



The following footwear is appropriate for use on the 3G pitch:

- Football Boots (screw-in studs)
- Football Boots (moulded studs) – *we highly recommend.*



The following footwear is deemed **not appropriate** as it may damage the surface or provide a lack of grip.

- Trainers ('Astro' trainer)
- Trainers (flat sole)
- Football Boots (blades)



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