

# ARTIFICIAL 3G TURF PITCH



## PERMITTED FOOTWEAR

	<p><b>Artificial Ground (AG)</b> RECOMMENDED</p> <p>Specifically designed for extra abrasion, these boots usually feature more numerous and densely concentrated studs that vary in height and may be hollowed out.</p>		<p><b>Firm Ground (FG)</b> RECOMMENDED</p> <p>Sole plates feature moulded studs which are evenly dispersed across the foot to offer enhanced traction and comfort.</p>
	<p><b>Hard Ground (HG)</b> RECOMMENDED</p> <p>Sole plates utilise a harder Thermoplastic polyurethanes compound for enhanced durability and typically feature multiple slightly shorter, evenly dispersed studs for optimal pressure distribution.</p>		<p><b>Turf Trainer (TF)</b> ONLY WHEN DRY</p> <p>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.</p>

## FORBIDDEN FOOTWEAR

	<p><b>Soft Ground (SG)</b> TEAR THE SURFACE</p> <p>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.</p>		<p><b>Soft Ground Pro (SGP)</b> TEAR THE SURFACE</p> <p>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.</p>
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## ADVISABLE NOT TO WEAR AS CAN CAUSE INJURY BUT NOT FORBIDDEN

	<p><b>Blades</b> CAN CAUSE INJURY</p> <p>Sole plates feature multiple straight slightly shorter, evenly dispersed studs that can restrict movement and turning which could cause injury.</p>		<p><b>Flat Sole (Indoor)</b> NO GRIP &amp; FLATTEN SURFACE</p> <p>Sole made up of non-marking materials such as moulded gum rubber and feature pivot points, flex grooves and herringbone patterns.</p>
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