Note: This is a 2-person assembly. The product must be assembled correctly and maintained on a regular basis by checking all joints, bolts, screws, clips and nets. Failure to do so may void the warranty.

- Lay out all components in the shape of the goal. Per end there will be 2 x uprights (part #3), 2 x sections to make the crossbar (part #1), elbows (part #4) and crossbar adapter fitted into the crossbar (part #2).
- Connect the 2 sections of the crossbar (part #1) using the adapter (part #2) which will be already pre-connected to one of the sections. Make sure each crossbar section is matched up with corresponding section (all sections are numbered). Connect the other side of the crossbar join using 2 x M8 x 90mm s/s allen key bolts and 2 x M8 x 20mm s/s counter sunk star torx barrel nuts (part #13). Tighten both bolts firmly using keys supplied.
- Insert into the upright posts net track (part #3) 2 large alloy hex nuts (part #14) and leave them on the upper end of post towards the elbow. These hold the bottom of the D net support (part #5) and the top of the rear support bar (part #7).
- Connect the D net supports (part #7) to the lug on the elbows (part #4) using the M8 x 60mm gal hex bolts with flat and spring washers (part #16). The bottom side of each D net support (part #5) must be connected to the large alloy hex nut (part #14) previously inserted on the upright post (part #3) by using the M8 x 16mm s/s hex head bolt with flat and spring washers (part #15).
- Connect the D bracing bar (part #6) to the D net support (part #5) and crossbar (part #1) by using 1 x M8 x 60mm gal hex head bolt with washers and nuts (part #16) (to fix D net support (part #4)) and 1 x M8 x 16mm s/s hex head bolt and washers (part #15) (to fix crossbar (part #1)). The large alloy nut (part #14) is already installed in the crossbar net track (part #1).
- Assemble the back base bar (part #9) (net track side facing up) by connecting the 2 rear base elements using the back base steel connecting bar (part #10). Loosen the 4 x M8 x 16mm s/s hex head bolt and washers (part #15) on both back base bars (part #9). Pull out steel connecting bar (part #10) to black line on the bar. This is the centre point. Tighten 2 of x M8 x 16mm s/s hex head bolt and washers (part #15) making sure they go through the back base bar to secure firmly in place. Slide other side of the back base bar (part #9) over the steel connecting bar (part #10) and secure the bolts firmly.
- Connect the back base bar (part #9) to the inside of the side base bars (part #8) using 2 flat alloy fixing plate 1 on top and 1 on the bottom (part #12) and bolted using 4 x M8 x 90mm gal through bolts and washers on each corner (part #22).
- Insert 3 large alloy hex nuts (part #14) into the net track side bars (part #8) (1 in the middle and 2 at the front). Attach the gal fixing plate (part #11) to the front side of the side base bar (part #8) using 2 x M8 x 16mm s/s hex head bolts and washers (part #15) into the large alloy hex nuts (part #14) already in net track. The gal fixing plate (part #11) should be in line with the front edge of the side base bar (part #8). Add a 3rd large alloy hex nut (part #14) to the vertical hole on the gal fixing plate (part #11) by using 1 x M8 x 16mm s/s hex head bolt and washers (part #15). Keep this bolt very loose so it can slide easily inside the net track of the upright post (part #3) of the main goal frame.
- Connect the rear support bar (part #7) to the side base bar (part #8) by using 1 x M8 x 16mm s/s hex head bolt and washers (part #15) into the large alloy hex nut (part #14) already inserted into side base bar (part #8). The rear support bar (part #7) will hold itself on a 45 degree angle with the 1 bolt fitting.
- 2 people can now lift the completed base frame 90 degrees to a vertical position (1 person at each side base bar) and carefully slide the large alloy nut (part #14) attached to the gal fixing plate (part #11) into the net track at the bottom of the upright post (part #3) of the main goal frame. Slide the side base frame into the net track until the bottom of the side base (part #8) frame is flush with the bottom of the upright post (part #3) of the main goal. Tighten the M8 x 16mm s/s hex head bolt (part #15) to hold in position.
- Fix the other end of the rear support bar (part #7) to the upright post (part #3) of the main goal frame using the M8 x 16mm s/s hex head bolt (part #15) into the large alloy hex nut (part #14) already inserted into the upright post (part #3) of main goal frame.
Ensure the base frame assembly and the main goal frames are at right angles to each other before tightening all bolts. The completed goal assembly can now be tuned upright into its finished position and all bolts can be tightened.

- The net clips (part #18) can now be fitted into the net tracks. 26 clips to be placed on each crossbar (part #1); 11 clips to be placed on each one of the upright posts (part #3); 18 clips to be placed on back base bar; 6 clips to be placed on each side base bar. 4 clips will remain as spares. Place net clips sideways into track and turn 90 degrees to lock in place. Turning the net clips in the track can be hard on fingers so use a screwdriver to lever them around. Lock net clips into position using s/s net clip screws (#19).
- Knock in plastic end caps (#20) into the end of side base bar (part #8).
- Insert anchor pegs (part #17) through anchor points in back base bar (part #9) and side base bars (part #8). Put 4 pegs on the rear base bar and 3 on each side base bar.
- Ensure goal frame is anchored securely to the ground before use and users are educated on safe portable goal post use.

Never swing or climb on goal post. Regularly check and maintain goal post prior to every use. Refer to your soccer Goal Post Handbook for more information.