

3G PITCH FOOTWEAR GUIDELINES

PERMITTED FOOTWEAR



Artificial Ground (AG)
RECOMMENDED



Firm Ground (FG)
RECOMMENDED



Hard Ground (HG)
RECOMMENDED

FORBIDDEN FOOTWEAR



Soft Ground (SG)
TEAR THE SURFACE



Blades
CAN CAUSE INJURY



Soft Ground Pro (SGP)
TEAR THE SURFACE



Flat Soled Trainers (Indoor)
NO GRIP & FLATTEN SURFACE



Astro Turf Trainers
LIMITED GRIP & FLATTEN SURFACE



General Footwear
NO GRIP & FLATTEN / DAMAGE SURFACE