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HEIGHT ADJUSTABLE BASKETBALL GOALS



TO LOWER THE GOAL

1. Place the sash hook provided through the eyebolt located on the ring's back plate
2. Pull the board vertically downwards firmly and steadily
3. The gas struts behind the board will initially prevent and then assist in the movement
4. The board will locate firmly into the down position

TO RAISE THE GOAL

1. Place the sash hook provided through the eyebolt located on the ring's back plate
2. Push the board vertically upwards firmly and steadily
3. The gas struts behind the board will initially prevent and then assist in the movement
4. The board will locate firmly into the up position

CAUTION

1. Do not use the ring or net or on hinged goals the locking pin to push or pull the goal – ALWAYS use the eyebolt fixed through the ring's back plate into the board.
2. Always pull the board vertically downwards or push it vertically upwards – do not push or pull at an angle from the vertical.

See recommendations in the Continental maintenance manual concerning regular maintenance inspections and reports.