INTRODUCTION

About EastPoint® Sports
EastPoint® Sports designs and delivers home recreational products that offer the best price-value relationship in the industry. Our talented and creative team is unmatched in their experience and pride. Our innovative approach to all aspects of our business enables us to provide products that are enjoyable for our consumers. We take pride in our products, and at the end of the day, we are proud to share them with family, friends, and our consumers because they represent quality, innovation, value and fun.

Our EastPoint® Sports team is always striving to provide our consumers with great new products at a great value. We are passionate about our products and take great satisfaction knowing that our hard work results in a quality product that offers individuals and families hours of enjoyment. At EastPoint® Sports, family, friends, and fun are the name of the game. This is how we have fun and we hope you do too!

Why Play Lawn Games?
Playing lawn games is fun! Also, playing lawn games can increase physical activity. Regular physical activity has many proven health benefits including the following:

- Stronger bones;
- Reduced stress and anxiety;
- Reduced blood pressure;
- Increased self-esteem; and
- Healthier body weight.

How Do You HELP Make EastPoint® Products More Fun?
Submit your own house rules or product invention ideas online at www.eastpointsports.com.

Do You Need More Information?
Visit us online at www.eastpointsports.com for more information.
<table>
<thead>
<tr>
<th>Badminton/Majik® Smash</th>
<th>pg 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volleyball</td>
<td>pg 7</td>
</tr>
</tbody>
</table>
Badminton was invented 2,000 years ago in ancient Greece and Egypt. Originally, it was a child's game, called battledore and shuttlecock, and two players hit a feathered shuttlecock back and forth with small rackets. Badminton became an official sport at the 1992 Olympic Games in Barcelona, Spain. Today, television brings the action, excitement, and explosive power of badminton into homes around the world!

Object of Game
The object of Badminton is to serve and hit the shuttlecock over the net and into your opponent’s court so well that it cannot be returned. Each Badminton game is played to 21 points. The first team who wins the best of three games wins the Badminton match!

1. Get Ready!
   - Before you begin, recruit one person (i.e., singles) or three people (i.e., doubles) to play with you. Each player uses one Badminton racket.
   - Find a level playing area on grass or sand.
   - Stretch to warm up your muscles.
2. Get Set!

- Setup the net according to the Badminton instructions.
- Make each side of the court equal in size. See Figure A. We recommend measuring 22-feet deep per side. If you do not have measuring tape or enough space for 22-feet deep on each side, use your stride to step out the same number of steps per side.
- Mark the back four corners of the court for out-of-bounds. We like to use extra T-shirts as markers.
- Practice your serve as shown in Figure B. The Badminton racket must make contact with the shuttlecock below the waist on a serve.
- Rally for serve. The player or team who wins the rally decides whether to serve first or choose their end of the court.

Figure A: Badminton Court

Figure B: Badminton Serve
3. Go Play! Doubles and Singles

- Keep score with the rubber rings on the net poles. As each player or team gains a point, they move their ring up a number on the pole. The first player or team to reach 21 wins the game!
- To begin the game, the server uses their Majik® Badminton racket to hit the shuttlecock over the net. The serve must travel diagonally (i.e., cross court) to be good. The server has two tries to make a good serve. If the serve is successful, the server and opponent, or the serving team and the opposing team for doubles, volley the shuttlecock until it hits the ground. Now play for that point is over.
- Remember, only the serving side can score a point! The serving side scores a point when:
  1. The opponent hits the shuttlecock and it lands out of bounds;
  2. The opponent fails to hit it over the net; or
  3. The shuttlecock lands within bounds in the opponent’s court.
- The opponent wins the serve when the server, or serving team for doubles:
  1. Fails to make a good serve in two tries;
  2. Fails to return the shuttlecock; or
  3. Hits it out of bounds.
- A shuttlecock can be played off the net during a volley.
- A shuttlecock hitting a boundary line is “in.”
- Faults in the game of Badminton result in the loss of a point or the loss of a serve. They are often called “outs.” They include the following:
  1. One player hitting the shuttlecock twice in succession;
  2. A shuttlecock hitting the ground completely outside the boundary line;
  3. A shuttlecock that passes through the net is “out.” Yes, it is possible.
  4. A shuttlecock that is caught in the net is “out.” When this happens just release the shuttlecock from the net;
  5. A shuttlecock that is caught in the player’s racquet. This too is possible. When this happens just release the shuttlecock from the racket;
  6. A shuttlecock that touches the ceiling or walls; and
  7. A shuttlecock that touches the player or the clothes of the player.

4. Singles Rules

- When the server's score is an even number, the serve is taken from the right side.
- When the server's score is an odd number, the serve is taken from the left side.
5. **Doubles Rules**

- The server serves the shuttlecock from the right service court across the court to the opponent that is diagonally across from the server. The server has two serves to make this happen or else loses the serve.
- Only the opponent who is diagonally across from the server is allowed to hit the shuttlecock on that play. If the opponent’s partner touches or hits the shuttlecock, this is a fault and the serving team scores a point.
- When serving at the start of a Badminton game, the serve and receive is from the right service court.
- When the serving side has scored an even number of points, serve and receive from the right service court.
- When the serving side has scored an odd number of points, serve and receive from the left service court.

**Game Variations**

*A Shorter Game*

Reduce the amount of points needed to win the game to 15 or 11 points for quicker game play.

*Majik Smash™*

Majik Smash™ can be played according to the badminton rules listed above or play without the net and count how many times players can hit the Majik® Shuttle back and forth without it hitting the ground.

**Game Trivia**

Sixteen feathers from the left wing of a goose are used to make professional shuttlecocks. This gives the professional shuttlecocks a precise and standard spin. By the way, no geese were harmed to produce the Majik® Badminton shuttlecocks!
History of Game

The Volleyball Hall of Fame is in Holyoke, Massachusetts, which is the birthplace of the sport. In 1895, William G. Morgan, an instructor at a YMCA in Holyoke, Massachusetts, decided to blend elements of basketball, baseball, tennis, and handball to create a new and unique game. On July 7, 1896, the first official game of volleyball was played at Springfield College in Massachusetts. Today there are more than 46 million Americans and 800 million players worldwide who play volleyball at least once a week.

Object of Game

Players from each Volleyball team hit the ball, using their hands, over the net to the opposing team without the volleyball touching the ground. Players help their teammates by passing each other the ball. Points are scored when the ball hits the ground. The first team to reach 25 points wins!

1. **Get Ready!**
   - Gather players and create two evenly-matched teams.
   - Find a level grass or sand playing area.
   - Stretch to warm up your muscles.
2. *Get Set!*

- Setup the net according to the Majik® Volleyball instructions.
- Make each side of the court equal in size. See Figure C. We recommend measuring 30-feet deep per side. If you do not have measuring tape or enough space for 30-feet deep on each side, use your stride to step out the same number of steps per side.
- Mark the back four corners of the court for out-of-bounds. We like to use extra T-shirts as markers.
- Practice your serve. See Figures D and E for an underhand and overhand serve, respectively.
- Volley for serve. The team who wins the volley serves first.

**Figure C: Volleyball Court**

**Figure D: Volleyball Underhand Serve**
3. **Go Play!**

- The first team scoring 25 points wins the Volleyball game.
- Only the serving team can score a point. For example, when the opposing team hits the Volleyball out of bounds, or fails to get it over the net without it hitting the ground first, the serving team gets a point. If the serving team hits the ball and it lands within bounds in the opponent’s court, the serving team gets the point.
- When the serving team hits the ball out of bounds or fails to get it over the net without it hitting the ground first, the serving team loses their serve. Now the opposing team has the serve.
- One player may not hit the ball twice in succession. It is considered a foul and results in losing the point.
- If your team has the ball, your team has only three passes to make it over the net.
- The ball can be played off the net during a volley, but not by the same player who hit it into the net. This is considered a double hit.
- A ball hitting a boundary line is “in.”
- A ball is “out” if it hits the ground completely outside the boundary lines.
- Players may not lift, carry, or throw the ball.
- When a team gains the serve, the team rotates positions moving in a clockwise direction. This ensures that each player has a chance to serve.
Game Variations

*Beach Volleyball*

Play your Majik® Volleyball game on the sand at the beach!

**Game Trivia**

- The longest recorded volleyball marathon by two teams of six is 75 hours 30 minutes at Kingston, North Carolina in 1980.
- Volleyball terms:
  - An “ace” is when the ball is served to the other team, and no one touches it.
  - A “sideout” is when the team that served the ball makes a mistake, causing the ball to go to the other team.
  - A “roof” is when a player jumps above the height of the net, and blocks the ball.
  - A “stuff” is when a player jumps about the height of the net, blocks the ball, and the ball goes back at the opposing person who spiked the ball.
  - A “dig” is when a player makes a save from a very difficult spike.
  - A “kill” is when a team spikes the ball and it either ends in a point or a sideout.