

SPORT-THIEME®

School Sports · Club Sports · Fitness · Therapy

Our team is here for you!

Ball Tips





DEAR CUSTOMERS,

We hope that you enjoy your high-quality balls from Sport-Thieme. With this booklet we aim to provide you with **ball tips** for making your balls last longer. These tips will also help them to retain full functionality in terms of bounce, flight characteristics and shooting accuracy, for example, for a long time.

Best wishes,

Maximilian Hohe

Katharina Thiem-Hohe

Managing Directors
Sport-Thieme



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1. UNPACKING


When balls are supplied deflated, the surface may contain creases. These disappear once the ball has been used for the first time.

2. PREPARING THE PUMP

When inflating your sports and exercise balls, please take care to use the **correct valve needle or adapter**. There are 3 different types:

1. Valve needles for balls with a needle valve,
e. g. volleyballs, basketballs, handballs, footballs
▷ Product code 71 109 9906 or 71 109 9922 
2. Special valve needles for the Quick Mini Pump
(product code 71 107 0200) or the Airman electric pump
▷ Product code 71 109 9919 
3. Adapters for balls with a stopper,
e. g. for fitness balls, Redondo balls, etc.
▷ Product code 71 110 0701 

To prevent valve needles from bending or breaking, we recommend using a flexible hose between the pump and the valve needle

- ▷ Product code 71 109 9850 

GOOD TO KNOW!

Our adapters fit all of the pumps and compressors in our range. Why not replace any pumps that use different threads and use our adapters with a standard thread (VG 5.25)? Keep all of your equipment in one place with our handy storage box for pumps and adapters.



**Sport-Thieme Ball Pump with Flexible Hose
and Valve Needle**

▷ Product code 71 109 9863



Foot Pump

▷ Product code 71 109 9401

3. PREPARING THE BALL



Before inflating a ball, you should lubricate the valve with **valve oil**. This prevents the needle from damaging the valve and bladder. Alternatively, you can wet the needle with soap or saliva.

4. POSITIONING THE BALL



When inflating a ball, the valve should be at the top so that the bladder hangs freely inside the ball. This is important to allow the bladder to expand evenly inside the ball cover, otherwise the ball could lose its balance. This will cause it to swerve unpredictably in flight and depart from its intended trajectory.

i FASCINATED BY THE BALL

People of all ages have been seeking excitement, fun and amusement in ball games for over 3,000 years. In ancient times, ball games areas were set up in palaces specifically for that purpose. Furthermore, in the middle ages traditional ball games were played in ‘ball houses’.

Over the centuries, countless ball games have been invented and their rules refined and adapted to the relevant mentalities. Even when the emphasis on sports came to the fore more and more in the 19th century, the pure joy of playing ball games still remained relevant. Balls have always captivated people and still do so to this day.

Allow yourself to catch the bug too – and discover what a wide range of match, fun, therapy and team sports balls Sport-Thieme can offer you.



5. INFLATING



Do not over-inflate the balls. If the pressure is too high, the ball may become oval. The seams on stitched balls may rip. The guarantee will no longer be valid. Gymnastics and exercise balls could expand on one side and become deformed.



Volcano ,Smart‘ Ball Inflator ▶ Product code 71 295 7702

6. THE RIGHT PRESSURE

The optimum playing characteristics for a ball are only achieved if the pressure is right. You should therefore check the pressure using a pressure gauge immediately after inflating the ball. The correct pressure can be found on the valve of every Sport-Thieme sports ball.



Ball Pressure Gauge

▶ Product code 71 263 0700

The following measurements act as a guide:

Footballs	0.7–0.9 Bar	10–13 PSI
Light footballs	0.4–0.7 Bar	5–10 PSI
Futsals	0.4–0.6 Bar	5–9 PSI
Indoor footballs	0.6–0.7 Bar	9–10 PSI
Handballs	0.3–0.5 Bar	4–7 PSI
Basketballs	0.5–0.6 Bar	7–9 PSI
Volleyballs	0.2–0.3 Bar	3–4 PSI
Light volleyballs	0.1–0.2 Bar	1.5–3 PSI
Beach volleyballs	0.2 Bar	2–3 PSI
Rugby balls	0.5–0.7 Bar	7–10 PSI
American footballs	0.5–0.9 Bar	7–13 PSI
Fistballs	0.5–0.7 Bar	7–10 PSI
RSG gymnastics balls	0.1–0.2 Bar	1.5–3 PSI

7. INFLATING

Large fitness and exercise balls should only be gently inflated to $\frac{3}{4}$ of their official maximum size the first time they are inflated.

After 24 hours, you can continue to inflate them to the size indicated. This prevents deformation.



Pump recommendation

'Extra' Handpump

▷ Product code 71 110 0105

'Powergrip' Electric Pump

▷ Product code 71 264 8907

Which fitness ball for which size?

Height in cm	Arm length in cm	Ball diameter in cm
135–152	46–55	45
152–164	56–60	50
157–169	61–65	55
164–176	66–70	60
169–181	71–75	65
176–188	76–80	70
181–192	81–85	75
188–200	86–95	80



Ball recommendation

Sport-Thieme Fitness Ball

▷ Product code 71 265 4108

Sport-Thieme Ball Base

▷ Product code 71 109 7304



HOW THE BALL BECAME ROUND

The ball is round – so says one of the most popular football adages. However, early footballs – like the one from the 1903 FA Cup final in England – were not. They were neither round nor flexible. The air-filled pig's bladders covered in a leather hide were more of an oval shape.

Before balls with round, watertight rubber tubes could be manufactured, a solvent for rubber first needed to be invented. This happened towards the end of the 19th century. However, even then balls were still not round. There was still an unpleasant 'bump' at the spot where the ball needed to be tied due to the lack of an air valve. This caused nasty injuries when heading the ball.

The first untied ball in the 1920s was a minor sensation. It was celebrated as a major accomplishment in advertisements. But these leather balls still would not meet the requirements of the modern game either. When it rained, they became saturated with water and became heavier and heavier with every minute of the game.

Only the seal of quality introduced by FIFA in 1970 ensured a minimum standard with regards to the quality and characteristics of a football. Official balls are no longer made of leather, but of synthetic materials instead. The synthetic materials used are sealed and do not absorb any water. And that's right: the ball is now round, too! It is of course tested in the laboratory and its flight characteristics are put to the test in a wind tunnel.

This quality is essential! After all, there is no other piece of sports equipment that is knocked around and kicked as much as a football! That's why at Sport-Thieme, you'll only find footballs that can withstand this kind of use – **branded balls of extraordinarily high quality.**



Sport-Thieme
'CoreX Pro' Football

▶ Product code 71 263 8531

8. LOOKING AFTER BALLS

Balls with a coating should only be cleaned using clear water. If the balls are particularly dirty, use lukewarm, mild soapy water. Never treat the balls with leather grease, leather spray or other greasy substances, as the oil damages the coating.

9. REPAIRING BALLS

If a ball loses air, often only the needle valve is faulty. The valves on basketballs, volleyballs and small exercise balls are easy to replace. To change a faulty needle valve, pull it out using the valve extractor from the ball repair kit (product code 11 150 7108). Push the new valve straight into the ball using the valve inserter. Accidentally pushing a valve through the outer shell into the ball will not cause any damage; you will just hear a slight rattling noise.



USEFUL ACCESSORIES / REPAIR MATERIALS

Ball Repair Tool

▷ Product code 71 150 7108

Replacement Adapters

▷ Product code 71 110 0714

**Replacement Valves
for Basketballs**

▷ Product code 71 150 9801

**Replacement Valves
for Volleyballs**

▷ Product code 71 150 9902

Togu Lip Valves, Set of 3

▷ Product code 71 151 0108

**Replacement Stoppers
for Gymnic Balls**

▷ Product code 71 150 9700

**Replacement Stoppers
for Pezzi Balls**

▷ Product code 71 150 9713

**Replacement Stoppers
for Over Balls**

▷ Product code 71 150 9726

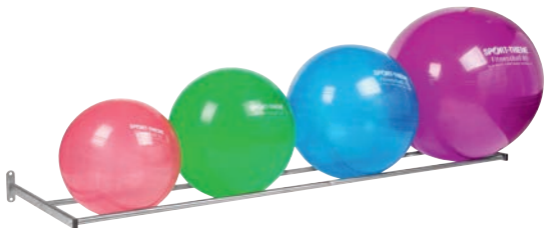
**Replacement Bladder
for Kin-Ball**

▷ Product code 71 254 3303

10. STORING BALLS

Store balls in cool, dry, well-ventilated areas (approx. 15°C), ideally with their playing pressure reduced by approx. 50%. Only store balls when dry. Wet or damp balls should not be placed in the immediate vicinity of heat sources to dry them out.

Well-ventilated ball storage cupboards and ball trolleys allow residual moisture to dry off more easily. For this reason, do not use boxes or cupboards that are completely closed due to the risk of mould stains.



Sport-Thieme 'Classic'
Exercise Ball Wall Rack

▷ Product code 71 106 9903



Ball Cabinet, H×W×D 195×120×50 cm, with Perforated Metal Double Doors (type 3) ▷ Product code 71 173 3802

Sport-Thieme Mobile Exercise Ball Stand

▷ Product code 71 106 9929

11. SPECIAL BALLS



Sport-Thieme 'Core Xtreme' Street Football

An extremely robust ball for tarmac ▷ **Product code 71 265 6003**

Uhlsport Reflex Ball

Bounces in unexpected directions ▷ **Product code 71 265 0210**

Kempa 'Dune' Beach Handball

A handball for the beach and park ▷ **Product code 71 254 4407**

Sport-Thieme 'Jumbo' Volleyball

XL, light & flies at reduced speed ▷ **Product code 71 265 1112**

Sport-Thieme 'Softi Night' Skin Ball

Glows in the dark ▷ **Product code 71 269 3109**



Togu Redondo Ball

The most well-known exercise ball ▶ Product code 71 176 0037

Sport-Thieme Soft Massage Ball

With soft or hard pimples ▶ Product code 71 264 8431

Emoji Balls

12 balls with 3 motifs ▶ Product code 71 270 8124

Sport-Thieme 'Official' Water Polo Ball

With a grooved surface ▶ Product code 71 281 6005

Football for the Blind

A rattling football ▶ Product code 71 271 1717

i WHICH BALL FOR WHICH AGE?

FOOTBALL

Which football for which age?

Category	Age group	Size	Weight in g	Circumference in cm	Diameter in cm	Pressure in bar
Minis/ Youth G	U7	3	280–300	60–62	approx. 19	0.5–0.7
Youth F	U8 / U9	3 / 4	280–310	60–66	19–21	0.5–0.8
Youth E	U10 / U11	4	350–370	64–66	21	0.6–0.8
Youth D	U12 / U13	4 / 5	350–370	66–70	21–22	0.6–0.9
Youth A/B/C	U14–U19	5	420–440	68–70	approx. 22	0.7–0.9
Men/ Women		5	420–440	68–70	approx. 22 cm	0.7–0.9



Ball recommendation

'Core X Kids' Football

▷ Product code 71 307 3201

'Core X Pro' Football

▷ Product code 71 263 8531

i FIFA CERTIFICATIONS



The **IMS** (International Match Standard) logo is given to footballs that are manufactured to the FIFA standard product specifications. When playing FIFA matches, only balls that have at least the FIFA Quality or the IMS seal of approval may be used.

FIFA Quality is given to footballs that have successfully passed the first 6 tests regarding weight, volume, pressure loss, roundness, water absorption and bounce.

FIFA Quality Pro represents the highest quality standard. For this, footballs must pass all the tests in a rigorous test procedure. In addition, the football is tested for size and dimensional stability.

i BALL TESTS

Sport-Thieme footballs are tested regularly and they have proven themselves well.



Comprehensive test report:
sport-thieme.com

Ball tests



FUTSAL

Futsal has asserted itself all over the world as the official version of indoor football. At size 4, the special balls are smaller than regular footballs. Their bounce is considerably reduced, meaning they do not bounce off the pitch as easily and they sit closer to your foot. A good and fair playing technique is therefore required when playing futsal, and is optimally trained with futsal balls.

Which futsal for which age?

Category	Age group	Years	Size	Weight in g	Circumference in cm	Pressure in bar
Bambini, Youth F/G	U7-U9	3-8	3	290-310	57-58	0.5-0.7
Youth F/E	U8-U11	7-10	3	290-310	57-58	0.5-0.7
Youth D	U12-U13	11-12	4	340-360	62-64	0.5-0.7
Youth A/B/C	U14+	13+	4	400-440	62-64	0.6-0.9
Men/Women			4	400-440	62-64	0.6-0.9



Ball recommendation

	Years	Size	Weight in g
'CoreX Pro' Futsal Ball	12+	4	400
'CoreX Kids' Futsal Ball	U12	4	350

Sport-Thieme 'CoreX Pro' Futsal Ball

▷ Product code 71 265 2001

Sport-Thieme 'CoreX Kids' Futsal Ball

▷ Product code 71 265 1923

HANDBALL

Which handball for which age?

Category	Age group	Size	Weight in g	Circumference in cm	Diameter in cm
Mini	under 8	00	165–190	44–46	approx. 14
Junior/ Youth E	8–10	0	255–280	46–48	approx. 15
Boys Youth D Girls Youth D–C	10–12 10–14	1	290–315	49–51	approx. 16
Boys Youth C–B Girls Youth B–A Women	12–16 14–18 18+	2	300–325	51–53	approx. 17
Boys Youth A Men	16–18 18+	3	400–425	55–57	approx. 18



Ball recommendation

Sport-Thieme 'Grippy' Handball

▶ Product code 71 291 0909

BASKETBALL

Which basketball for which age?

Category	Age group	Years	Size	Weight in g	Circumference in cm	Diameter in cm	Pressure in bar
Mini / Bambini		under 6	3	300-330	56-58	17.8-18.4	0.49-0.63
Junior	U8	6-9	4	280-300	65-67	20.7-21.2	0.49-0.63
Boys	U10	8-9	5	370-410	69-71	21.9-22.6	0.49-0.63
Boys	U12	10-11	5	470-500	69-71	21.9-22.6	0.49-0.63
Girls	U11- U13	10-12	5	470-500	69-71	21.9-22.6	0.49-0.63
Boys	U14	12-13	6	510-567	72-74	23.0-23.4	0.49-0.63
Girls	U15- U20	13-19	6	510-567	72-74	23.0-23.4	0.49-0.63
Women		19+	6	510-567	72-74	23.0-23.4	0.49-0.63
Boys	U16- U20	14-19	7	570-650	75-78	23.8-24.8	0.49-0.63
Men		19+	7	570-650	75-78	23.8-24.8	0.49-0.63



Ball recommendation

Sport-Thieme 'Pro' Basketball ▶ Product code 71 297 0309

DODGEBALL

Which dodgeball for which age?

Category	Age group	Size	Weight in g	Circumference in cm	Diameter in cm	Pressure in bar
Junior	under 14	5	290–300	62–68	approx. 20	0.55–0.70
Men/ Women	14+	5	350–380	62–69	approx. 20	0.55–0.70



Ball recommendation

Drohnn 'Effet' Dodgeball

▶ Product code 71 107 2903

VOLLEYBALL

Which volleyball for which age?

Category	Age group	Size	Weight in g	Circumference in cm	Diameter in cm	Pressure in bar
All	All	5	260-280	65-67	approx. 21	0.17-0.22



Ball recommendation

Sport-Thieme 'Magic' Volleyball

▷ Product code 71 108 2513

BEACH VOLLEYBALL

Which beach volleyball for which age?

Category	Age group	Size	Weight in g	Circumference in cm	Diameter in cm	Pressure in bar
Junior	under 12	5	170-210	65-67	approx. 21	0.29-0.32
Men/ Women	12+	5	260-280	65-67	approx. 21	0.29-0.32



Ball recommendation

Sport-Thieme 'Beach Pro' Beach Volleyball

▶ Product code 71 286 2503

RUGBY

Which rugby ball for which age?

Category	Age group	Size	Weight in g	Circumference in cm	Diameter in cm	Pressure in bar
Youth G	under 8	3	approx. 340	approx. 25	approx. 16.5	0.55–0.69
Junior	8–13	4	approx. 370	approx. 27	approx. 17	0.55–0.69
Men/ Women	14+	5	approx. 440	approx. 29	approx. 17.5	0.55–0.69



Ball recommendation

Sport-Thieme 'Training' Rugby Ball

▷ Product code 71 261 1701

Sport-Thieme 'Match' Rugby Ball

▷ Product code 71 261 1600

AMERICAN FOOTBALL

Which football for which age?

Category	Age group	Size	Weight in g	Circumference in cm	Diameter in cm	Pressure in bar
Junior	under 12	6	approx. 330	approx. 26	approx. 15	0.8–0.9
Youth	13–15	7	approx. 360	approx. 27	approx. 16	0.8–0.9
Official	16+	9	approx. 410	approx. 28	approx. 17	0.8–0.9



Ball recommendation

Sport-Thieme 'American' American Football

▶ Product code 71 271 4426

FISTBALL

Which fistball for which age?

Category	Age group	Size	Weight in g	Circumference in cm	Diameter in cm	Pressure in bar
Minis	to 10	5	260–290	65–68	approx. 21	0.55–0.75
Women/ Youth	10–14	5	320–340	65–68	approx. 21	0.55–0.75
Men	14+	5	350–370	65–68	approx. 21	0.55–0.75



Ball recommendation

Drohnn 'New Generation' Fistball ▶ Product code 71 107 0369

PRELLBALL

Which prellball for which age?

Category	Age group	Size	Weight in g	Circumference in cm	Ø Diameter	Pressure in bar
Youth	11–14	5	260–300	65–68	approx. 21	0.55–0.75
Men/ Women	14+	5	350–380	65–68	approx. 21	0.55–0.75



Ball recommendation

Drohnn 'Saturn' Prellball ▶ Product code 71 108 2829

GYMNASTICS BALLS

Which gymnastics ball for which age?

Category	Age group	Size	Weight in g	Circumference in cm	Diameter in cm	Pressure in bar
Children	4-10	3	300	60	approx. 19	0.2-0.3
Competition	All	3	420	60	approx. 19	0.2-0.3



Ball recommendation

**Togu '420' FIG-Certified
Gymnastics Ball**

▶ Product code 71 264 2156

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sport-thieme.com

