

# KnockerBall® Safety



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# Quick Start Guide

FIND SOME HELPFUL HINTS, TRICKS, AND GUIDES  
FOR STARTING YOUR OWN Knockerball 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 Knockerball before use
- Always properly adjust and wear the shoulder straps
- Only use knockerball on grass, astroturf, or gym floors. If playing on grass, check for sharp objects that may damage your knockerball 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 Knockerball
- 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 knockerball. Dangerous stunts may result in unnecessary injury

## 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 knockerball 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

Knockerball are easier to clean when inflated. We recommend using an organic and odorless cleaner, or just a cloth with soap and water. Visit [Knockerball.com](http://Knockerball.com) for the latest Knockerball 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 Knockerball 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. Than do the other arm. Much easier than trying to come out two arms at a time.

LEARN MORE AT  
**Knockerball.com**

## 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 Knockerball 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 Knockerball 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

# SAFETY HANDOUT

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## HOW TO GET YOURSELF IN, UP AND OUT

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### GET IN FROM THE RIGHT SIDE

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 Knockerball like a backpack. Avoid putting it on upside down!

### GET UP BY TURNING OVER

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.

### GET OUT ONE ARM, THEN THE OTHER

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.

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## SAFETY MEASURES TO HAVE FUN AND AVOID INJURY

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### BE THE BALL. NOT ABOVE IT.

If you don't have more than 8 inches of space above your head or feel you're a little too close to the top, switch out with another player or find another Knockerball that is a better fit for you. **Not having enough space above the head and playing inappropriately can lead to serious head injury.**

### DON'T GET IN UPSIDE DOWN

New players may enter the Knockerball from the wrong direction. Make sure to listen to your supervisor and enter the ball from the correct side. Usually if you are upside down your head will be closer to the top or even sticking out. If you're not sure, ask your coordinator or referee.

### 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.

### DON'T PLAY AGGRESSIVELY

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.

### DON'T HIT OTHERS WHILE THEY'RE DOWN

It's just not cool to keep hitting someone who is trying to get up.

### WATCH THE BOARDS

It's ok to hit someone against the boards if playing indoors, but, like hockey don't get too violent, and don't hit from behind into the boards either. While you're protected you're not wearing kneepads or have ankle support so you could bang them against the glass. A loosely fitted Knockerball could make your head vulnerable too.

### TUCK AND ROLL YOUR HEAD IF YOU FLIP

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.

### TAKE REST BREAKS

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, come off to the side and get some air.

### ENSURE STRAPS ARE NOT LOOSE

Once in a while a strap may come undone because it wasn't fastened as tightly as it could be. If that happens just come to the side to get it adjusted by your coordinator. Be aware of people coming at you if you stay on the field of play.

### PULL OFF TO THE SIDE IF BALL GETS DEFLATED

Once in a while a Knockerball may puncture. It won't burst but you may notice that you're becoming a little soft and you just don't have that kind of bounce you once had. Just pull off to the side if that is the case and get it replaced, patched or reinflated.

### SWING YOUR LEGS IF STUCK UPSIDE DOWN

If you manage to get stuck sway your legs back and forth or wait until the referee or someone comes and knocks you upright. You can also swing your legs back and forth to get upright again.

### WATCH THE KICKS

Just like soccer, you might get some bruises on your shins or knees if you're not wearing pads so be careful not to kick too hard or wear protective pads. Most useful if playing on hard court.

# HOW KNOCKERBALL COORDINATORS, REFEREES, AND SUPERVISORS SHOULD REDUCE INJURY RISK

To ensure Klobberball stays fun for all your participants ensure your coordinators and referees are adhering to these safety measures.

1. Game supervisors and coordinators should **distribute a safety handout and/or provide safety instructions to all participants** before any play and a safety handout should be distributed to the customer and players upon booking and/or at the field.
2. Players and coordinators should always ensure participants in the Klobberball "ballers" have the bubble fully covering at least **8 inches above their head**, to allow for roll overs and head protection. Usually tightening the straps will allow for more protection above the head. Players with their heads flat with the top, near the top or above the top should NOT be allowed to play and should be fitted properly, or in another Klobberball.
3. **Players should NOT run full speed** and should only bump into players with with light to moderate speed, while approaching from a limited distance.
4. **Players should NOT bend down when bumping another player** – what is known as "spearing". Players should use the sides of the bubble for impact with other players, not the top. Collisions top to top of bubbles can result in serious head and face injury in the event a player is not wearing the Klobberball correctly, the size of the player is not suitable for has not been inflated appropriately.
5. **Referees should limit the distance on direct rushes** between ballers to reduce force and impact on players and the equipment. We recommend no more than 15 feet between players in a direct rush or simply not allowing them, even though it is fan favorite entertainment. Referees should not encourage any full speed collisions.
6. Referees should be diligent and responsive to aggressive players. **Referees should warn and penalize all players fo playing aggressively or spearing**. This activity is what can lead to the most severe injury. When spearing, players bend down to charge and the top of the Klobberball is first to impact another baller vs the side of the Klobberball, exposing heads. If adhering to items 1, 3 and 4 the risk of injury is reduced. However two players spearing simultaneously risk trauma to the head, neck and face.

## Additional precautions:

- 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 Klobberball before use
- Always properly adjust and wear the shoulder straps
- Only use klobberball on grass, astroturf, or gym floors. If playing on grass, check for sharp objects that may damage your Klobberball such as rocks of any shape, sticks and other 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 Klobberball
- 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 Klobberball. Dangerous stunts may result in unnecessary injury

# SAFETY GUIDELINESS

1. #1 RULE is to have fun.....without injury.
2. Knockerball should not be played by pregnant women or anyone not able to participate in physical activity.
3. **WAIVER MUST BE** signed by ALL participants, youth under 18 must have parent sign waiver as well.
4. **NO SHARP OBJECTS** inside of the Knockerballs ( i.e. jewelry, watches, cell phones, gopros, belt buckles, keys, loose change, etc; all must be removed ).
5. **NO CLEATS** or shoes with sharp points, edges, buckles, or straps.
6. **DO NOT KICK** with shoes or feet to the bubbles.
7. **DO NOT HIT SOMEONE THAT'S DOWN** , give them ample opportunity to safely get back to their feet.
8. **DO NOT BLIND BUMP ANYONE** , they must be aware they are going to get hit.
9. **NO SPEARING** or **BULL CHARGING** , do not charge with your head down. (open area above your head is for airflow). No long full out sprints to hit.
10. **BALL ON BALL CONTACT ONLY.** Never hit anyone not in a ball.
11. **DO NOT INTENTIONALLY DAMAGE THE BALLS** (i.e. bumping trees, fences or walls)
12. **DO NOT KNOCK OUTSIDE SPECIFIC GAME PLAY** (i.e. Free Knocking)
13. **STAY IN GAME PLAY AREA** (Don't go roaming...)
14. **REMAIN INSIDE BUBBLE** for your own safety during game play.
15. **NLY** 1 person in a ball at a time.
16. **NO** player shall be under the influence of **DRUGS OR ALCOHOL** .
17. **NO SMOKING** is allowed in game play area or in any area Knockerballs are present.
18. **FIT:** Each player must be verified by official for proper Knocker-fit before play.
  - Less than 40" waistline (ya gotta fit in the ball)
  - Sufficient clearance above head (Approx 12" head clearance to top of ball)
  - Tail bone inside of ball
  - Inner handles at chest level
  - Shoulder straps adjusted properly
19. Knockerball is not to be played on gravel, pavement or cement.
20. Knockerball is not to be played near streets or roads with automobile traffic.
21. **NEVER** use near water.
22. **NEVER** attempt to jump from a raised platform while inside a Knockerball.
23. **DO NOT** use on steep graded hills or slopes.
24. **CHECK YOUR EGO AT THE DOOR.** Let yourself get knocked; most common injuries happen when trying to brace and prevent getting knocked over.
25. **GUYS BE GENTLEMEN.** Treat the girls like ladies !
26. **REPORT TO STAFF** any damage you notice to the equipment (i.e. punctures, holes, leaks, loose handles or straps, and ball deflation).
27. Recommendations: Tuck your legs when you get hit. Kneepads are recommended, but not required.

We maintain the authority to deny and or refuse any participant in any Knockerball activity if they deem said individual is not adhering to these rules. Neglecting these rules compromises the safety of all those participating and will not be tolerated.

LEARN MORE AT  
[Knockerball.com](http://Knockerball.com)





# KNOCKERBALL GAMES



## Traditional Play

It's simple; rules are the same as traditional soccer. Players play either 4v4 or 5v5 depending on the size of the field and number of players. However there are no goalies so score as much as possible! The game is played in 3 periods of 10 minutes, substitutes are at the discretion of the referee.



## Sharks and Minnows

Have 1 player stand in the middle of the gym or field who will be nominated for the 'Shark'. Next, have the rest of the players ('minnows') stand on one side of the field. The object of the game is for the "minnows" to get across the gym without getting caught by the sharks. If a minnow is caught, then it becomes a shark.



## Tag

One person is "it," and his/her job is to tag someone else. When you are touched by the person who is "it," you immediately become "it." Now, it's your job to tag someone else. The game usually continues until everyone decides to stop, or until a predetermined number of people have become "it."



## Relay Races

1. Figure out who's running during each part of the relay.
2. Warm up and stretch if you haven't already.
3. Go to the part of the track where you will begin your leg of the relay.
4. If you are starting the relay, simply relax and wait for the gun to go off.



## Musical Chairs

The chairs are set up in two rows back to back (one chair less than the number of players). The music is turned on, and the players walk around the chairs. When the music stops the players race to sit in the available chairs. The player left standing is taken out of the game.



## Capture the Flag

In order to win the game, you must capture the other team's flag (duh!) and bring it back to your own territory. But if an enemy team member grabs you while you're standing on their part of the field, they are allowed to take you straight to jail (which is a small patch of land in their territory)

## RULES

**Contact can occur as a Consequence to play – but can not be the primary intent of the game.**

Keep the playing areas clearly marked by boundaries

Select flat and safe playing areas that are free of obstacles, pillars, trees, stumps, rocks, and roots. Only one person in a ball at a time, and no rolling down hills while wearing a ball. Alcohol and drugs are also prohibited. Our goal is to make sure that participants are being kept safe while having fun and assisting you in growing the Knockerball brand.

### Mandatory Protocols for Knockerball

1. It is understood that only persons who have signed a full waiver of liability/assumption of risk form may use the equipment or participate. THIS INCLUDES ANY EMPLOYEE OR VOLUNTEER PARTICIPATING DURING OR AFTER HOURS. Minors MUST have a parent or guardian sign the waiver. Waivers must state explicitly:
  - a) There are inherent risks
  - b) Management assumes no responsibility for injury. Play at your own risk.
  - c) Participant maintains sufficient insurance or resources for the treatment of any injury.
  - d) Do not participate if you have a pre-existing injury or condition that prevents safe play or is at risk of re-occurrence during play.
  - e) Participant assumes responsibility for any damage or injury to others caused by his or her failure to follow rules or instructions
2. It is understood that the use of the equipment shall be limited to a designated area, which shall be inspected prior to each use for holes, tripping hazards, wet/slippery areas, etc.
3. It is understood that the entrance to the use area shall have conspicuous signage stating that there are inherent dangers, all participants do so at their own risk, and all participants assume liability for any willful violations of rules or instructions.
4. It is understood that the use of the equipment is for organized "games" only. "Free Play" is prohibited. "Games" shall not include animals or vehicles of any kind, deliberately placed hazards, jumps, trampolines, etc.
5. All "games" should be played on Flat Ground. (no rolling down hills)
6. All "games" shall be proctored by properly trained staff. Inappropriate match-ups (in terms of size, age, etc.) will be avoided.
7. All manufacturer instructions for the equipment shall be noted, reviewed with all staff, and adhered to.
8. It is agreed that this coverage is not workers compensation. Employees and/or volunteers are not covered for their injuries.
9. Use of Drugs and Alcohol is strictly prohibited.

THE UNDERSIGNED AGREES THAT THE ABOVE IS REASONABLE AND UNDERSTANDS THAT THE ABOVE IS CONSIDERED TO BE PART OF THE POLICY. FAILURE TO FOLLOW THE ABOVE SHALL BE GROUNDS FOR A DENIAL OF COVERAGE.



## ENSURE HEAD SPACE

- ✓ 8+ Inches head space
- ✓ Right size Knockerball for player
- ✓ Proper orientation
- ✓ Tight straps



## HEAD NOT COVERED

- ✗ Inadequate head space
- ✗ Loose straps
- ✗ Player too tall
- ✗ Knockerball upside down



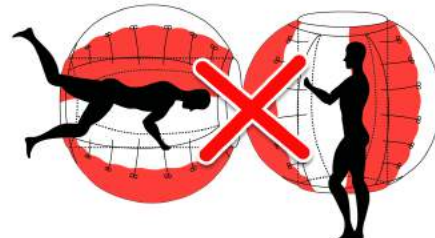
## ONLY BUMP SIDE TO SIDE



### Don't lean forward to bump



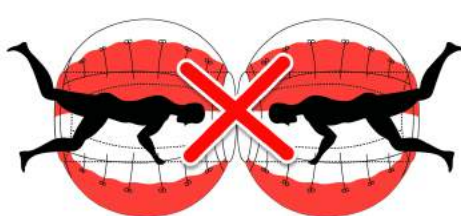
### Don't bump head first



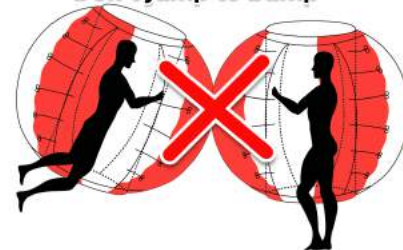
### Don't bump players when they're down



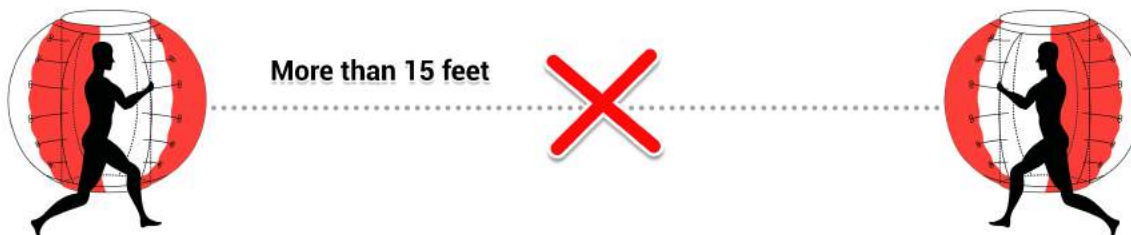
### Don't bump head to head



### Don't jump to bump



## ACCELERATE TO BUMP FROM LESS THAN 15 FEET



Knockerball is the leader in bubble sporting equipment- all safety rules should followed closely for more questions on usage please go to [www.Knockerball.com](http://www.Knockerball.com)