

Artificial Grass Oval & running Track

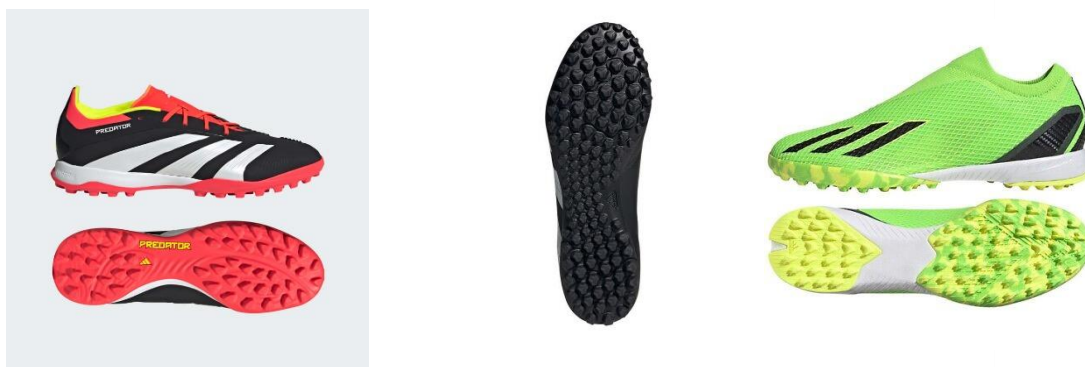
Permitted footwear:

Moulded soles are permitted but must have a **minimum of 15 sprigs per boot**.

Screw in studs, long, hard studs, and metal or leather studs are not permitted.

Examples:

Astro Turf Shoes: These shoes have short rubber studs designed specifically for artificial turf. They provide excellent grip without damaging the surface.



Artificial Ground (AG) Boots: These boots have a sole with a combination of short studs and small, circular studs, providing good traction on synthetic surfaces. **These boots must have a minimum of 15 sprigs per boot.**



Turf Shoes: These have small rubber studs or patterns on the sole that work well on artificial surfaces, offering a balance between grip and comfort.



Standard Non-Marking Training Shoes: Gym boots, sneakers and tennis shoes may be used. Ensure the soles are non-marking to prevent damage and marks on the synthetic turf surface.