

Research has concluded that the game does not change significantly between natural grass and artificial surfaces.

Research commissioned by FIFA undertaken by Prozone researching over 100 games concluded that the game does not change significantly between natural grass and 3G Football Turf surfaces. As on natural turf, ball roll and foot/surface reaction is better when the surface is wet, but pitches do not need water to play on to meet the requirements of football.

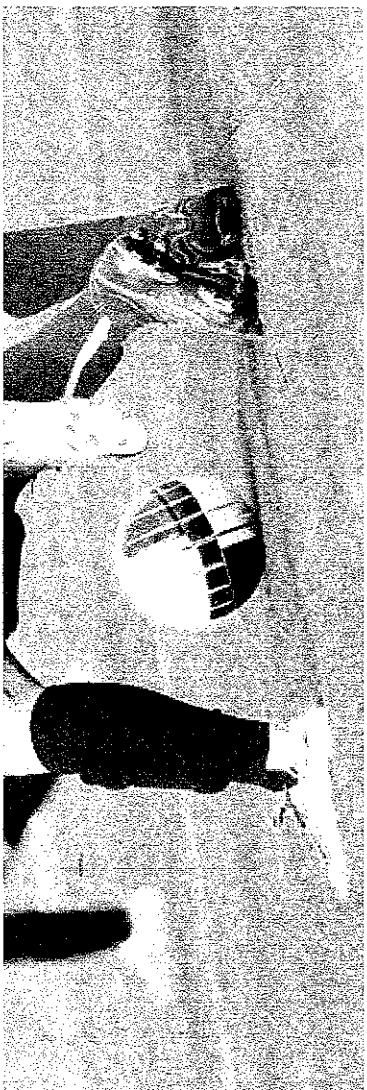
Research commissioned by FIFA, in which more than 10,000 injuries were compared, concluded that there was no significant difference in the types and number of injuries between natural grass and 3G Football Turf surfaces.



The FA recommend users of 3G Football Turf facilities check with their own site for specifics.

**Acceptable:** The table opposite is a reflection of the views of the carpet manufacturers on The FA's framework and not necessarily the views of all manufacturers and site operators. The FA recommends users of 3G FTP's check with their own site for specific details of which footwear is acceptable.

**Unacceptable:** The use of flat soled training shoes and astro trainers should be discouraged, and ideally prohibited, as they flatten the pile of the carpet and increase the rate of compaction of the infill. A number of manufacturers and site operators have also decided that the use of blades on 3G Football Turf surfaces is not to be recommended.



**Recommended Footwear for Artificial Surfaces**

Footwear types	Trainer (astro turf)	Trainer (general)	Football Boot (moulded stud)	Football Boot (screw-in stud)	Football Boot (blade)
3G Football Turf / Long Pile Carpet	♦	X	✓	✓	♦
Sand-filled Carpet	✓	♦	X	X	X

✓ Recommended ♦ Not ideal X Not recommended