



HOW TO GET YOURSELF IN, UP, AND OUT

GETTING IN

With the handles facing down, enter with your hands between the two straps, grab the handles and shimmy your way in. When on properly you will wear the bubbleball like a backpack.

GETTING UP

The easiest way to get up is to roll over onto your stomach and then either squat or use a knee to lift yourself into a standing position.

GETTING OUT

To get out, simply lean forward and wiggle the ball off of you. You could also fall onto your stomach, use one arm to release the strap from one shoulder and then the other arm to release the other strap.

TIPS & TRICKS TO HAVING A GOOD TIME

STRETCH!

While you're waiting, stretch out your neck, legs, shoulders, stomach, and back muscles. You might find yourself a little bit sore since you're experiencing a physical activity your body isn't used to.

GET YOUR HEAD IN THE BUBBLEBALL

If we see that you don't have more than 6 inches of space above your head or you feel you're a little too close to the top, we'll switch you with another player or find another bubbleball to accommodate you. Otherwise, you'll have to substitute with other players.

GUYS VS GIRLS

Guys have a natural tendency to be more aggressive and also weigh more. Be conscious of this and do not hit someone hard who is smaller than you.

LET 'EM UP!

Do not hit people while they're down. Getting up can be hard so allow people to get up and get oriented before knocking them over again.

FIELD LINES / NETS

Do not hit people into the nets or over the boundary lines. Getting hit over the lines and into the nets can be dangerous to players and to people off the field watching or involved in other activities. If we see this happen you may be asked to take off your bubble ball and exit the game, listen to the ref at all times.

TUCK AND ROLL

If you roll over, an extra measure is to tuck your head in as you would in a summersault. You can also lift up the ball a little, which you may do naturally as you fall.

FEEL TIRED? TAKE A BREAK

For people who are not used to carrying 15-20 extra pounds while running, it can be quite tiring. If you feel tired, even though we do take breaks, feel free to come off to the side and get some air at any time.

LOOSE STRAPS

Once in a while, a strap may come undone because it wasn't fastened properly. If that happens, just come to the side, and a member of our staff will help you.

DEFLATIONS/TEARS

Once in a while, a bubbleball may puncture. It won't burst, but you may notice that it's becoming a little soft. If this happens just step off to the side, and we will replace your ball with a new one.

STUCK UPSIDE DOWN

If you manage to get stuck, sway your legs back and forth or wait until the ref or someone else knocks you upright.

WATCH THE KICKS

Just like soccer, you might get some bruises on your shins if you're not wearing shin pads. Be careful to kick the ball and not other players. Never kick the bubble balls, if you do this the ref will ask you to exit the game.

DON'T BE STUPID

Like any sport, don't be dumb or super aggressive. It may seem as though you're invincible in a bubbleball, but you could still be injured. Have fun and be safe at all times!

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