

NIAGARA BUBBLE SOCCER

FUN-PARTIES-EVENTS-RENTALS

TOURS

BUBBLE SOCCER AND SPORT INSTRUCTIONS

- 1. Wear your bubble suit like a back pack and keep the straps over your shoulders at all times so that your head and neck stay inside and protected at all times**
- 2. Hang on to the handles and don't let go. However keep them away from your face so that you don't punch yourself in the face when you fall**
- 3. NO SURPRISE HITS (Most important)** Don't hit anyone from behind when they are not expecting it or when they are not looking. A gentle hit or push is fine or if they see you coming and they turn their back on you. Just **DON'T CATCH ANYONE BY SURPRISE** and don't push or hit anyone that is not wearing a bubble. This is common sense
- 4. Keep the action in the middle of the field away from the curtains, benches, sitting area and away from the goal posts. Where the goalies are not wearing bubbles make sure those wearing bubbles don't go in the goalie box**
- 5. The bubbles will not last if you abuse them. Therefore do not kick or sit on the bubbles or roll each other inside the bubbles like hamster balls. Do not do any acrobatic or flight activities**
- 6. More than anything bubble soccer has evolved from focusing on kicking the ball into the net or dribbling. Nowadays it's more about knocking each other down to the ground. The bubbles are heavy and quite a workout so for full value and enjoyment, focus more on the knocking people down than actually chasing the ball trying to kick the ball. Try the activity without the ball for the first few minutes to get a feel of what the bubble suits feel like and then use the ball when necessary.**