

# FOOTWEAR GUIDE

FOR THE 3G ARTIFICIAL TURF PITCH AT THE SUSSEX COUNTY FA



## 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