

Safety Specifications and Guidelines

Bubble Football (also known as bubble soccer or zorb ball) is a fun, high-energy activity where players wear inflatable bumper suits. To ensure safety and enjoyment for everyone, it's essential to follow established specifications and guidelines. This document outlines the key equipment sizes, recommended usage conditions, maintenance practices, and safety precautions based on industry standards and best practices.

Size and Height Specifications

Using the correctly sized bubble suit for each player is crucial for safety and comfort. Standard size categories are as follows:

Kids: 1.2m (3.94 ft) outer diameter, 1.1m (3.61 ft) height, 0.38m (1.25 ft) inner diameter. Suitable for participants under 1.58m (5.18 ft) tall.

Adults: 1.5m (4.92 ft) outer diameter, 1.36m (4.46 ft) height, 0.43m (1.41 ft) inner diameter. Suitable for participants between 1.58m (5.18 ft) and 1.85m (6.07 ft) tall.

Extra Large: 1.8m (5.90 ft) outer diameter (customizable). Suitable for participants taller than 1.85m (6.07 ft).

In addition to these standard sizes, **BubbleFootballShop offers a range of smaller or larger custom sizes tailored to your specific needs.** Please contact us via email (sales@bubblefootballshop.co.uk) for customization inquiries.

Recommended Usage

Suitable Surfaces

Play only on soft, level surfaces:

- Grass fields
- Artificial turf
- Indoor gymnasium or sports halls

Avoid concrete, asphalt, or uneven terrains.

Suitable Playing Surfaces: Play bubble football on soft, level surfaces such as grass fields, well-maintained turf, or indoor courts/gym floors. These surfaces provide cushion and even footing,

helping to absorb falls and bumps. Always ensure the area is free of hazards – no sharp objects, rocks, or debris that could puncture the bubble or trip players . Avoid hard surfaces like concrete or uneven ground, as they increase the risk of injury and can damage the equipment; a full grass or artificial turf field is recommended for outdoor play . If playing indoors, use a spacious area and keep play well away from walls or obstacles unless they are safely padded.

Age and Fitness Requirements

- Recommended for ages 5 and up.
- Participants should have reasonable physical fitness and no serious health conditions.
- Pregnant individuals or those with significant health concerns should consult a medical professional before participating.

Bubble football is generally suitable for ages ~5 and up, with youth using the smaller bubbles. Many organizers set a minimum age around 5–8 years to ensure children are large enough to handle the equipment safely . All players should be in reasonably good physical health and fitness; while the activity is meant to be lighthearted, it is physically demanding to run and bump inside the bubble. Participants should be capable of getting up repeatedly and comfortable with full-body contact in the bubble. It's recommended that anyone with a serious medical condition, injury, or impairment (or women who are pregnant) consult a doctor before playing . Likewise, players should disclose any relevant health issues to organizers. A reasonable level of fitness is advised so that players can tolerate the bumps and exertion without excessive risk . There is no strict upper age limit as long as the person is fit and uses the proper size bubble, but supervision and discretion are needed for younger children and older adults.

Proper Handling

- Inflate bubbles to 90-95% capacity; avoid over-inflation.
- Players must correctly fasten the harness, ensuring a snug, centered fit.
- Remove sharp objects, jewelry, glasses, or accessories before use.
- Each bubble ball includes a complimentary additional buckle designed specifically to secure carrying slings, ensuring they remain safely fastened during use.

Before each session, inspect and prepare the equipment: ensure each bubble is inflated to the proper pressure (typically around 90–95% full so it's firm but with slight give) . Do not overinflate (overly hard bubbles can burst or transmit more force) – follow the manufacturer's guidelines for inflation. Each player must wear the harness/straps correctly: enter the bubble through the designated opening (usually the back, where the straps are) and adjust the shoulder straps so the bubble is snug and centered on the body. The player's head should remain well inside the bubble at all times (generally the top of the head should be 8–10 cm or a few inches below the top inner surface) – this ensures the bubble will take the impact of falls or collisions, not the head or neck. All zippers, buckles, and handles on the bubble should be secure and functional before play. ***Remove any sharp objects*** or accessories on your person before suiting up: no jewelry, keys, glasses, or sharp belt buckles that could puncture the bubble or injure someone . Wear comfortable athletic attire and make sure nothing (like clothing with studs or sharp edges) could damage the bubble . Finally, adhere to the rules and guidelines provided by the event organizer or referee – these rules (e.g. no hitting from

behind, stay in bounds) exist to keep the game fun and safe, and all players should understand them before starting play.

Maintenance Guidelines

Cleaning

- Clean bubbles after every session using mild soap and a soft cloth.
- Dry thoroughly before storage to avoid mold and odor.

Cleaning After Use: Clean the bubbles after each session to remove dirt, sweat, and debris. Use a soft cloth or sponge with a mild soap solution or a non-abrasive organic cleaner – harsh chemicals or rough scrubbers can damage the plastic material . Wipe down the exterior and interior (especially where players made contact) to keep it sanitary, then rinse or wipe off any soap residue. This routine cleaning not only maintains hygiene (important if multiple people use the equipment) but also helps you inspect the bubble for any tears or wear. Ensure the bubble is completely dry before storing to prevent mold or odor buildup; air-dry it in shade if possible.

Storage

- Store bubbles deflated or partly inflated, away from direct sunlight.
- Avoid placing heavy items on bubbles during storage.
- Protect bubbles during transportation using dedicated bags or containers.

Proper Storage: Store bubble suits in a cool, dry place away from direct sunlight when not in use . UV light and excessive heat can degrade the TPU/PVC material over time, causing it to become brittle or discolored . It's best to deflate the bubbles partway (or fully, if space is an issue) for storage – do not leave them under high pressure when not needed, as prolonged stress can weaken the seams. If transporting the bubbles to a venue, keep them protected: for example, use a dedicated storage bag or container so they won't get punctured or scuffed in transit . Avoid placing heavy objects on top of stored bubble balls, and do not expose them to extreme cold either, as very low temperatures can also make the plastic material less flexible.

Inspection

- Routinely inspect for leaks, punctures, or damaged straps and handles.
- Repair using approved kits or patches.
- Maintain appropriate inflation levels to ensure safety and longevity.

Inspection and Care for Longevity: Routinely inspect each bubble ball for signs of damage or wear. Before gameplay, check the air pressure and add air if needed to keep it within the recommended firmness – but never overinflate (overinflation can cause the bubble to burst at the seams under stress) . Confirm that handles and harness straps are securely attached and not frayed; these should be replaced if worn out. If any leaks or punctures are found (common signs are a soft bubble or hissing of air), repair them promptly using the proper repair kits or patches recommended by the manufacturer . Do not attempt makeshift fixes with improper materials; a quality repair patch will restore the bubble's integrity safely . It's wise to keep a repair kit on hand during events.

Additionally, monitor the bubbles during play – if a bubble becomes significantly deflated or a strap breaks, remove it from use immediately and do not allow a player to continue with faulty equipment. With regular care – cleaning, correct storage, and timely repairs – the bubble suits will remain durable and safe for many games.

Safety Precautions

Beyond equipment and setup, all participants must follow safety precautions during play to minimize the risk of injury. Bubble football is designed as a safe activity, but it is a physical contact game, so adhering to proper techniques and rules is essential:

Safe Play Techniques

- Only collide frontally or from the side; avoid blind-side hits.
- No head-first dives or intentional flipping of players.
- Maintain safe distances from walls, goalposts, and hard obstacles.

Safe Gameplay Techniques: Always collide safely and responsibly.

Only bump into opponents from the front or side when they are aware of your approach – it is strictly prohibited to slam into someone's back where they can't see you coming. Blind-side hits can lead to whiplash or falls that the person isn't prepared for. Similarly, do not target a player's legs or lower body (your bubble should contact their bubble, not their knees).

Never dive head-first into another player or the ground; the proper way to bump is to keep your feet under you and use the bubble-to-bubble impact to bounce off each other. Avoid dangerous antics like leaping onto, wrestling, or intentionally flipping other players' bubbles. It's forbidden to climb on top of a fallen player's bubble or to intentionally kick or throw a bubble with someone in it. These actions can cause injuries and damage the equipment. Play within the designated field boundaries and try to stay a safe distance from walls, goalposts, or fences; do not intentionally bump someone into a wall or hard object (extra caution is needed if playing in a gym or enclosed space). If you fall and end up upside-down, don't panic – tuck your chin and allow the bubble to roll you onto your side, or wait for assistance.

Importantly, bubble football is a game of fun, not aggression: never treat it as an opportunity for retaliation or overly aggressive hits. If a player falls or is in a vulnerable position, give them a moment to get up before engaging. By following the official rules and using common sense, players can enjoy bumping and bouncing without getting hurt.

Protective Gear

- Knee and elbow pads are highly recommended.
- Wear appropriate footwear (athletic shoes with good grip).
- Athletic clothing without sharp elements is mandatory.

While the inflatable bubble provides the primary protection, players are encouraged to wear additional protective gear for areas not covered by the bubble. **Knee pads** (and optionally elbow pads) are highly recommended, since the legs and elbows can be exposed during tumbles or slides.

Pads help prevent scrapes and bruises when you hit the ground or collide at odd angles. ***Appropriate footwear*** is also important: wear sturdy athletic shoes with good traction – outdoors, rubber-soled cleats or sneakers will help on grass; indoors, use non-marking court shoes with grip . This ensures you maintain balance and can stop or turn quickly without slipping. Dress in comfortable sports clothing (e.g. athletic shorts or leggings and a t-shirt or jersey) that allows free movement. Avoid any clothing with sharp buckles, studs, or protrusions that could tear the bubble. ***Remove all jewelry and empty your pockets before playing*** . Hard or sharp items like rings, watches, necklaces, keys, or phones must be taken off (or adequately covered/taped if removal isn't possible) to protect both the player and the equipment. Long hair should be tied back to keep it from tangling in straps or obscuring vision. In general, think of bubble football like any sport – dress for mobility and safety, and add padding to vulnerable spots for extra protection.

Supervision and Conduct

- Always supervise bubble football games with adults or officials.
- Brief all players on safety rules and expected behaviors before play.
- Maintain a clear boundary, keeping spectators and bystanders at a safe distance.
- Players feeling unwell or fatigued must signal and exit safely from the play area.

Bubble football games should always be supervised by a responsible adult. An official referee or event coordinator is recommended to oversee the match, enforce the rules, and ensure all safety protocols are followed . The supervisor should check that each participant is using the correct size bubble and wearing it properly before kickoff . They will also manage the flow of the game (stopping play if someone is down or a bubble needs adjustment). ***For younger players, constant adult supervision is a must*** – children and teens can get excited, so an adult leader should remind them of safe play techniques and step in if rules are broken. It's advisable to have all players ***briefed on the safety rules*** prior to starting; go over the do's and don'ts so everyone understands what is expected. Spectators and bystanders should keep a clear distance from the play area; ***no one not wearing a bubble suit should enter the field while the game is in progress*** (this prevents accidental collisions with unprotected people). If a player feels unwell, overly tired, or wants to exit the game, they should raise their hand or otherwise signal to the referee and step off the field safely – never remove the bubble in the middle of play . Organizers should also have basic first aid on hand and a plan for emergencies, even though serious injuries are rare. By having proper supervision and everyone playing by the rules, the game remains controlled, fun, and safe for all participants.

Following these safety specifications and guidelines will help ensure that bubble football remains an enjoyable and injury-free experience. Using the correct equipment size, playing under suitable conditions, maintaining the gear, and adhering to safe play practices are all vital. Bubble football, when played responsibly, allows participants to bounce, collide, and laugh together with minimal risk. Always prioritize safety – with the right precautions in place, players of all ages can happily roll with the fun that bubble football provides.