



Footwear Rules:

For athletes age 7-14: Cleats – minimum of seven cleats, must be rubber or plastic, no screw-in 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 (MMFA Approved)



Molded Rubber Cleat (MMFA Approved)



Molded Rubber Cleat (MMFA Approved)



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

