

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 would recommend these boots from Sports Direct**



[LINK](#) to Strike Firm Ground Football Boots

**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!