

# Quick Start Guide



FIND SOME HELPFUL HINTS, TRICKS, AND GUIDES  
FOR STARTING YOUR OWN BUBBLEBALL OPERATION

## HOW TO PLAY SAFE

**THE TOP OF YOUR HEAD SHOULD BE AT LEAST 8-10 INCHES FROM THE TOP OF THE BUBBLE. NEVER PLAY WITH YOUR HEAD ABOVE THE TOP!**

- Players should be healthy enough for vigorous physical activity. It's more tiring than it looks!
- Players should wear appropriate footwear. Flip flops are not appropriate
- Remove jewelry and eyeglasses unless absolutely necessary. Eyeglass straps are highly recommended
- Always use under proper adult supervision
- Always properly inflate the bubbleball before use
- Always properly adjust and wear the shoulder straps
- Only use bubbleballs on grass, astroturf, or gym floors. If playing on grass, check for sharp objects that may damage your bubbleBall such as rocks of any shape and sharp debris
- Not for use by pregnant women or persons with any medical condition such as asthma, claustrophobia, heart conditions, seizures or neck or back problems
- Do not have more than one person inside a bubbleball
- Do not use while under the influence of alcohol or drugs
- Do not use on pavement or cement surfaces, near streets or roads with automobile or pedestrian traffic
- Do not use in water or anywhere near any bodies of water, including pools, lakes, ocean, or ponds
- Do not attempt any stunts, including but not limited to jumps from an elevated area. Never attempt to roll down any hill or grade while inside the a bubbleBall. Dangerous stunts may result in unnecessary injury

## BUBBLEBALL GAMES

### Bubbleball Soccer

Five players per side, indoor or outdoor, soccer without a goalie. For our complete rules visit:

[bubbleball.us/official-bubble-soccer-rules](http://bubbleball.us/official-bubble-soccer-rules)

### ZombieBall

8 – 10 players minimum – More players, more fun! One player (the zombie) starts in the middle of the field, and the remaining players line up on one side. As a group, players try to run from one side to the other without being knocked down (infected) by the zombie. Players who were infected join the original zombie(s) at the start of the next round. The rounds continue until one winner is left standing! Will the zombies win or will a hero emerge?

### Sumo Smash

2 players enter a ring wearing their bubbleballs. Players must force their opponent out of the ring to win.

### Royal Rumble

Players will enter the ring in intervals of 15 – 30 seconds, and fight to be the last person standing. Knock your opponents out of the ring to win the Crown Title!

### Bubble Kickball

Everyone wears a bubbleball, except for the pitcher. The offensive team players kick the ball and try to make it around the bases. The defending team must first touch the kicked ball before they can move, and then must try to knock down the runners before they get to each base.

SEE MORE GAMES AT [BUBBLEBALL.US/GAME-RULES](http://BUBBLEBALL.US/GAME-RULES)

## MAINTENANCE INSTRUCTIONS

### Inflate

1. Open up the ball so it lies flat on the ground
2. Set up your electric pump (sold separately) so that the nozzle is set to inflate
3. Attach the electric pump nozzle to the ball valve
4. Turn on the pump and inflate the ball. Do not over-inflate. Properly inflated bubbleballs should be inflated about 85-90%, especially in warmer weather; the inner air will expand as it warms up during use
5. Lock the air cap in place

### Clean

BBA® bubbleballs are easier to clean when inflated. We recommend using an organic and odorless cleaner, or just a cloth with soap and water. Visit [shop.bubbleball.us](http://shop.bubbleball.us) for the latest BBA® bubbleball accessories and supplies.

### Deflate

1. Reverse the nozzle on the pump to deflate
2. Detach the air cap and attach the pump nozzle
3. Deflate until all of the air is removed & fold the ball into thirds. Tightly roll up the ball and place into the bag.

## HOW TO GET IN, UP, AND OUT

### Getting In

Handles always facing down, put your hands between the two straps from the inside, like Superman grab the handles and shimmy your way in. Once on properly, you will wear the bubbleball like a backpack.

### Getting Up

If you're stuck like a turtle on a shell, don't try to get up on two feet. Turtles don't do that. It's really hard. Use your legs to roll over on to your stomach and then either squat or use a knee to help you get up.

### Getting Out

To get out simply fall onto your stomach. Then you use one arm to release the strap from one shoulder. Then do the other arm. Much easier than trying to come out two arms at a time.

LEARN MORE AT  
[BUBBLEBALL.US](http://BUBBLEBALL.US)

## TIPS & TRICKS TO HAVE A BUBBLY TIME

### Stretch!

While you're waiting stretch out your neck, legs, shoulders and core 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

### Be the ball

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 try 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 they also weigh more. Be conscious of this and do not hit someone hard who is smaller than you

### Let other players up!

Don't hit people while they're down: It's just not cool to keep hitting someone who is trying to get up. It's hard enough as it is; don't be rude

### Tuck and roll

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

### If you feel tired it's OK to take a break

For people who are not used to carrying 15-20 extra pounds and running for half an hour it can be quite tiring. If you feel tired, even though we have a half time break, feel free to come off to the side and get some air

### Loose straps

Once in a while a strap may come undone if it wasn't fastened as tightly as possible. If that happens make your way to the sideline to adjust your strap. A tighter strap will make the ball sit higher and better protect your head

### Deflations and tears

Sometimes a bubbleball may puncture. Don't worry, it won't burst, but you may notice the bubble becoming soft and losing it's bounce. If that's the case, move to the sideline to get it patched or replaced