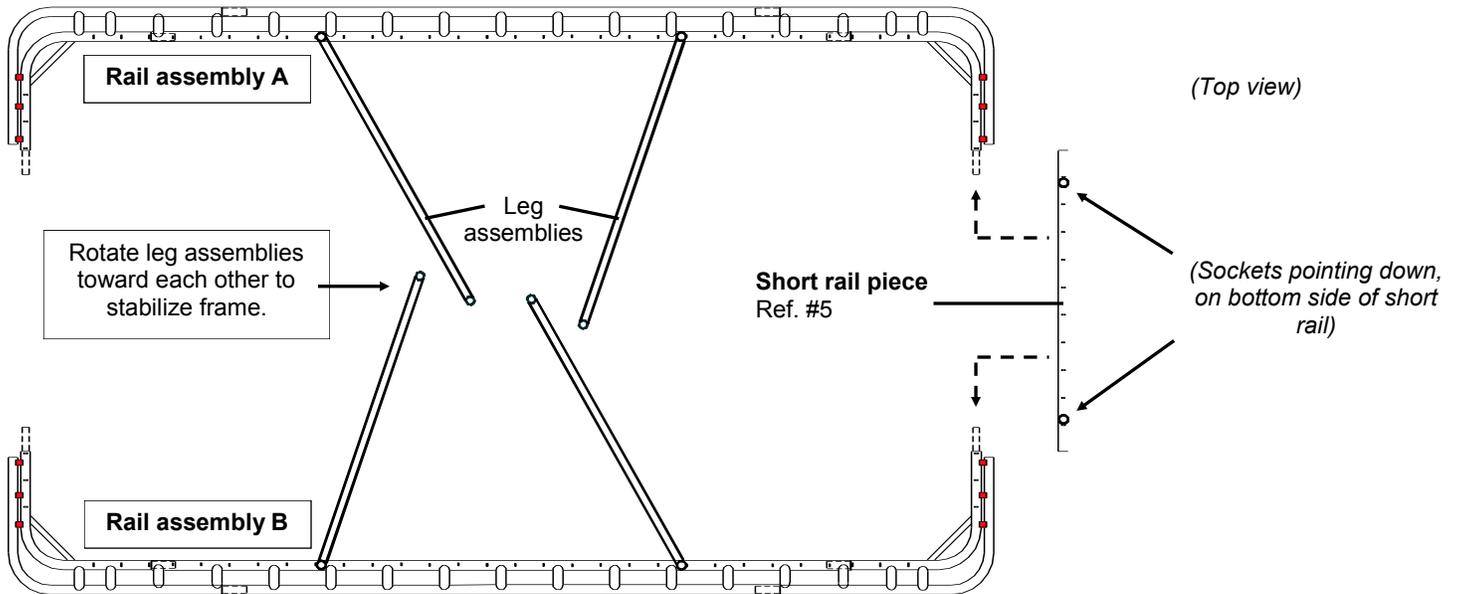
3) Rotate rail assembly A onto its outer edge. Insert leg assemblies into rail sockets.



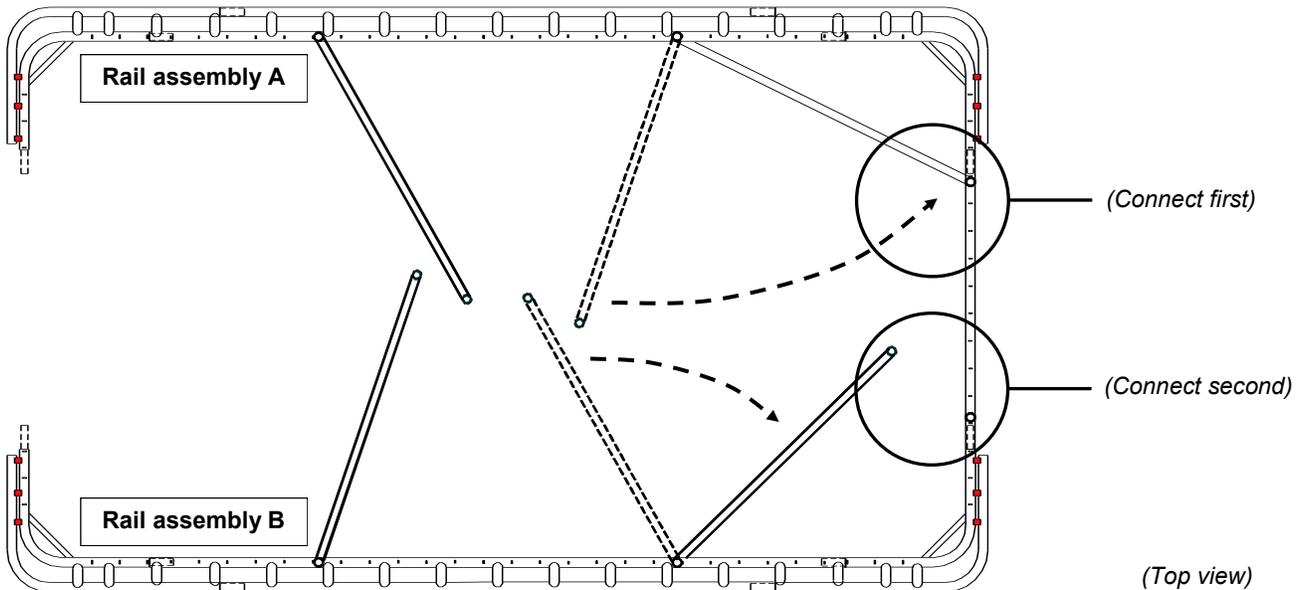
4) With the aid of another person, slowly pull a leg assembly down toward you until the leg assembly is standing upright on the ground. This will leverage rail assembly A up into position. Then, rotate the leg assemblies toward each other to help make rail assembly A more stable.

>> Repeat Steps 3 and 4 using rail assembly B.

## Assembly and Installation Instructions



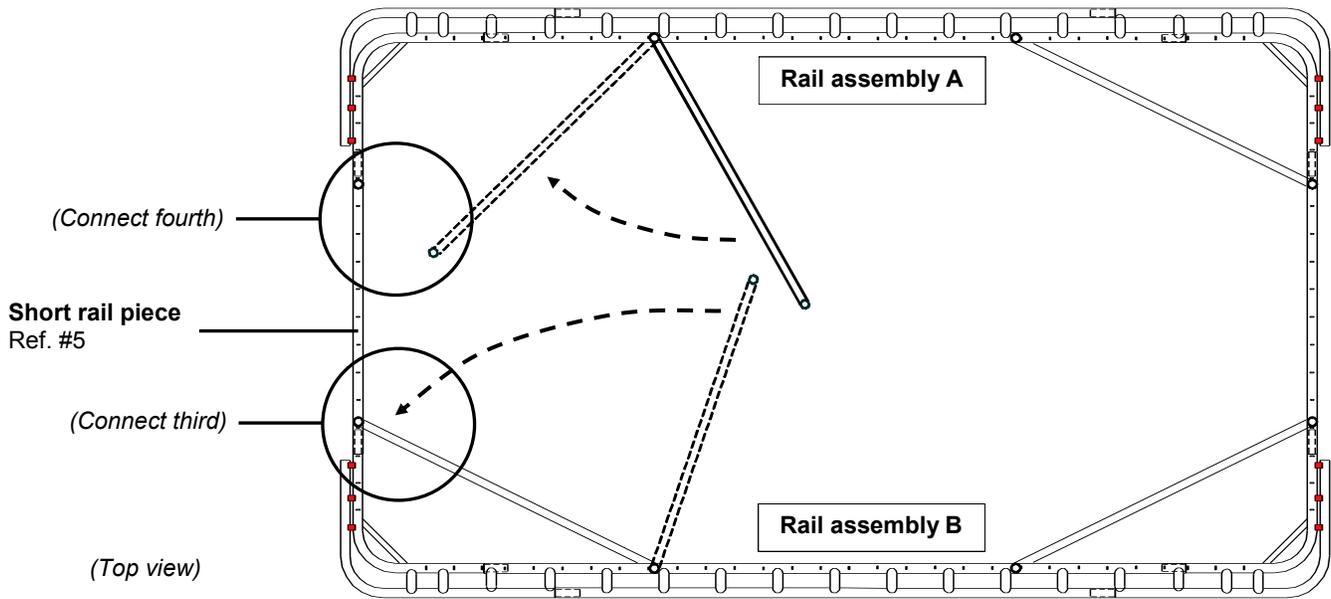
5) Have one person hold the leg assemblies close together. The other person should go to one end of the rail assemblies and connect a short rail piece to 2 opposite corner pieces.



6) Connect the closest leg assemblies into the sockets on the bottom of the short rail piece, while the other person holds the rail assemblies steady.

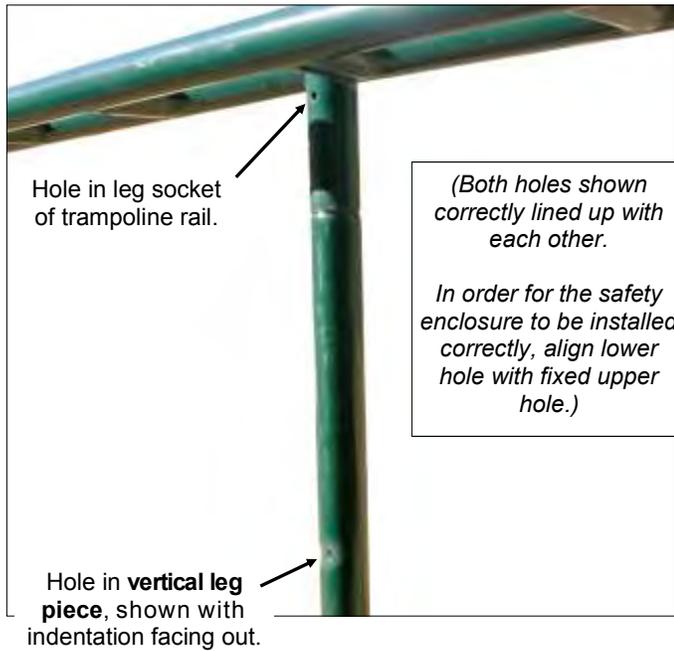
*Note: You may have to wiggle and lift the rail to get the leg pieces to fit properly into the sockets.*

## Assembly and Installation Instructions



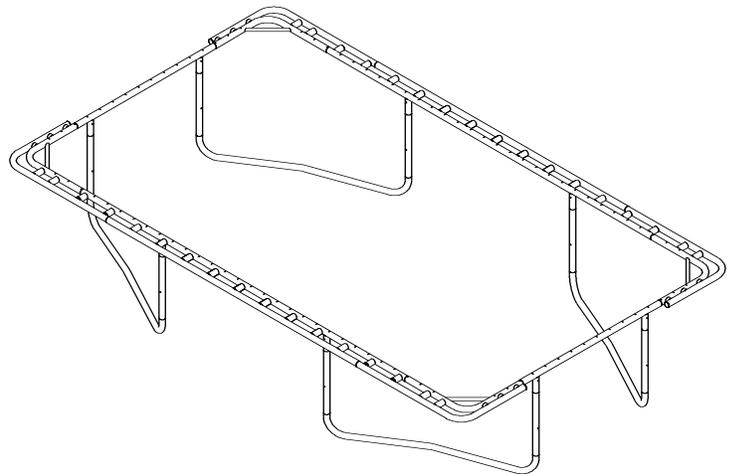
7) Connect a short rail piece to the 2 remaining corner pieces on the opposite end. Now connect the nearby leg assemblies into the sockets on the bottom of the short rail piece.

*Note: You may have to wiggle and lift the rail to get the leg pieces to fit properly into the sockets.*



*(Both holes shown correctly lined up with each other.)*

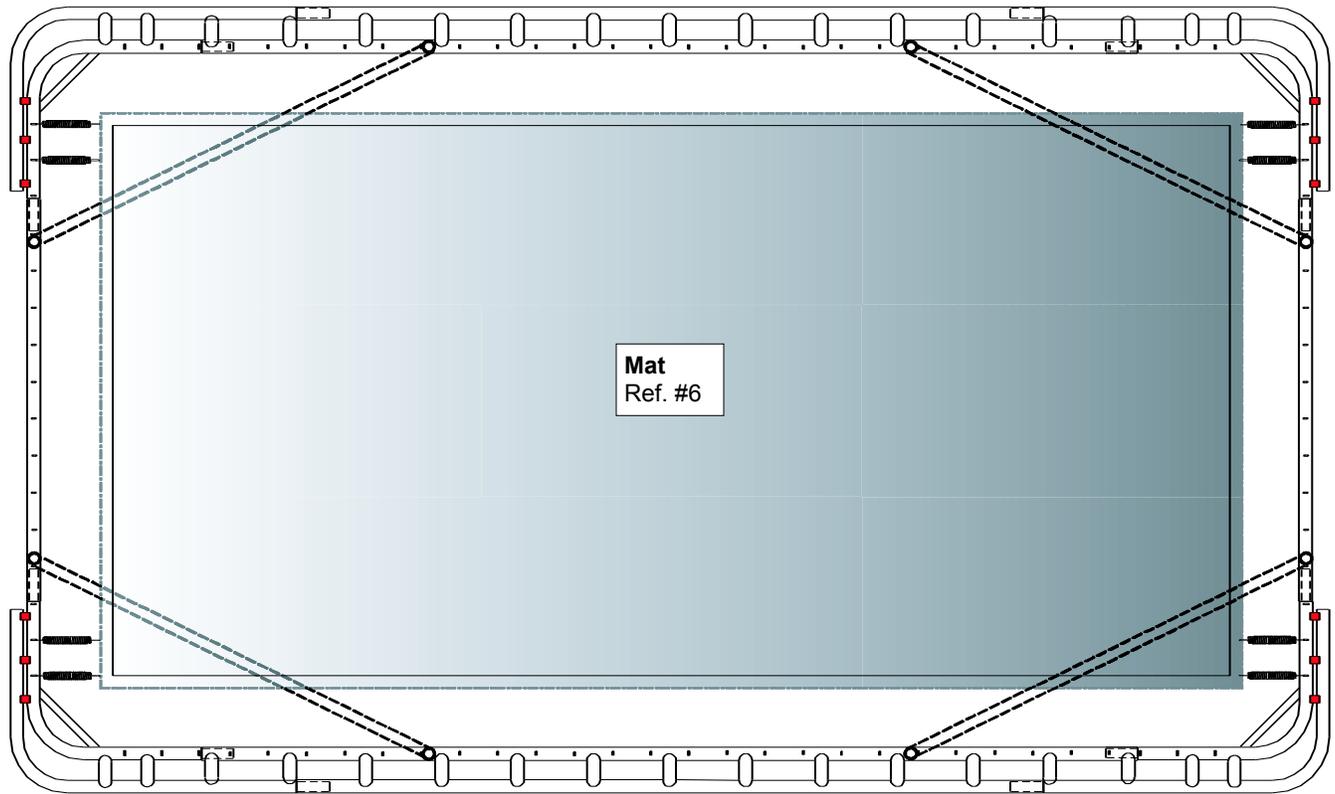
*In order for the safety enclosure to be installed correctly, align lower hole with fixed upper hole.)*



8) Adjust each vertical leg of each leg assembly so that the hole in each vertical leg lines up with the hole in each leg socket. Hole has an indentation on 1 side, and the indentation must face out from trampoline.

9) Completed frame.

## Assembly and Installation Instructions



(Top view)

10) Connect jumping mat to trampoline frame by attaching 2 springs to each corner, on short ends of trampoline, as shown. Warning labels on mat must face up.



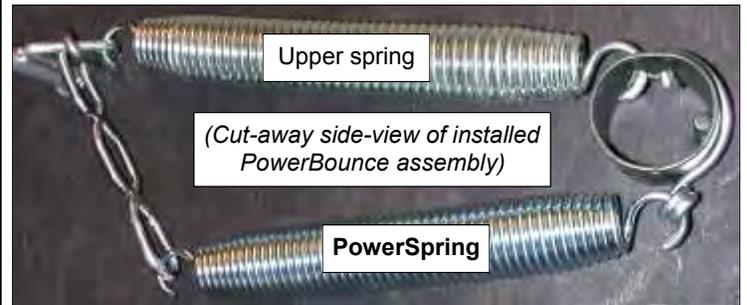
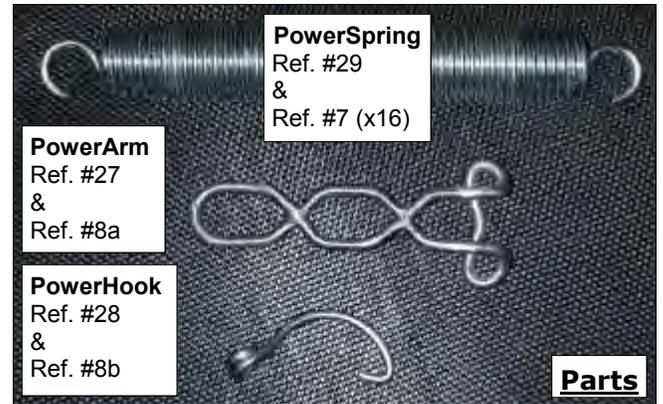
Longer spring hook connects to frame rail



**TIP:** For easy spring installation, connect spring to V-ring of mat and pull toward you, to connect to frame. Use a second spring as a tool to hook onto the one you are installing. Ensure you connect the longer hook to the frame rail, and the shorter hook to the mat V-ring.

**IMPORTANT:** If you have a PowerBounce Trampoline, open the separate PowerBounce box and use those instructions to install the PowerBounce springs while you install the standard springs in the following steps.

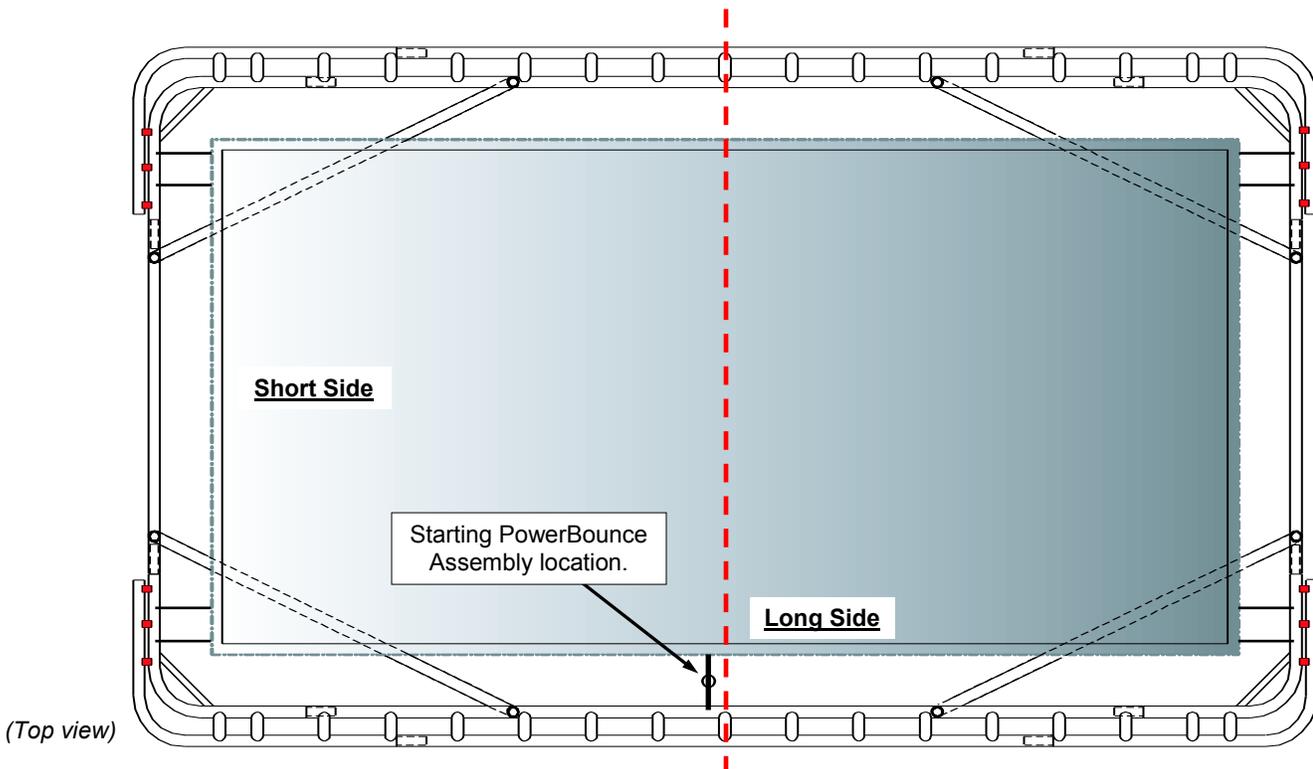
## Assembly and Installation Instructions



**IMPORTANT:** If you have a 10x17 PowerBounce, continue to the next step. If you have a standard 10x17 VariableBounce (without PowerBounce), skip to Step 21 on Page 21.

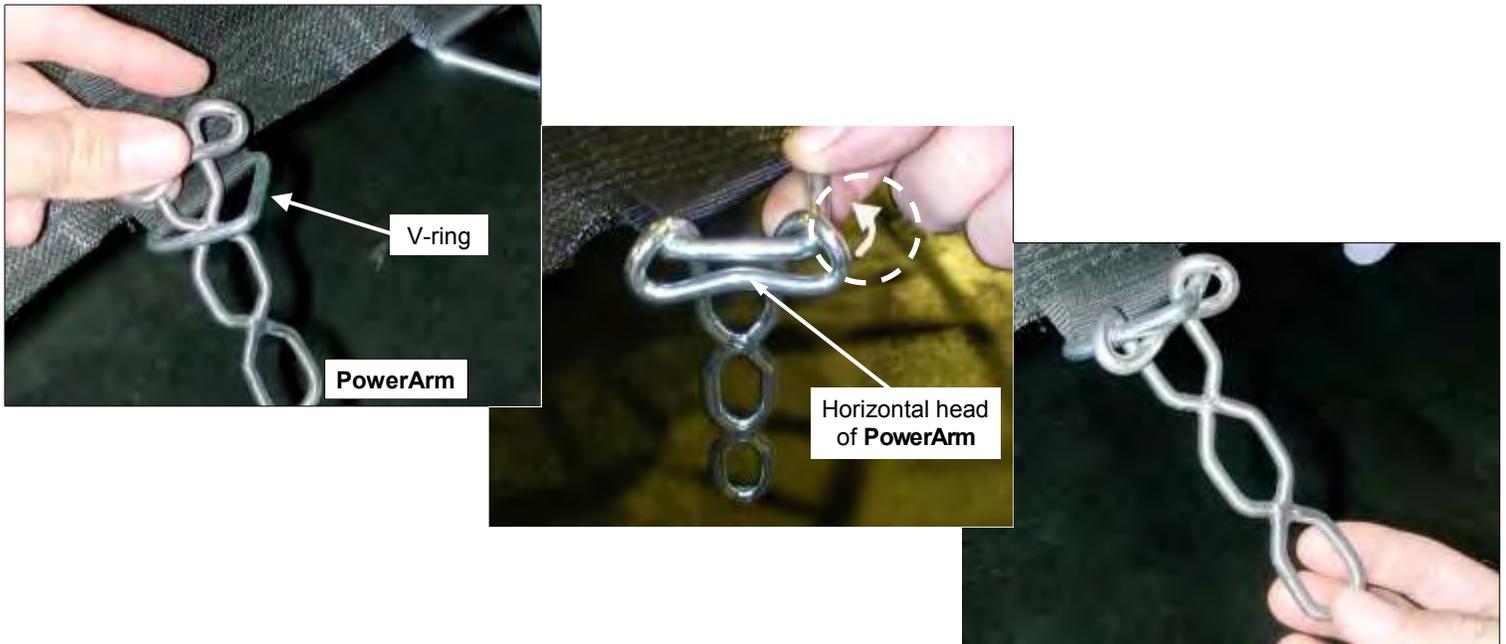
11) Familiarize yourself with the parts used to install PowerBounce Assemblies to the mat. Some parts will be located in the PowerBounce box, and other parts will be in a Trampoline box.

Note: 16 springs (Ref. #7) will be used as PowerSprings during this installation.



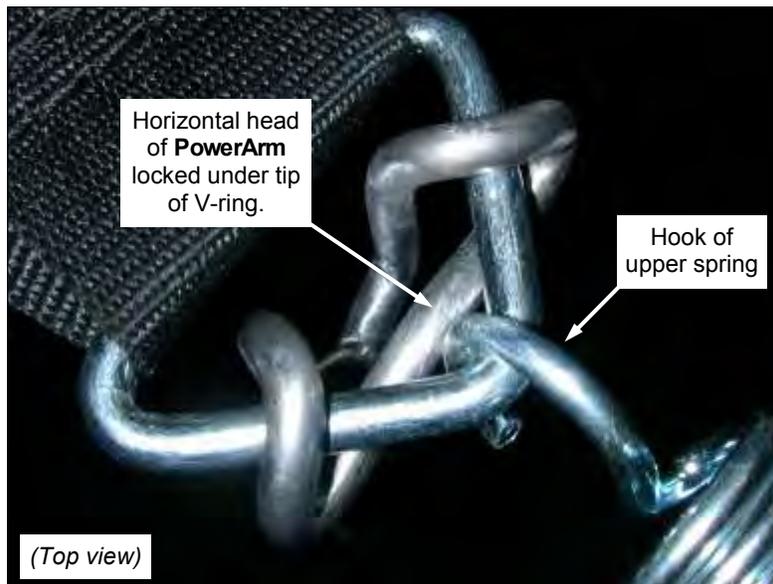
12) Familiarize yourself with the starting PowerBounce Assembly location. The starting location is where the first PowerArm and PowerSpring will be installed, just to the left of the center of the trampoline, along one of the long sides.

## Assembly and Installation Instructions



13) Insert a PowerArm into the V-ring at the starting PowerBounce Assembly location. Position the horizontal head (top) of the PowerArm along one side of the V-ring, point the tip of the V-ring up into the air, and rotate the PowerArm into place around the tip of the V-ring. The head of the PowerArm will then be locked under the tip of the V-ring so that it is firmly held in place, as shown.

***IMPORTANT:*** The horizontal head needs to go under the tip of the V-ring. If you can push the PowerArm up through the V-ring, then the PowerArm is not installed correctly. Repeat this step, and see pictures in this step and the step below for how the PowerArm will look when correctly installed.

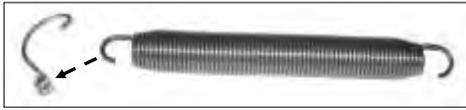


PowerArm properly installed on V-ring is held in place by upper spring.

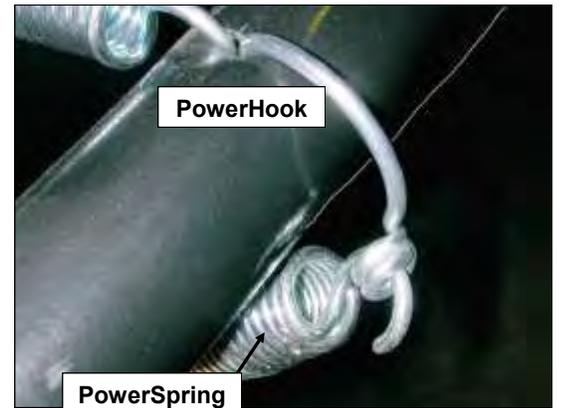
14) Install upper spring so that the PowerArm is held in place by the spring hook.

**Note:** The horizontal head of the PowerArm will be situated **below** the V-ring. The hook of the upper spring will be situated between the V-ring and the horizontal head of the PowerArm.

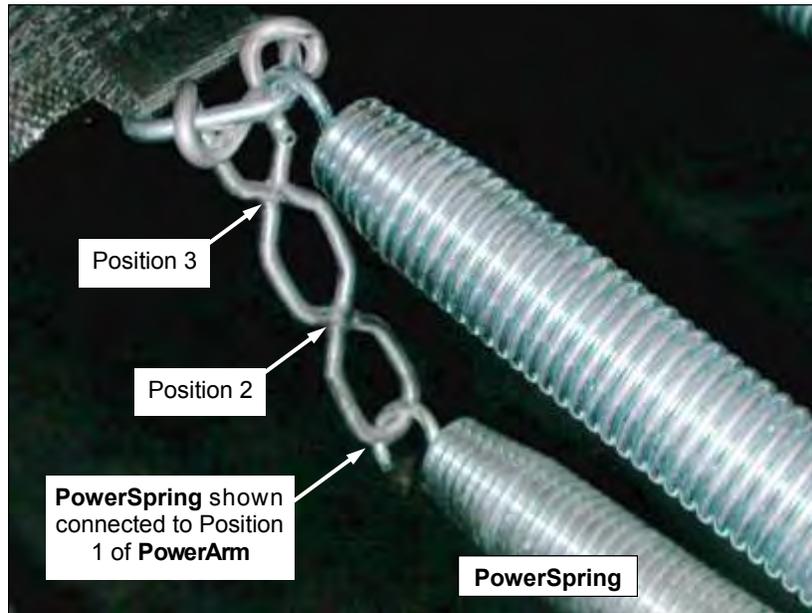
## Assembly and Installation Instructions



Spring assembly



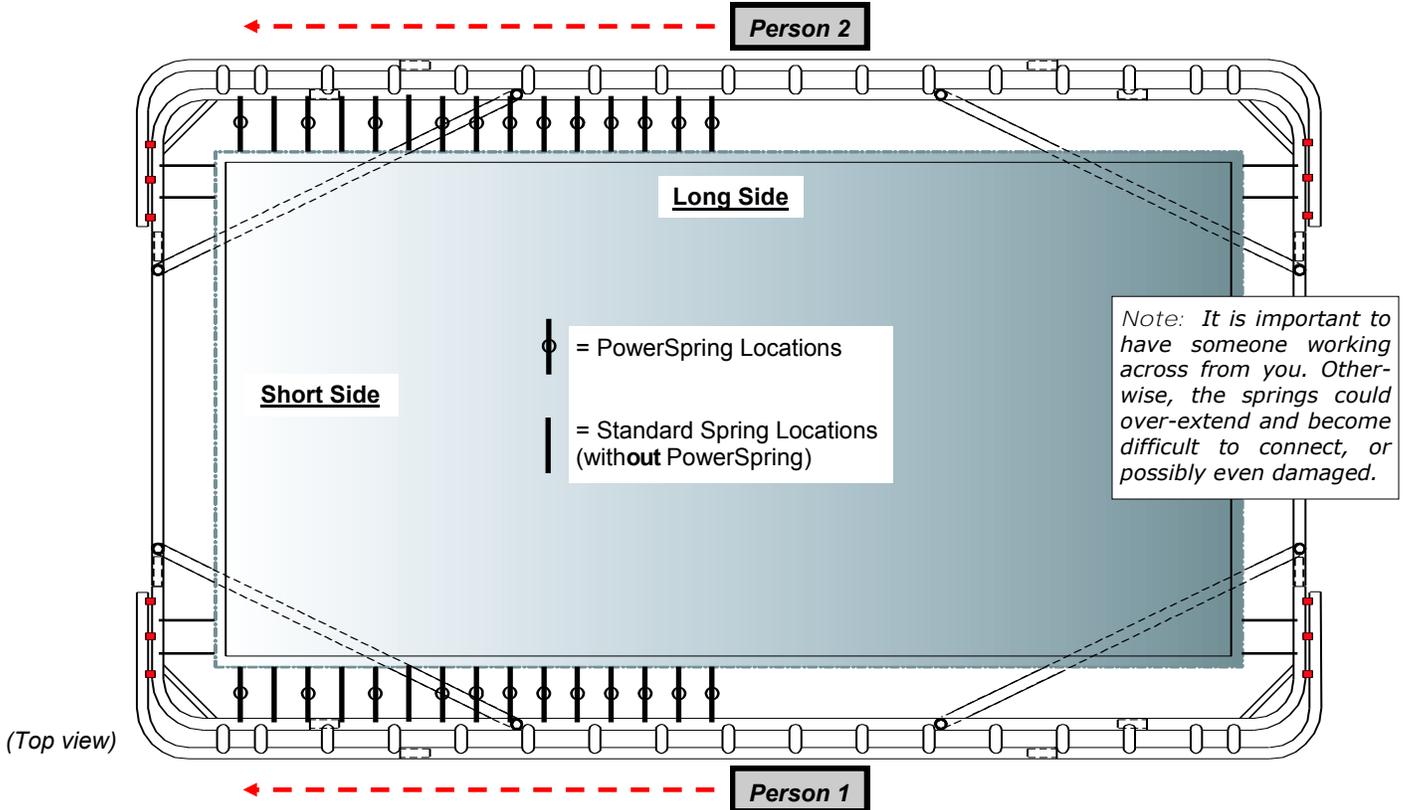
15) Connect a PowerSpring to the looped end of a PowerHook to create a "spring assembly." Connect PowerHook to spring notch on frame, as shown. Spring assembly will hang on outside of frame.



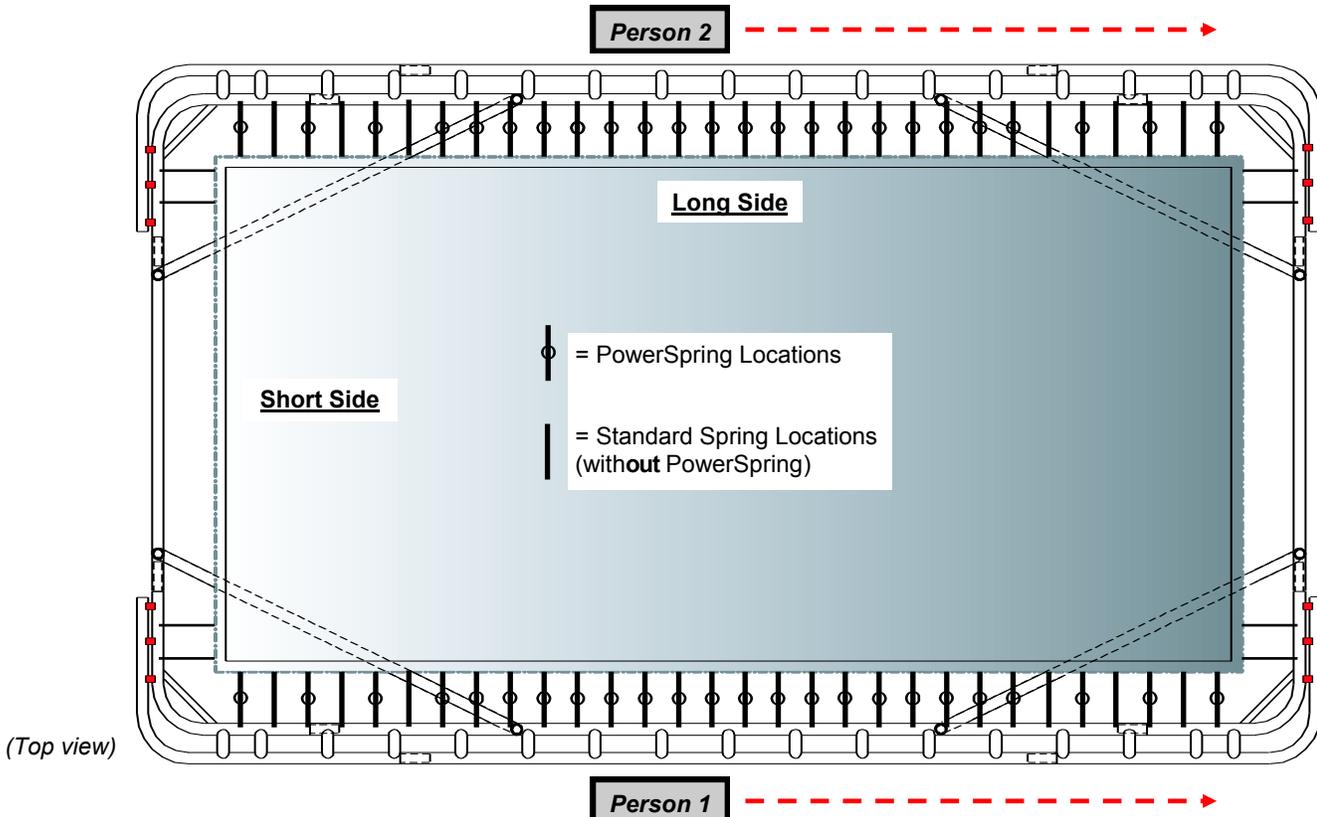
16) Connect the opposite end of the PowerSpring to Position 1 on the PowerArm (Standard Setting). You now have one "PowerBounce Assembly" installed.

*Note: For jumpers over 200 lbs or if a firmer feel is desired, connect the PowerSpring to Position 2 or Position 3 on the PowerArm.*

## Assembly and Installation Instructions

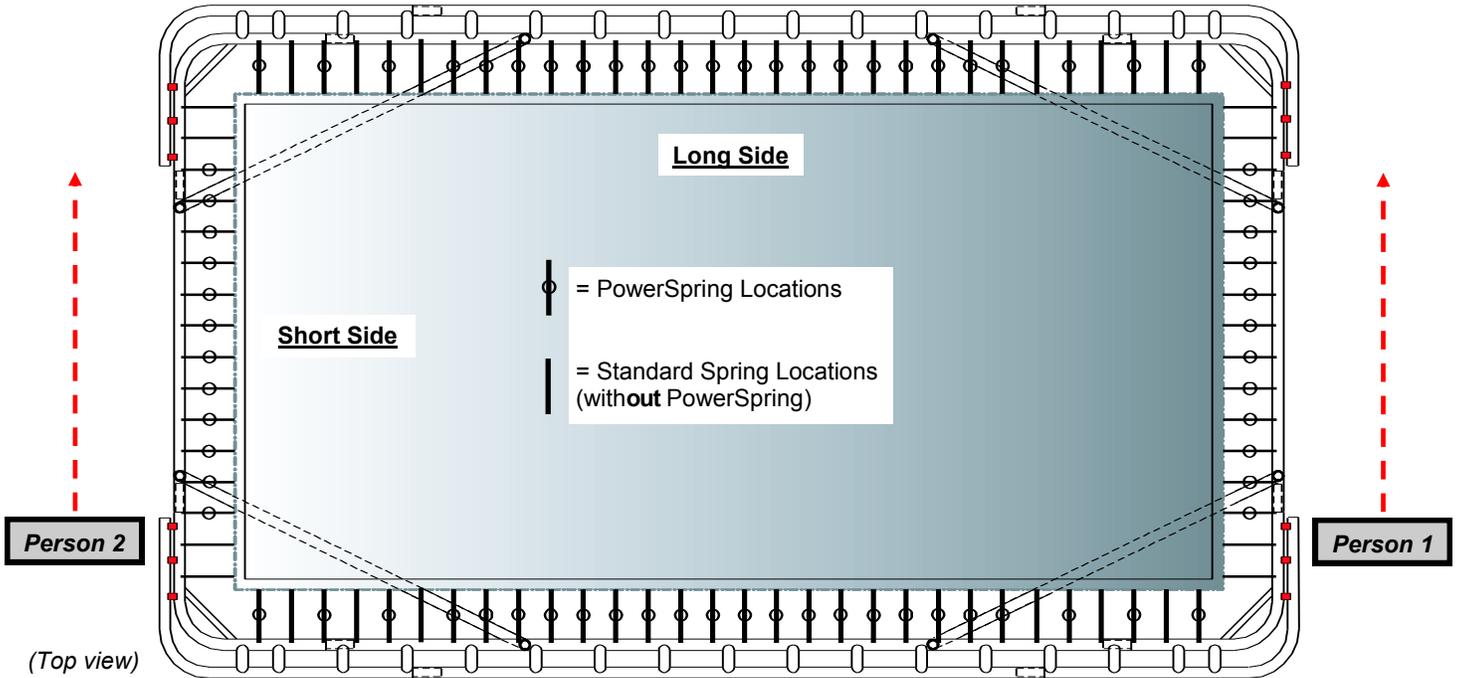


17) Install PowerBounce Assemblies and standard springs as shown. Have someone work directly across from you.

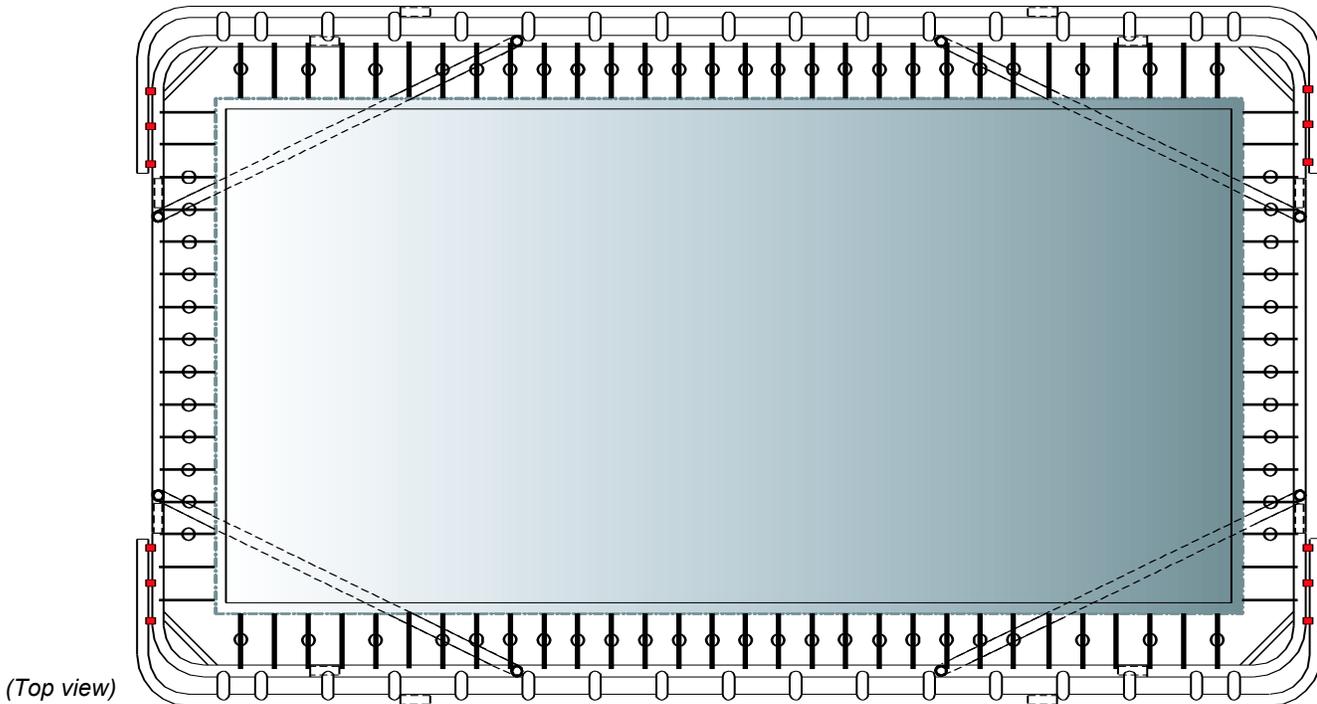


18) Install PowerBounce Assemblies and standard springs on the other half of each long side, as shown. Have someone work directly across from you.

## Assembly and Installation Instructions



19) Install PowerBounce Assemblies and standard springs on each short side, starting at one end and working toward the other, as shown. Have someone work directly across from you.

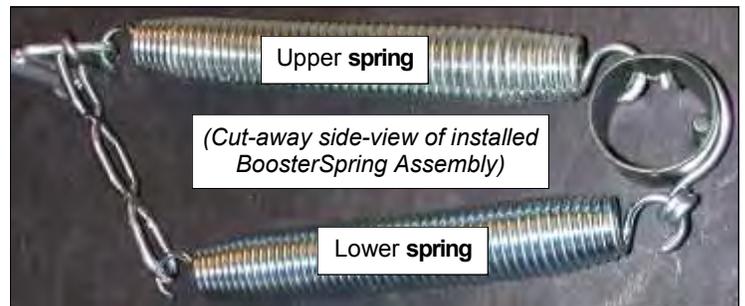
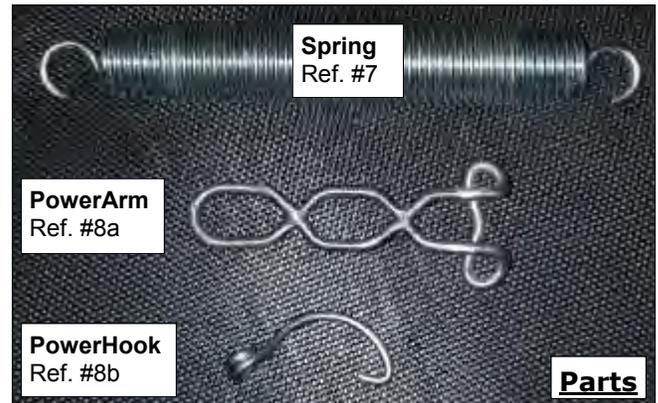
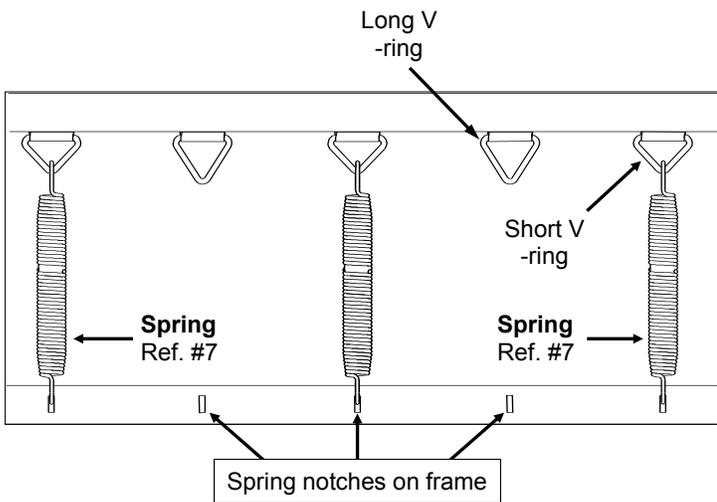
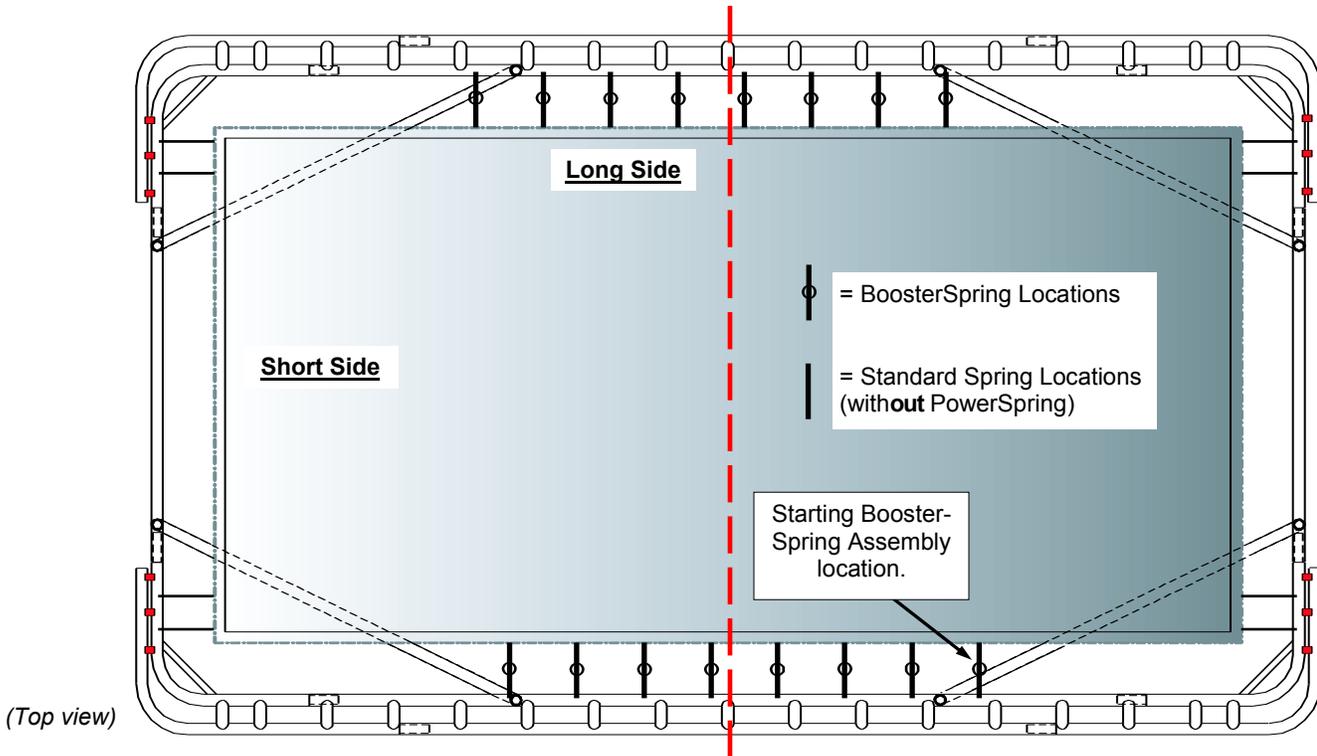


20) All 164 springs should now be connected, as shown. There will be a total of 20 springs that are not PowerBounce Assemblies: 6 on each long side, 4 on each short side.

**NOTE:** If any PowerArms or PowerSprings come loose after jumping, the PowerArms have not been installed correctly. Repeat Steps 13 and 14, and see the pictures in those steps for how the PowerArm should look after it is properly installed.

**Now skip to Step 31 on page 27.**

## Assembly and Installation Instructions



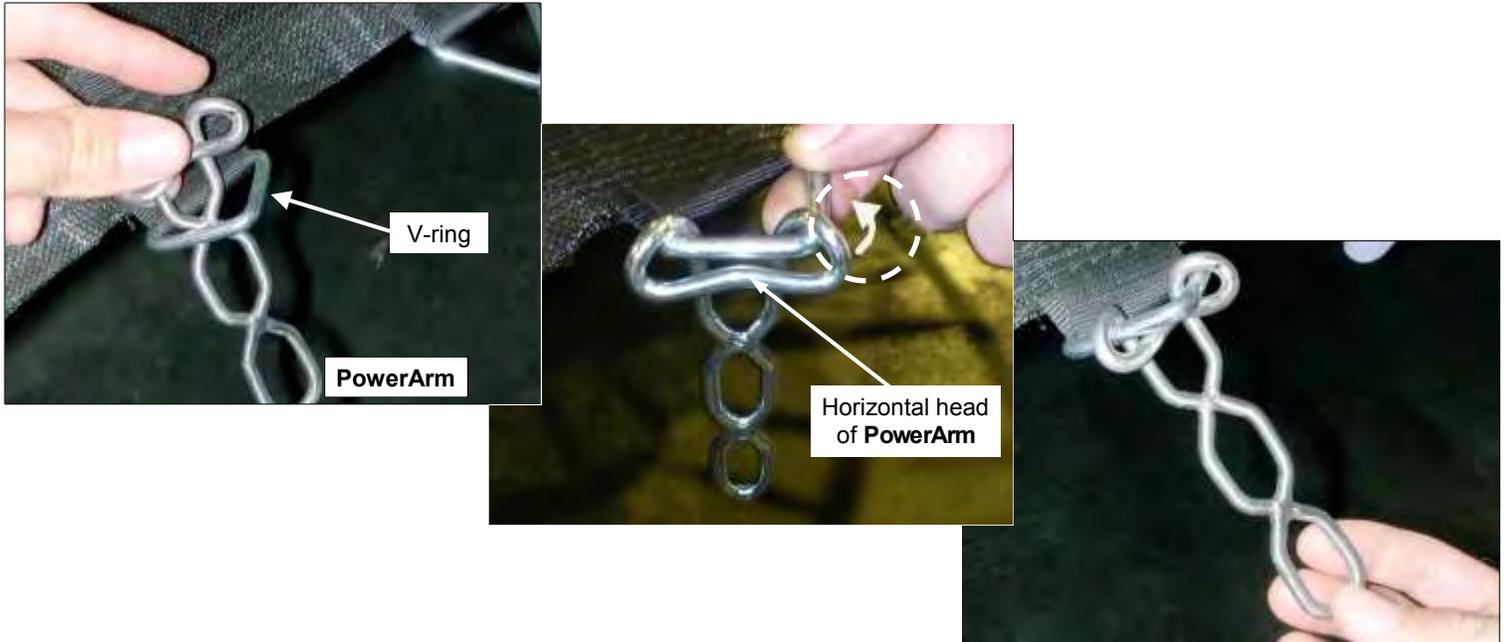
### 21) Steps 21–30 are for standard 10ft x 17ft VariableBounces (without PowerBounce) ONLY:

Familiarize yourself with the parts used to install BoosterSpring Assemblies to the mat. Locate and become familiar with the starting BoosterSpring Assembly location, as well as where all the BoosterSpring Assemblies will be installed.

Each long side of the trampoline will have a total of 8 BoosterSpring Assemblies installed near the middle of the trampoline. There will be four small V-rings to the left and right of the middle. BoosterSpring Assemblies should be installed on the small V-rings only, and will therefore be installed on every other spring location along the middle.

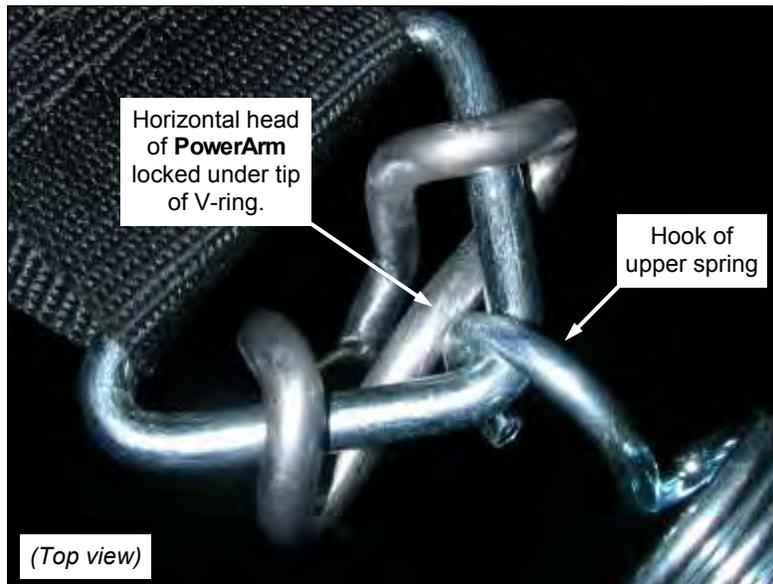
*Note: Due to the staggering of the small and large V-rings on the mat, BoosterSpring Assemblies may not be installed directly across the trampoline from each other.*

## Assembly and Installation Instructions



22) Insert a PowerArm into the small V-ring at the starting BoosterSpring Assembly location (see diagram on page 21 or 26) . Position the horizontal head (top) of the PowerArm along one side of the V-ring, point the tip of the V-ring up into the air, and rotate the PowerArm into place around the tip of the V-ring. The head of the PowerArm will then be locked under the tip of the V-ring so that it is firmly held in place, as shown.

***IMPORTANT:*** The horizontal head needs to go under the tip of the V-ring. If you can push the PowerArm up through the V-ring, then the PowerArm is not installed correctly. Repeat this step, and see pictures in this step and the step below for how the PowerArm will look when correctly installed.

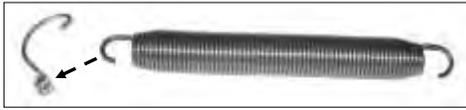


PowerArm properly installed on V-ring is held in place by upper spring.

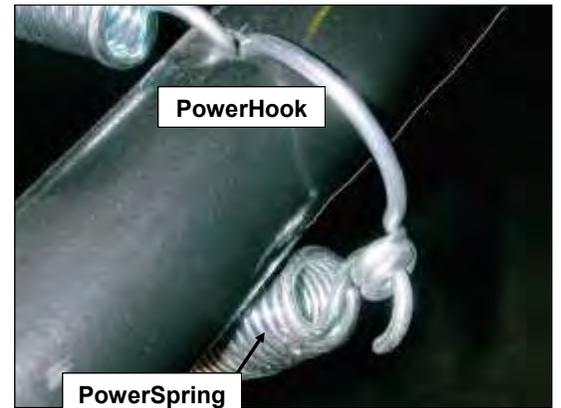
23) Install upper spring so that the PowerArm is held in place by the spring hook.

*Note:* The horizontal head of the PowerArm will be situated **below** the V-ring. The hook of the upper spring will be situated between the V-ring and the horizontal head of the PowerArm.

## Assembly and Installation Instructions

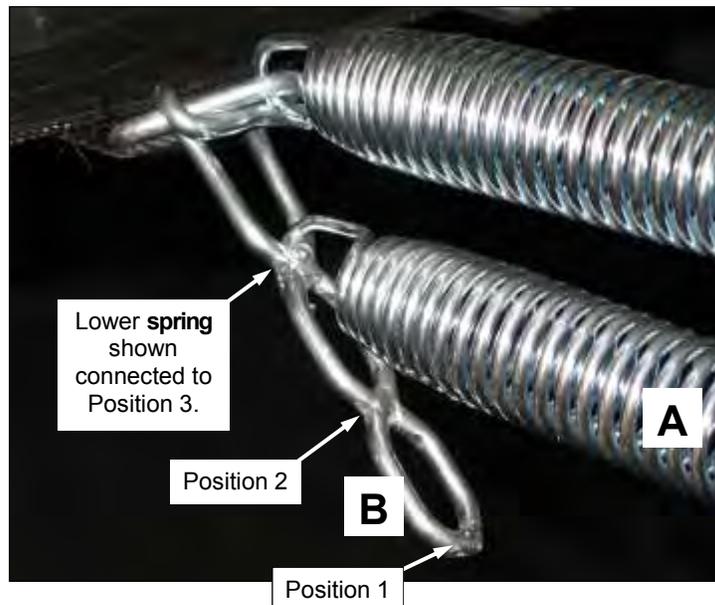


Spring assembly



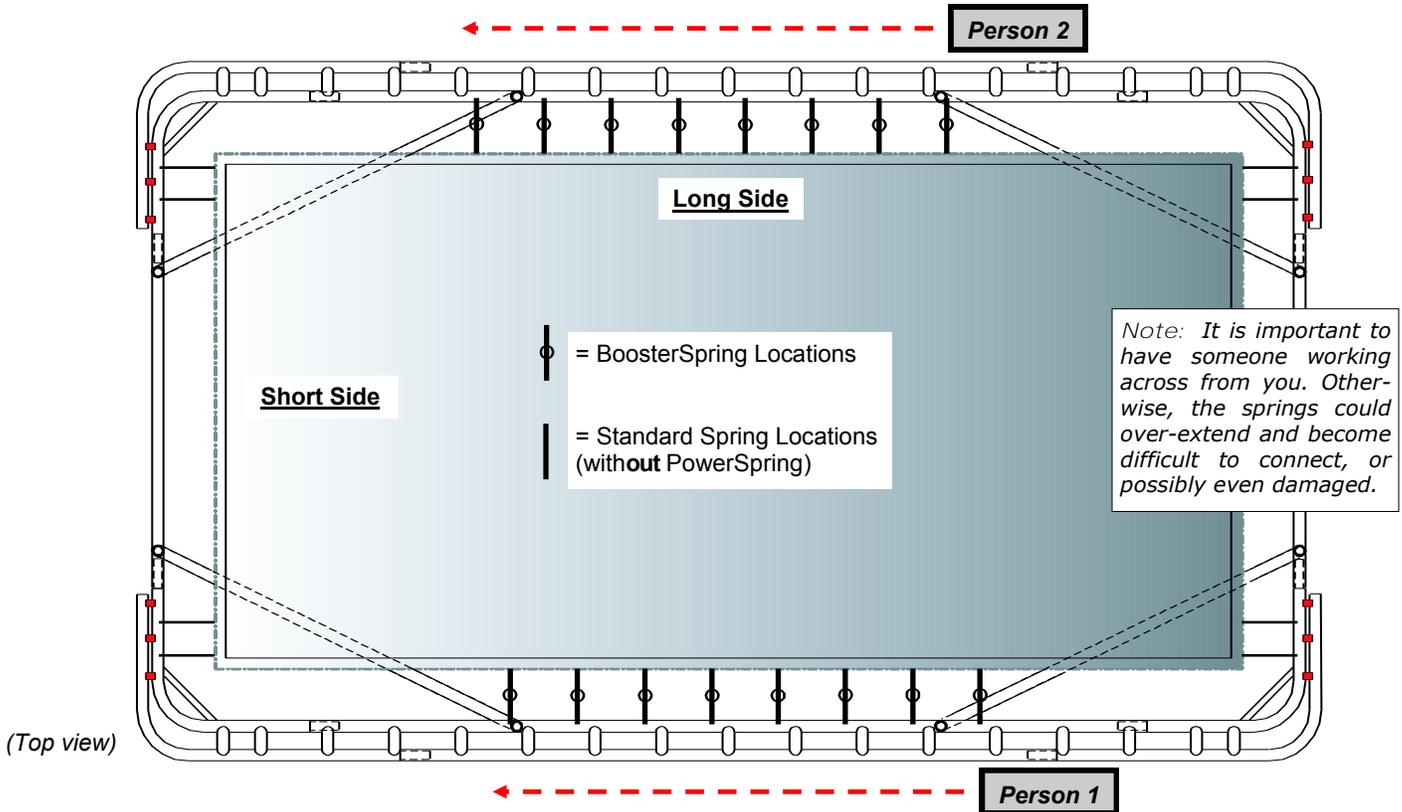
24) Connect a spring to the looped end of a PowerHook to create a "spring assembly." Connect PowerHook to spring notch on frame, as shown. Spring assembly will hang on outside of frame.

---

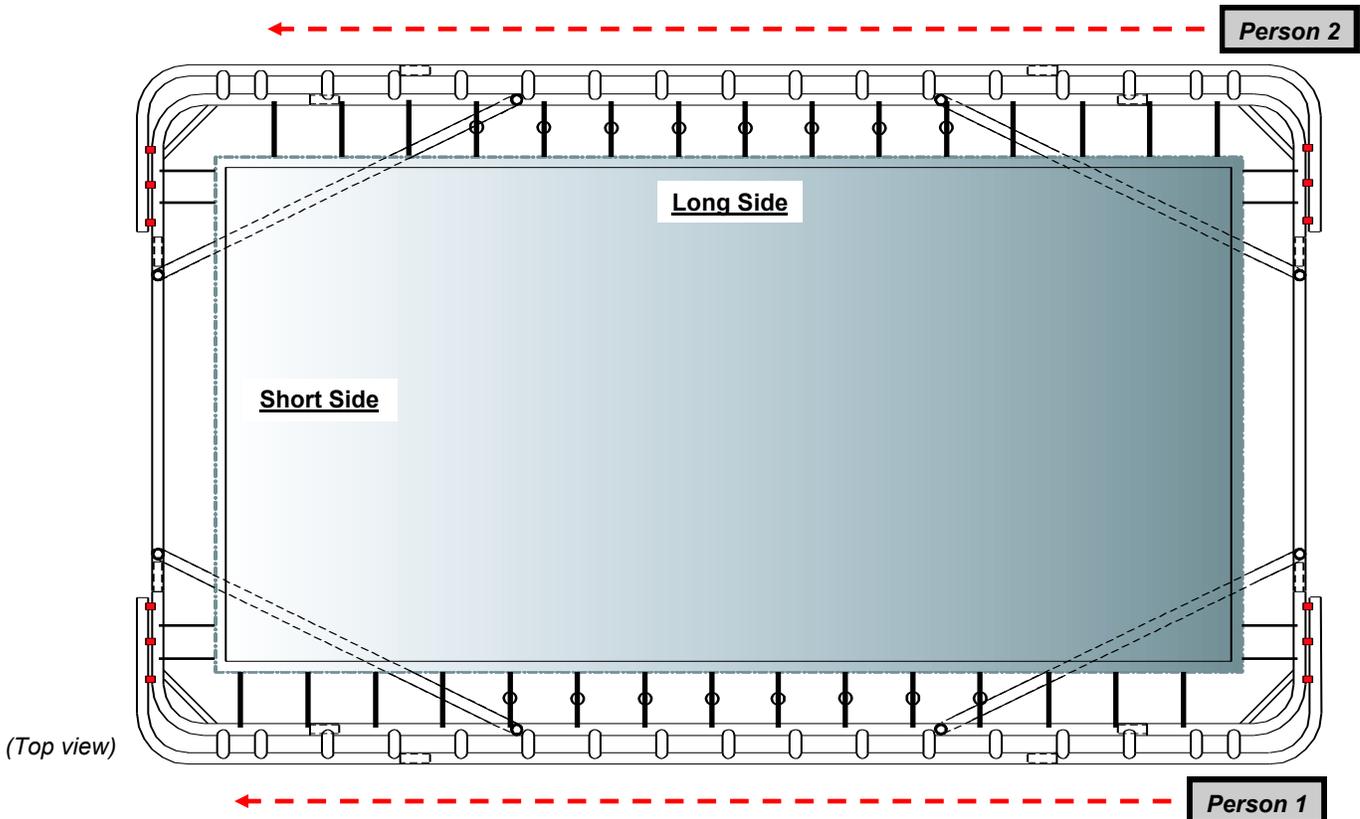


25) Connect the opposite end of the lower spring to Position 3 on the PowerArm (Standard Setting). You now have one "BoosterSpring Assembly" installed.

## Assembly and Installation Instructions

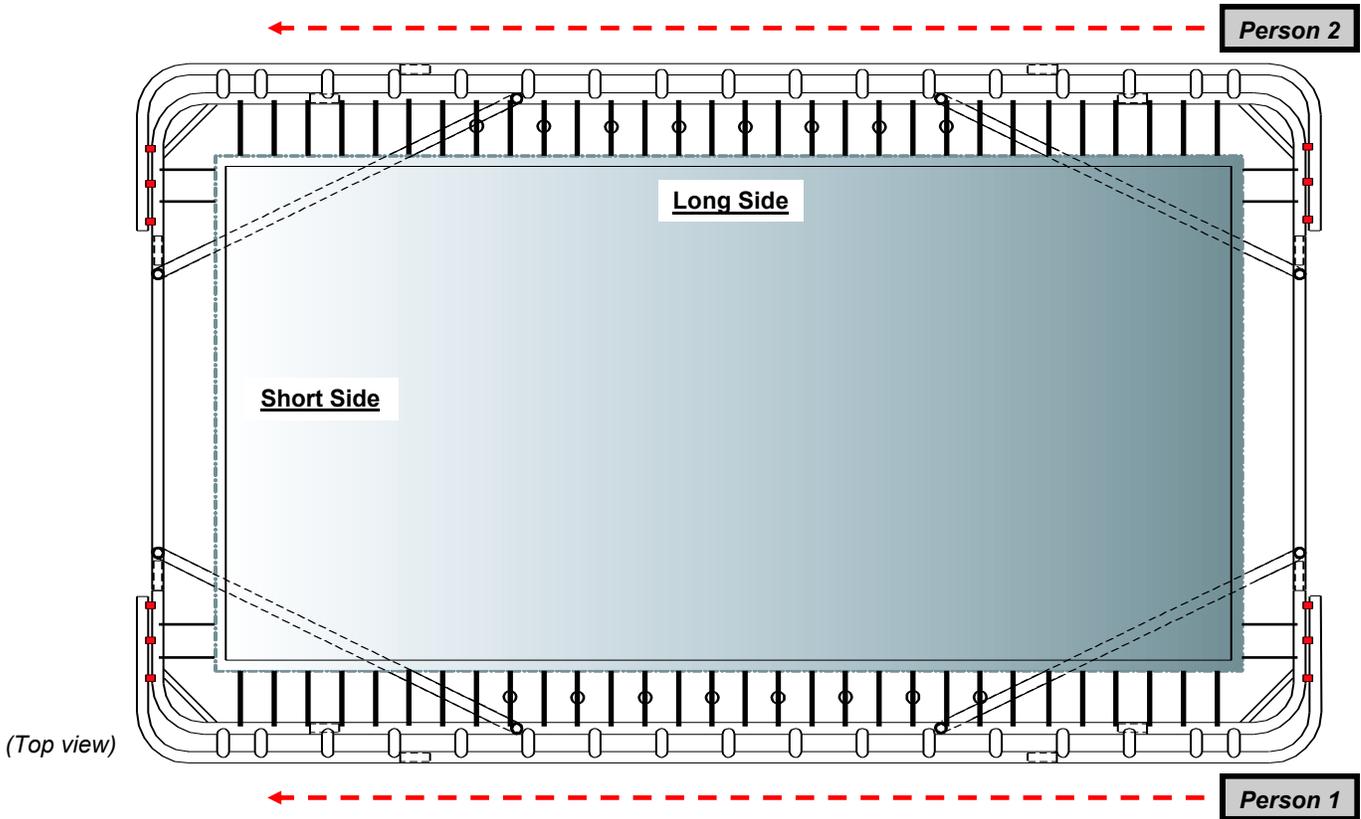


26) Install BoosterSpring Assemblies as shown. Have someone work directly across from you.

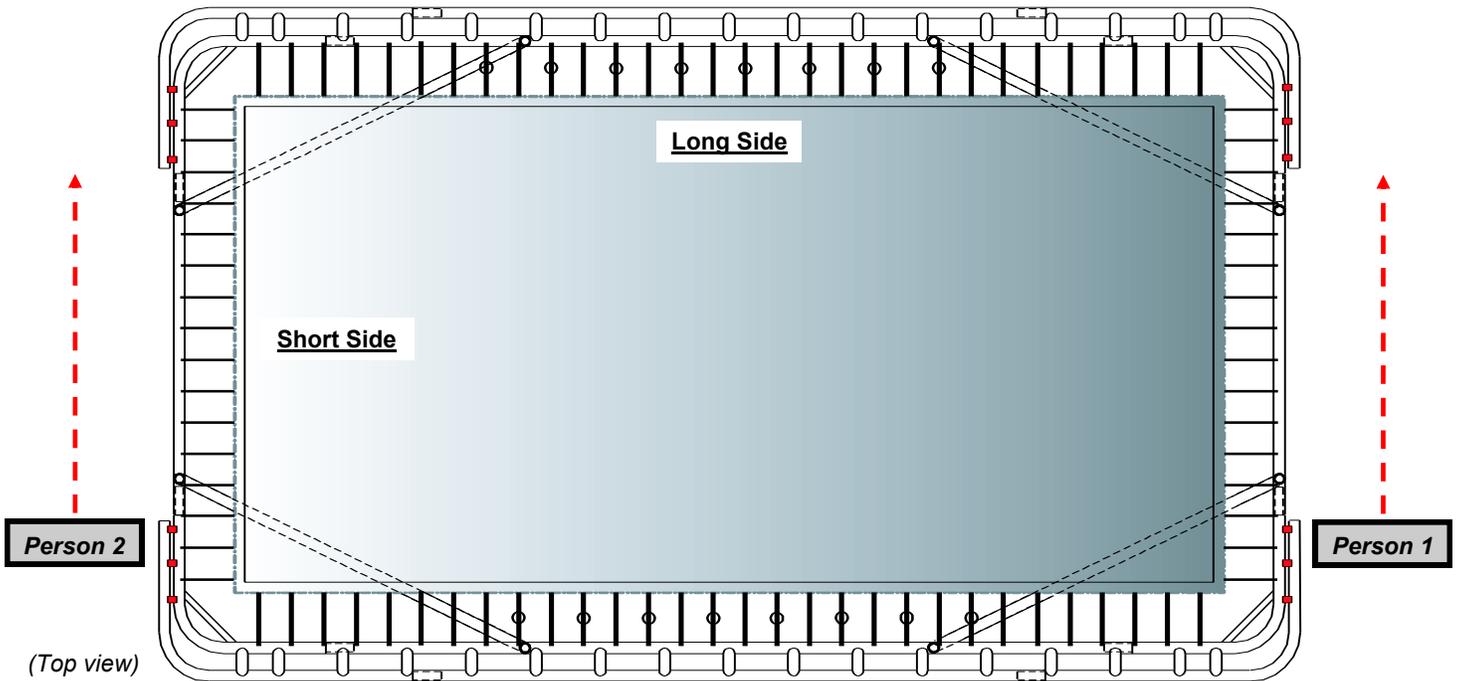


27) Install standard springs on all remaining short V-rings on each long side, starting at one end and working toward the other, as shown. Have someone work directly across from you.

## Assembly and Installation Instructions

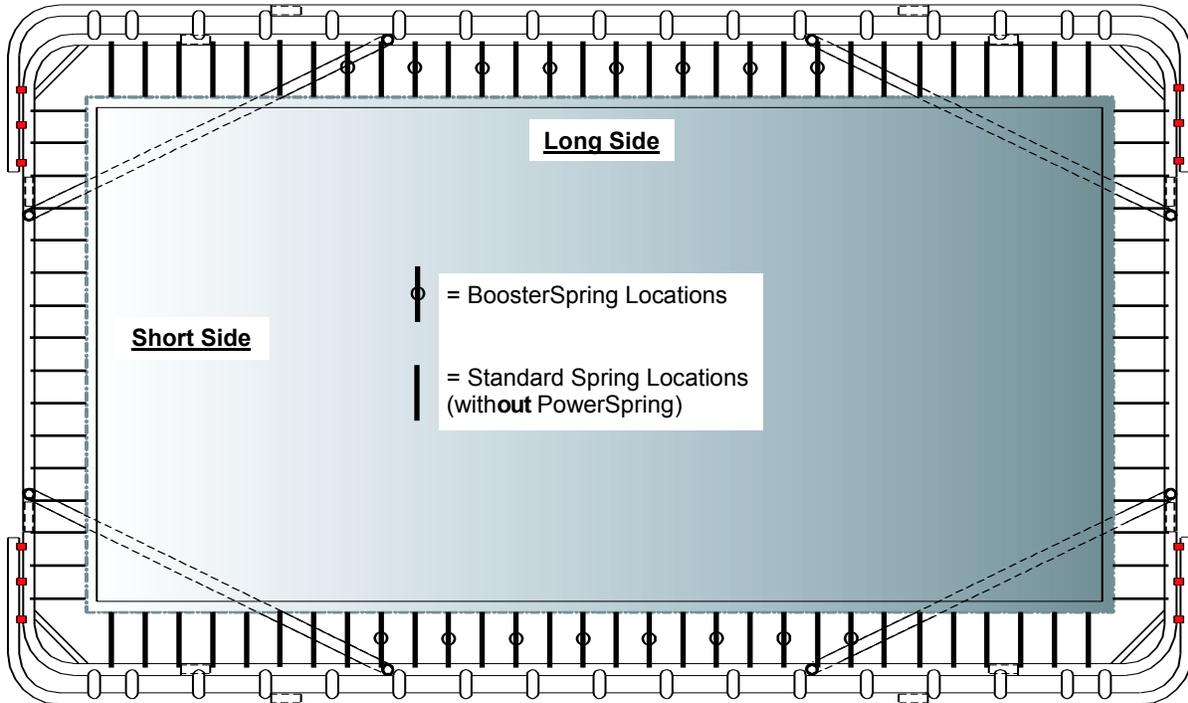


28) Install standard springs on all long V-rings on each long side, starting at one end and working toward the other, as shown. Have someone work directly across from you.



29) Install standard springs on each short side, starting at one end and working toward the other, as shown. Have someone work directly across from you.

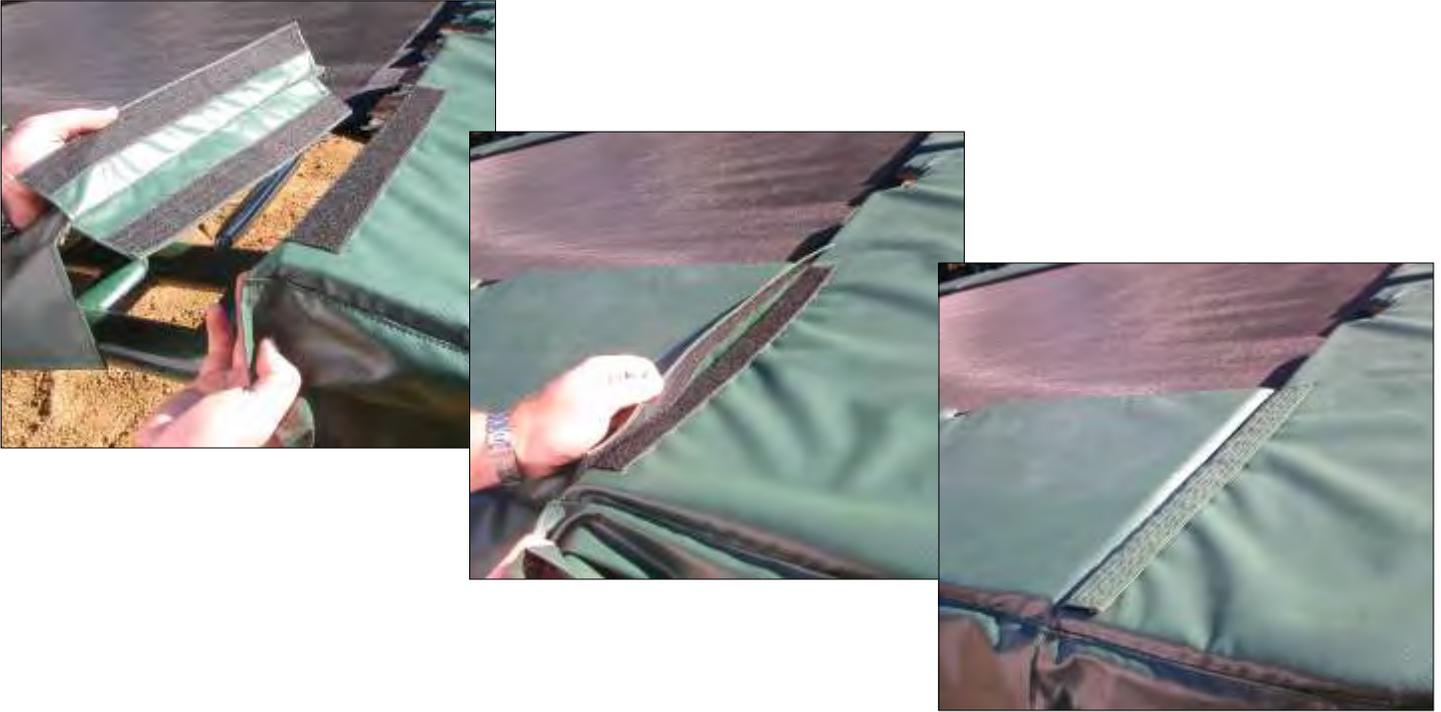
## Assembly and Installation Instructions



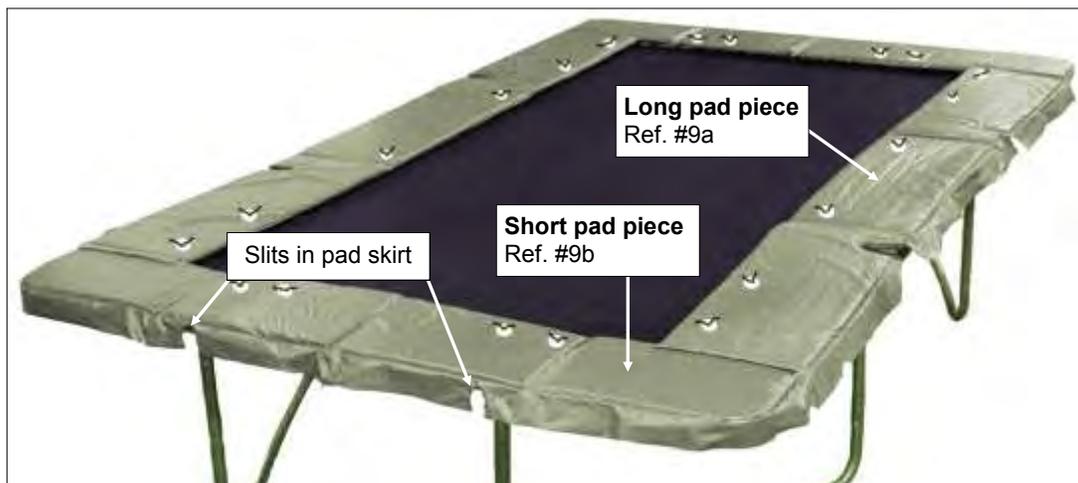
30) All 108 springs should now be connected, as shown.

**NOTE:** If any PowerArms or PowerSprings come loose after jumping, the PowerArms have not been installed correctly. Repeat Steps 22 and 23, and see the pictures in those steps for how the PowerArm should look after it is properly installed.

## Assembly and Installation Instructions

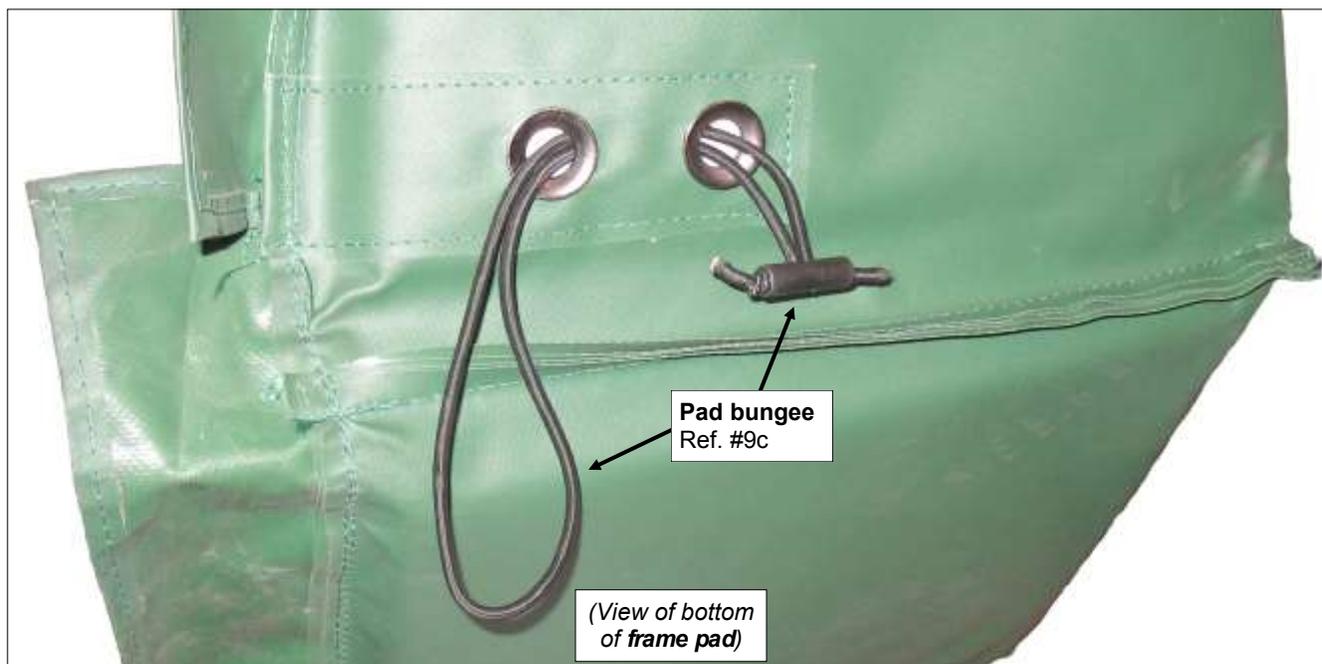


**WARNING:** Trampoline use is not recommended without the frame pad installed (see Picture on page 40). The frame pad is designed to reduce the possibility of injury by protecting the user from coming into contact with the frame and springs of the trampoline. It is very important that you properly and securely attach the frame pad to the frame, and that it is in the correct position prior to using the trampoline.



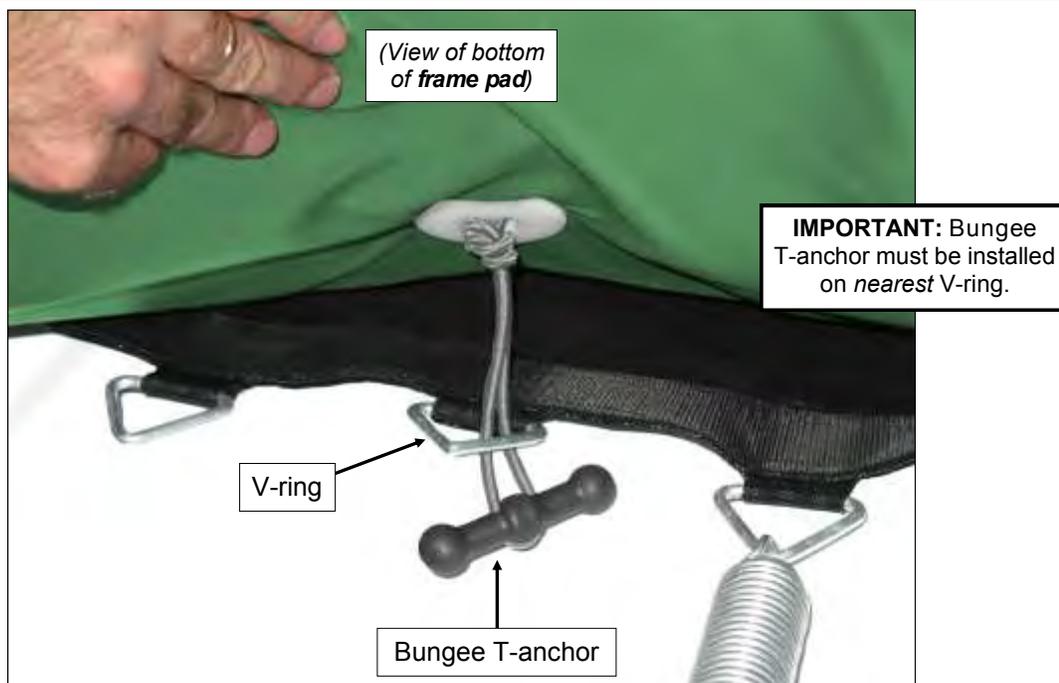
31) Line up pads so they completely cover all springs and rail pieces, on all sides of the trampoline. Connect each pad section together using Velcro pieces at each end of pad. Velcro on each long pad piece will connect to top and bottom of each short pad piece.

## Assembly and Installation Instructions



32) Install pad bungees onto bottom side of pad, as shown.

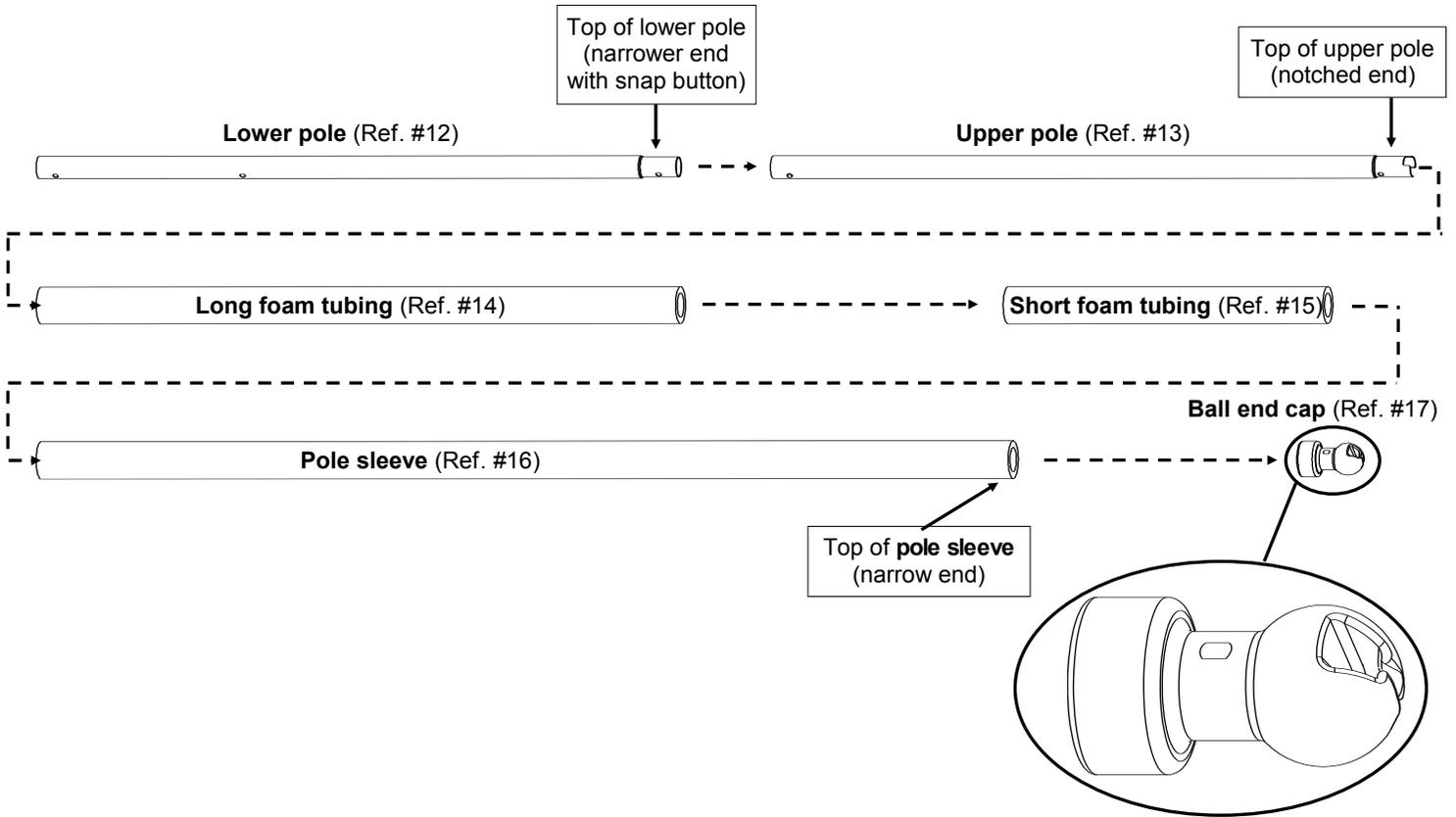
*Note: Do not use pad bungees to secure frame pad around leg of trampoline at this time. This will be done after installing the safety enclosure poles in a later step.*



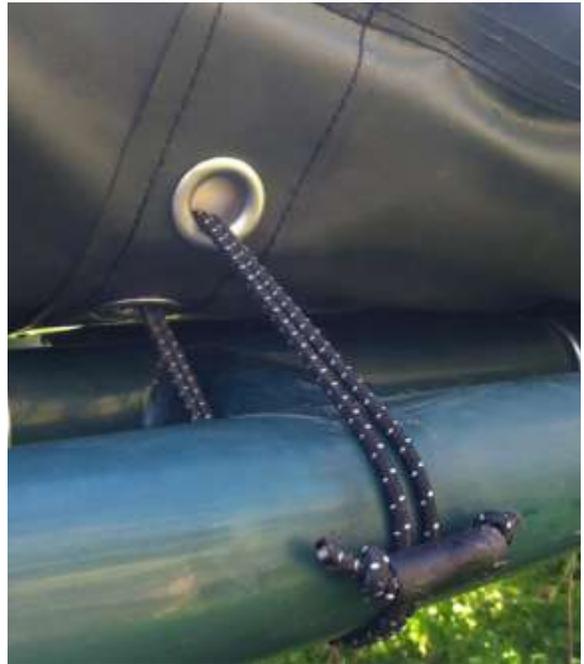
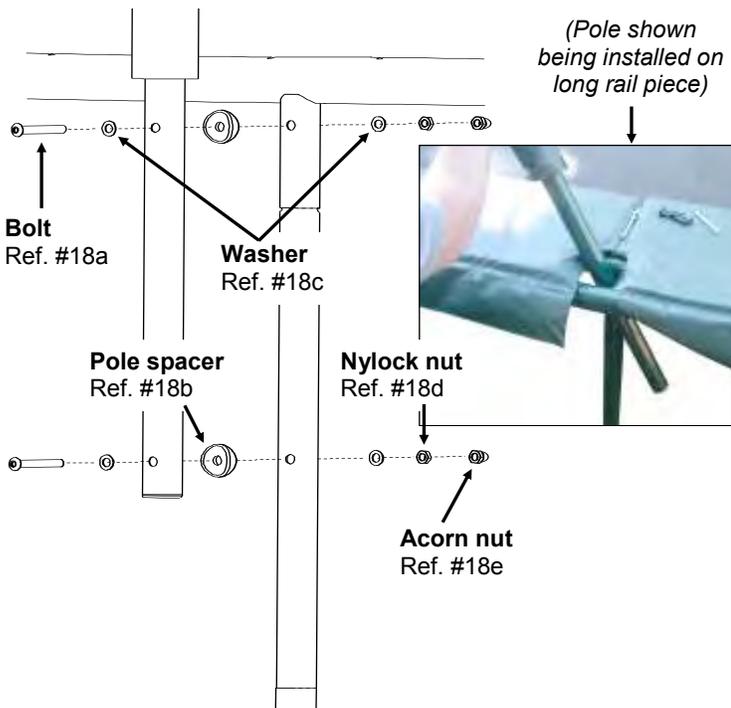
33) Lift frame pad and find a factory-installed bungee T-anchor. Remove the spring (and PowerBounce PowerArm if applicable) that is closest to the bungee T-anchor. Secure bungee T-anchor through V-ring on trampoline mat as shown. Then reconnect the spring (and PowerBounce PowerArm if applicable).

>> Repeat at every location on bottom of pad where you see a bungee T-anchor until all 16 bungee T-anchors are securely fastened to V-rings.

## Assembly and Installation Instructions



34) Build all pole assemblies as shown. (Pole sleeve and foam will fit up inside ball end cap.) See page 9 for detailed part descriptions.



35) Using the tools and hardware provided, connect a pole to the outside of each trampoline leg. Holes on bottom of pole will have indentations on 1 side. Indentations must face in toward vertical leg. Snugly tighten bolts and Nylock nuts with wrenches. Hand-tighten acorn nuts.

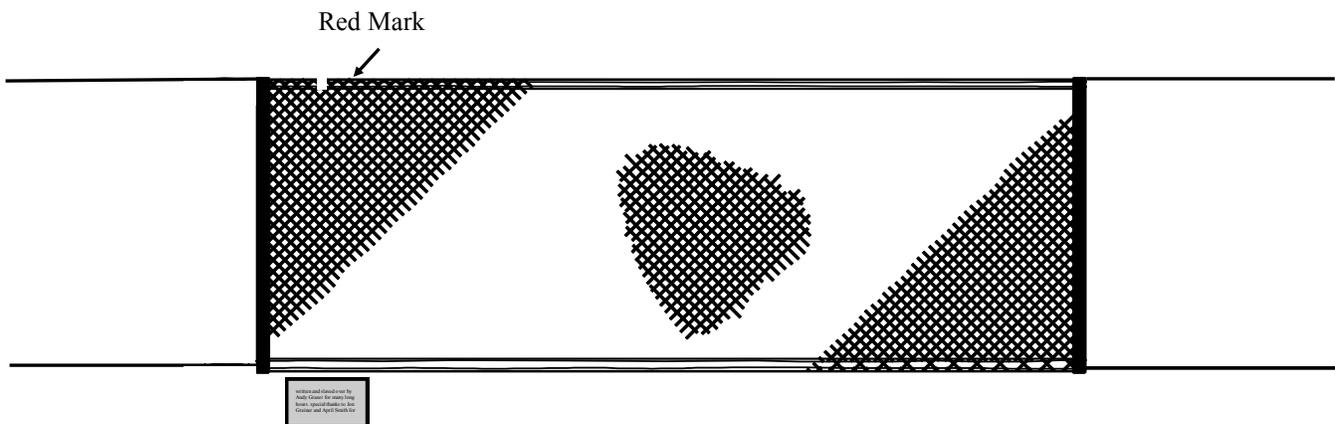
36) Wrap the Pad bungee around the outer rail of the trampoline and to itself as shown above. Continue at each set of grommets and Pad bungee to connect the pad to the frame.



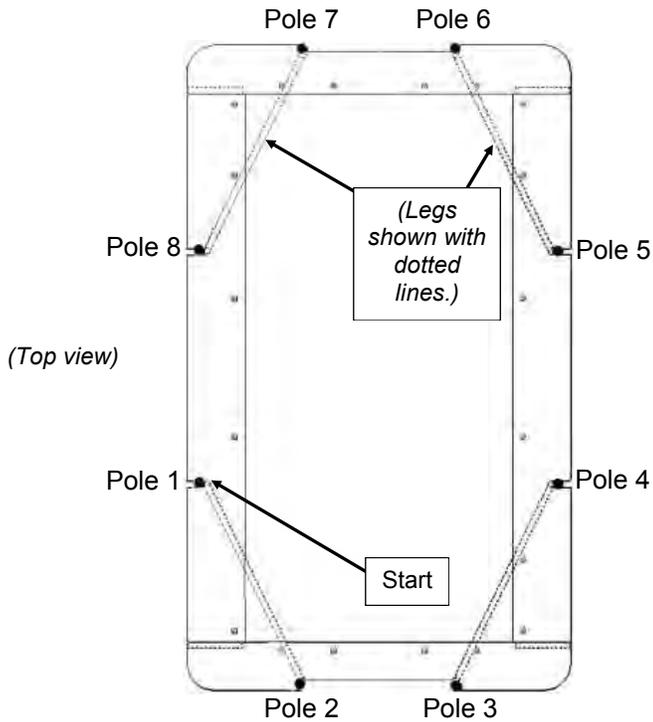
Note: Pad bungees not shown for clarity.



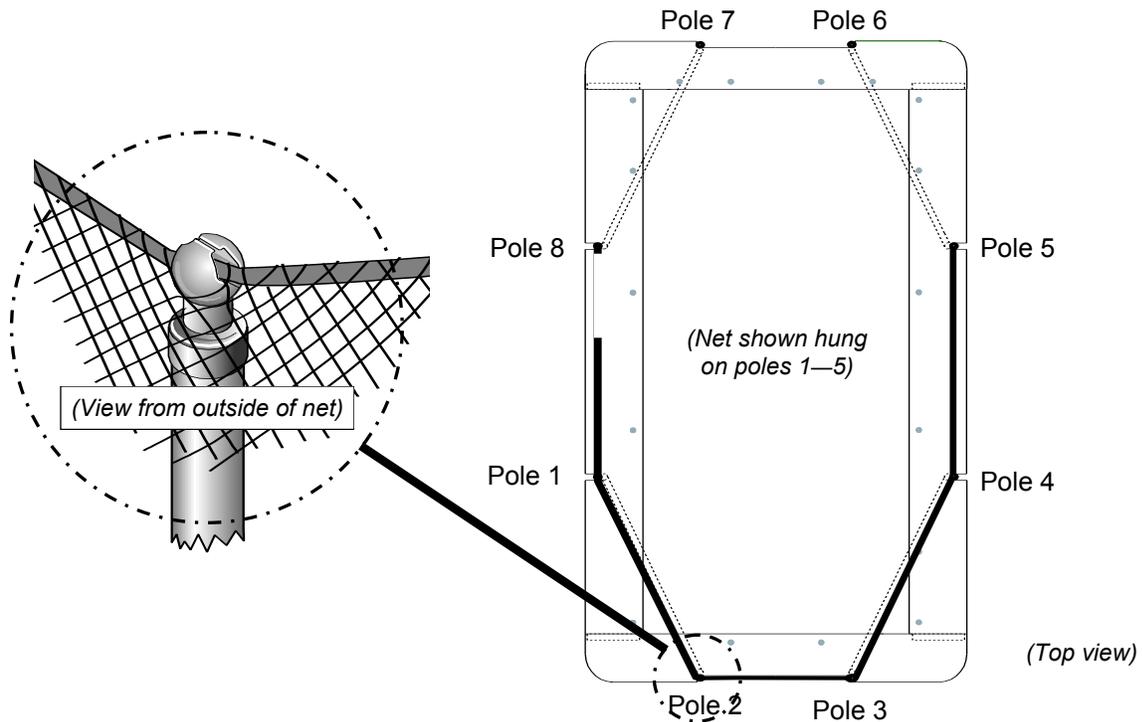
37) The skirt of the frame pad will be hanging down between the 2 poles on each side of the trampoline. Tuck pad skirt up underneath pad, so skirt is wedged between bottom of pad and rail of trampoline. Do this in the middle section on all 4 side of the trampoline. The pad skirt will bunch up a little near the pad bungee attachment location. This is normal. The objective is to gain access to the frame for a future step.



38) Identify the top strap of the net which has a red mark and the bottom strap which has a warning placard. This red mark is where you will start to hang the net in the next step. Also identify the buckles-this is where the loose straps will insert to form the enclosure opening in step 40.



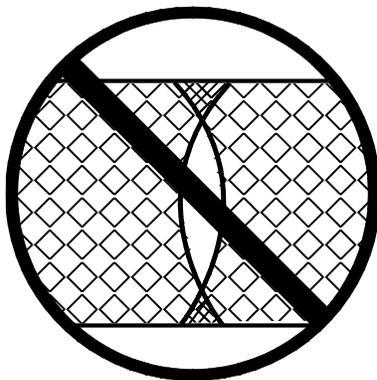
39) Starting at Pole 1, hang the portion of the top strap of the net that has the red mark in the ball end cap so that the net hangs outside of Pole 1. The top strap and net will rest in the groove of the ball end cap.



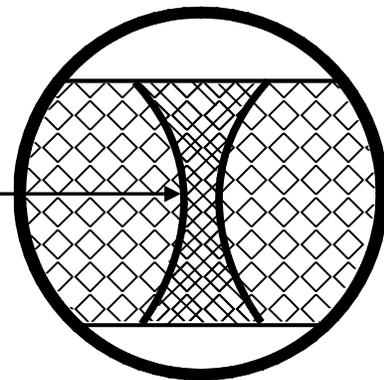
40) Using a ladder and working in a counter clockwise direction, pull the top strap of the net tight so it is as straight as possible and then hang into each ball end cap starting at pole 2, so that the net is on the outside of all poles.



41) Locate the buckles on the upper and lower straps of the net. Thread the loose end of the top net strap through the middle slot in the buckle on the top strap, then over the center divider, and back out through the outer slot as shown in photos A and B above to join the two sides of the net. The strap should exit the buckle behind the buckle tab as shown in photo B above. Repeat at the remaining top and bottom straps/buckles. Tighten the top and bottom straps most of the way, but leave the net slightly loose.



Minimum 6  
inch overlap  
in middle

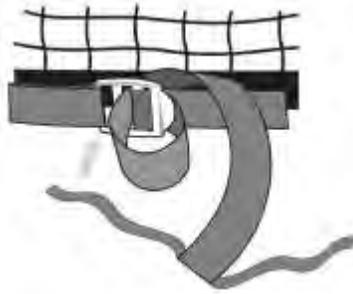


42) When hung correctly, the inner and outer panel of net should overlap by at least 6 inches in the middle.

**IMPORTANT:** *If the net does not overlap by at least 6 inches in the middle, pull the two ends of the net about halfway down in the direction to create more overlap, and tighten the straps/buckles as necessary. If you still do not have the necessary overlap, you may need to rehang the net, being sure to pull it snugly from one pole to the next.*

43) After the net is snug, and in position, wrap the lower buckles with the excess strap.

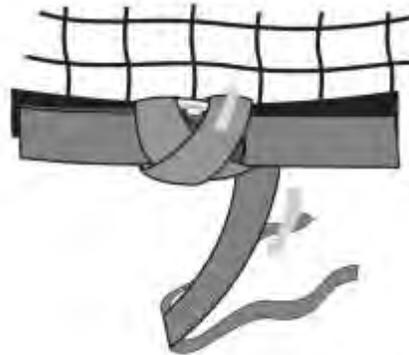
A) Feed the end of the strap back through the buckle as shown, so that the rounded tab at the end of the buckle is covered by the strap.



B) Feed the strap through the mesh on the outer panel of net. Wrap the strap around the bottom of the net and buckle, and feed the end through the adjacent mesh, so that it covers the buckle diagonally.



C) Continue by wrapping the strap around the bottom of the net and buckle, and back through the adjacent mesh, making an "X".



D) Repeat this process, covering the buckle with diagonal wraps until you reach the end of the wide strap.

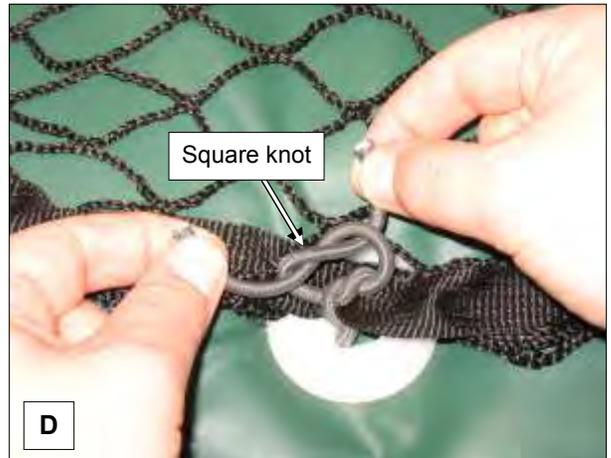
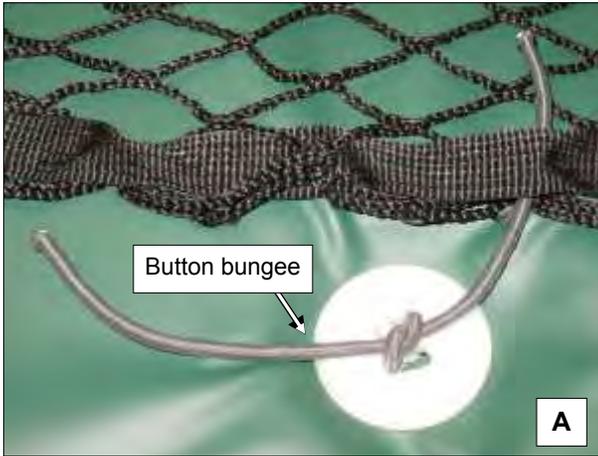


E) Use one end of the narrow strap at end to wrap around the wide strap a final time, and tie it with two knots, so the wide strap will remain in place.



F) Repeat this processes for the second buckle at the bottom of the doorway.

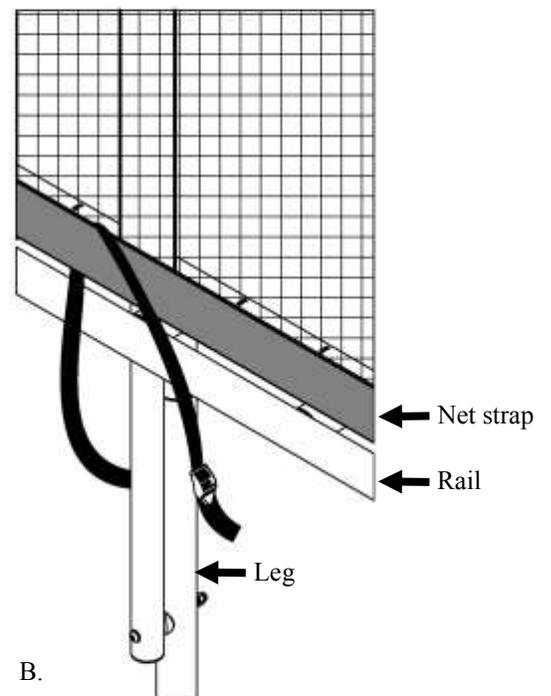
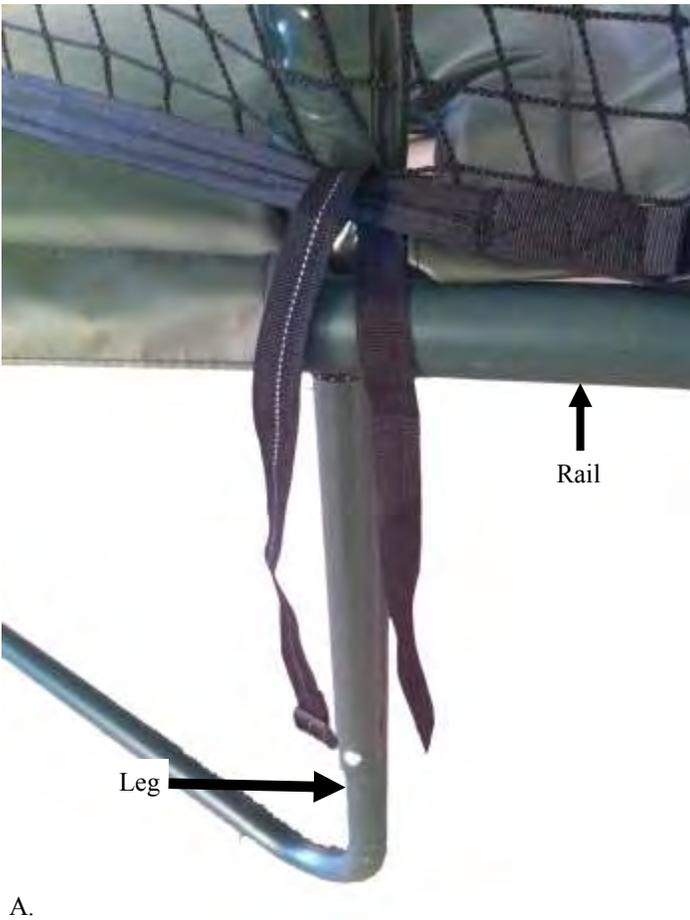
## Assembly and Installation Instructions



44) At each button bungee on the corner frame pad sections between poles 1 and 2, 3 and 4, 5 and 6, and 7 and 8, attach the bottom strap of the net using a square knot as shown.

*Note: Do not wrap bungee around net mesh, only around bottom strap of net.*

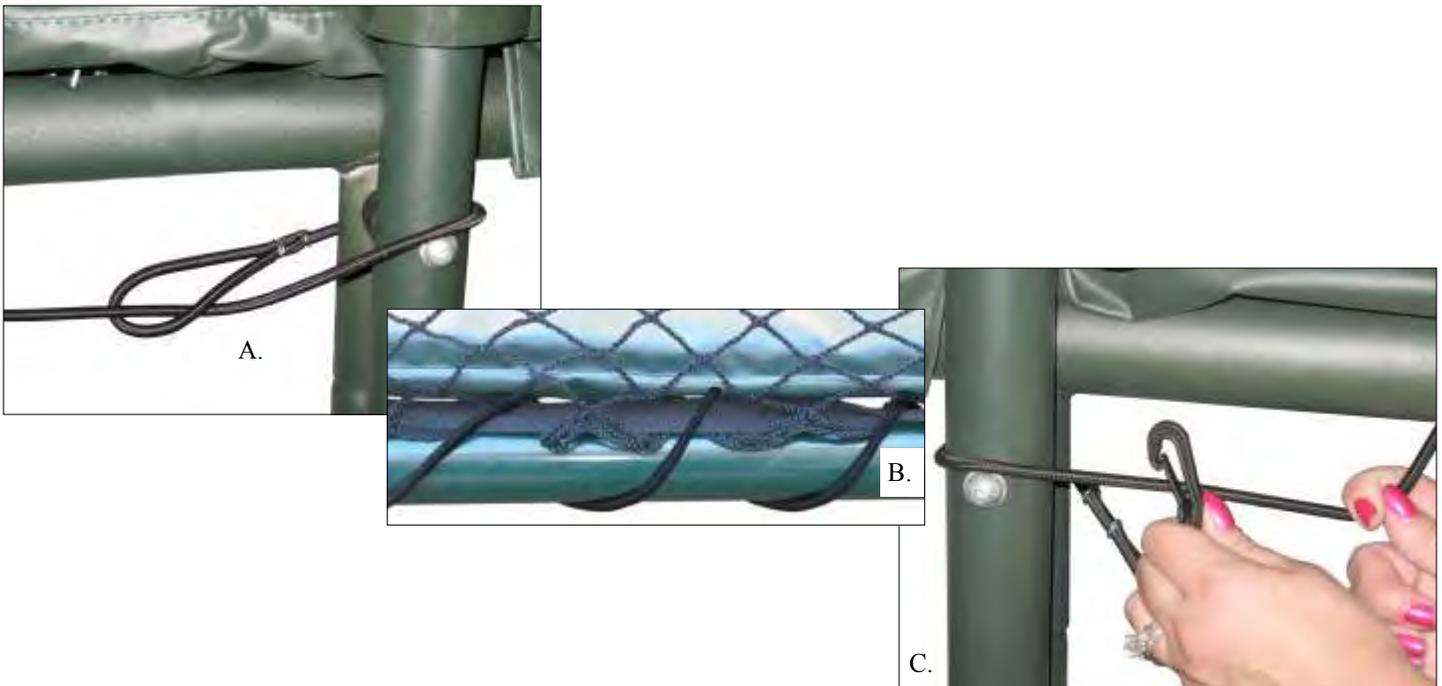
## Assembly and Installation Instructions



45) Connect the bottom strap of the net at each leg using a strap buckle (Ref. #24). Wrap the strap buckle around the lower net strap only (do not include any of the net mesh), letting the loose ends hang in front of the rail (A). Fasten the strap buckle behind and around the leg as shown (B). Fasten the strap by threading the loose end of the strap through the inner slot in the buckle, then over the center divider, and back out through the outer slot, as shown above. Tighten the straps.

>> Repeat this step at the remaining 7 poles.

## Assembly and Installation Instructions



46) Using a 7ft bungee on each of the short sides of the trampoline (between poles 2 and 3 and poles 6 and 7) and a 10ft bungee on the long side without the enclosure opening (poles 4 and 5), connect the bottom edge of the net to frame:

- Connect looped end of bungee to trampoline as shown in fig. A.
- Wrap bungee around rail and through the bottom strap of net until you get to the next pole fig. B.
- Connect end with hook as shown in fig. C.



47) Using a 10ft bungee, attach the bottom of the net including the overlapping section (between poles 8 and 1) to the frame as shown in the previous step. In the overlapping section, the bungee will wrap around both the inner and outer sections of the net. Be sure the warning placard attached to the bottom strap of net (at the doorway) is clearly visible at all times.

## Assembly and Installation Instructions

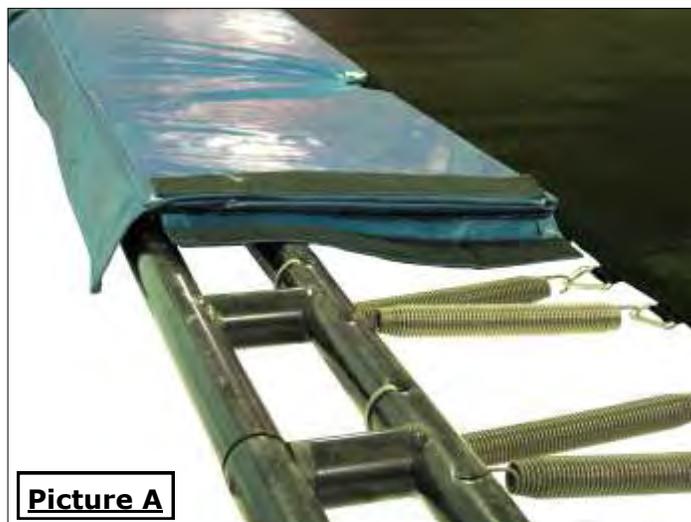
### Final Steps

Assembly is now complete! Make sure all parts are securely assembled. Before using your 10ft x 17ft VariableBounce Trampoline System, familiarize yourself and all users with the *Care and Maintenance Instructions*, *Warning Information*, and *Use Instructions* included in this manual.

To register your 10ft x 17ft VariableBounce Trampoline, visit our webpage at [www.jumpsport.com](http://www.jumpsport.com) and click on the Product Registration link.



**WARNING:** *Trampoline use is not recommended without the frame pad installed (see Picture A, below). The frame pad is designed to reduce the possibility of injury by protecting the user from coming into contact with the frame and springs of the trampoline. It is very important that you properly and securely attach the frame pad to the frame, and that it is in the correct position prior to using the trampoline.*

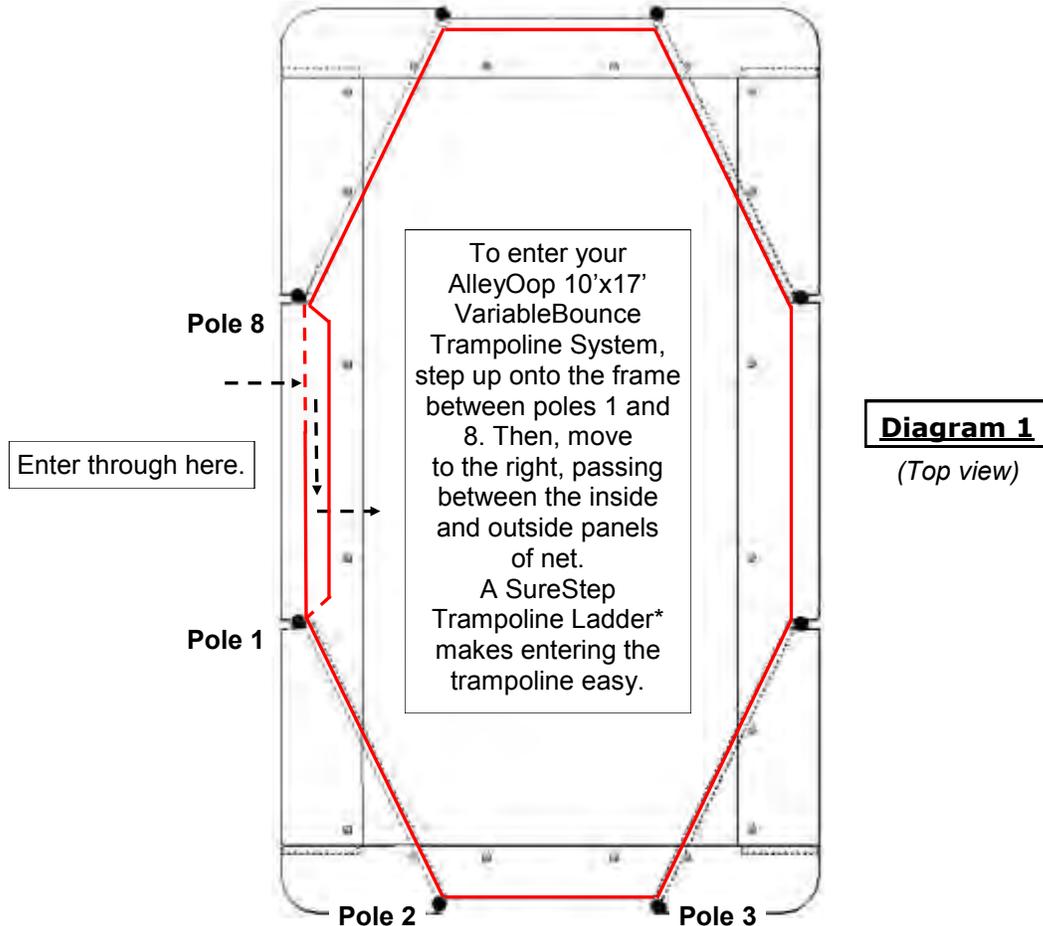


**Frame Pad Placement - Showing Correct Placement over Frame Rails and Springs  
(Section of frame pad removed for clarity. Be sure pad is completely installed before use.)**

## Final Steps (continued)

See Diagram 1, below, to see how to properly enter the safety enclosure.

*Note: The upper and lower support straps may need periodic tightening. Check the knots and straps regularly. If the net sags due to extended use, we recommend repeating Steps 38 through 46.*



## Disassembly

To disassemble your 10ft x 17ft VariableBounce Trampoline System, follow the assembly steps in reverse order. Do not attempt to disassemble any rail pieces before the mat and springs have been removed.

\*For more information about the SureStep Trampoline Ladder, the Trampoline Anchor Kit, the ProFlex Basketball Set, the BounceBoard Extreme, and other great trampoline accessories, visit our website at [www.jumpsport.com](http://www.jumpsport.com)

## Assembly and Installation Instructions

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# Care and Maintenance Instructions

## 3

Your AlleyOop Sports Trampoline is made using quality materials and is finely-crafted to provide you and your family with many years of enjoyment and exercise. Proper maintenance and care will help to prolong the life of the trampoline and reduce the possibility of injury.

All trampolines require maintenance at some point. Springs may need to be replaced, rail pieces may become bent, stitching in the mat and frame pads may rot out. The following maintenance guidelines should always be observed.

### Inspection (Trampoline)

Inspect the trampoline before each use and replace any worn, defective, or missing parts. The following conditions could represent potential hazards:

- Missing, improperly positioned, or insecurely attached frame padding
- Puncture, frays, tears, or holes worn in the bed or frame padding
- Deterioration in the stitching or fabric of the bed or frame padding
- Ruptured springs
- A bent or broken frame
- A sagging bed
- Sharp protrusions on the frame or suspension system

### Inspection (Safety Enclosure)

Inspect the trampoline enclosure before each use and replace any worn, defective, or missing parts. The following conditions could represent potential hazards:

- Missing, improperly positioned, or insecurely attached barrier or enclosure support system (frame) padding and pole caps
- Puncture, frays, tears, or holes worn in the barrier or support system (frame) padding
- Deterioration in the stitching or fabric of the barrier or support system (frame) padding
- Bent or broken support system (frame)
- A sagging barrier
- Sharp protrusions on the support system (frame) or suspension system

*Note: The "bed" mentioned above and elsewhere in this manual, refers to the jumping surface (generally referred to as the "mat"). The "barrier" mentioned above and elsewhere in this manual, refers to the safety enclosure netting. The "frame" mentioned refers to the rail assembly pieces of the trampoline.*

If any of the above conditions exist, your 10ft x 17ft VariableBounce Trampoline System must be disassembled or otherwise protected against use until the condition is remedied.

## Care and Maintenance Instructions

### Trampoline Mat

An item that poses one of the greatest hazards, is worn out or rotten stitching around the trampoline mat (bed). Stitching may fail within two or three years or earlier due to excessive use or exposure to extreme weather. In most cases, evidence of deterioration will make itself known in the form of:

- Broken stitching around the edge of the mat
- Rotten or frayed fabric at the V-ring straps



**Caution:** *If any deterioration is found, all bouncing must cease and the trampoline must be disassembled or otherwise protected against use until the condition is remedied.*

The mat should be replaced with the appropriate AlleyOop part. Remember, the only thing between the jumper and the ground is the mat. If a deteriorated mat is not inspected properly, further jumping could cause the mat to pull away from the straps in a large area and the jumper may land on the ground, which could cause serious injury.

### Cold Weather Protection

The 10ft x 17ft VariableBounce Trampoline System is designed for year-round outdoor use. However, in climates of cold weather where snow and ice are common, we recommend the trampoline mat, springs, frame pad, and net be removed and stored in a dry area out of the sun. To remove these parts, simply complete the instructions for installing them in reverse order.

### Ice and Snow

Use extreme care in removing any ice and snow that may have accumulated on the mat before removing the mat for storage. We suggest using a high pressure water hose and spraying upward from underneath the trampoline, starting at the mats lowest point. Another option is to pour hot water on the ice and snow to melt it away. Left unattended in snow and ice, your trampoline mat will accumulate weight in the middle, causing damage to your springs. This type of damage is not covered by warranty.

Do not use a sharp object - such as a shovel, hoe, or garden rake - to remove ice or snow as this may damage the mat. This type of damage is not covered by warranty.

### Replacement Parts

All replacement parts should be ordered through AlleyOop Sports. Stores that repair shoes, awnings, or tents, as well as upholstery shops, do not have the proper materials, equipment, or methods for the proper/safe repair of trampoline mats and frame pads.

Call AlleyOop Sports at 408-213-2551 if you need replacement parts, or have any questions.

If any warning labels or signs become unreadable or missing, call AlleyOop Sports for free replacements.

Trampoline mats should be completely replaced if any tear or hole is greater than one inch in length. Patches over larger holes will eventually fail, creating a potential for hazardous injury.



**Caution:** *Do not repair trampoline mats with holes greater than one inch.*

### Disassembly

To disassemble, follow the assembly steps in reverse order. Do not attempt to disassemble any rail pieces before the mat and springs have been removed. See the Assembly Instructions beginning on page 11.

## Care and Maintenance Safety Checklist (Trampoline)

*Note: Inspect the trampoline before each use and replace any worn, defective, or missing parts.*

### Frame Pad

Our frame pad reduces the risk of accidental injury due to falling onto the frame railing and gives minimal resistance to striking or falling on and through the springs. The frame pad life-expectancy is one to two years. To increase life of pad:

- Do not allow jumpers to stand or sit on pad
- Do not allow jumpers to grab pad in order to pull themselves onto trampoline
- Do not allow sharp, abrasive objects to come in contact with the pad surface
- If you have a safety enclosure installed, rotate the pad periodically to spread out wear and tear

Check for...	Necessary Action	Safety Check	
		Safe	Unsafe
Vinyl deterioration	Replace	_____	_____
Foam deterioration	Replace	_____	_____
Missing pads	Replace	_____	_____
Improperly attached pads	Reattach (see pad installation section of instructions)	_____	_____
Stitching deterioration	Re-stitch	_____	_____

### Trampoline Mat

Make sure the trampoline is visually inspected by a responsible adult, checking the stitching carefully at each V-ring before every use. See *Trampoline Mat* on page 44 for more information.

Check for...	Necessary Action	Safety Check	
		Safe	Unsafe
Bent or missing V-rings	Replace V-rings	_____	_____
Faded and breaking top thread	Replace	_____	_____
Brittle or tearing V-ring straps	Replace	_____	_____
Cuts, tears, or holes on mat	Patch (holes greater than one inch cannot safely be repaired)	_____	_____
Missing warning labels	Call AlleyOop for replacement	_____	_____

### Springs

The life of a set of springs is three to five years depending on weight of jumpers, frequency of use, and care of the trampoline.

Check for...	Necessary Action	Safety Check	
		Safe	Unsafe
Over-stretched springs	Replace	_____	_____
Missing springs	Replace	_____	_____
Weak (soft) springs	Replace	_____	_____

## Care and Maintenance Instructions (Trampoline)

**Frame** The life of your AlleyOop Sports trampoline frame should last for many years, depending upon the weather in the area where you live.

Check for...	Necessary Action	<u>Safety Check</u>	
		Safe	Unsafe
Rust	Clean and paint	_____	_____
Structural failure	Replace	_____	_____
Bent frame	Repair or replace part	_____	_____
Sharp protrusions	Repair	_____	_____
Missing warning labels	Call AlleyOop for replacement	_____	_____

**Safety Rules** Review this manual with all jumpers. Maintain all warning labels and signs. If labels or signs become lost or unreadable, write or call AlleyOop Sports for free replacements.

## Care and Maintenance Safety Checklist (Safety Enclosure)

*Note: Inspect the trampoline enclosure before each use and replace any worn, defective, or missing parts.*

**Pole Foam**      The pole foam and vinyl pole sleeve life expectancy is two to five years. To increase the life of your pole foam and sleeves, do not allow people to grab them in order to pull themselves onto the trampoline.

<b>Check for...</b>	<b>Necessary Action</b>	<b><u>Safety Check</u></b>	
		<b>Safe</b>	<b>Unsafe</b>
Vinyl sleeve deterioration	Replace	_____	_____
Foam missing or deteriorating	Replace	_____	_____

**Net**      The net, support straps, and bungee cords will require frequent inspection for deterioration or fraying. Life expectancy is three to five years for the net, and one to three years for the straps and bungees.

<b>Check for...</b>	<b>Necessary Action</b>	<b><u>Safety Check</u></b>	
		<b>Safe</b>	<b>Unsafe</b>
Faded and breaking top or bottom net strap	Replace straps	_____	_____
Brittle and tearing net	Replace	_____	_____
Cuts, tears, or holes in net or net straps	Replace	_____	_____
Missing warning labels	Call AlleyOop for replacement	_____	_____

**Steel Poles**      The pole life expectancy is for many years. To increase the life of your poles, do not allow people to grab them in order to pull themselves onto the trampoline.

<b>Check for...</b>	<b>Necessary Action</b>	<b><u>Safety Check</u></b>	
		<b>Safe</b>	<b>Unsafe</b>
Rust	Clean and paint	_____	_____
Structural failure	Replace	_____	_____
Bent frame	Repair or replace part	_____	_____
Sharp protrusions	Repair	_____	_____
Missing pole warning label	Replace	_____	_____

**Safety Rules**      Review this manual with all jumpers. Maintain all warning labels and signs. If labels or signs become lost or unreadable, write or call AlleyOop for free replacements.

## Care and Maintenance Instructions

### Windy Conditions

It is possible for the trampoline to be blown about by a high wind. If you anticipate high winds, the frame should be secured to the ground with the use of an AlleyOop Sports Trampoline Anchor Kit. If you anticipate severe winds, the trampoline should be moved to a sheltered location or completely disassembled. Our anchor kit can be found in the Accessories section at [www.jumpsport.com](http://www.jumpsport.com).

#### **Diagram 2 AlleyOop Sports Trampoline Anchor Kit**



**Use an AlleyOop Sports Trampoline Anchor Kit to tie down your 10ft x 17ft VariableBounce Trampoline System.**

### Moving the Trampoline

If you need to move your trampoline periodically, it should be moved by at least two people, and kept horizontal during the move. Both people should stand next to each other on one of the short ends of the trampoline, and lift that end of the trampoline. Rotate that end of the trampoline about five feet, then go to the opposite end of the trampoline, and do the same thing. This will slowly rotate each end of the trampoline toward your desired destination, and is the easiest way to move the trampoline due to its heavy weight. Disassemble the trampoline for any move greater than a few feet.

### Care

Do not allow family pets on the trampoline, as claws may snag and pull the trampoline mat material or net material, or damage the frame pad or pole foam.

The 10ft x 17ft VariableBounce Trampoline System is intended to be used by one person at a time, weighing less than 225 pounds. The user should either be barefoot or wearing gymnastic slippers or non-cleated athletic shoes. The user should remove all sharp objects from their person that may cause injury or damage to the trampoline mat. Heavy, sharp, or hard pointed objects should not contact the mat surface.

## **WARNING**

	<p><b>DO NOT attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis or death, even when landing in the middle of the bed.</b></p>		<p><b>DO NOT allow more than one person on the trampoline. DO NOT allow more than one person inside the trampoline enclosure. Use by more than one person at the same time can result in serious injury.</b></p>
<p><b>Use trampoline only with mature, knowledgeable supervision.</b></p>			
	<p><b>DO NOT attempt to jump over the barrier.</b></p>		<p><b>DO NOT intentionally rebound off the barrier.</b></p> <p><b>DO NOT hang from, kick, cut or climb on the barrier.</b></p>

## Points of Safety

It is essential that trampoline users follow a carefully planned safety program so that the trampoline can be fully enjoyed. Most accidents can be classified into the following:

- Before you jump
- Landing on springs or frame
- Bouncing off the trampoline
- Landing incorrectly on the mat

These are covered in detail in the following sections.

## Before You Jump, Read this:

Please read the *Safety Rules* (under the *Use Instructions* section) with the following in mind:

- The trampoline enclosure is not designed to prevent injuries associated with unsafe use of the trampoline, or with more advanced skills like flips, somersaults, or acrobatic maneuvers. Do not attempt any of these activities.
- Each user should become familiar with the *Care and Maintenance Instructions*, *Warning Information*, and *Use Instructions* included in this manual.
- The trampoline enclosure does not replace the need for supervision by a responsible, knowledgeable adult.
- Allow only one person to use the entrance at one time.
- When exiting, do not jump off the edge of the trampoline. Always sit on the edge, then carefully lower your body onto the ground.
- Do not attach other apparatus to the trampoline enclosure unless it is an AlleyOop Sports-approved device. Any additional AlleyOop accessory that you may attach to the trampoline enclosure must be attached and used only in accordance with the instructions for such accessory.

## **Warning Information**

### **Landing on Springs or Frame**

The risk of falling on the springs or frame, landing between the springs, or hitting the frame can be reduced by:

- Proper mounting and dismounting of the trampoline
- Jumping at the center of the mat without traveling toward the side
- Properly installing the frame pads
- Properly installing the safety enclosure

Simple frame pads or spring covers on their own do not give adequate protection. Installing the AlleyOop Sports Safety Enclosure and using spotters, will greatly reduce the risk of injury.

### **Bouncing off the Trampoline**

Bouncing off of the trampoline can be controlled, if not completely eliminated, through:

- **Proper instruction and mastering of the “Stop Bounce” technique in the “Basic Skills” section**
- Maintaining a position in the center of the mat
- **Strictly forbidding any “flying dismounts” (i.e. jumping off of the trampoline onto another object or the ground)**
- Installing an AlleyOop Sports Safety Enclosure
- Using spotters
- Using the trampoline only with mature, knowledgeable supervision

Keep objects away from the trampoline. It is dangerous to jump from the trampoline to the floor or ground. Do not jump from the trampoline into a swimming pool, onto a swing, or any other object. Do not install the trampoline on concrete, asphalt or hard compacted surfaces.

### **Landing Incorrectly on the Mat**

Landing incorrectly on the mat creates great risk of a serious injury, with most injuries resulting from attempted somersaults/flips. It is strongly recommended that somersaults/flips are not performed.

## Safety Rules (Trampoline)

*It is the responsibility of the owner to become familiar with the safety rules and to convey these rules to all users.*

### **WARNING**

- DO NOT attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.
- DO NOT allow more than one person on the trampoline. Use by more than one person at the same time can result in serious injuries.
- Use trampoline only with mature, knowledgeable supervision.
- Trampolines over 20 inches (51 cm) tall are not recommended for use by children under 6 years of age.
- Inspect the trampoline before each use. Make sure the frame padding is correctly and securely positioned. Replace any worn, defective, or missing parts.
- Climb on and off the trampoline. It is a dangerous practice to jump from the trampoline to the floor or ground when dismounting, or to jump onto the trampoline when mounting. Do not use the trampoline as a springboard to other objects.
- Stop bounce by flexing knees as feet come in contact with the trampoline bed. Learn this skill before attempting others.
- Learn fundamental bounces and body positions thoroughly before trying more advanced skills. A variety of trampoline activities can be carried out by performing the basic fundamentals in various series and combinations, performing one fundamental after another, with or without feet bounces between them.
- Avoid bouncing too high. Stay low until bounce control and repeated landing in the center of the trampoline can be accomplished. Control is more important than height.
- While keeping the head erect, focus eyes on the trampoline toward the perimeter. This will help control bounce.
- Avoid bouncing when tired. Keep turns short.
- Properly secure the trampoline when not in use. Protect it against unauthorized use. If a trampoline ladder is used, the supervisor should remove it from the trampoline when leaving the area to prevent unsupervised access by children under 6 years of age.
- Keep objects away which could interfere with the performer. Maintain a clear area around the trampoline.
- Do not use the trampoline while under the influence of alcohol or drugs.
- For additional information concerning the trampoline equipment, contact the manufacturer.
- For information concerning skill training, contact a certified trampoline instructor.
- Bounce only when the surface of the bed is dry. Wind or air movement should be calm to gentle. The trampoline must not be used in gusty or severe winds.
- Read all instructions before using the trampoline. Warnings and instructions for the care, maintenance, and use of this trampoline are included to promote safe, enjoyable use of this equipment.

*Note: The "bed" mentioned above and elsewhere in this manual, refers to the jumping surface (generally referred to as the "mat"). The "frame" mentioned refers to the rail assembly pieces of the trampoline.*

## Use Instructions (Safety Enclosure)

# Safety Rules (Safety Enclosure)

*It is the responsibility of the owner to become familiar with the safety rules and to convey these rules to all users.*

## **WARNING**

- DO NOT attempt or allow somersaults on the trampoline. Landing on the head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.
- DO NOT allow more than one person inside the trampoline enclosure. Use by more than one person at the same time can result in serious injuries.
- Use trampoline enclosure only with mature, knowledgeable supervision.
- Inspect the trampoline enclosure before each use. Make sure the barrier and the enclosure support (frame) padding is correctly and securely positioned. Replace any worn, defective, or missing parts.
- Children may be entangled or strangled in loose cords or gaps between trampoline and enclosure. Keep enclosure **tightly fastened to the trampoline in accordance with the manufacturer's instructions. Failure to properly assemble and maintain a tight, secure trampoline/enclosure boundary may result in serious injury, strangulation or death.**
- Do not attempt to jump over the barrier.
- Do not attempt to crawl under the barrier.
- Do not intentionally rebound off the barrier.
- Do not hang from, kick, cut or climb on the barrier.
- Wear clothing free of drawstrings, hooks, loops or anything that could get caught in the barrier.
- Do not attach anything to the barrier that is not a manufacturer-approved accessory or part of the enclosure system.
- Enter and exit the enclosure only at the enclosure door or barrier opening designated for that purpose.
- Read all instructions before using the trampoline enclosure. Warnings and instructions for the care, maintenance, and use of this trampoline enclosure are included to promote safe, enjoyable use of this equipment.

*Note: The "barrier" mentioned above and elsewhere in this manual, refers to the safety enclosure netting. The "frame" mentioned refers to the rail assembly pieces of the trampoline.*

## Basic Skills

Basic trampoline skills include:

- Bouncing
- Stop Bounce
- Arm Action
- Bounce Variations

## Bouncing

The most important basic skill in jumping on a trampoline, is controlling the height and landing of your bounce. The goal is to land in the center of the mat, or as close to the center of the mat as possible. The basic bounce should always be low. High, reckless bouncing should never be allowed.

## Stop Bounce

The Stop Bounce technique allows the jumper to gain control by stopping quickly. It is done by keeping the feet in contact with the mat, and absorbing the rebound of the trampoline with the knees and waist. This skill should be learned right away and should be employed whenever you feel out of balance, or land away from the center area.

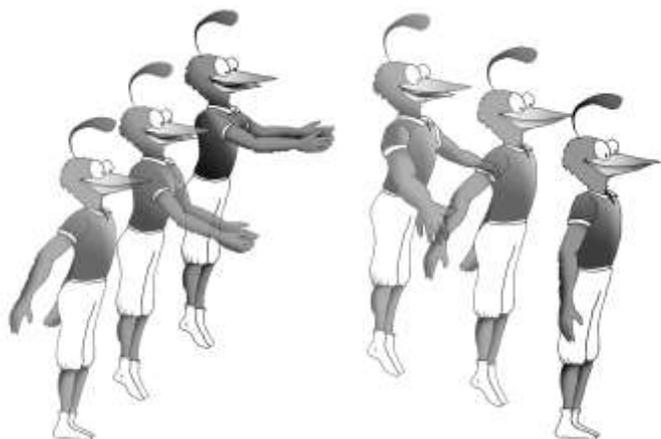
To learn the Stop Bounce:

1. Stand in center of the mat with your feet about hip-width apart.
2. Attempt three easy bounces; keep them low and controlled.
3. Focus your eyes toward the perimeter of the trampoline while bouncing, in order to keep your balance
4. Stop the bounce when your feet contact the mat by bending at your knees and hips.

## Arm Action

Arms are very important for proper control and lift. Whenever you go up, your arms go up. They go up to a set position about shoulder height and shoulder width. They should remain in this balanced position until you start to go down. Then they circle down slightly behind the hips, ready to lift again as you bounce up. See Figure 2.

**Figure 2 Arm Action**



## Use Instructions

### Bounce Variations

Figure 3 shows three variations you can perform in the air. These should be performed at the top of your bounce before returning to the normal landing position on your feet.

**Figure 3 Bounce Variations**



**Tuck**



**Pike**



**Straddle**

Practice these simple variations and concentrate on perfect form. When you are in position, make sure you point your toes and straighten your fingers (Pike and Straddle variations). Also make sure you take off and land in the same spot on the center of the mat.

These simple variations to the basic bounce can be a lot of fun, and are very important for gaining experience in coordinated movement and balance.

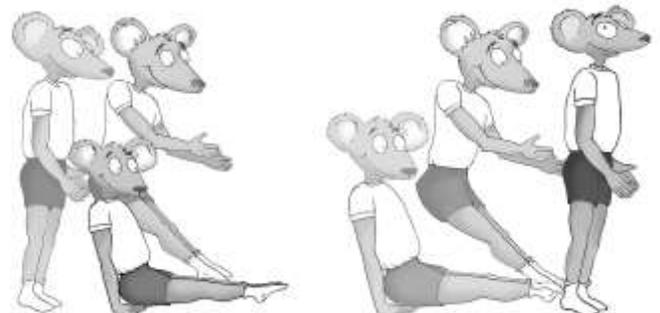
### Basic Landing Positions

Once the jumper understands the body placement of the position, the drop can be performed after “priming” the trampoline mat. Priming is done by bending the knees and pushing down on the trampoline mat several times, thereby setting the mat in motion. The feet stay in contact with the mat during the entire priming motion.

### Seat Drop

To perform a Seat Drop:

1. From the standing position, prime the mat several times.
2. Pick up your feet at the top of the last bounce, and sit down. You should land with your body in a seated position with your legs straight out in front of you and your toes pointed. Hands should be on the mat next to your hips. Fingers should be together and pointed toward your feet. See Figure 4.
3. Push on the mat with your hands to rebound up to your feet.



**Figure 4 Seat Drop**

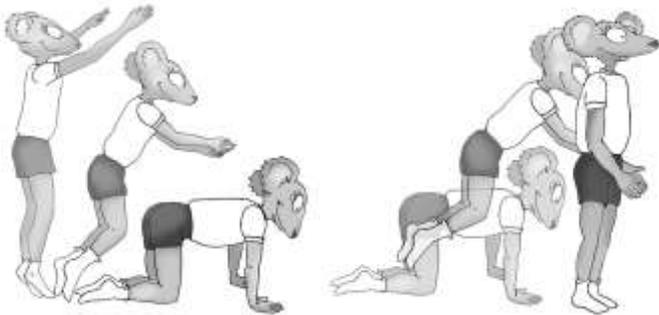
## Hands and Knees Drop

To do a Hands and Knees Drop properly, there should be just as much weight on the hands as on the knees. The back should be about parallel to the mat. The knees and hands should land simultaneously, with the middle of the body landing in the center of the trampoline. The hands should be directly under the shoulders. The knees should be directly under the hips. The toes should be pointed. See Figure 5.

To perform a Hands and Knees Drop:

1. Get down on your hands and knees on the mat. Make sure you have weight on both your hands and knees. Do not sit on your heels.
2. Remain in this position and try to bounce. Do not rock back and forth between the hands and knees, but develop an even landing on all four points.
3. From the standing position, prime the mat several times. Lift upward with the hips, reach forward with the hands, and land on all fours. Look slightly in front of your hands on landing. Push to rebound to your feet.

**Figure 5 Hands and Knees Drop**

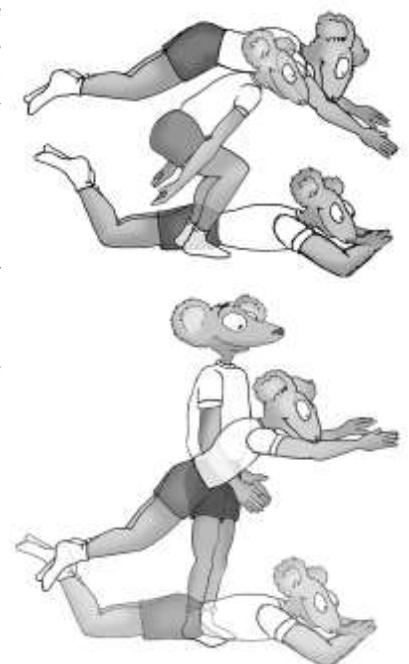


## Front Drop

In a front drop, contact with the trampoline mat should simultaneously take place with your hands, elbows, chest, stomach, and hips. Knees should be bent. Hands should be placed close together with palms in contact with the mat, forming a triangle. Eyes should focus on the center of the triangle or slightly in front of your fingers. See Figure 6.

1. First learn how to go from the hands and knees drop to the front drop.
  - a. Start from the hands and knees drop position.
  - b. As you rebound from the hands and knees, stretch so that you land on your stomach. From this position, rebound to your hands and knees.
2. Next, perform Step 1, beginning and ending in a standing crouched position.
  - a. Start from a standing position with your knees bent and your upper body low and close to the trampoline mat.
  - b. Prime the mat several times.
  - c. Lift your hips gently upward and backward.
  - d. Land in a hands and knees drop, rebound and stretch into a front drop, and return to a hands and knees drop.
  - e. Push with the hands to return to your feet.
3. Lastly, perform Step 2 from a standing position.
  - a. Start from a straight standing position.
  - b. Prime the mat several times.
  - c. Perform a Front Drop as in Step 2.

**Figure 6 Front Drop**



## Use Instructions

*Front Drop Note: Your body must contact the trampoline mat all at once. If you land on your chest and arms first, they will rebound before the knees hit, which will result in a straining action on the back. If this type of landing is made with a traveling, diving approach, there is a good chance that the elbows may become skinned. If the landing is made so that the knees and hips hit first, then they will rebound and you will land heavily on your shoulders and face.*

## Series of Drops

Once you have mastered the individual bounce variations and drops, try performing them in sequence. For example: Seat Drop—Hands and Knees Drop—Front Drop or Seat Drop—Hands and Knees Drop—Seat Drop.

## Twisting Moves

Twisting moves include:

- Swivel Hips
- Turntable
- Twist Variations

## Swivel Hips

A Swivel Hips is a combination move consisting of a Seat Drop, half twist, then another Seat Drop.

1. First become familiar with the first part of a Swivel Hips.
  - a. Perform a seat drop.
  - b. Push down on the mat with the hands and straighten in the air with your arms stretched over your head.
2. Next, add the half twist.
  - a. Perform Step 1. As you rebound up to your feet, move one shoulder in the direction you want to twist.
  - b. Finish standing with arms stretched overhead, facing the opposite direction (180 degree twist completed).
3. Last, try the complete Swivel Hips twist. See Figure 7.
  - a. Perform a Seat Drop.
  - b. As you rebound with your arms overhead, twist around to face the opposite direction.
  - c. Land in another Seat Drop.

**Figure 7 Swivel Hips**

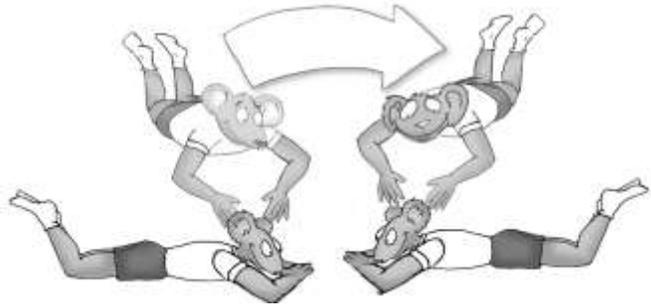


## Turntable

A Turntable is a combination move consisting of a Front Drop, a Half Twist, then another Front Drop.

1. First become familiar with the first part of a Turntable.
  - a. Begin in a hands and knees position, with hands forming a triangle, like a Front Drop.
  - b. Prime the mat in this position.
  - c. Push backward with your hands and extend your body to land in the Front Drop position.
  - d. Repeat several times in succession: Hands and Knees Drop—Front Drop—Hands and Knees Drop, etc.
2. Next, perform the movement in Step 1, but at twice the speed so as to bring the knees inward, under the hips and out again without touching the knees on the mat.
3. Now, perform the movement in Step 2, but push sideways on the mat so that your body rotates before you land on the mat.
4. Last, try the complete Turntable twist from a standing position. Prime the mat and perform a Front Drop. Push sideways, complete a 180 degree rotation, and finish in a Front Drop facing the opposite direction. See Figure 8.

**Figure 8 Turntable**



## Twist Variations

You can have hours and hours of fun and challenging bouncing by combining twists with each of the basic landing positions (Drops). You can twist after the landing. For example: Seat Drop with a half twist and land on your feet.

You can add more twists. Always remember to practice and perfect the simpler twists before moving on to more complex twists.

You can also perform a series of twists. For example: perform several Swivel Hips in a row, all in the same direction or alternate directions. You can do the same thing with Turntable twisting.

If you find you love the trampoline and have mastered the moves discussed in these instructions, we encourage you to seek additional training from a certified trampoline instructor.



## Limited Lifetime Warranty

**What is covered by this warranty?** This warranty covers any defects in materials or workmanship on all of the components of the AlleyOop 10ft x 17ft VariableBounce Trampoline System, and is extended exclusively to the original retail purchaser.

**How long does this coverage last?** Warranty coverage for each component begins from the original date of purchase and lasts as follows:

- Steel trampoline frame and safety enclosure poles – lifetime
- Jumping surface (mat) – 5 years
- Safety enclosure netting – 5 years
- Springs – 5 years
- Frame pad – 2 years
- All other components of the trampoline and enclosure – 1 year

**What will AlleyOop Sports do?** If you return the defective part to AlleyOop Sports as instructed below, AlleyOop Sports will either repair or replace such part, at AlleyOop Sports' discretion, and return it to you.

**What is not covered by this warranty?** This warranty does not cover expenses of on-site labor, shipping costs, travel, assembly or disassembly, or other charges associated with the repair or replacement of covered components. This warranty also does not cover any problem that is caused by abuse, misuse, commercial or public use, ordinary wear and tear, weathering, acts of God (such as wind and lightning), failure to follow directions, improper installation, improper maintenance, or any silk screened graphics. Rust is a natural occurrence with any outdoor steel product and is likewise not covered by this warranty, to the extent that it does not affect the structural integrity of the part.

ALLEYOOP SPORTS IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL, OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY LOSS, INCLUDING BUT NOT LIMITED TO ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUE OR PROFITS, LOSS OF ENJOYMENT OR USE, COST OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

**How to get a defective part replaced:**

- 1) Call the AlleyOop Sports Customer Service department at 408-213-2551 to obtain a Return Authorization number. All returns must be pre-authorized.
- 2) Send the part(s) to the designated Service Center, along with a copy of your original sales receipt and a brief written description of the problem, including how it occurred. You must pay freight and insurance to return the part to AlleyOop Sports. At AlleyOop Sports' sole discretion, we may ask you to send photographs in addition to or in lieu of returning the part.
- 3) After inspecting the returned part(s), AlleyOop Sports will make a final determination whether the part is covered by this warranty. We reserve the right to examine photographs or physical evidence concerning parts claimed to be defective prior to making a final determination concerning the claim. A repaired or replacement part will be returned to you. (Shipping charges may apply.) Please allow 3 to 4 weeks for delivery.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**JumpSport, Inc.  
1680 Dell Ave.  
Campbell, CA 95008**

**408-213-2551**

**<http://www.jumpsport.com>**