

Recommended 3G Footwear Guidelines

Studs (Moulded)	Blades	Screw In Metal Studs	Dimpled e.g. specialist hockey shoes	Flat soled e.g. trainers etc
YES ✓	YES ✓	NO ✗	Not recommended	Not recommended
				
				

Please find below our policies / recommendations on footwear (an illustration of the sole types is above)

1. Utilise rubber moulded studs or rubber blades, which are the ideal types of boots for 3G pitches
2. Do not wear any footwear which use metal studs, metal blades or spikes which may form sharp corners and edges and rip or cut the artificial turf carpet
3. Where possible, please try to reduce the use of flat soled trainers or shoes - as this will only 'flatten' fibres

Obviously, implementing all of the above is very difficult as there will be many different users. However, strict monitoring and regulating of footwear on the pitch will assist the long term playability of the surface, whilst also helping in 'self maintaining' the facility and keeping the rubber infill loose.