



seaview
enterprises ltd

4G Footware Recommendations

Seaview Enterprises Ltd
St Vincent Street
Shore Road
Belfast BT15 3PL

December 2009

Approved Version 1.1

APPROVED



seaview
enterprises ltd

4G Footware Recommendations

Contents

4G Footware Recommendations	1
1.0 Recommended Footware	3
1.1 Moulded Circular Multi-stud Boots	3
1.2 Astro or 4G Training Shoes	4
1.3 Boots with Plastic Blades	5
2.0 Footware not approved for use on 4G	6
2.1 Boots with Metal Studs or Metal Blades	6
2.2 Clean Footwear	7

APPROVED



seaview
enterprises ltd

4G Footware Recommendations

1.0 Recommended Footware

1.1 Moulded Circular Multi-stud Boots

Boots with **moulded circular multi-studs** are the recommended footware for competitive training and matches on all 3G surfaces - See *Table 1.1* below.



Table 1.1 - Circular Multi-stud boots



seaview
enterprises ltd

4G Footware Recommendations

1.2 Astro or 4G Training Shoes

- Astro or 4G training shoes **with a dimpled sole** are also recommended – See *Table 1.2* below
- Training shoe with a **completely flat sole are not preferred** but can be used in emergencies.
 - A completely flat trainer will cause the artificial grass to flatten – this is a major issue with a 4G grass mat.
 - A flat trainer also does not provide sufficient grip for the player on a 4G surface, particularly when it is wet – similar to grass.



Table 1.2 – Astro or 3G Training Shoe



seaview
enterprises ltd

4G Footware Recommendations

1.3 Boots with Plastic Blades

- Boots with plastic blades can be used. However **tests have shown that players have found some restrictions in rotational movements when wearing plastic blades on 4G surfaces**. As a result these types of boots are NOT recommended for use on 4G. – See *Table 1.3* below.



Table 1.3 – Boots with Plastic Blades



seaview
enterprises ltd

4G Footware Recommendations

2.0 Footware not approved for use on 4G

2.1 Boots with Metal Studs or Metal Blades

- Football boot studs or blades **must not be metal** – metal studs or metal blades will damage the 4G surface – See Table 2.1.



Table 2.1 – Boots with metal studs or Blades



seaview
enterprises ltd

4G Footware Recommendations

2.2 Clean Footwear

- All footwear must be 'spotlessly' clean before entering pitch area.
 - A build of dirt, topsoil, clay or grass will cause a build up of contamination and long term maintenance problems.
 - Boots which are covered in mud or grass will need to be cleaned before use on the 4G surface.
- All users must use designated entry points with the '**walk on mats**' provided in order to remove light contaminates.

APPROVED