

in conjunction with



Rules for better play

Recommended footwear

Incorrect footwear may damage the turf, but more importantly may increase the risk of injury

We recommend two types of boot from Sports Direct

[LINK](#) to Puma Astro Turf trainers

[LINK](#) to Puma Plastic Moulded boots

RECOMMENDED

Boots with moulded or screw-in rubber or plastic studs



RECOMMENDED

Boots with short rubber or plastic blades



To enjoy, protect and ensure the longevity of the surface please help by observing some simple instructions:

- Boots should be clean of loose mud and grass
 - Only players and coaches on the playing surface
 - Spectators must remain outside the fence
 - No glass bottles or cans
 - No smoking, food or chewing gum
- Please clear up litter, loose tape, plastic bottles and other waste, before leaving the pitch

Enjoy your game!