



WORLDofRUGBY



# RUGBY BOOT GUIDE

Performance comes with knowledge

# BOOT TYPES



firm ground



artificial ground



soft ground



hard ground



They generally have between 10-14 studs. The increased number of studs make FG boots more comfortable on firm fields. They also tend to grip better on firmer fields. Firm ground boots are perfect for all positions if you play in drier parts of the country with very firm fields. Loose forwards and backs might still prefer them even if they play on relatively soft (but not wet) fields. If you can only own one type of boot this is usually the one to opt for unless you live in a very wet part of the country.

# BOOT TYPES

FG

firm ground

AG

artificial ground

SG

soft ground

HG

hard ground



Artificial rugby boots also have plastic/rubber studs, just with more studs to improve comfort and grip on the surface.

The studs are shorter as the surface is easy to penetrate. They are designed to be extremely durable as AG fields can be very abrasive.

# BOOT TYPES

FG

firm ground

AG

artificial ground

SG

soft ground

HG

hard ground



Soft ground boots are designed for soft and often wet fields.

Soft ground boots tend to have detachable studs, which are typically metal studded.

The detachable studs can range in length, but are typically between 12mm – 19mm.

This allows the player to adjust their length based on field conditions.

The two most common stud configurations for soft ground boots are the 6 stud design and the 8 stud design.

# BOOT TYPES

FG

firm ground

AG

artificial ground

SG

soft ground

HG

hard ground



Hard Ground boots are meant for extremely hard surfaces.

Some examples would be baked dirt fields, very patchy dry fields, and original turf surfaces.

Hard Ground boots have a set of fine rubber studs which aid with giving you maximum grip on a hard surface.

# FIT & SIZING



For rugby boots, the aim is for a snug fit. Rugby boots should fit as close to the end of the foot as possible without touching the toes for performance and comfort. A half finger to one finger space is ideal to judging the fitment of a rugby boot when wearing normal socks.

# MATERIALS

## Kangaroo Leather



This is considered premium leather for rugby boots. Kangaroo leather is valued for its soft, supple fit and comfort.

Kangaroo leather molds to the foot and requires little to no break-in time.

It is the choice of most professional players.

Kangaroo leather is an extremely light and soft material.

Unfortunately, Kangaroo leather is not waterproof.

It is not as durable as calfskin and cowhide leather.

Kangaroo leather will also gradually stretch after a few uses as well.

For the best fit, make sure you purchase your rugby boot snug side as they will stretch out.

# MATERIALS

## Calf-skin Leather



Calf-skinned leather is another premium natural leather that offers a more balanced blend of softness, thinness and durability when compared to kangaroo or full-grain leather.

Calfskin is a soft and water-resistant material. It is a bit heavier than Kangaroo leather but it is a lot more durable.



# MATERIALS

## Full-grain Leather



Full-grain leather is usually thicker and tougher than calfskin and kangaroo, but is more water-resistant and durable.

Full-grain leather can handle significant wear and tear while still providing the comfort of leather.

Natural leathers tend to absorb water more than synthetic leather and are not recommended for consistent use on wet fields.

# MATERIALS

## Synthetics



Synthetic uppers is a diverse material when it comes to rugby boots.

Brands develop their boots according to the form and function the boot is intended for.

Generally, Synthetic materials are much lighter, stronger, and long lasting when being compared to any type of leather.

The weakest point of the synthetic materials would be the hardness, lack of comfort, and the amount of time it takes to break in.

# BUDGET



The ideal option for a serious rugby player would be to invest in two rugby boots. A firm ground and soft ground rugby boot should cover most of the pitch conditions in South Africa.

If you can only afford one boot and you are playing rugby on various pitch conditions, the firm ground rugby boot will be your best option for a consistent performance across various terrain.

When it comes to quality, the price of the boot will determine the quality of the product.

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