

All matches will take place on the Astro

-Must have appropriate footwear – see diagram from HTFC below.

-Must wear Shin Pads





HARBOROUGH TOWN COMMUNITY FOOTBALL GROUND

Boots you **CAN** and **CAN'T** wear

ARTIFICIAL GROUND (AG)	FIRM GROUND (FG)	HARD GROUND (HG)	ASTROS (AG)
Specifically for 3G RECOMMENDED	Round/Hollow studs RECOMMENDED	Ideal on 3G and grass RECOMMENDED	Dimpled soles ONLY FOR UNDER 10'S
			
			 

METAL STUDS (SG)	MIXED STUDS (SG)	BLADES (Metal or Plastic)	TRAINERS, FUTSAL & INDOOR
Causes damage to pitch BANNED	Can cut the surface BANNED	Limited movement CAN CAUSE INJURY	Flattens the pitch NO GRIP
			
			

Best football boots for artificial turf/3G
 Rounded FG studs or a for-purpose AG soleplate
 Reduce your risk of injury AND prolong the quality of the pitch
THANK YOU FOR YOUR CONSIDERATION