FOOTWEAR GUIDE
FOR THE 3G ARTIFICIAL PITCH AT MEADOWBANK FOOTBALL STADIUM

PERMITTED FOOTWEAR:

**Artificial Ground (AG)**
- Recommended
- Specifically designed for extra abrasion, these boots usually feature more numerous and densely concentrated studs that vary in height and may be hollowed out.

**Firm Ground (FG)**
- Recommended
- Sole plates feature moulded studs which are evenly dispersed across the foot to offer enhanced traction and comfort.

**Hard Ground (HG)**
- Recommended
- Sole plates utilise a harder Thermoplastic polyurethanes compound for enhanced durability and typically feature multiple slightly shorter, evenly dispersed studs for optimal pressure distribution.

**Turf Trainer (TF)**
- Only when dry
- Otherwise known as Astro’s, they feature a solid rubber outsole with numerous, small multidirectional lugs spread across the sole, which offer limited grip in wet conditions.

FORBIDDEN FOOTWEAR:

**Soft Ground (SG)**
- Tear the surface
- Sole features removable, replaceable screw-in studs and typically come in a six-stud configuration, with four at the forefoot and two at the heel.

**Soft Ground Pro (SGP)**
- Tear the surface
- Also known as Hybrid or Mixed Stud, the sole plate comprises of a combination of conical screw-in studs and moulded studs, which are most commonly bladed.

**Blades**
- Can cause injury
- Sole plates feature multiple straight slightly shorter, evenly dispersed studs that can restrict movement and turning which could cause injury.

**Flat Sole (Indoor)**
- No grip & flatten surface
- Sole made up of non-marking materials such as moulded gum rubber and feature pivot points, flex grooves and herringbone patterns.

THANK YOU FOR YOUR CONSIDERATION