

WHAT NO TRAINERS, BLADES OR METAL STUDS? Protecting Your Safety! Protecting Your Pitch !

ASTROS	MOULDED STUDS	TRAINERS	METAL STUDS	BLADES
				
				

1.0 Recommended Footwear

1.1 Moulded Circular Multi-stud Boots. Boots with moulded circular multi-studs are the recommended footwear for competitive training and matches on all 3G surfaces

1.2 Astro or 4G Training Shoes – Astro or 4G training shoes with a dimpled sole are also recommended .Training shoe with a completely flat sole are not preferred but can be used in emergencies’ completely flat trainer will cause the artificial grass to flatten – this is a major issue with a 4G grass mat. A flat trainer also does not provide sufficient grip for the player on a 4G surface, particularly when it is wet – similar to grass.

1.3 Boots with Plastic Blades – Boots with plastic blades can be used. However tests have shown that players have found some restrictions in rotational movements when wearing plastic blades on 4G surfaces. As a result these types of boots are NOT recommended for use on 4G.

2.0 Footwear not approved for use on 4G

2.1 Boots with Metal Studs or Metal Blades – Football boot studs or blades must not be metal – metal studs or metal blades will damage the 4G surface.

The above text is straight from the Football Association/FIFA Guidance and following research commissioned by the World Governing Body FIFA themselves. We have provided you with a FIFA Approved Standard Pitch and we want to work with you to keep it that way. However more importantly, it is a safety issue too. The risk of long term injury because of using the wrong footwear is very real and we have a duty of care to all our users.

So please understand why our Staff are instructed to implement these rules and we thank you for your co-operation.