

What Kind of Shoes do I Need to Use?

LSA Youth Soccer Footwear Guidelines

This is a general guide on what footwear is and is not acceptable when participating in LSA. Shoes should be comfortable for your child. Soccer cleats can range from \$10s of dollars to \$100s; get ones that fit your budget, your child's comfort, and competition level.

All pictures are for example purposes. This is not an endorsement of any style, brand, or store.

● RECOMMENDED (BEST FOR OUTDOOR PLAY)

● Firm Ground Soccer Cleats



ARTIFICIAL GRASS



FG CLEATS WITH MANY CONICAL STUDS



ARTIFICIAL GRASS CLEATS (AG)



TURF SHOES (TF) NOT RECOMMENDED



MULTI - GROUND CLEATS



NATURAL GRASS



MULTI - GROUND CLEATS



SOFT GROUND CLEATS *FOR WET GROUNDS

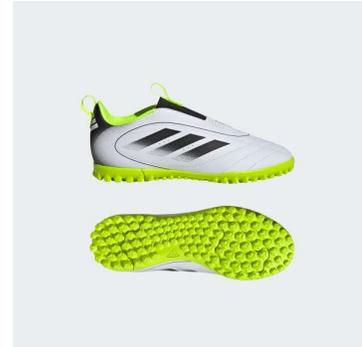


FIRM GROUND CLEATS *FOR DRY GROUNDS

- ✓ Designed specifically for soccer
- ✓ Molded rubber or plastic studs
- ✓ Best traction on grass fields
- ✓ Safest for quick cuts and directional changes

👉 This is the preferred option for all outdoor LSA games and practices.

● **Turf Soccer Shoes (For Artificial Turf)**



- ✓ Short rubber nubs
- ✓ Designed for turf surfaces, reduced grip on long grass
- ✓ Stable and safe alternative to cleats on turf

● **ACCEPTABLE (BUT NOT RECOMMENDED)**

● **Indoor Soccer Shoes (Flat Sole / Futsal)**



- ✓ Allowed
- ⚠ Flat gum sole
- ⚠ Designed for gym floors, not grass
- ⚠ Reduced grip outdoors
- 👉 Great for indoor or futsal play — not ideal for outdoor fields.

● **Tennis Shoes / Running Shoes**



✓ Allowed in LSA recreational play

⚠ Limited traction on grass, Increased slipping risk

⚠ Not ideal for passing and shooting due to design

⚠ Not designed for lateral soccer movement

👉 Acceptable for beginners or first-time players, but cleats are safer and improve performance.

● **NOT ACCEPTABLE**

● **Baseball / Softball Cleats**



⊘ Not permitted in LSA, due to increased injury risk

⊘ Front toe cleat

⊘ Heavy and Clunky

● **Football (American) Cleats**



- ⊘ Not permitted in LSA play
- ⊘ Often include toe studs
- ⊘ Designed for different traction patterns, built for stability and blocking.

Quick Rule for Parents

If the shoe has a **toe cleat (a spike at the very front)** it is **NOT allowed**.