

A CCGrass pitch  
in conjunction with



## RECOMMENDED FOOTWEAR

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

### RECOMMENDED



Moulded or screw-in rubber or plastic studs



Short rubber or plastic blades



Long screw-in plastic studs



Short metal or metal tipped studs



Multi-studded trainers



Sports trainers



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!