



SAFE BOOTS, SAFE GAME!

Before you hit the field, check your boots! Taking a few moments to replace worn sprigs or avoiding sprigs with sharp edges can make a big difference. It's a simple habit that helps protect your teammates and opponents while keeping the game safe and enjoyable.

- ✓ **Moulded or screw-in studs?**
Make sure they're NZR and World Rugby-approved.
- ✓ **Right size?**
Maximum of 21mm long.
- ✓ **No sharp edges or excessive wear.**
Keep those studs smooth!
- ✓ **Lace up tight for stability.**
Avoid ankle rolls.
- ✓ **Right boots for the right surface.**
Firm ground? Soft ground? Choose wisely.

Let's all do our part – check your boots before you hit the field!



DID YOU KNOW?

Pre-game boot checks are part of World Rugby law to help keep players safe. Referees may check boots before matches, so be proactive and make sure your boots are good to go!

STAY SAFE. PLAY STRONG.

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