

# A CCGrass pitch

in conjunction with








## Rules for better play

### Recommended footwear

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

RECOMMENDED	RECOMMENDED	RECOMMENDED	ALLOWED	ALLOWED	NOT ALLOWED	NOT ALLOWED	NOT ALLOWED
Boots with moulded or screw-in rubber or plastic studs	Boots with short rubber or plastic blades	Specialist, multi-pimple synthetic turf trainers	Boots with long screw-in plastic studs	Boots with short metal or metal tipped studs	Flat sole shoes/trainers (except First Aiders)	Long metal or metal tipped studs	Long 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!