

CLEAT AND FOOTWEAR POLICY

FOOTWEAR REQUIREMENTS: Customer feedback has indicated a strong preference to play with regular indoor shoes. Due to a maintaining turf surface and player safety, indoor footwear will be restricted to indoor soccer shoes or gym shoes, traditional turf shoes or **ROUND** molded cleats.

Shoe/Footwear Requirements:

- **FLAT BOTTOM SHOES:** includes most athletic, court, cross training shoes.
- **TURF SHOES:** must be a minimum of 20 studs or low profile blades, either with a maximum depth of 5/16" (8mm).
- **CLEATS:** must be made of continuous molded rubber consistent with the sole of the shoe. **U14 & younger** leagues shall be allowed to wear molded "bladed" (oblong or elongated) cleats. **U15 & above leagues: CLEATS MUST BE ROUND (NOT bladed)** with a maximum cleat depth of 7/16" and minimum diameter of 3/8" at the tip of cleat. Any questions must be directed to Break Away Sports management for approval.