

Turf Field



Flat Rubber Sole



Turf Sole



NO Grass Cleats



✘ NO

Outdoor cleats or studs of any kind or hard soled shoes.



✘ NO

"Turf" cleats or studs of any kind or hard soled shoes.



✓ YES

Soft-soled indoor turf shoes with small rubber 'nubs.' *RECOMMENDED



✓ YES

Soft-soled indoor 'flats.'



Allowed



NOT Allowed

Different types of soccer shoes

Outdoor
(blades)

Outdoor
(molded)

Indoor

Turf



Fig. 1