

Football/Rugby Boots

It would be ideal to purchase a pair which are suitable for both Rugby and Football use. Full aluminium screw-in studs and moulded soles, where the studs are a part of the sole, are legal for both Rugby and Football (below).



Plastic studs with domed metal tips, as pictured below, are legal for Rugby and Football and tend to be made by Canterbury, Optimum and Mizuno.



Please avoid Football studs which are plastic with flat metal tips, as pictured below, are banned in Rugby. The edges sharpen when they wear down and can cause lacerations to other players.

