



AMERICAN YOUTH SOCCER ORGANIZATION

a nonprofit corporation dedicated to youth soccer

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Are toe cleats illegal on soccer shoes?

It has been perpetuated that toe cleats are illegal in soccer. This may have developed from the fact that some players new to the game felt they should wear cleats for soccer games and showed up in baseball shoes which often have cleats on the toe. Many styles of soccer shoes are now on the market and some of them have cleat configurations that wrap across the toe. A blanket statement that toe cleats are not allowed is too narrow. The myth that metal cleats are not legal is also not uncommon. Metal cleats (usually aluminum) are acceptable, but the referee must inspect all types of cleats on shoes to ensure that there are no burrs or sharp edges and, if they exist, burrs or sharp edges must be removed before the player is allowed to participate. The referee must examine the particular footwear in question and determine if it presents any unreasonable danger to the participants.