






Footwear

Recommended Footwear for Synthetic Surfaces

Footwear Types						
	Football Boot (screw-in stud)	Football Boot (moulded stud)	Trainer (astro turf)	Trainer (general)	Football Boot (blade)	
3G Football Turf / Long pile Carpet	√	√	❖	X	X	
KEY	√	Recommended	❖	Not Ideal	X	Not Recommended

1. Blades: Use of footwear which has a bladed profile studded sole is prohibited.
2. Metal Studs on Synthetic Turf for Rugby: Metal Studs designed for Rugby are permitted provided they are Kite Marked and manufactured to BS 6366:2011 These types of studs are a mandatory requirement when playing rugby and are part of the IRB laws of the game. These types of studs are designed for player safety and the limit the potential damage to the playing surface.

It is important that the studs must be fitted correctly to the shoe sole and in a way that they cannot capture the turf fibers i.e. all studs are fully tighten and there is no gap between the studs and the sole of the boot. All studs must be free of sharp edges, have a smooth and undamaged surface and totally free of sharp burrs. The profile of the stud must be an even wear across the bottom of the stud.

Studs showing any of these defects are therefore PROHIBITED for use on the surface at any time whether in training or match situations

It is the responsibility of the facility owner and/or club to check and monitor all footwear used on the surface prior to any person entering or using the synthetic turf field to verify compliance with these conditions.

It is also advisable that the facility owner and/or club ensure that all footwear is clean and free from mud, soil and stones, prior to usage on pitch. Failure to monitor this aspect will affect the sports performance and drainage of the turf system, plus bring onto the pitch foreign debris which could lead to player injury.