



3G Artificial Turf Pitch (ATP) – footwear requirements

These rules apply to **ALL** users of this 3G pitch, including coaches and spectators stepping on the playing surface

Only **PLASTIC STUDED OR BLADED** footwear is permitted on the 3G surface

Plastic blades are permitted, but be advised there is an **increased risk of injury**

- Persons using plastic blades do so **at their own risk**
 - Plastic studded footwear is preferred
 - Studs can be moulded or plastic/nylon screw ins

NO flat soled shoes, including trainers

NO metal studs, blades or spikes, including metal studs with a plastic base

NO 'Astroboots' (boots with tiny moulded dimples, typically used for hockey)

All footwear **MUST BE CLEAN** and **FREE FROM MUD**
prior to stepping on to the 3G surface

Boot scrubbers are provided in the spectator area and outside the entrance gate