



## **Footwear Rules:**

**For athletes age 7-14: Cleats** – minimum of seven cleats, must be rubber, no screw-in, plastic or metal cleats will be allowed.

(MMFA By-Law 5.02)

**For athletes age 15 and up:** For all playing surfaces, a cleated shoe with the following specifications will be accepted. Turf or running shoes are also acceptable.

1. Minimum of seven cleats per sole, with a minimum cleat tip diameter of 3/16 inch (4.8 mm)
2. Additional cleats may be of lesser tip diameter, provided the maximum length is ½ inch.
3. Maximum cleat length of ½ inch (12.7mm)
4. A cleat made of metal or with a metal tip is illegal.
5. Illegal cleats include those made of metal, or with a metal tip, or made of any material that burrs, chips or fractures.

(Canadian Rule Book for Tackle Football)

(See Example Pictures Below)

Molded Plastic Cleat (**Not** MMFA Approved)



Molded Rubber Cleat (MMFA Approved)



Molded Rubber Cleat (MMFA Approved)



Screw-in Cleat (**Not** MMFA Approved)

