

FOOTWEAR GUIDE

FOR THE 3G ARTIFICIAL TURF PITCH



PERMITTED FOOTWEAR:



Artificial Ground (AG)

RECOMMENDED

Specifically designed for extra abrasion, these boots usually feature more numerous and densely concentrated studs that vary in height and may be hollowed out.



Firm Ground (FG)

RECOMMENDED

Sole plates feature moulded studs which are evenly dispersed across the foot to offer enhanced traction and comfort.



Hard Ground (HG)

RECOMMENDED

Sole plates utilise a harder Thermoplastic polyurethanes compound for enhanced durability and typically feature multiple slightly shorter, evenly dispersed studs for optimal pressure distribution.



Turf Trainer (TF)

ONLY WHEN DRY

Otherwise known as Astro's, they feature a solid rubber outsole with numerous, small multidirectional lugs spread across the sole, which offer limited grip in wet conditions.

FORBIDDEN FOOTWEAR:



Soft Ground (SG)

TEAR THE SURFACE

Sole features removable, replaceable screw-in studs and typically come in a six-stud configuration, with four at the forefoot and two at the heel.



Soft Ground Pro (SGP)

TEAR THE SURFACE

Also known as Hybrid or Mixed Stud, the sole plate comprises of a combination of conical screw-in studs and moulded studs, which are most commonly bladed.



Blades

CAN CAUSE INJURY

Sole plates feature multiple straight slightly shorter, evenly dispersed studs that can restrict movement and turning which could cause injury.



Flat Sole (Indoor)

NO GRIP & FLATTEN SURFACE

Sole made up of non-marking materials such as moulded gum rubber and feature pivot points, flex grooves and herringbone patterns.