

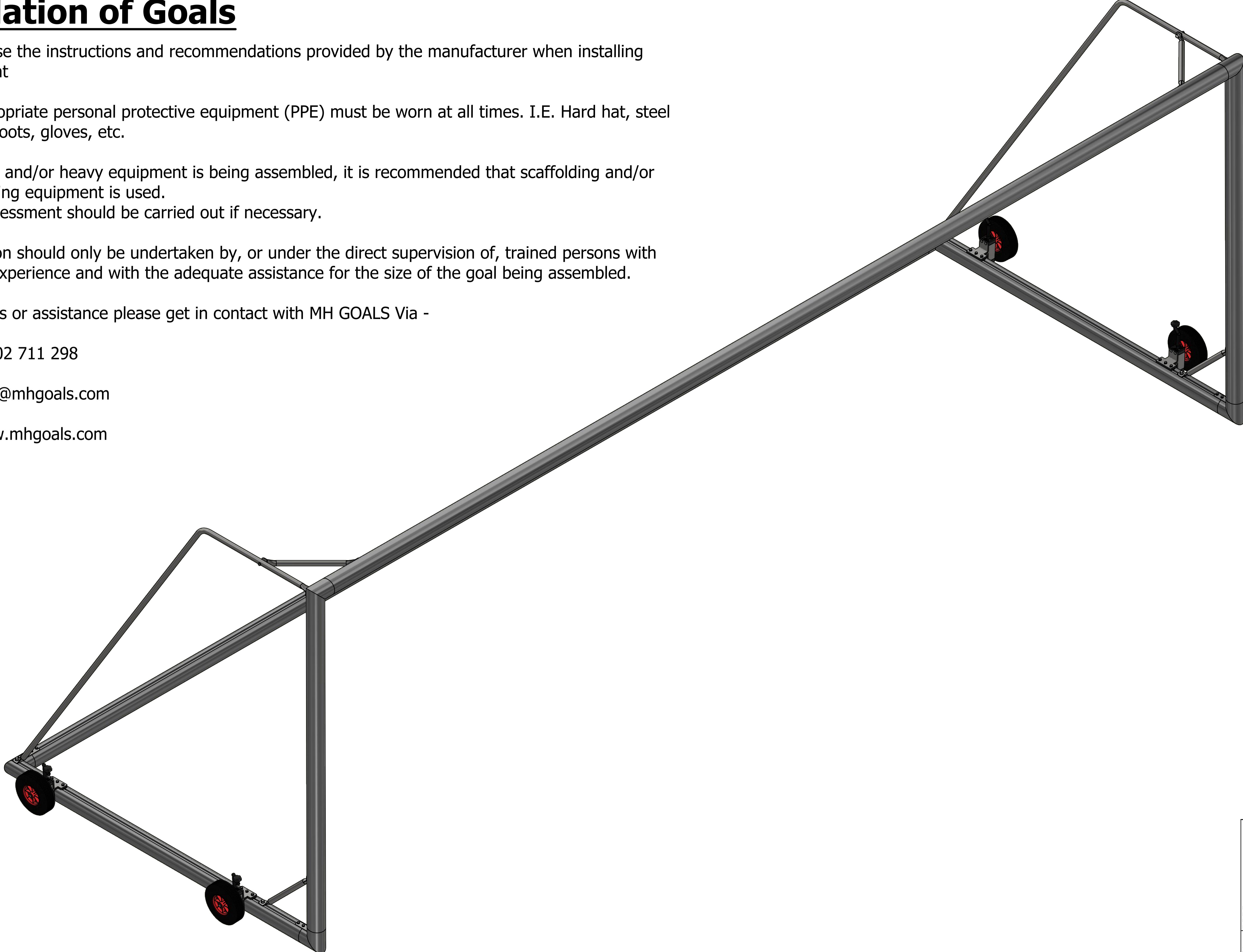
# Installation of Goals

- Always use the instructions and recommendations provided by the manufacturer when installing equipment
- The appropriate personal protective equipment (PPE) must be worn at all times. I.E. Hard hat, steel toe cap boots, gloves, etc.
- When tall and/or heavy equipment is being assembled, it is recommended that scaffolding and/or heavy lifting equipment is used.  
A risk assessment should be carried out if necessary.
- Installation should only be undertaken by, or under the direct supervision of, trained persons with enough experience and with the adequate assistance for the size of the goal being assembled.
- For spares or assistance please get in contact with MH GOALS Via -

T - 01502 711 298

E - [Info@mhgoals.com](mailto:Info@mhgoals.com)

W - [www.mhgoals.com](http://www.mhgoals.com)



## Part List (Per Goal)

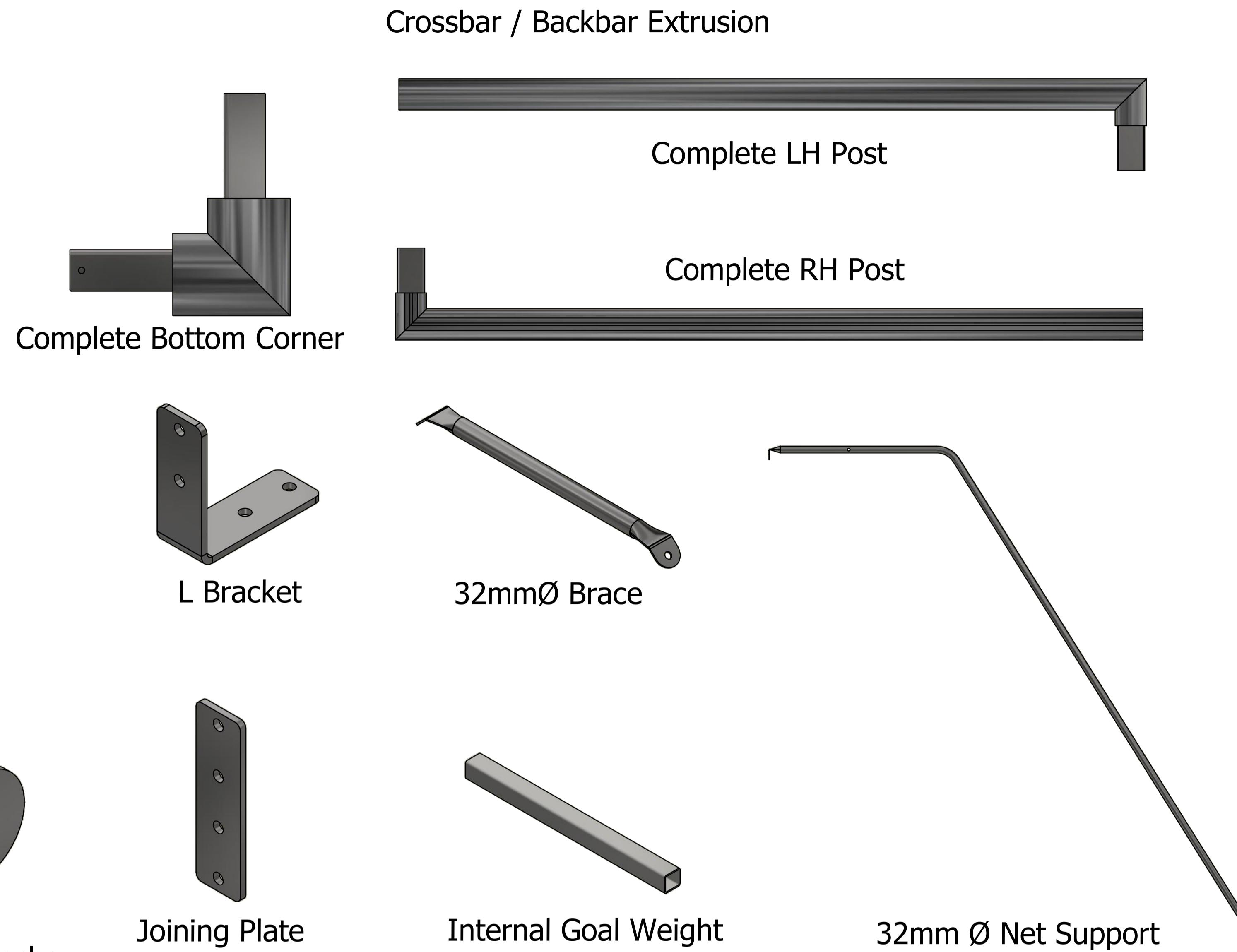
Item	Part Number	QTY
1	Crossbar	2
2	Complete LH Post	2
3	Complete RH Post	2
4	FT-670 - Complete Bottom Corner	2
5	FT-678 - Internal Goal Weight	6
6	FT-675 - M8 Sliding Channel Nut	38
7	FT-671 - L Bracket for SW Ali Goal	2
8	FT-677 - Joining Plate for Ali Goal	4
9	FT-674 - Aluminium Square Spacer	10
10	32mm Ø Net Support	2
11	FT-672 - 32mm Ø Brace	4
12	FT-673 - M8 Spring Washer	36
13	FT-680 - M8 x 25 Coach Bolt	10
14	FT-679 - Coach Bolt Fixing Plate	10
15	FT-684 - M8 Nyloc	10
16	FT-681 - M8 x 20 Hex Head	24
17	FT-682 - M10 x 50 Hex Head	2
18	FT-685 - M10 Nyloc	2
19	FT-685 - M10 Washer	2
20	LL-004 - Lift & Lower Evolution	4
21	FT-659 - Lift and Lower Spacer Plate	4
22	LL-005 - Lift and Lower Evolution Long Reach Handle	1
23	FT-2072 - M8 x 30 Hex Head	12
24	HOOK-009 - Holdfast Net Hook Key	1
25	HOOK-010 - Bag of Holdfast Net Hooks	1
26	FT-3008 - M8 Repair Washer	10
27	FT-2082 - M8 Nut Cap	10
28	FT-2083 - M10 Nut Cap	2

## Goal Weight Table

Item	Part Number	QTY	Goal Size	Total Weights	Weight Locations
1	Crossbar	2	24 x 8	6	ALL
2	Complete LH Post	2	21 x 7	6	ALL
3	Complete RH Post	2	16 x 7	4	1,2,3,6
4	FT-670 - Complete Bottom Corner	2	16 x 6	4	1,2,3,6
5	FT-678 - Internal Goal Weight	6	16 x 4	4	1,2,3,6
6	FT-675 - M8 Sliding Channel Nut	38	12 x 6	4	1,2,3,6
7	FT-671 - L Bracket for SW Ali Goal	2	12 x 4	3	3,5,6

## Goal Brace Table

Goal Size	Brace QTY
24 x 8	4
21 x 7	4
16 x 7	4
16 x 6	2
16 x 4	2
12 x 6	2
12 x 4	2



Spring Washer



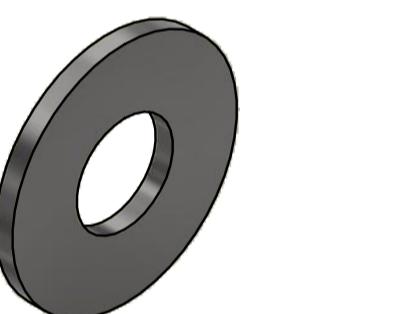
Aluminium Square Spacer



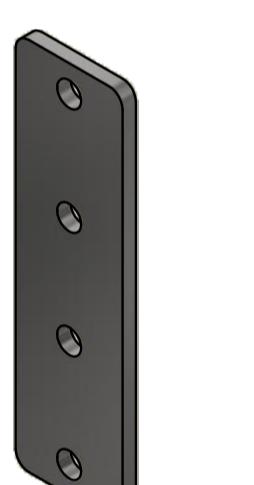
M8 Sliding Channel Nut



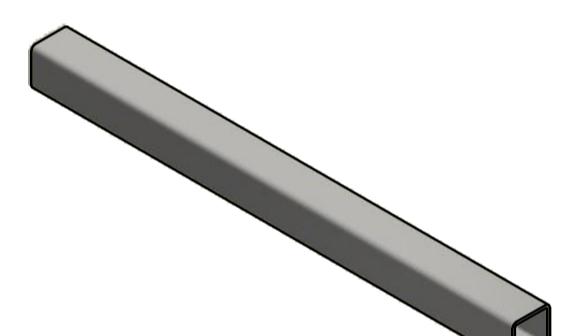
M10 Washer



M8 Repair Washer



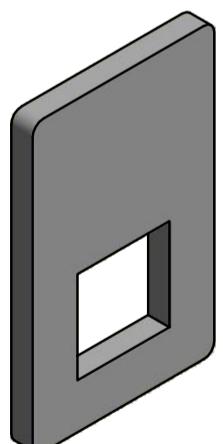
Joining Plate



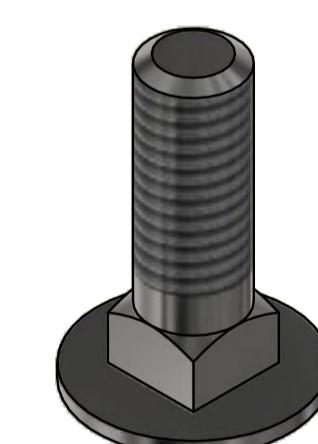
Internal Goal Weight



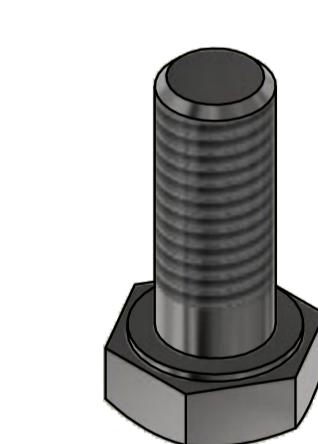
32mm Ø Net Support



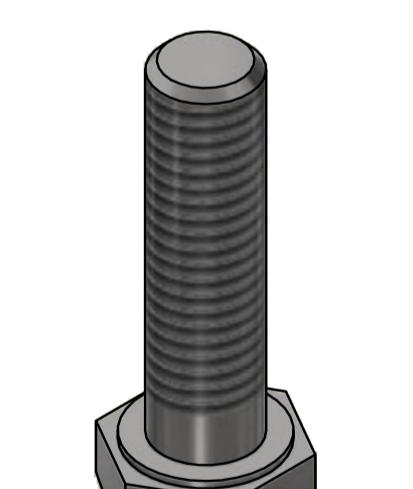
Coach Bolt Fixing Plate



M8 x 25 Coach Bolt



M8 x 20 Hex Head Bolt



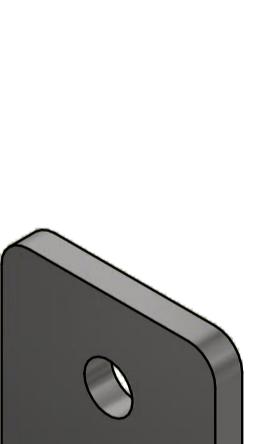
M8 x 30 Hex Head Bolt



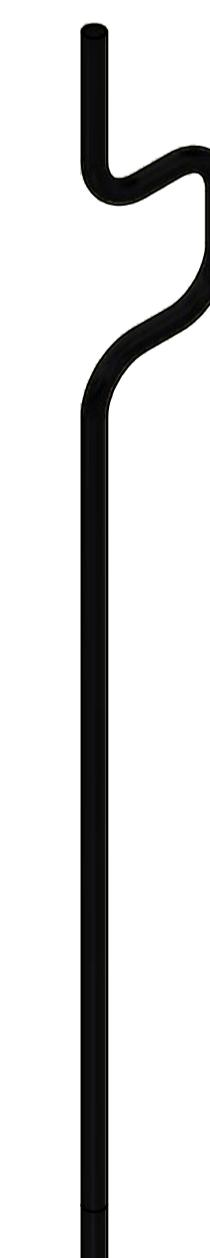
M10 Nut Cap



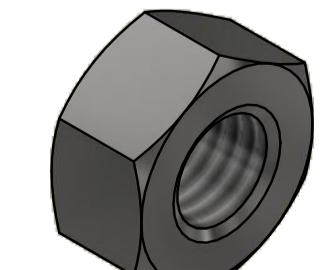
Lift & Lower Evolution



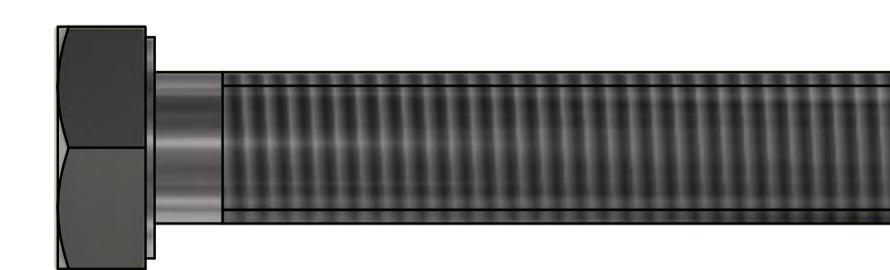
Lift and Lower Spacer Plate



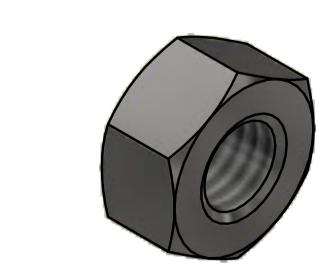
Long Reach Handle



M10 Nyloc



M10 x 50 Hex Head Bolt



M8 Nyloc



M8 Nut Cap



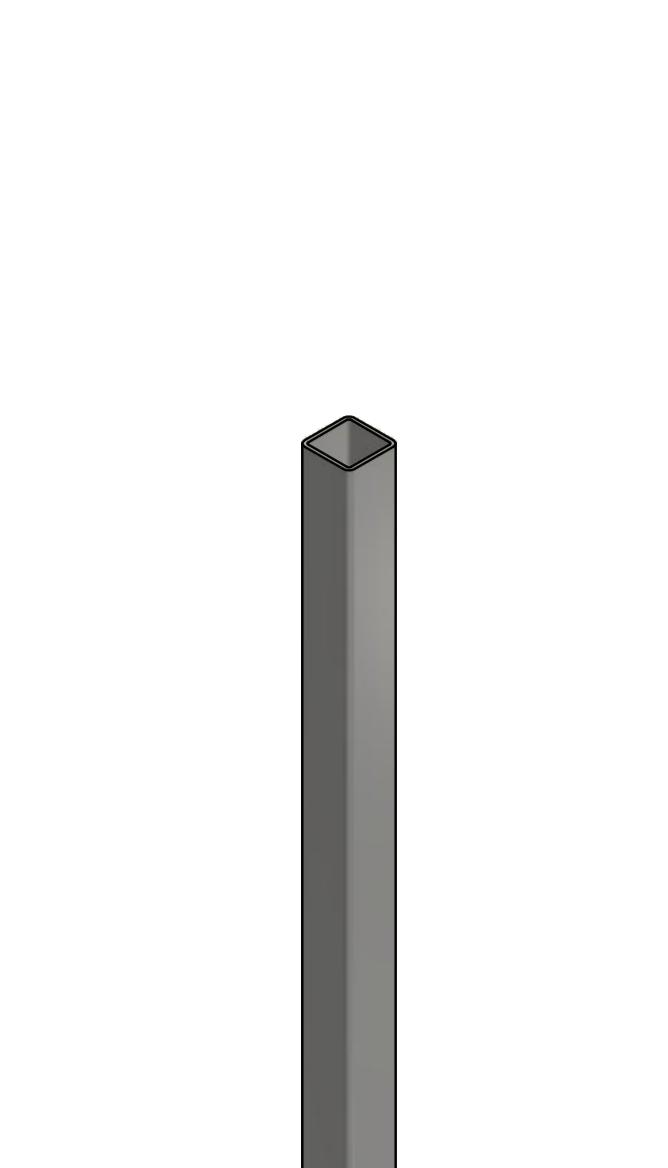
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Selfweighted  
Wheeled Football  
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SHEET 2 OF 12 REVISION 1

# Parts Required

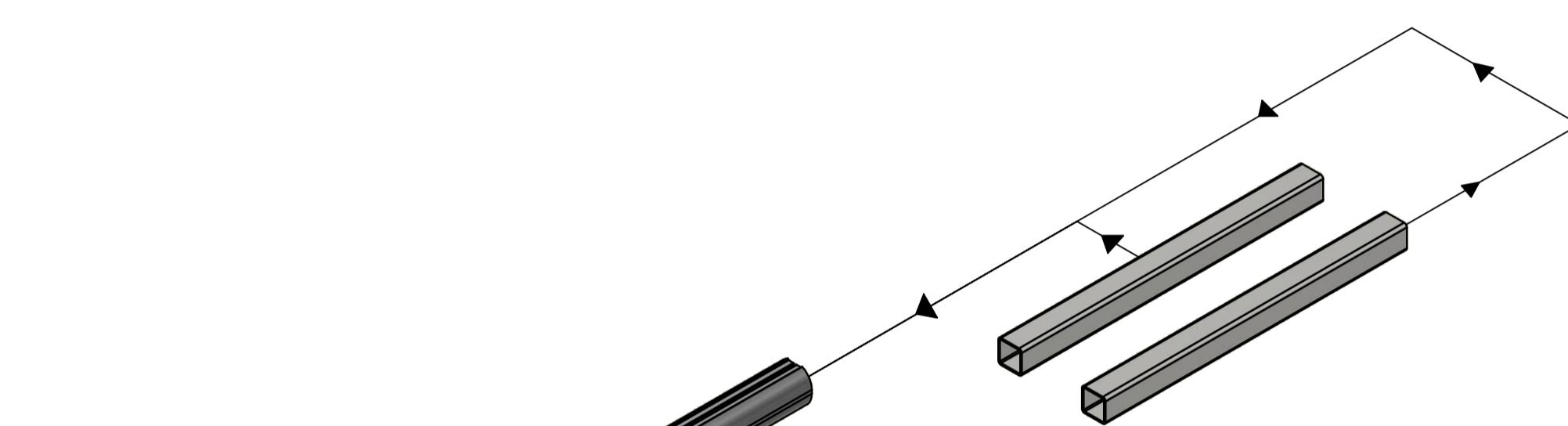
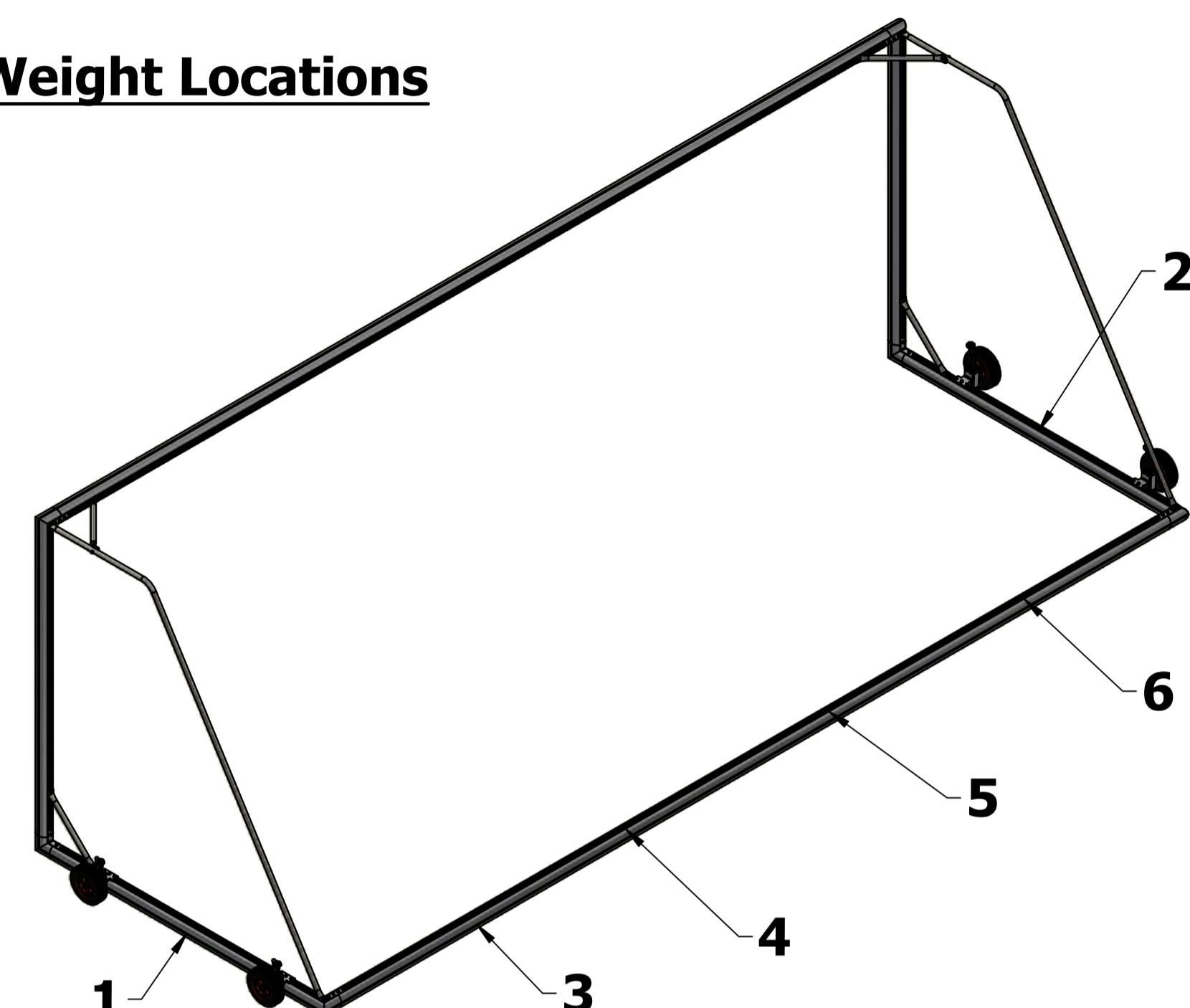


Internal Goal weight  
see table for positions -

Crossbar /  
Backbar Extrusion

Goal Size	Total Weights	Weight Locations
24 x 8	6	ALL
21 x 7	6	ALL
16 x 7	4	1,2,3,6
16 x 6	4	1,2,3,6
16 x 4	4	1,2,3,6
12 x 6	4	1,2,3,6

## Weight Locations

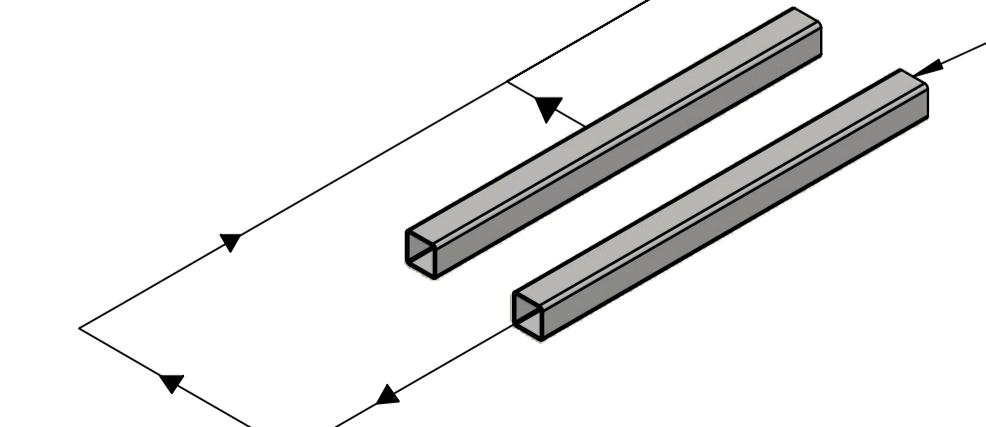


## Step 1 -

Place the Crossbar on a flat surface  
with the channel section facing upwards

## Step 2 -

Slide the appropriate number of internal weights  
as dictated by the Goal Weight Table into the section,  
using the locations shown as a guide  
leaving a minimum gap of 300mm from  
the end of the bar to the start of the weight



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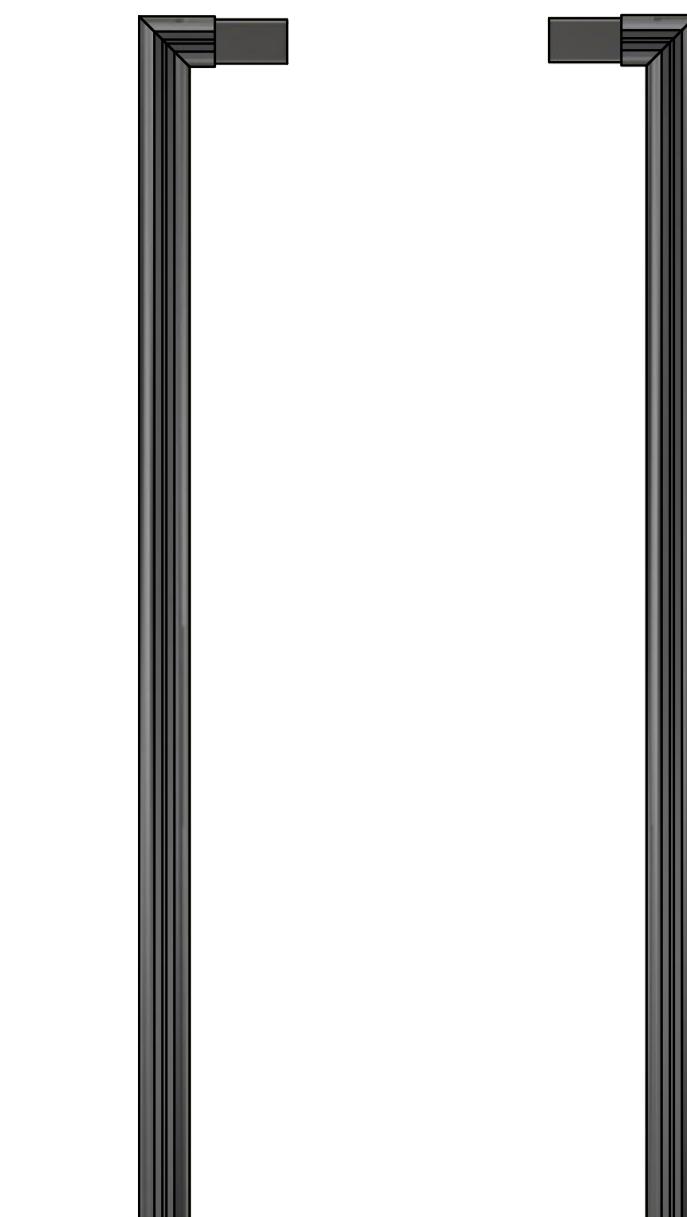
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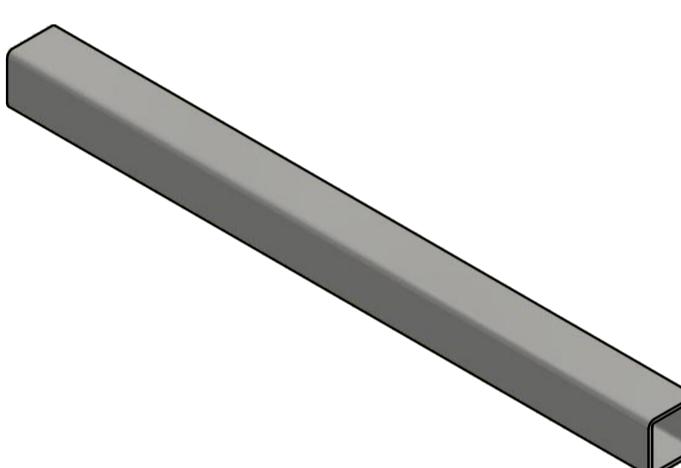
REVISION

3 OF 12 1

# Parts Required



Complete  
RH Post      Complete  
LH Post

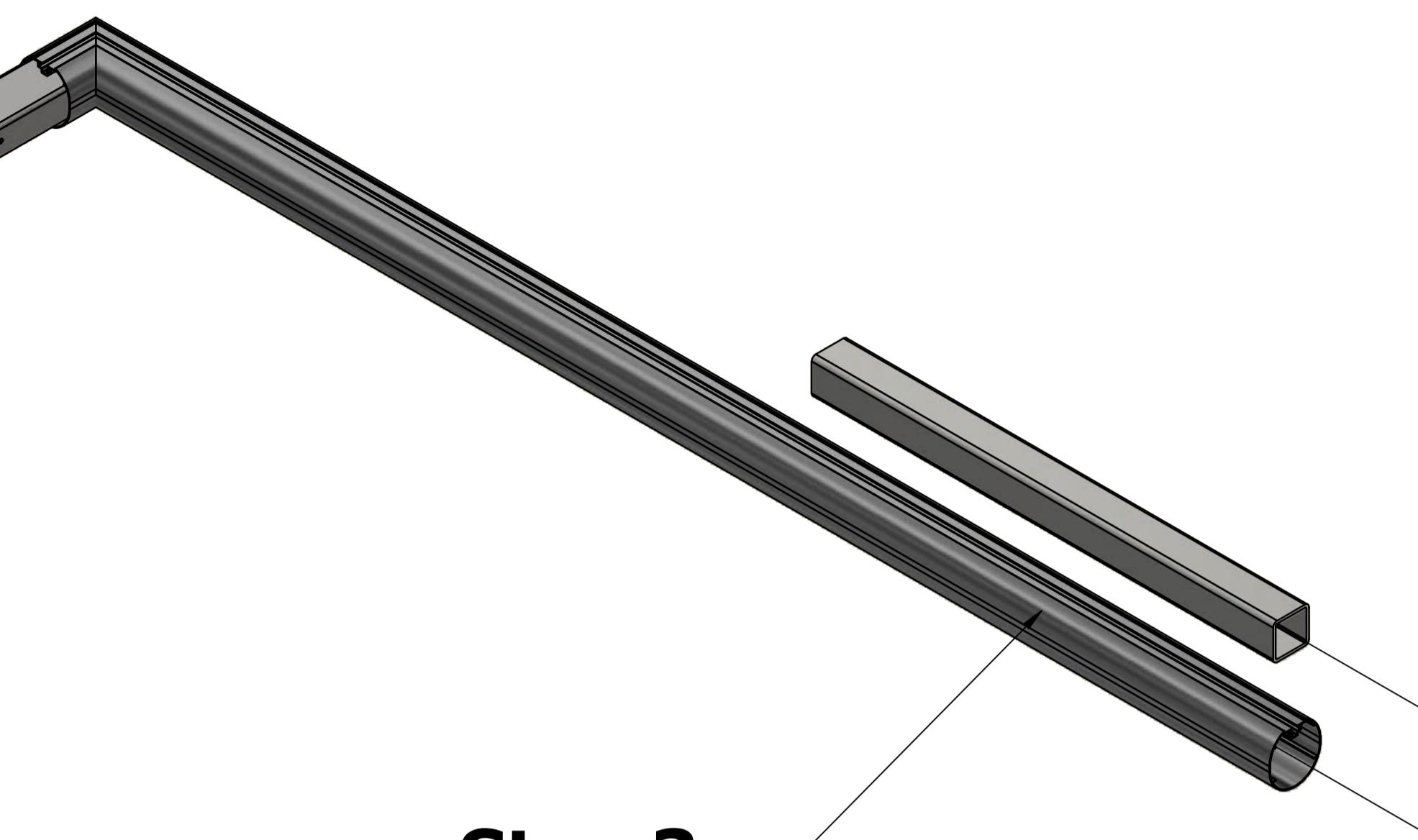
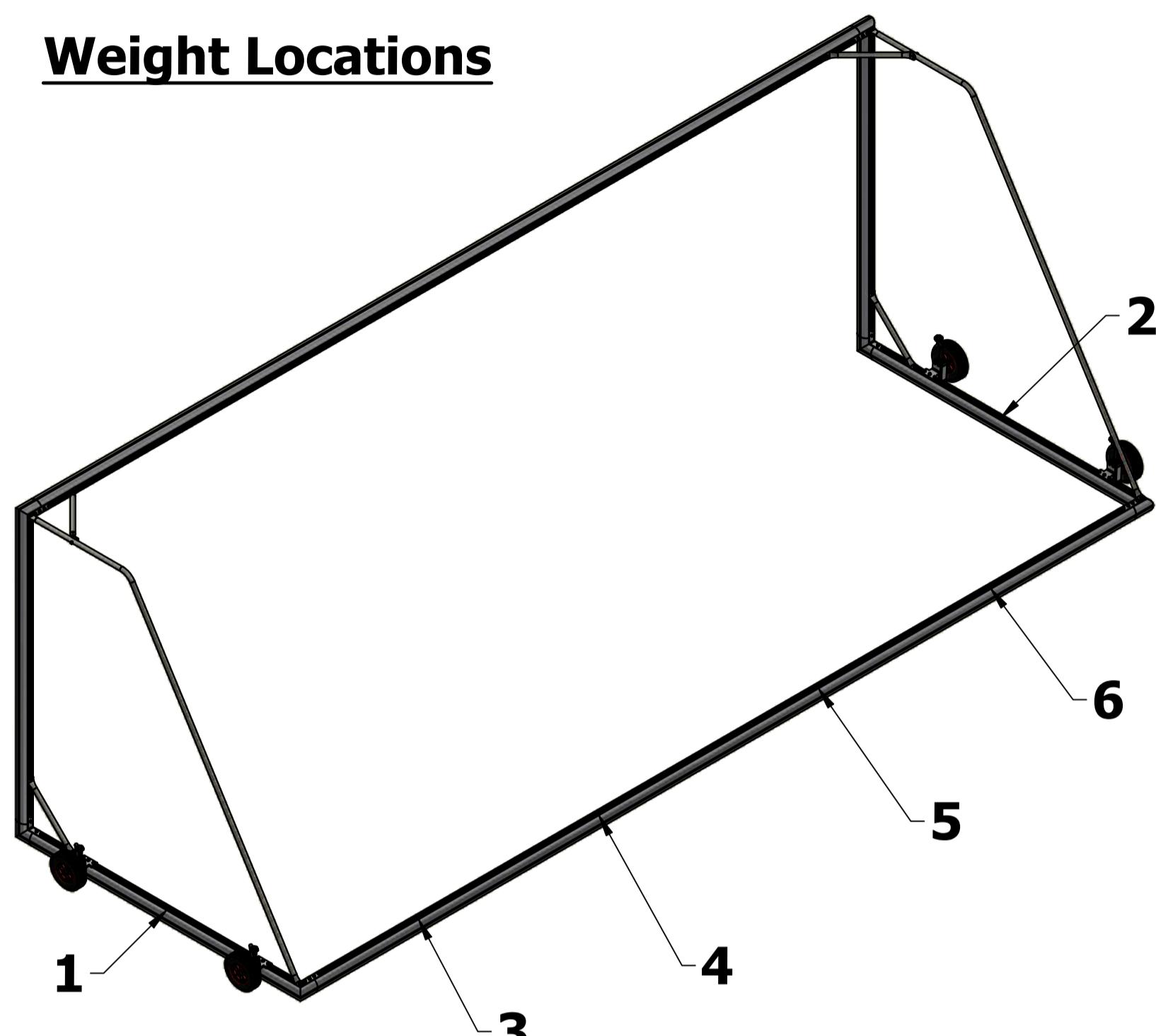


Internal Goal weight  
see table for positions -

## Goal Weight Table

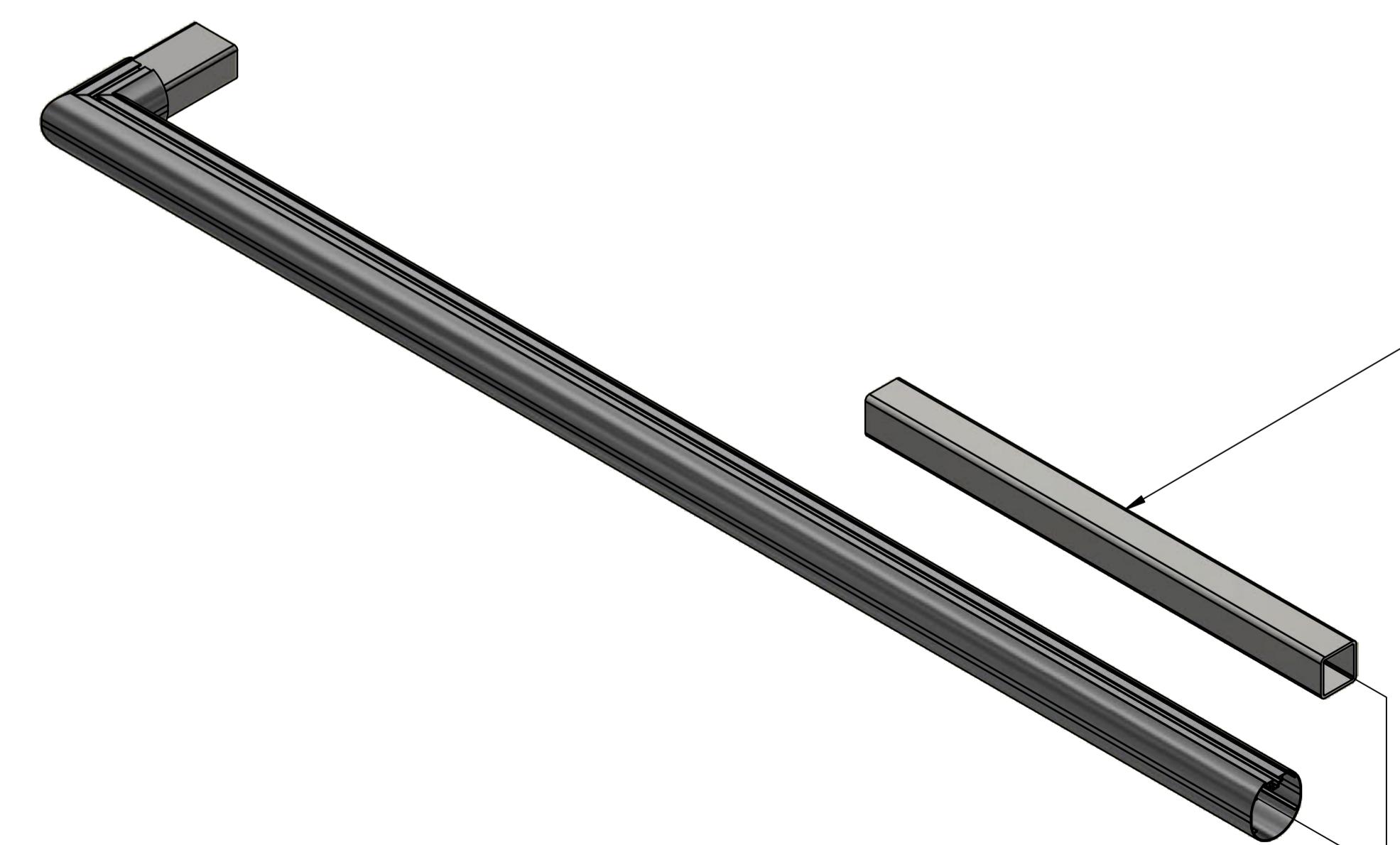
Goal Size	Total Weights	Weight Locations
24 x 8	6	ALL
21 x 7	6	ALL
16 x 7	4	1,2,3,6
16 x 6	4	1,2,3,6
16 x 4	4	1,2,3,6
12 x 6	4	1,2,3,6

### Weight Locations



### Step 3 -

Place the Post on a flat surface with the channel section facing upwards  
Slide the appropriate number of internal weights as dictated by the Goal Weight Table into the section, using the locations shown as a guide  
**This Step uses Position 1**



### Step 4 -

Repeat step 3  
**This Step Uses Position 2**



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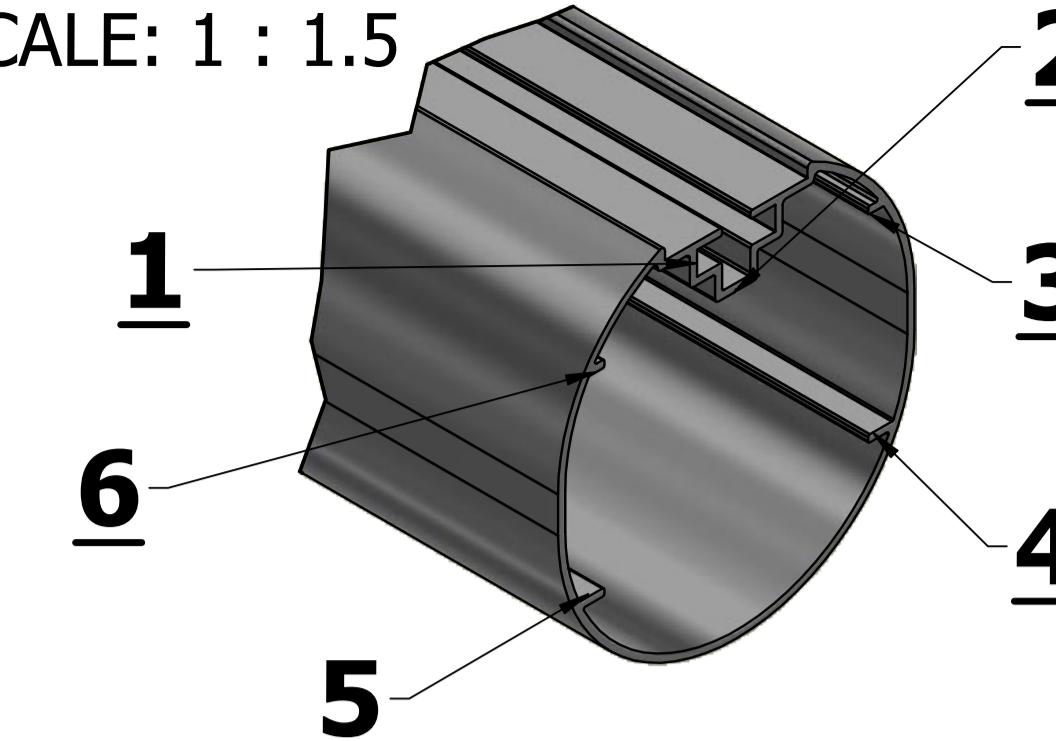
REVISION

4 OF 12 1

## Parts Required



DETAIL, A  
SCALE: 1 : 1.5



## Extrusion Guide

Position	Used For
1	Channel for Nuts & Coach Bolts
2	Knuckle Support Position
3	Knuckle Support Position
4	Knuckle Support Position
5	Knuckle Support Position
6	Knuckle Support Position

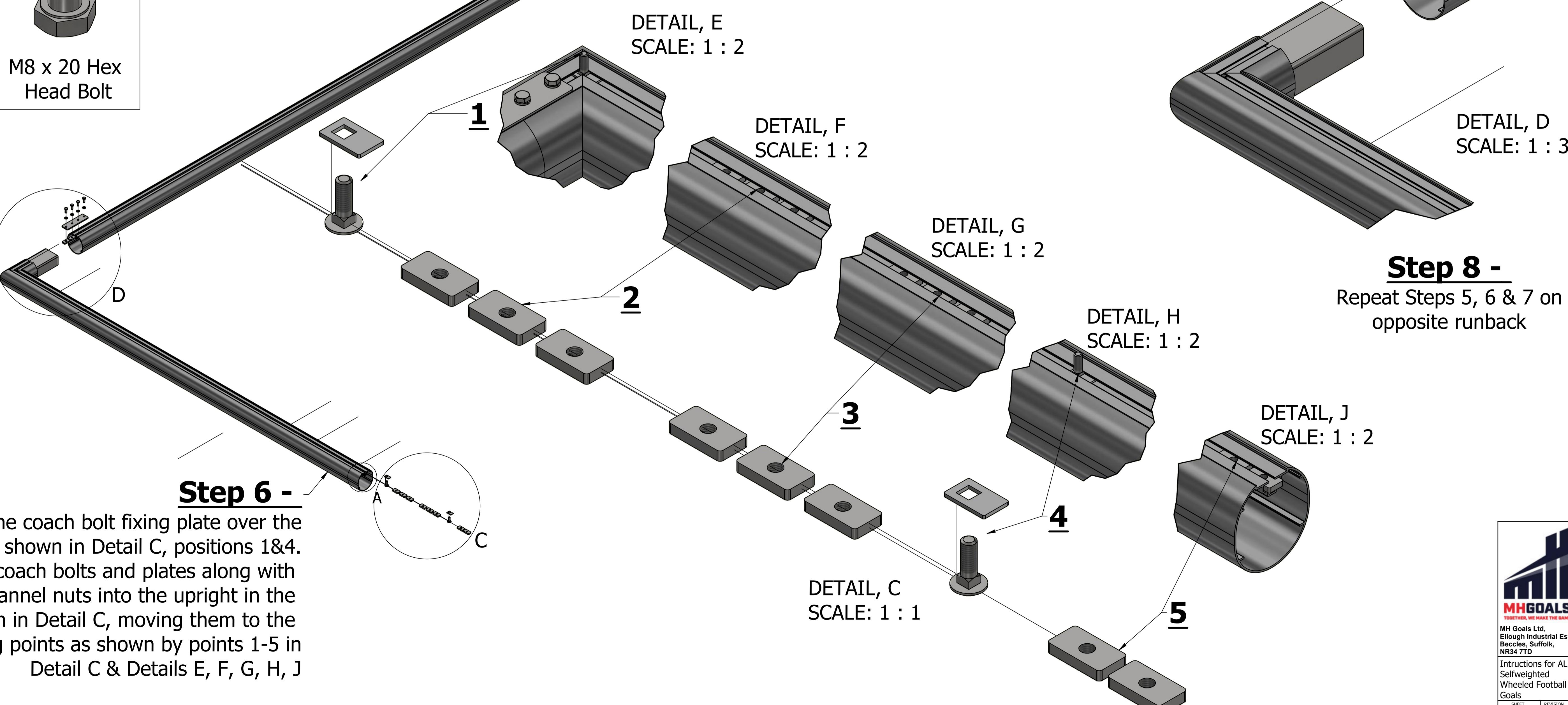
### Step 5 -

Place the weighted backbar and posts on a flat surface, with the channel facing upwards, Slide 2 channel nuts into the post corner and two into the backbar as Shown in Detail D

### Step 7 -

Once the coach bolts and channel nuts are in position, slide the knuckle of the runback into the backbar, using points 2-6 in Detail A in the Extrusion Guide.

When the channel nuts are in the position shown in Detail D (2 either side of the join) place the joining plate onto the channel, fastening with spring washers and M8 x 20 hex head bolts



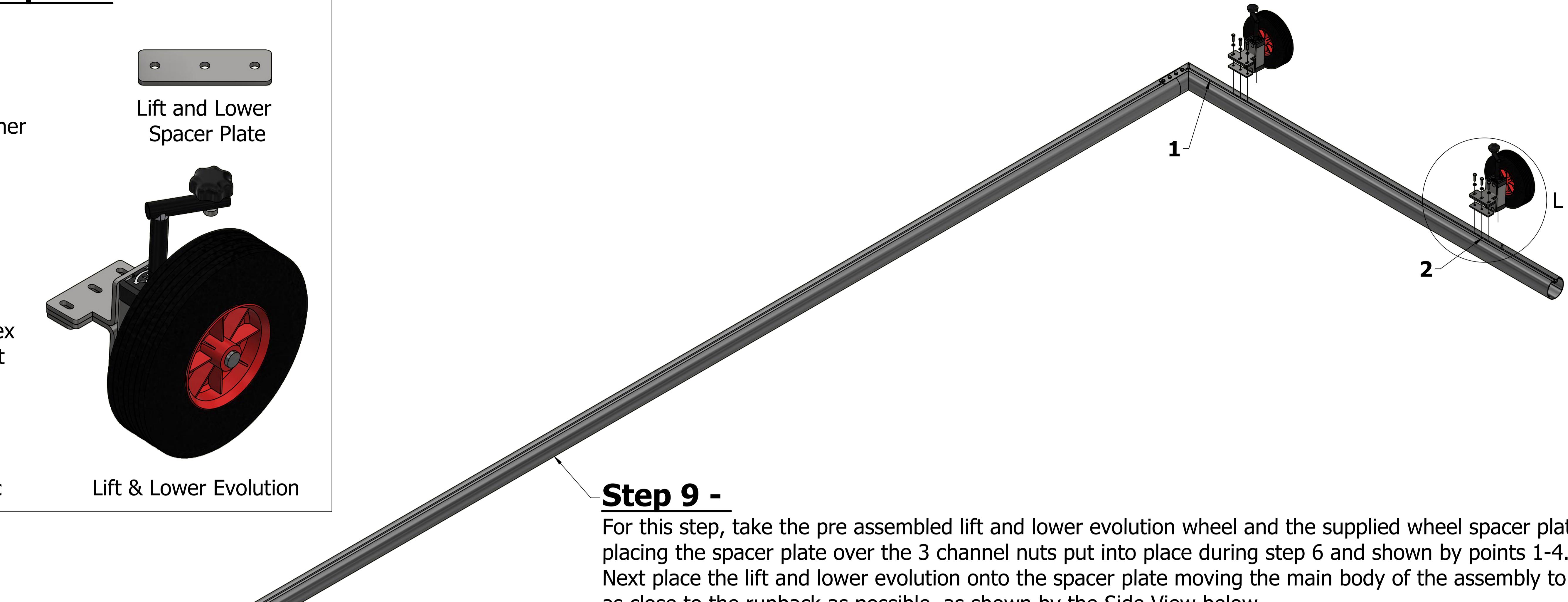
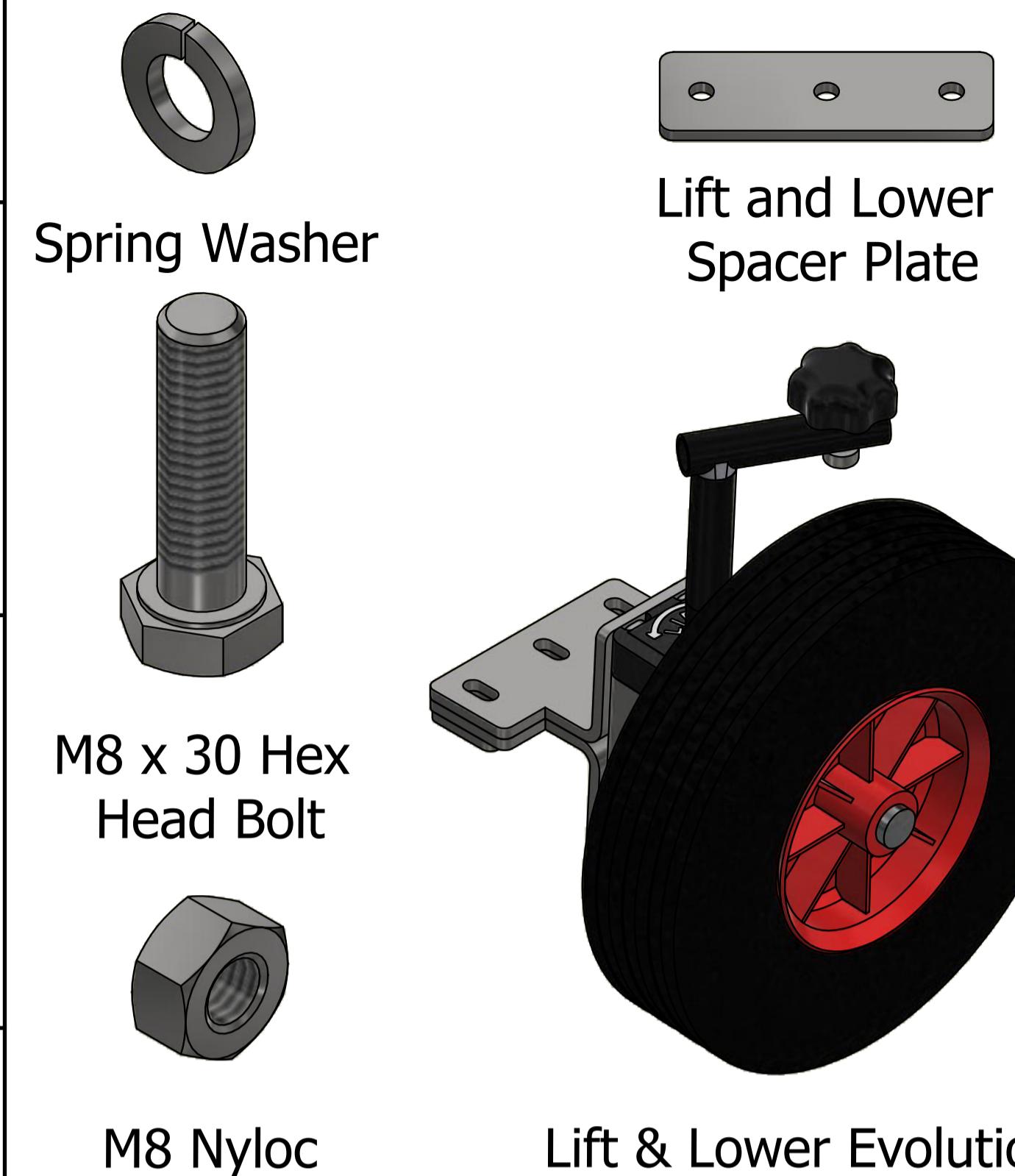
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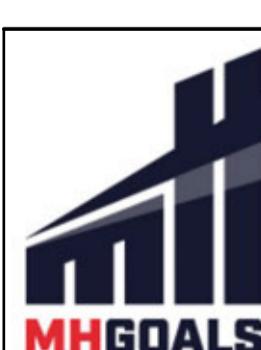
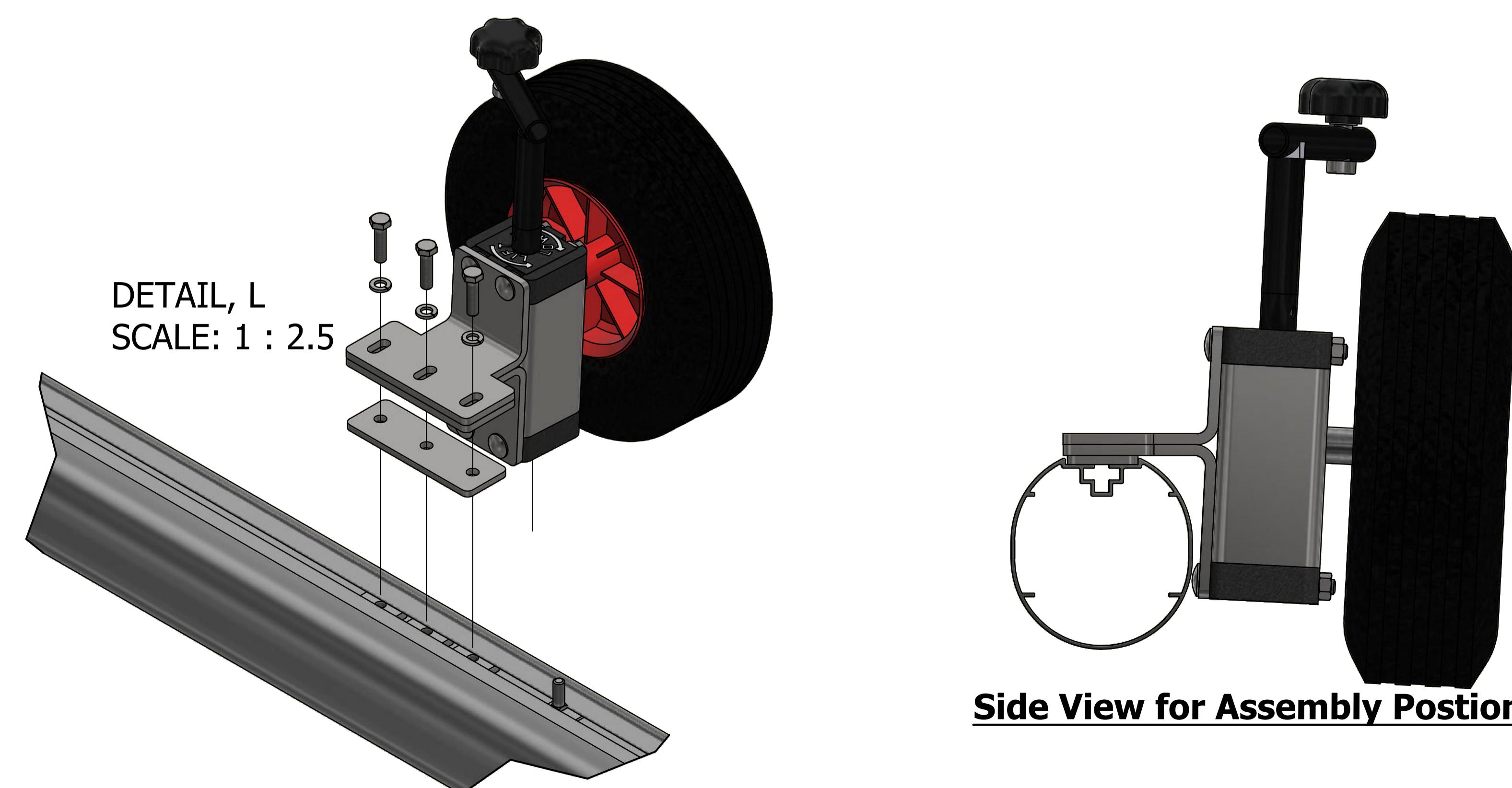
5 OF 12

# Parts Required



## Step 9 -

For this step, take the pre assembled lift and lower evolution wheel and the supplied wheel spacer plate, placing the spacer plate over the 3 channel nuts put into place during step 6 and shown by points 1-4. Next place the lift and lower evolution onto the spacer plate moving the main body of the assembly to be as close to the runback as possible, as shown by the Side View below. To fasten in position, place the washers over the M8 x 30 bolts, then put these through the slots in the mounting plates of the lift and lower evolution and into the channel nuts below, tighten fully. Repeat for the other wheels.



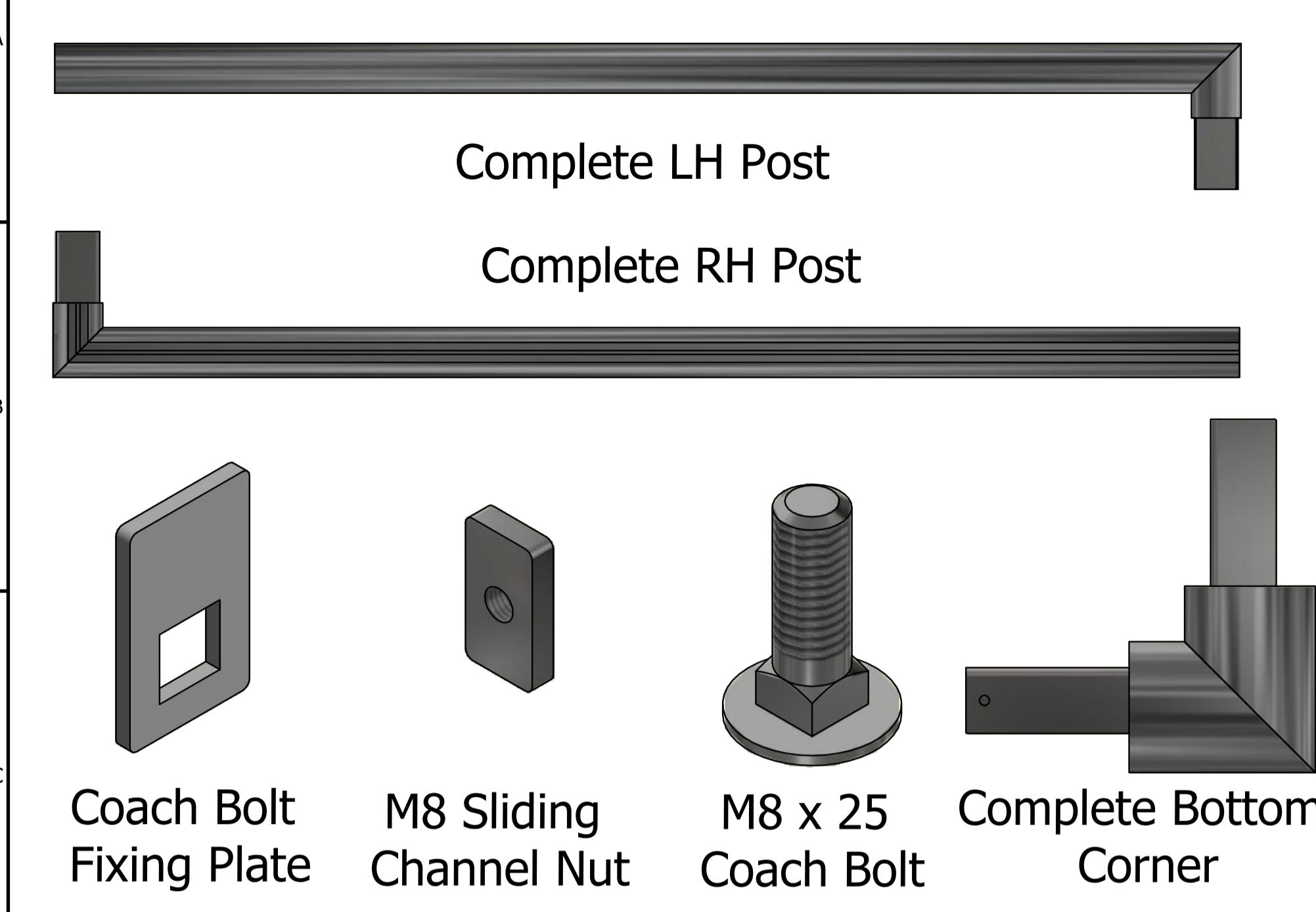
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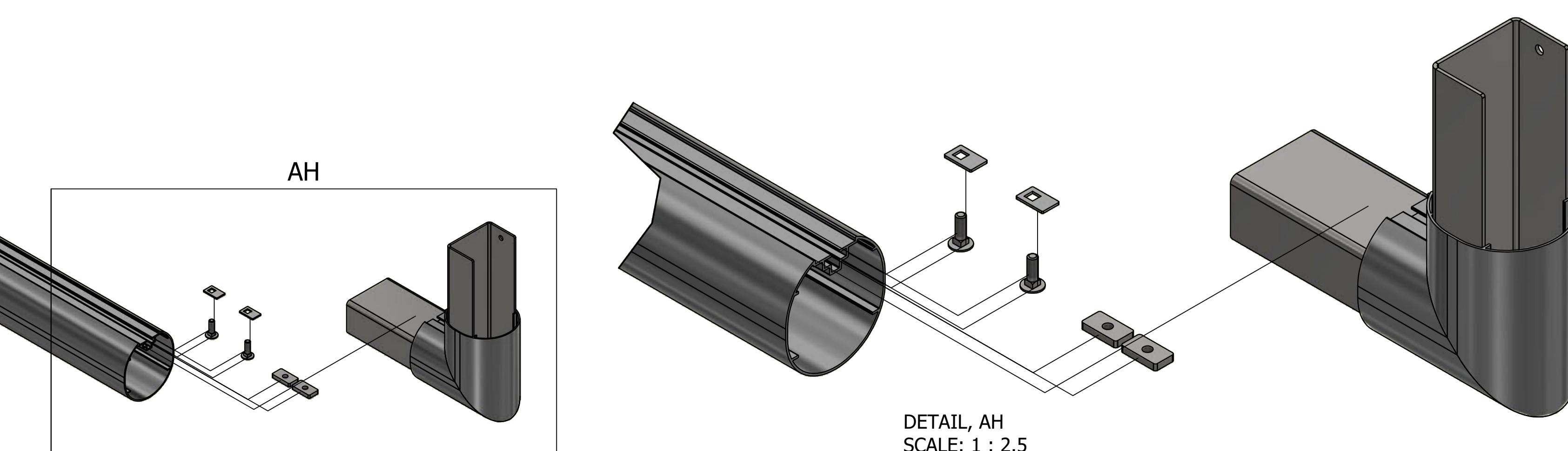
Sheet 6 OF 12 Revision 1

# Parts Required

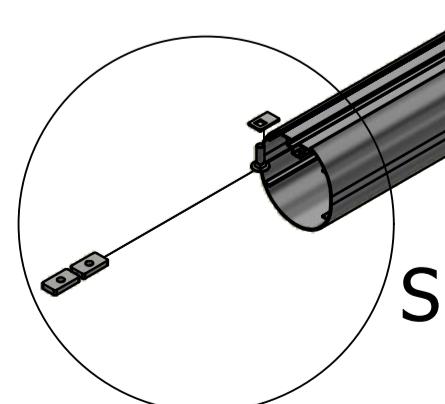
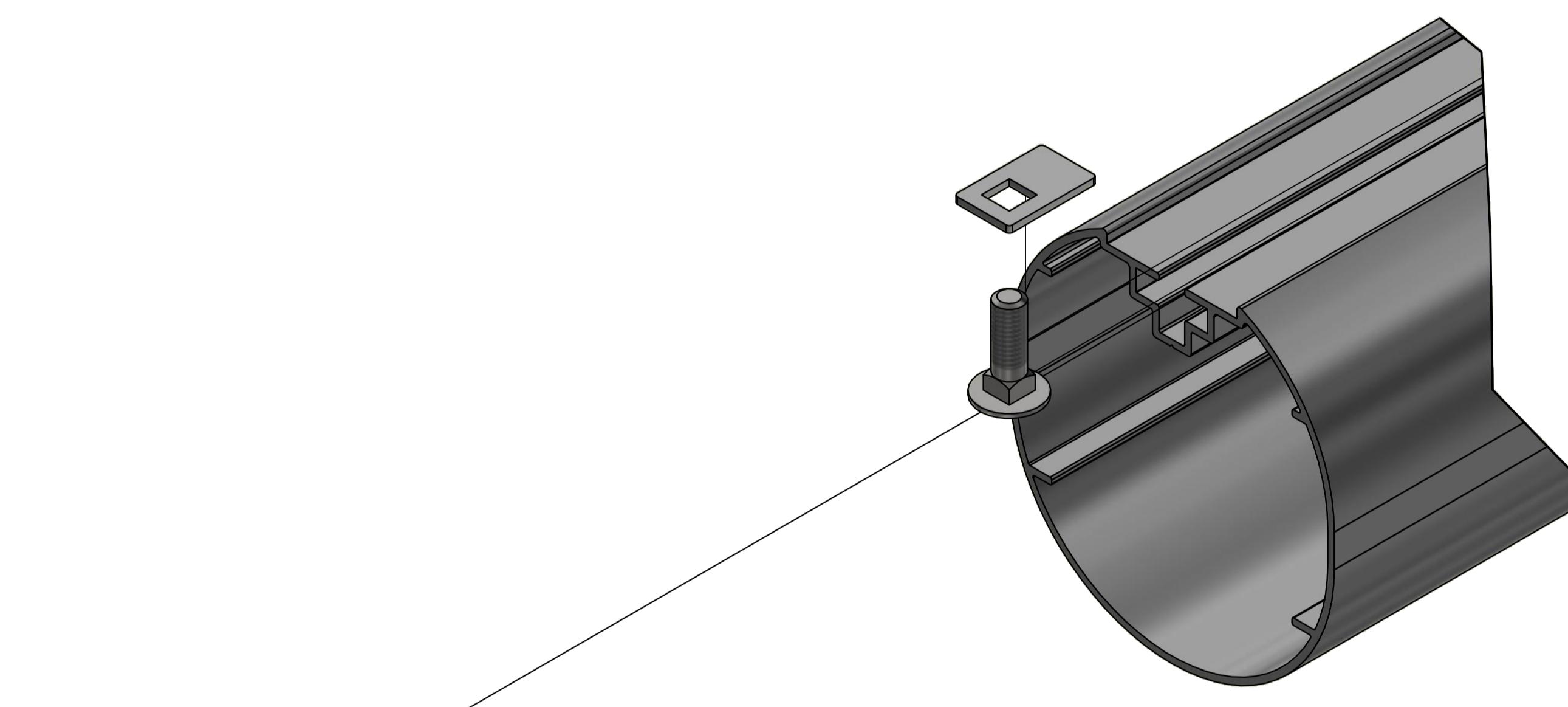
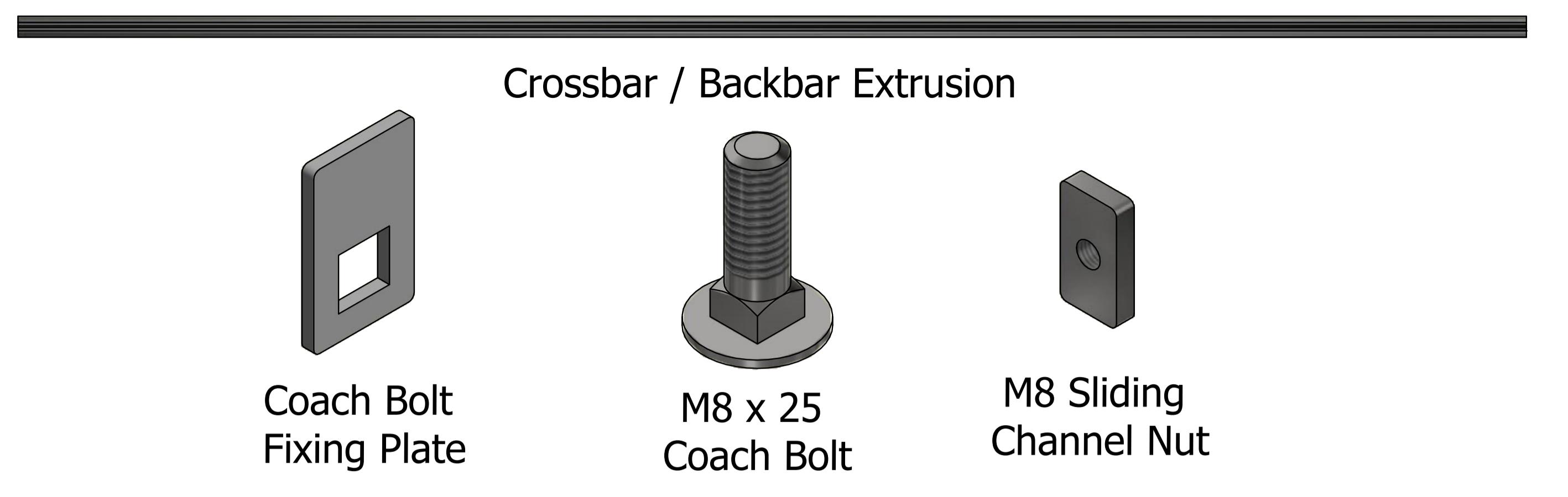


## Step 10 -

Place the post on a flat surface  
 Place the coach bolt fixing plate over the coach bolt and move up to the top corner of the post as shown in Detail M  
 Slide the other coach bolt and plate up to the position shown in Detail N  
 Slide two channel nuts into the top corner of the post as shown in Detail R  
 Slide two channel nuts into the bottom of the post leaving them about 50mm from the bottom  
 Slide the bottom corner knuckle into the bottom of the post as shown in Detail P  
 Repeat on opposite post



## Parts Required



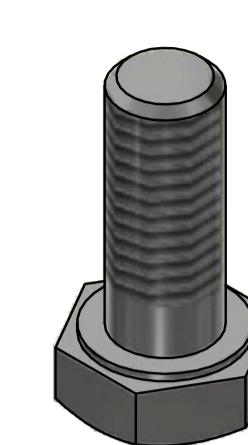
### Step 11 -

Place the crossbar extrusion on a flat surface with the channel facing upwards.  
Using Detail S as a guide  
Place the coach bolt fixing plate over the coach bolt, slide the coach bolt and plate into one end of the extrusion to roughly 300mm from the end  
Slide 2 channel nuts into the end of the extrusion  
Repeat the process at the other end

## Parts Required



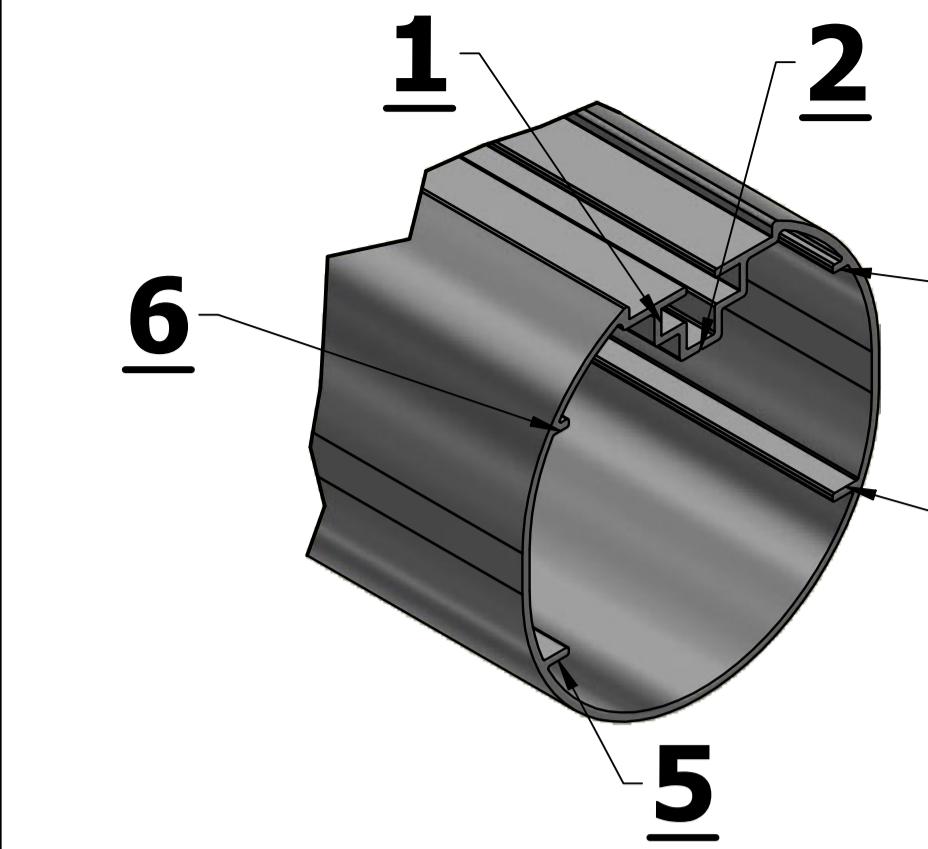
Spring Washer



M8 x 20 Hex Head Bolt

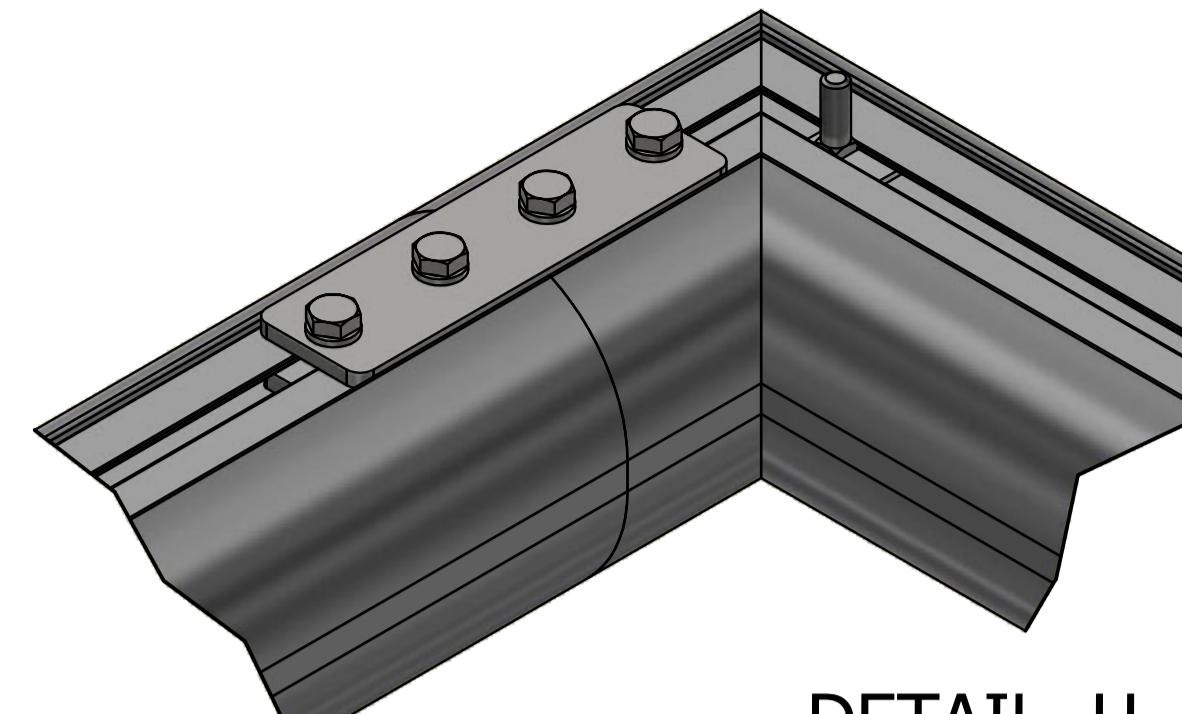


Joining Plate

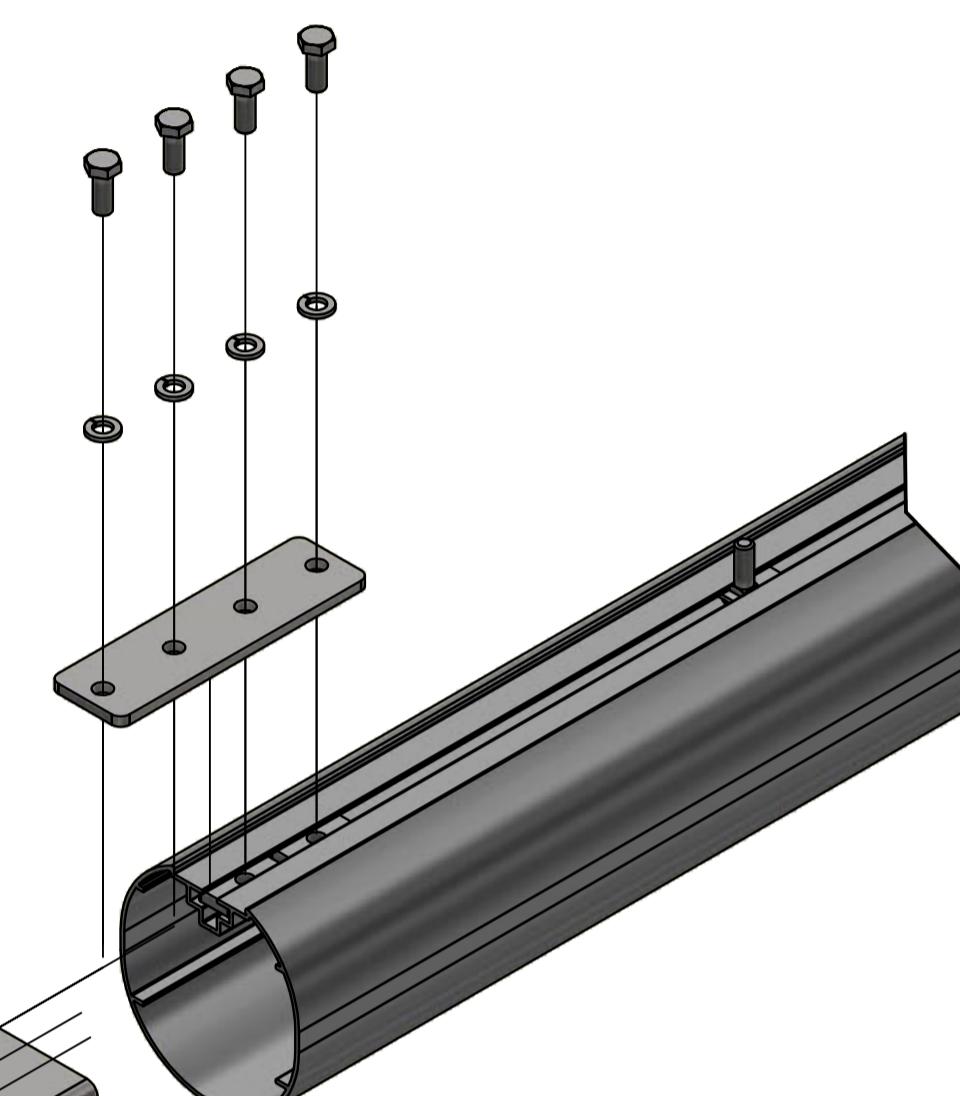


## Extrusion Guide

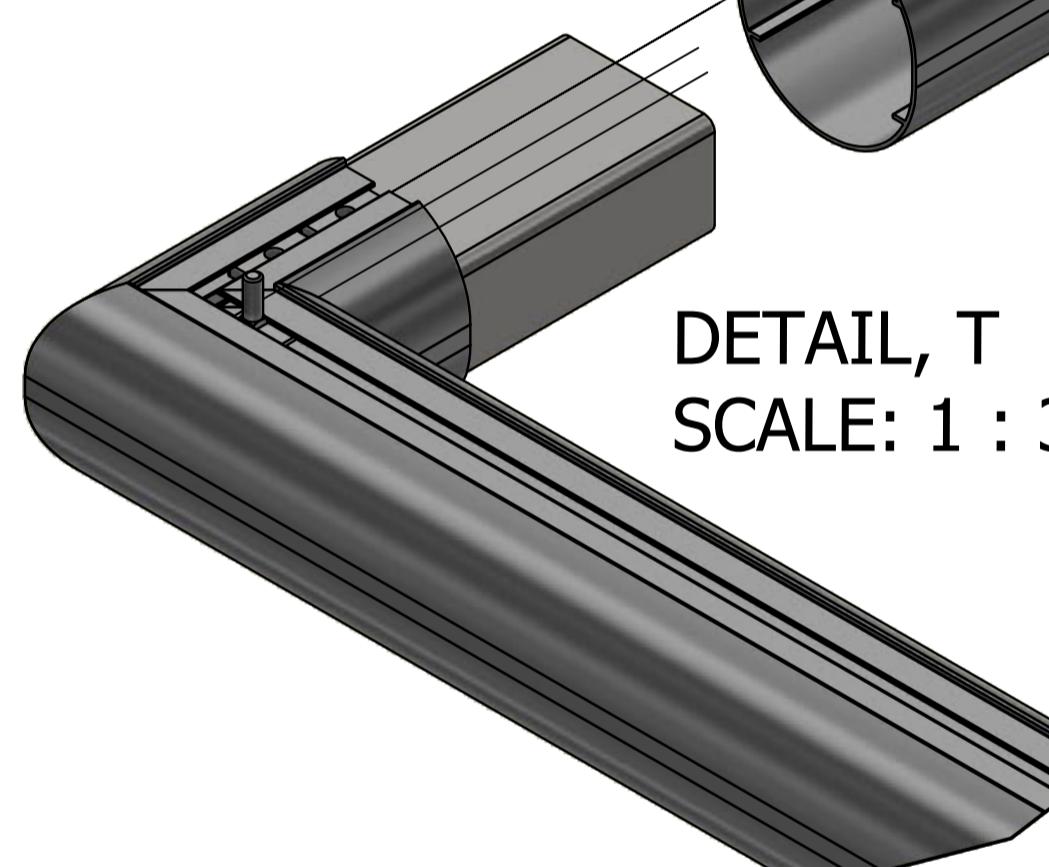
Position	Used For
1	Channel for Nuts & Coach Bolts
2	Knuckle Support Position
3	Knuckle Support Position
4	Knuckle Support Position
5	Knuckle Support Position
6	Knuckle Support Position



DETAIL, U  
SCALE: 1 : 2

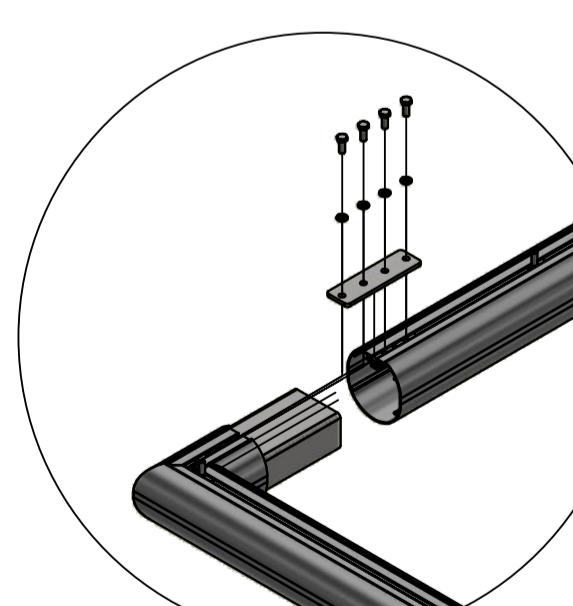


DETAIL, T  
SCALE: 1 : 3



### Step 12 -

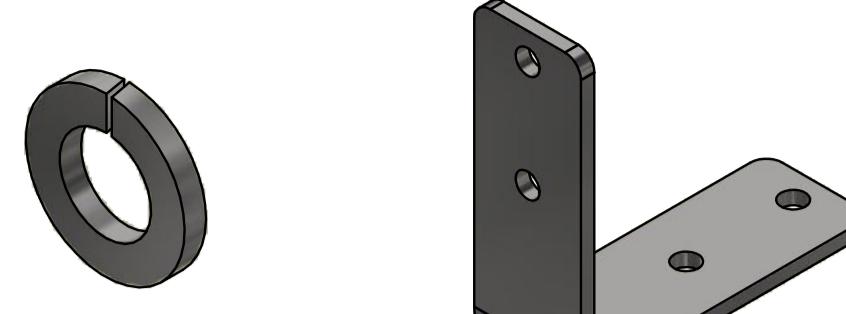
Place the constructed posts and crossbar on a flat surface. Using Detail T & U as a guide, slide the knuckle of the posts into the crossbar using the numbered points shown in the Extrusion Guide. Once the post is in place, cover the join with a joining plate so that the covers both parts equally, to fasten, place a spring washer over the M8 x 20 bolt and through the joining plate into the channel nut and tighten fully.



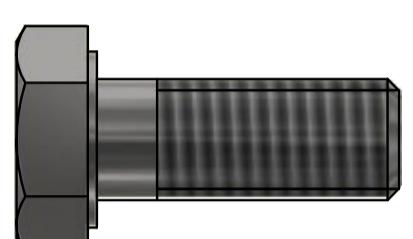
T



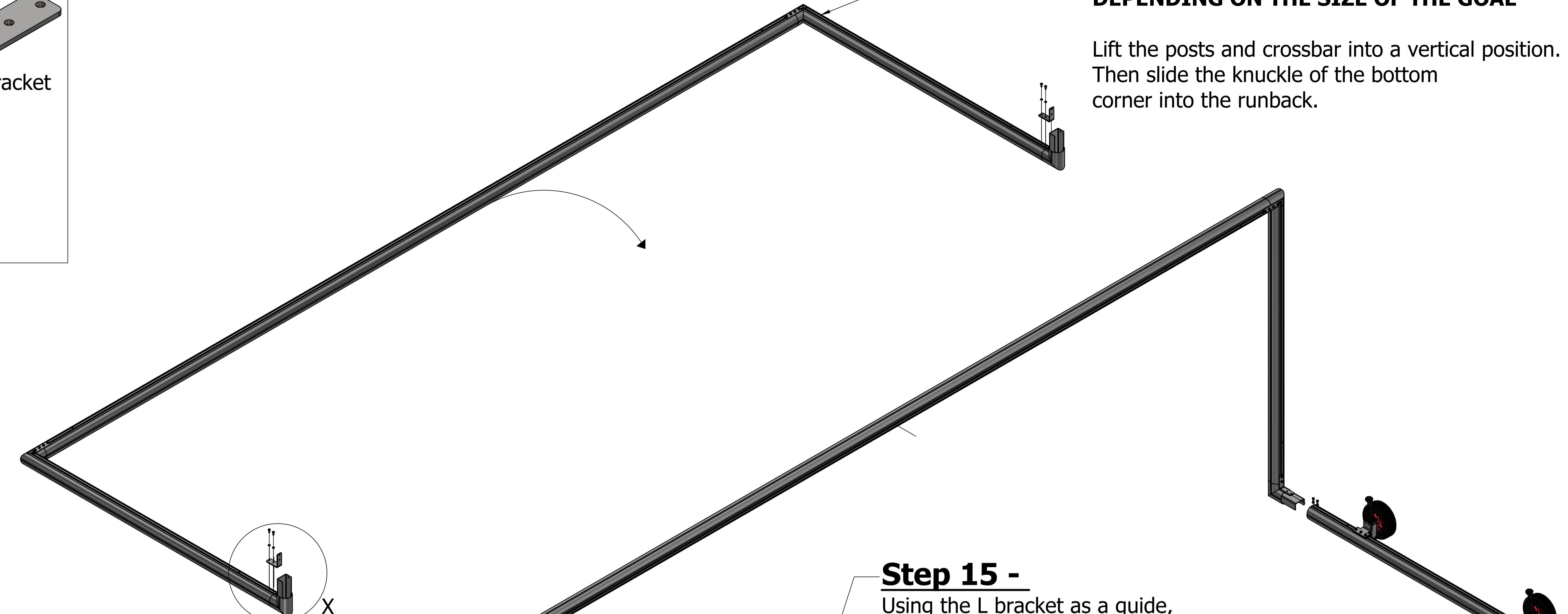
## Parts Required



Spring Washer      L Bracket



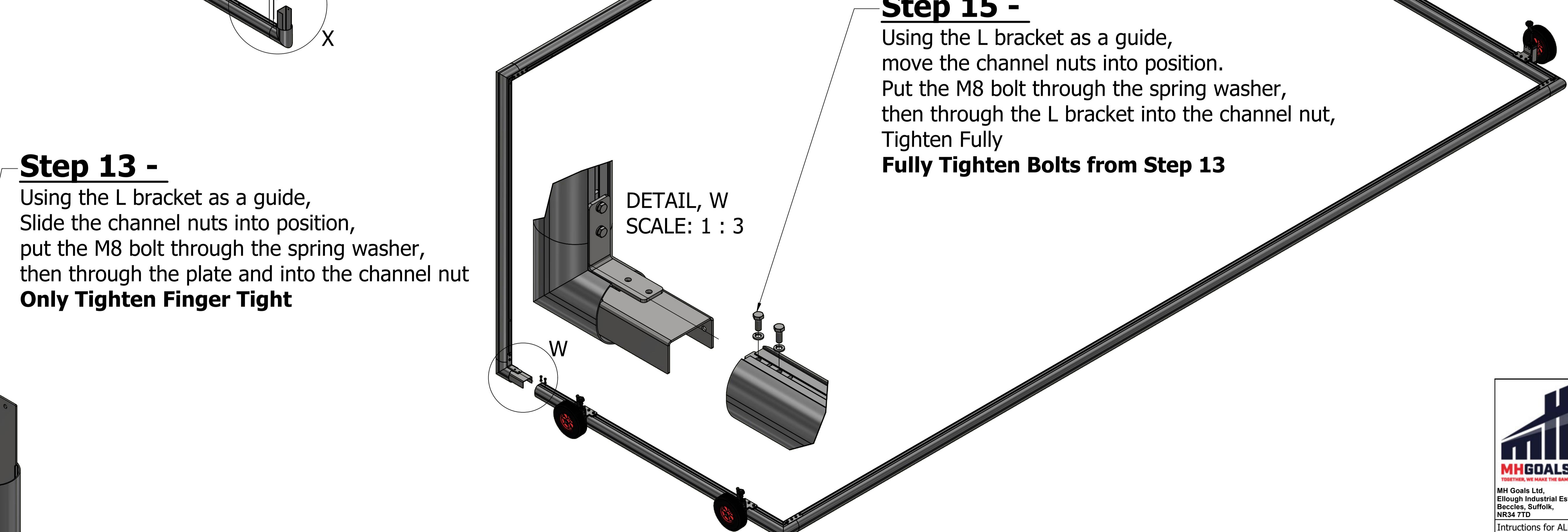
M8 x 20 Hex Head Bolt



## Step 14 -

**THIS STEP WILL REQUIRE A MINIMUM OF TWO OR MORE PEOPLE DEPENDING ON THE SIZE OF THE GOAL**

Lift the posts and crossbar into a vertical position. Then slide the knuckle of the bottom corner into the runback.

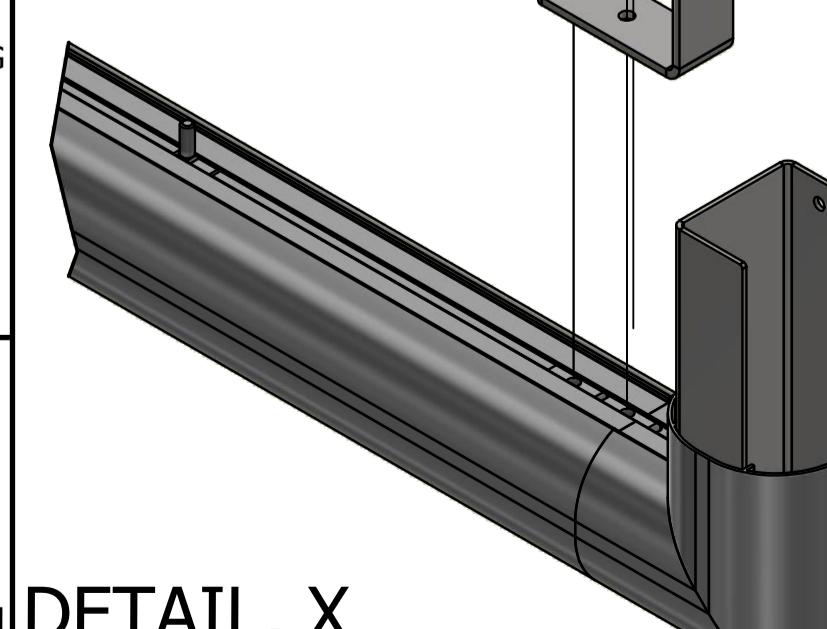


## Step 15 -

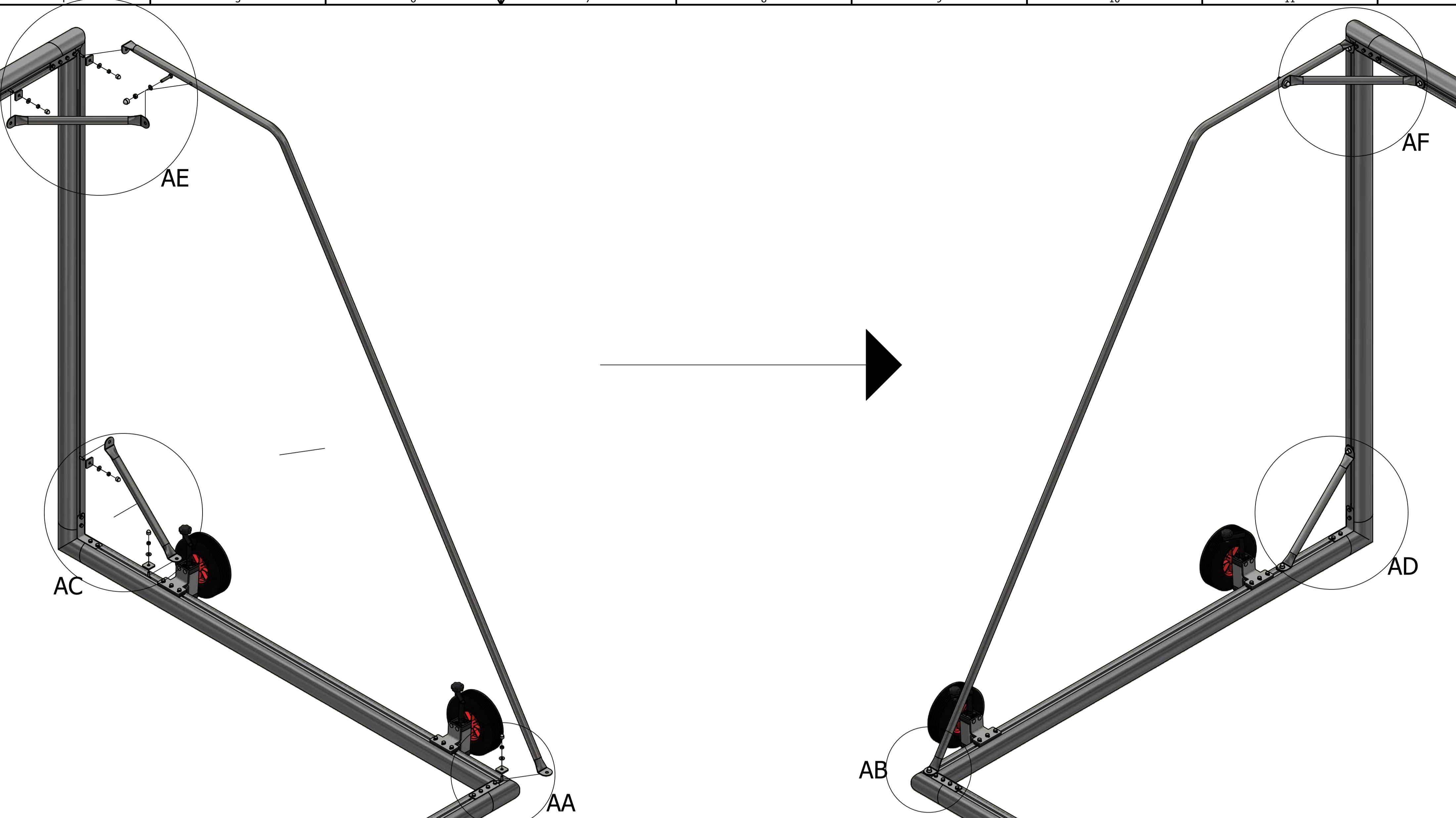
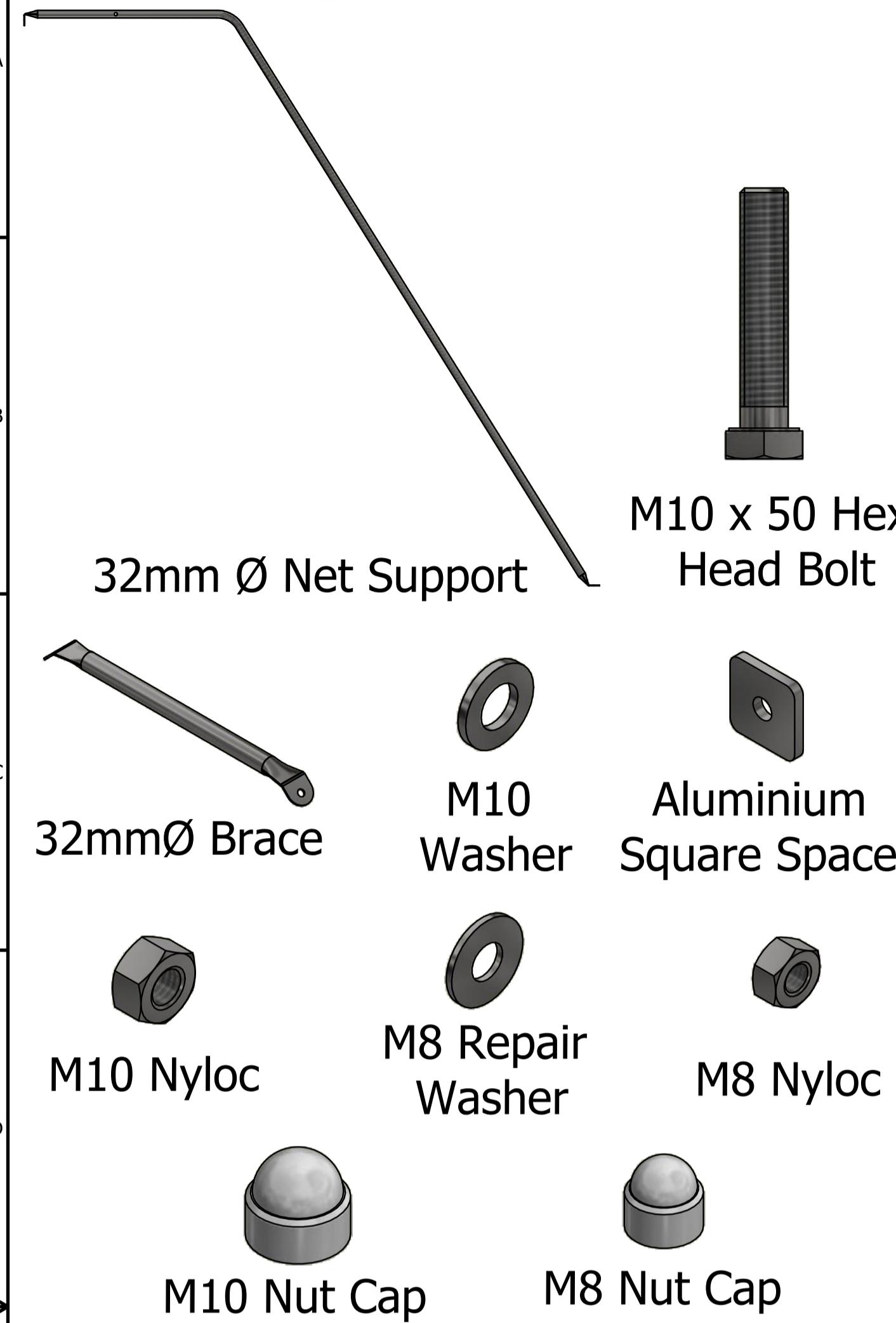
Using the L bracket as a guide, move the channel nuts into position. Put the M8 bolt through the spring washer, then through the L bracket into the channel nut, Tighten Fully

**Fully Tighten Bolts from Step 13**

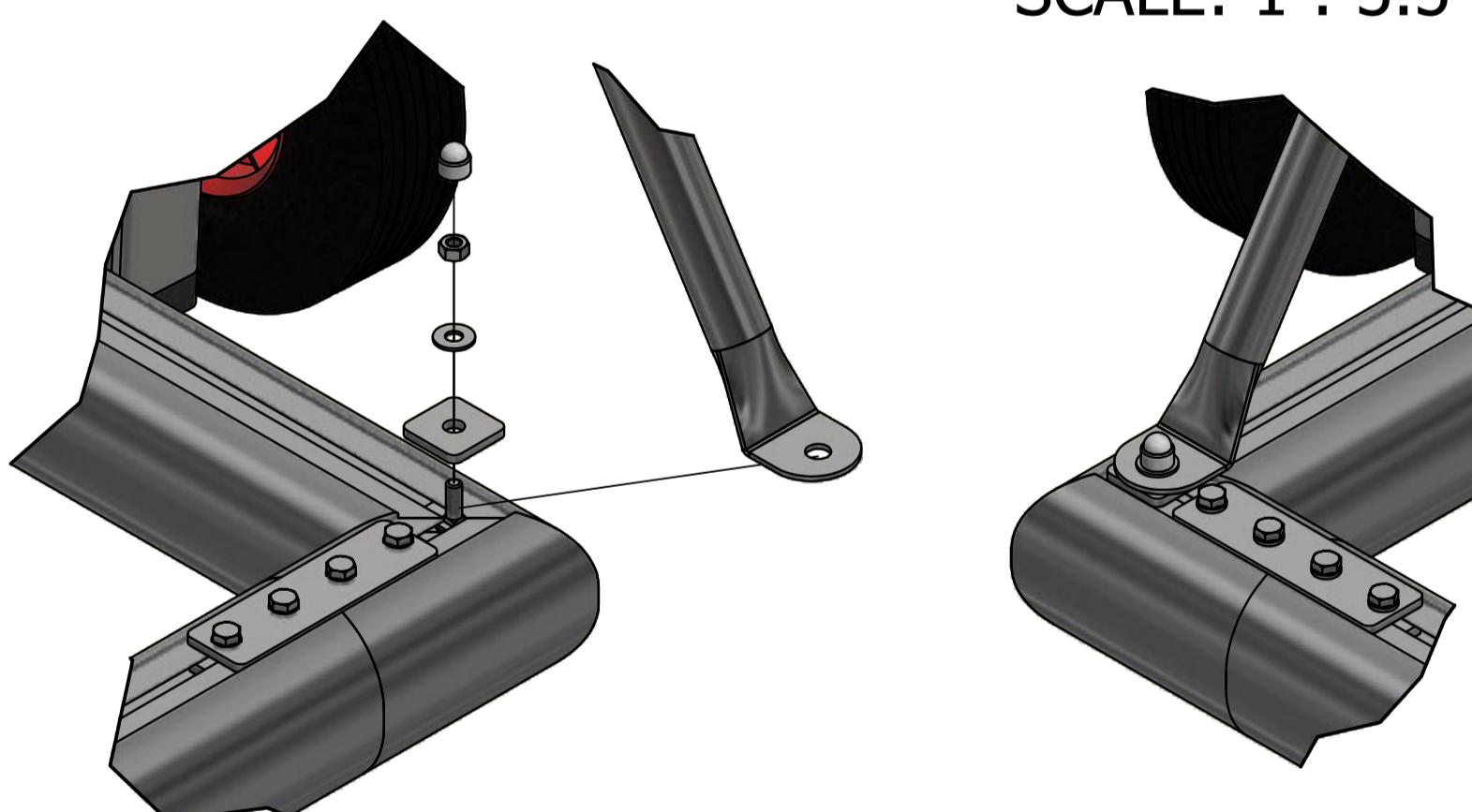
**Step 13 -**  
Using the L bracket as a guide, Slide the channel nuts into position, put the M8 bolt through the spring washer, then through the plate and into the channel nut  
**Only Tighten Finger Tight**



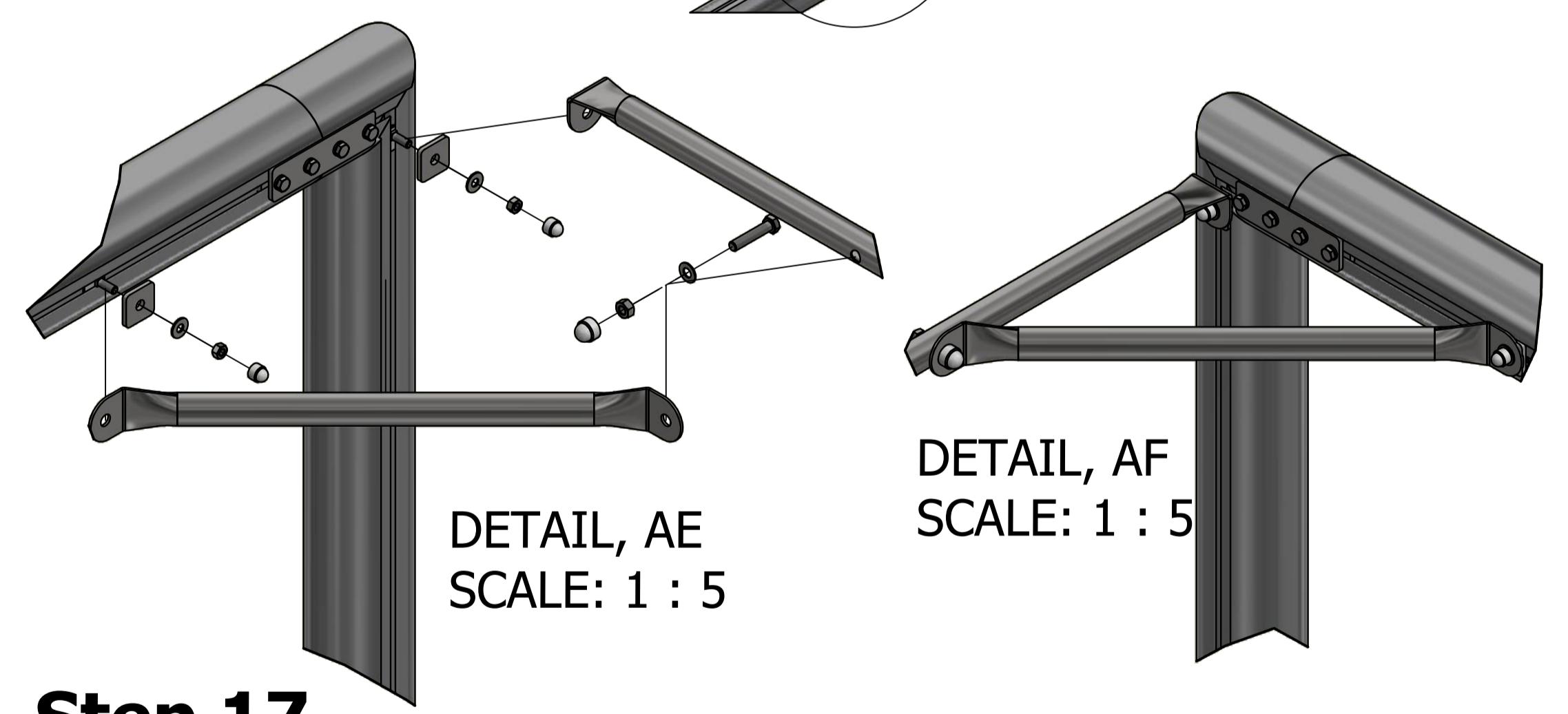
# Parts Required



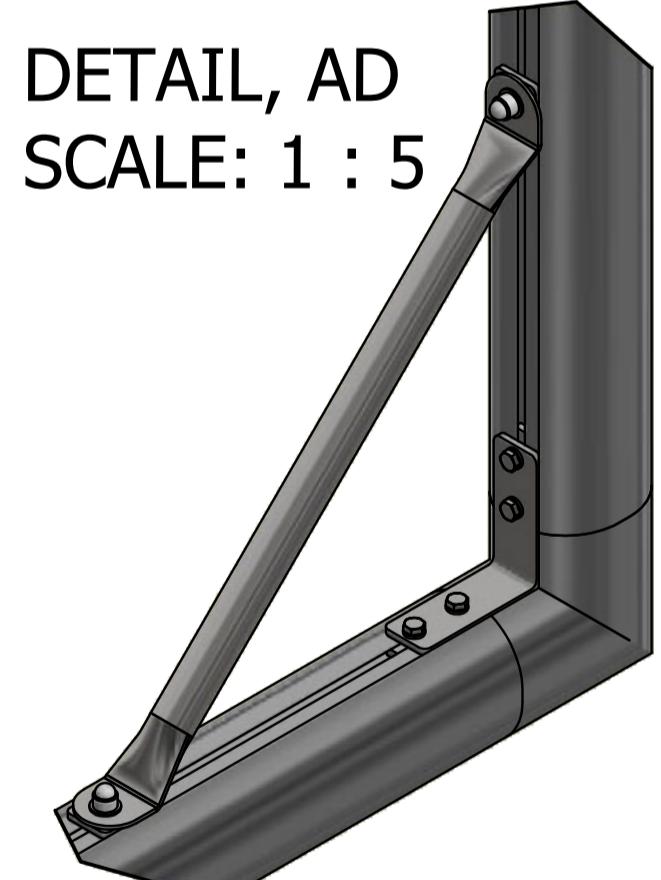
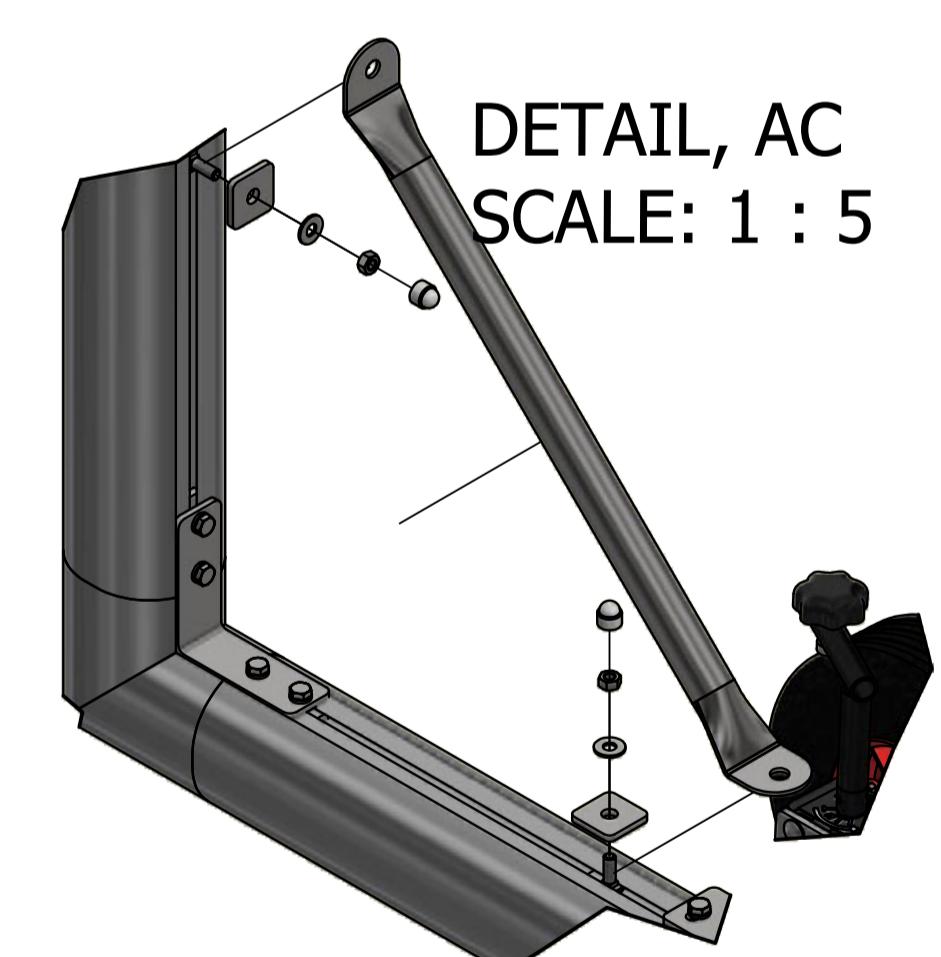
DETAIL, AA  
SCALE: 1 : 3.5



DETAIL, AB  
SCALE: 1 : 3.5



DETAIL, AC  
SCALE: 1 : 5



## Step 16 -

Place the aluminium spacer plates over all of the coach bolts.  
Place the end of the net support over the coach bolt in the **BACK** corner.  
Fasten with a M8 repair washer followed by a M8 nyloc, only finger tight to allow movement for the next step.  
See Details AA & AB

## Step 17 -

Place the top end of the net support over the **TOP** corner coach bolt, Place the net support over the coach bolt, securing with a M8 repair washer and M8 nyloc. Tighten **BOTH** nylocs for the net support fully. Place one end of the brace over the coach bolt on the crossbar, fastening using an M8 repair washer and M8 nyloc only tightening finger tight to allow adjustment of the brace. Then line up the other end of the brace with the hole in the net support and fasten using the M10 x 50 hex head bolt, washer and Nyloc. Fully tighten **BOTH** Nylocs and cover using the M8 & M10 Nut caps, see Details AE & AF

## Step 18 -

Place both ends of the brace over the remaining coach bolts - See Detail AC & AD  
Fasten with supplied M8 repair washers & Nylocs, covering with the M8 nut caps

### - NOTE -

**THIS IS ONLY APPLICABLE ON 24 x 8, 21 x 7 and 16 x 7 GOALS**



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1

11 OF 12

To lift and lower the goal, there is a handle integrated into the Lift and Lower Evolution system, turn this handle in the desired direction as indicated by the directional sticker applied to the top of the system.

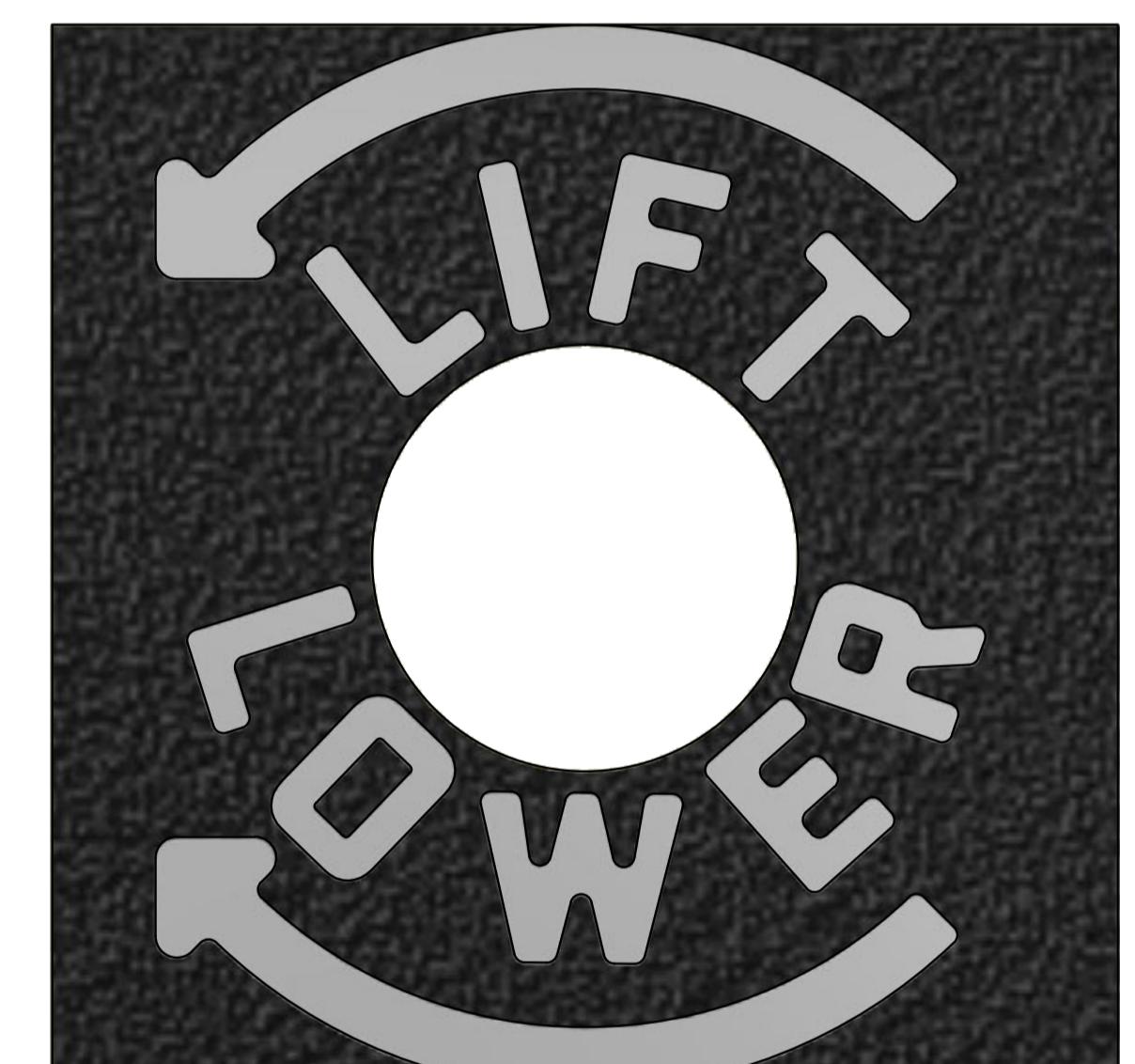
Supplied with a set of goals is the Long Reach Handle which brings the height of operation up to an ergonomic working height. To use the long reach handle unbolt the standard handle by undoing the M6 bolt and lifting the handle off, then place the long reach handle over the hex at the top of the wheel and rotate the upper handle whilst keeping the lower handle in the centre of that rotation.



Standard Handle  
Wheel Down - Goal Up



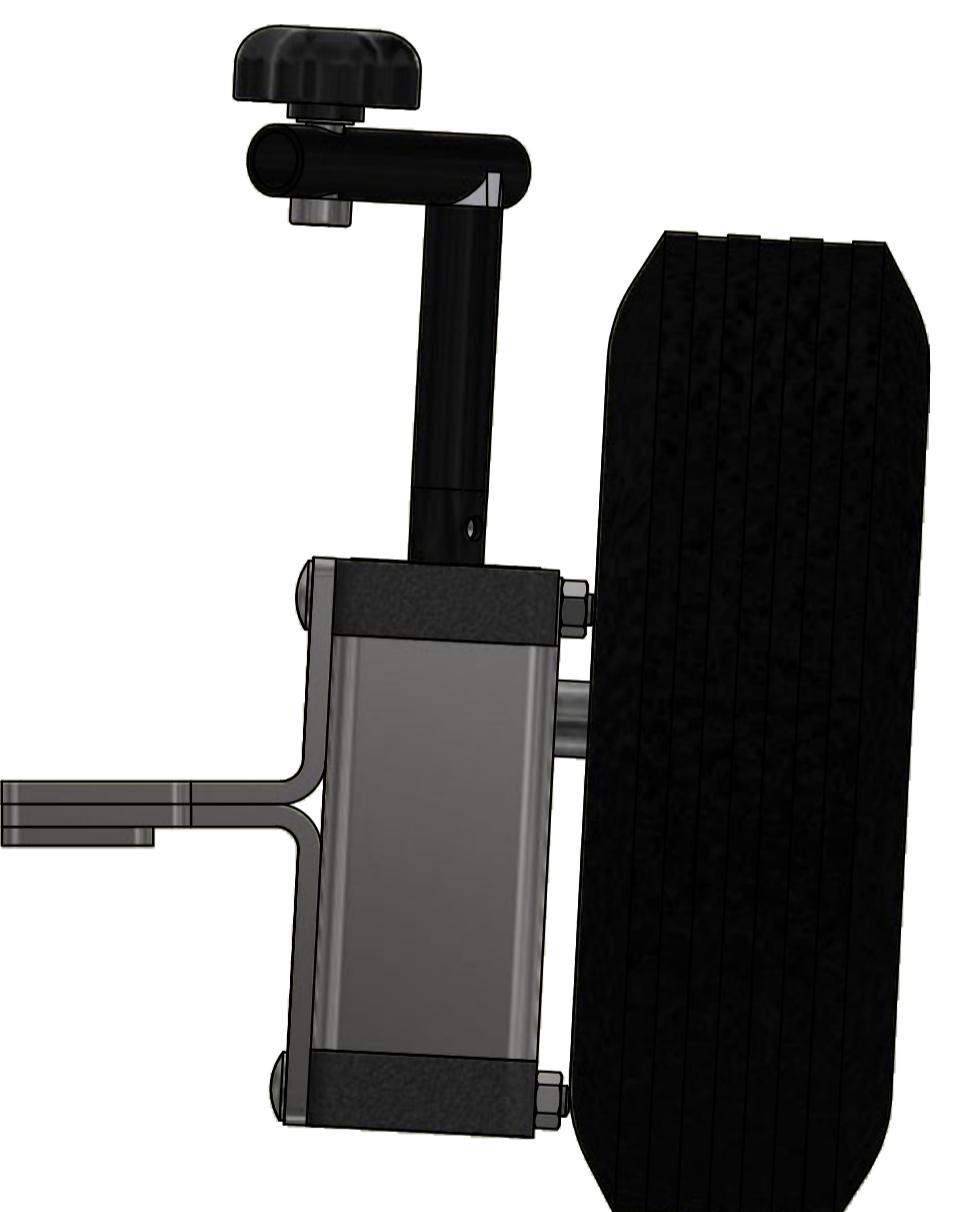
Long Reach Handle  
Wheel Down - Goal Up



Directional Sticker  
(on top of wheel)



Long Reach Handle  
Wheel Up - Goal Down



Standard Handle  
Wheel Up - Goal Down