

ACCEPTABLE FOOTWEAR

MOULDED STUDS OR CLEATS ARE PERFECT FOR ARTIFICIAL TURF

Recommended Footwear for Artificial Surfaces					
Footwear type					
	Trainer (astro turf)	Trainer (general)	Football boot (moulded stud)	Football boot (screw-in nylon stud)	Football boot (blade-style)
FIELD 5	◆	◆	✓	✓	✗
FIELD 4	✓	✓	✗	✗	✗
✓ Recommended ◆ Not ideal ✗ Not allowed					



PROHIBITED ON THE TURF:



- NO metal studs (steel or aluminium)
- NO hard plastic soled shoes
- NO high heeled or Stiletto shoes



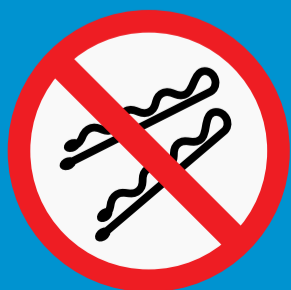
- NO glass including glass drinking bottles or cans
- NO drinks other than water



- NO chewing gum or lollies
- NO foodstuffs
- NO spitting



- NO cigarettes, cigars, lighters, matches and pipes



- NO jewellery
- NO bobby pins