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Read instructions in their entirety. In the event of missing parts, call **1-800-533-0446**.

DUO-BOUND™

Activity Instructions

Equipment List

- 1 Duo-Bound™ Rebounder
- 6 Rainbow® DuraCoat™ Handballs

1. 360 Duo-Bound™ Speed Ball

Objective: Be the first team to earn 21 points, or the team with the most points after a predetermined amount of time.

Number of Players: Up to 24 players.

Setup:

- Use the play area available; a basketball court indoors is recommended. Adjust the boundaries and size of the play area according to the age/ability of players.
- Place the Duo-Bound™ Rebounder in the middle of the play area.
- Create a 20' dia circle around the rebounder; this is known as the crease.
- Divide players into 2 equal teams and assign each team a color, red or blue. Use pinnies or vests (not included) to help differentiate teams.
- Players begin anywhere on the court.

Game Play.

- At the signal, 1 player from each team faces off anywhere on the court. The instructor high tosses 1 handball between the 2 players. Players tip the ball to their teammates to gain possession.
- Players on offense throw the ball at the square on the rebounder, attempting to get the ball to rebound and land outside the crease. The goal is for the ball to not be caught by an opponent.
- If the ball lands outside the crease without being caught by an opponent, points are awarded. If the ball does not land outside the crease, no points are awarded.
- Players may take only 2 steps with the ball before they must pass it to a teammate.
- Players pass the ball 3 times before shooting at the rebounder.
- Ball can be turned over with interceptions or if it is dropped.
- When a point is scored, it is recorded, and play continues. No restarting the game.

Scoring: A ball that lands outside the crease earns 1 point for the throwing team.

Options:

- For more difficulty, add more balls in play at once.
- For more activity, request players bounce pass the ball to teammates. The ball may bounce only once, or it is considered a turnover.
- Change the angle of the rebounder by pressing down on one side of the rebounder, making the hinge off center.

2. Duo-Bound™ Color Coding

Objective: Be the first team to earn 21 points.

Number of Players: Up to 24 players.

Setup:

- Use the same play area and team set up as 360 Duo-Bound™ Speed Ball.
- Assign point values to ball colors
 - Orange, Yellow, Blue = 1 point
 - Green, Purple = 3 points
 - Red = 5 points
- Line up the balls on the center line of the play area.
- Players begin at opposite ends of the play area.

Game Play:

- At the signal, players rush to grab a ball and gain possession.
- Players on offense throw the ball at the square on the rebounder, attempting to get the ball to rebound and land outside the crease. The goal is for the ball to not be caught by an opponent.
- If the ball lands outside the crease without being caught by an opponent, points are awarded. If the ball does not land outside the crease, no points are awarded.
- Players may take only 2 steps with the ball before they must pass it to a teammate.
- Players pass the ball 3 times before shooting at the rebounder.
- Ball can be turned over with interceptions or if it is dropped.
- When a ball is scored, it is recorded, and play continues. No restarting the game.

Scoring: A ball that lands outside the crease earns the point value assigned to the ball for the throwing team.

- Orange, Yellow, Blue = 1 point
- Green, Purple = 3 points
- Red = 5 points

Options:

- Play for multiple rounds. The team with the most wins at the end, wins overall.
- For more activity, request players bounce pass the ball to teammates. The ball may bounce only once, or it is considered a turnover.
- Change the angle of the rebounder by pressing down on one side of the rebounder, making the hinge off center

3. Two-Sided Duo-Bound™ Speed Ball

Objective: Be the first team to earn 21 points, or the team with the most points after a predetermined amount of time.

Number of Players: Up to 24 players.

Setup:

- Use the play area available; a basketball court indoors is recommended. Adjust the boundaries and size of the play area according to the age/ability of players.
- Place the Duo-Bound™ Rebounder in the middle of the play area.
- Split the play area into two halves so one half of the rebounder is in each half of the play area.
- Create a 20' dia circle around the rebounder; this is known as the crease.
- Divide players into 4 equal teams and assign each team a color, red or blue; green or orange. Use pinnies or vests (not included) to help differentiate teams.
- Assign 2 teams to each half of the play area.
- Players begin anywhere on the court.

Game Play:

- Game play is the same as 360 Duo-Bound™ Speed Ball, but with 2 games going at once.

Scoring: A ball that lands outside the crease earns 1 point for the throwing team.

Options.

- For more difficulty, add more balls in play at once.
- For more activity, request players bounce pass the ball to teammates. The ball may bounce only once, or it is considered a turnover.
- Change the angle of the rebounder by pressing down on one side of the rebounder, making the hinge off center.