Volleyball Instructions

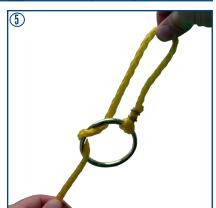
Tension Rings



Hold the metal ring with your left hand.

With your right hand, push the attached rope end twice through the center of the steel ring.

Grasp the second rope loop that you just formed and pull it until the loop is about 12" from the tension ring.



Guylines

