

Devon County FA  
Football For All

**Permitted Footwear for the 3G Facility**

Please see below the permitted footwear for the 3G facility at Coach Road, any person found not to be wearing suitable boots may be asked to leave the facility

**PLEASE NOTE THAT FOOTWEAR RULES APPLY TO ALL PEOPLE USING THE PITCH, PLAYERS, COACHES AND VOLUNTEERS**

**CATEGORIES OF FOOTWEAR**

Metal Stud Football Boots: These boots have screw-in metal studs for added balance and grip, these also have an outer sole that is visible on the bottom allowing for more support. – **NOT PERMITTED**

Moulded Stud Football Boots: Plastic moulded studs with no external sole. Whilst not as sturdy as metal studs, still provide grip. - **PERMITTED**

‘Blades’: Blades are another version of moulded studs, however instead of the peg-like studs, these studs are long and thin, following the contours of the foot, improving balance when kicking. – NOT PERMITTED

‘Astro’ Trainers: These have shorter moulded or ‘dimple’ studs. They are designed primarily for 2G pitches but they are still effective on 3G. ­– **NOT IDEAL, PERMITTED BUT WE WOULD ASK PLAYERS TO USE MOULDED BOOTS**

Flat Sole Trainer: These are your standard trainers; most fashionable trainers along with fitness footwear which contain no grip or spacing between the sole of the shoe and the surface – **NOT PERMITTED**

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