

## Boots, Studs and Blades

It is important that suitable footwear is worn when participating in any rugby activity. The most appropriate footwear will depend on the type of activity and playing surface. In most cases, for training and matches it is recommended that a specifically designed rugby/football type boot is worn.

The following Essential Guide provides information and advice on the wearing and use of boots, studs (including blades). However, the large variation of boots and studs means that the information should only be used as guidance. The final responsibility is with the players/parents to ensure that boots and studs are appropriate and safe to play in.

**Replaceable studs, blades and moulded boots are allowed**, provided that they comply with World Rugby specification set out in [Law 4](#) and [Regulation 12](#).

The RFU continues to work with World Rugby and the British Standards Institute (BSI) to ensure safety standards are appropriate. The current standard for boots is BS6366:2011. Boot manufacturers have to self-certify their studs or blades against WR [Regulation 12](#) and most commonplace manufacturers meet these standards when designing rugby specific boots, however this is not always the case, some boot manufacturers label and sale boots as “rugby boots” yet the studs are not compliant with World Rugby regulations. However, an illegal boot can quickly become legal with an appropriate pair of studs and versa visa. There is no allowance for any differences based on age or boot-size. Children’s boots should still have studs that comply with the stud criteria. It is therefore advisable to carry out some checks before buying new boots or replacement studs/blades.

### **Considerations and checks before buying new boots or replacement studs/blades**

#### **Q: What should the stud/blade be made of?**

Replaceable studs/blades are usual made from metal, nylon plastic or a combination of both. Full plastic replaceable studs/blades are not suitable as they tend to burr more easily. Studs/blades made of metal or a metal/plastic combination are acceptable, however they should be regularly checked as they can become sharp/burred.






Materials used in replaceable studs/blades should be capable of repeated fixing and removal without damaging the stud or boot or creating a hazard, such as not tightening sufficiently.

Moulded rubber multi-studded boots are fine providing they have no sharp edges or ridges.

## Q: What should the stud look like?

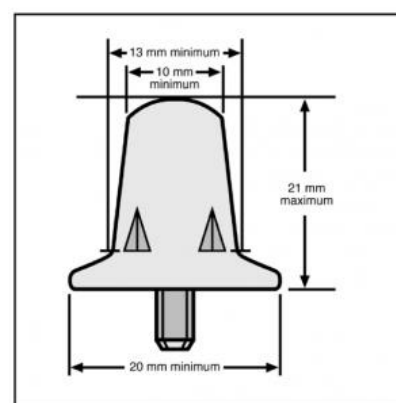
Studs and blades can come in many different shapes and dimensions. The “traditional” conical stud is used as the standard shape in which other studs designs are measured against.

Studs must meet the following criteria to comply with WR [Regulation 12](#) and therefore be suitable and safe for use in rugby union.

-  *Must not be longer than 21 mm*
-  *At least 10mm diameter at the end*
-  *Have no external projections on its surface except for text or a logo (embossment details must be no more than 0.3 mm).*
-  *All edges of the studs should be finished smooth and rounded to a radius of not less than 1mm.*
-  *Must not have any burring or sharp edges*

The shape and dimensions of other stud designs should be such that they present a **no greater risk of injury to another player than the stud/cleat shown in figure 1.**

The plan view cross-sectional contact area of the stud shown in Figure 1 at a plane 2 mm below the tip is 78 mm<sup>2</sup>. Other studs having the same or greater contact area might be expected to give satisfactory performance dependent on minimum stud/cleat width in any direction.



**Figure. 1**

## Remember to check boots and studs regularly

Boots and studs should be checked regularly by player/parents and as part of a match official's pre-match routine. They should check that the boots and studs/blades are safe to be worn; that there are none missing, they are suitably tightened and have no sharp edges or burring.

By law, a match official has the power to decide at any time that part of a player's clothing is dangerous or illegal, this includes boots and studs. The player can be asked to leave the field and must not take part in the match until the item is removed or rendered harmless.

The ultimate responsibility is with the players to ensure that they play in safe boots.

## Examples for Legal and Illegal studs and blades

The wide variety of boots, studs and blades brands and designs available make it almost impossible to cover every single variation, however the following provides some examples of legal, illegal and questionable studs and blades. It is not a definitive list nor does it provide any 'approval' for a particular type of stud or blade.

A “legal” stud may be burred or shaped which makes it potentially dangerous and illegal.

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Metal Studs			
<b>Legal</b>	<b>Potentially Illegal</b>	<b>Potentially Illegal</b>	<b>Potentially Illegal</b>
<p>Provided no sharp edges or burring.</p> <p>These are the default standard stud against which all others are measured.</p>	<p>The studs look like they might not be <math>\geq</math> than 10mm diameter at the end or suitably rounded as the end is 'flattened-off'.</p>	<p>The studs look like they may not be <math>\geq</math> than 10mm diameter at the end.</p> <p>It also looks to have non rounded edges at the tip <math>\geq</math> 1mm</p>	<p>Although the end is of sufficient diameter it looks to have a non-rounded edge at the tip. The requirement for a conical stud is a radius of <math>\geq</math> 1mm.</p>
Metal & Plastic Combination Studs			
<b>Legal</b>	<b>Illegal</b>	<b>Legal</b>	<b>Illegal</b>
<p>Provided they are 1cm at the end and do not have any sharp-edges or burring).</p>	<p>It looks to have non rounded edges at the tip <math>\geq</math> 1mm. There is not a sufficient metal ending almost 100% plastic</p>	<p>Removable plastic/metal Stud not exceeding any of The requirements.</p>	<p>A completely plastic stud is more likely to burr or shatter.</p>





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## Blades & Cleats

			
<b>Legal</b>	<b>Illegal</b>	<b>Illegal</b>	<b>Legal</b>
Well round metal blades that appear to be replaceable if one was to become burred	Very sharp moulded edges that would easily become burred	These may exceed 21mm in length. The tip is not $\geq 10\text{mm}$ at the tip nor are the edges rounded $\geq 1\text{mm}$ .	Provided the blade is $\geq 10\text{mm}$ in diameter and there are no sharp edges or burring.

## Moulded Studs & Blades

			
<b>Legal</b>	<b>Potentially Illegal</b>	<b>Legal</b>	<b>Potentially Illegal</b>
Provided the moulded stud is $\geq 10\text{mm}$ diameter, and there are no sharp edges or burring.	Less than standard cross-area design, with narrow ridges and the possibility of sharp angles.	Providing they have no sharp edges or ridges.	The cross-area of these seems less than the 'standard' and the design has a possibility of sharp angles.