



January 2019

## **Rugby Ball Inflation Guide**

### **Inflating and Care instructions**

#### **Inflation:**

Balls should be inflated to the correct pressure of **9.5 psi**. Before use, please check the pressure and adjust accordingly as slight variations of ball pressure can occur due to the natural materials used in the bladder and changes in external climate.

Only use a stirrup pump to inflate the balls - inflation using a compressor or airline is not recommended as it can lead to over inflation, which can cause the properties of the ball to change.

#### **Care and Storage:**

Rugby balls should be cleaned before use if possible to remove any residue from the surface of the ball. Cleaning should be carried out using warm water, a light detergent and a soft cloth.

Rugby balls should be kept at an ambient temperature.

Please do not sit on rugby balls, as this will cause them to go out of shape.

**Gilbert Rugby**