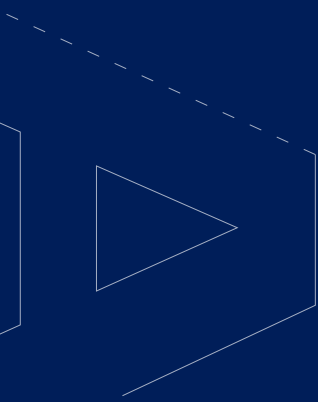
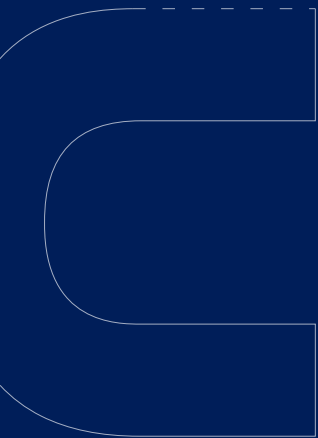




USA™ LACROSSE



LINING THE FIELD



WOMEN'S LACROSSE



The Playing Area

Field Dimensions

Section 1. The playing area shall be rectangular and marked with a solid lined boundary. The field should be between 110 to 140 yards from end line to end line; and between 60 to 70 yards from sideline to sideline. The goals shall be placed no more than 100 yards and no less than 90 yards apart, measured from goal line to goal line. There must be a minimum of 10 yards and a maximum of 20 yards of space behind each goal line, extending to the end line and running the width of the field. There must be a minimum of 4m of space between the sideline boundary and the scorer's table. There should be at least 4m of space between the other sideline and any spectator area. There should be 2m of space beyond each end line. See US lacrosse website for the optional Unified Field Dimensions.

Section 2. It shall be the host institution's responsibility to see that the field is in proper condition for safe play, and that the field is consistent with the Rules. Where these field dimension requirements are not or cannot be met due to field space limitations, play may take place if the visiting team has been notified in writing prior to the day of the game and personnel from both participating teams agree. However, the minimum distance of 10 yards of space from goal line to end line must be maintained. Soft/flexible cones, pylons or flags must be used to mark the corners of the field. The playing area must be flat and free of glass, stones, and any protruding objects. No additional marks may be added to the field.

New Field Construction

Section 3. Optimal field dimensions shall be 65 yards in width and 120 yards in total length, with goals 100 yards apart and 10 yards of space behind each goal line. Additional space outside the playing area is required. See Rule 1, Section 1.

Line Size and Color

Section 4. All lines are 2"-4" wide, except the goal line which shall be 2" wide. It is recommended that all lines be painted white or a single contrasting color.

Restraining Line

Section 5. The restraining line, a solid line 30 yards up field from each goal line, shall extend across the width of the field. It must be clearly distinguishable as the restraining line, for example, the only line on the field, or marked in a different color, or marked with X's. Cones shall not be used for this purpose.

Center Circle

Section 6. There is a circle, radius 30', in the center of the field and through the center of this a line 9'11" in length, parallel to the goal lines.

Arc and Fan for traditional field

[See end of document for Arc and Fan dimensions for unified field.]

Section 7. An arc and fan shall be marked 8m (26'4") and 12m (39'4") respectively from the goal circles. The arc and fan shall be measured from the center of the goal line 10.6m (34'10") for the 8 meter mark and 14.6m (47'9") for the 12 meter mark. The 8 meter arc shall end on a line on each side that runs from a point on each side of the goal circle, where, if the goal line were continued, would cross the goal line. This line will be at a 45-degree angle to the goal line extended. The 12 meter fan will end at the goal line extended.

Section 8. The 8 meter arc will be sectioned off by hash marks 1' in length, perpendicular and bisecting the arc. These will be measured 4, 8, and 12 meters respectively from either side of the center hash mark which shall be measured from the center of and perpendicular to the center of the goal line (34'10"). Two additional 1' marks will be made 8 meters from the goal circle, perpendicular to the goal line extended.

Below Goal Markings

Section 9. Two small circles (dots) 4-6 inches in diameter must be added to the field behind each goal. The circles should mirror each other, 5 yards from the marks on the goal line extended. They shall be marked in the direction towards the end line and measured in a line perpendicular to the goal line extended. It is recommended that they be painted white or a single contrasting color. They may be marked in a temporary substance – i.e. spray paint, chalk, etc.

Substitution Area

Section 10. The substitution area shall be in front of the scorer's table and centered at the midfield line. The area will be sectioned off by two hash marks, 2m-4m in length. The hash marks will be placed perpendicular to and touching the sideline with each one placed 5 yards from the centerline of the field.

Penalty Area

Section 11. The penalty area shall be directly in front of the scorer's/timer's table at the rear of the substitution area. A player serving a penalty must sit or kneel in this area.

Team Bench Area

Section 12. The team bench area is defined as the area from the end of the substitution area to the team's restraining line, and even with the level of the scorer's table extended (at least 4m from the sideline), and does not include the area directly behind the scorer's table. Non-playing team personnel must remain in their team bench area. Violation of this rule will be assessed as a misconduct foul.

Scorer's/Timer's Table

Section 13. A scorer's/timer's table will be set up at midfield, at least 4m from the designated playing boundaries on the team's bench side. An accurate visible score must be continuously displayed. A visible clock is recommended. A visible possession indicator is required. This may be a small cone or other object moved from side to side on the scorer's table to indicate team's possession.

Coaching Area

Section 14. Coaches must remain within their own coaching area, that is, the area on the bench/table side of the field extending from their side of the substitution area to their end line, and even with the scorer's table extended (at least 4m from the sideline), and does not include the area directly behind the scorer's table. Violation of this rule is misconduct.

AR 1-1 An assistant coach is on the opposite side of the field from the scorer's table coaching his/her team.

RULING: ILLEGAL. A coach may move along the bench/table side boundary line from the substitution area to their end line only. Violation is considered misconduct.

Spectator Areas

Section 15. Spectators must be kept back at least 4m from the sidelines. Spectators are not allowed immediately behind the team bench or table area except in permanent stadium seating. No spectators are allowed behind the end lines except in permanent stadium seating positioned behind protective netting or fencing.

DIRECTIONS FOR 8 METER ARC AND 12 METER FAN

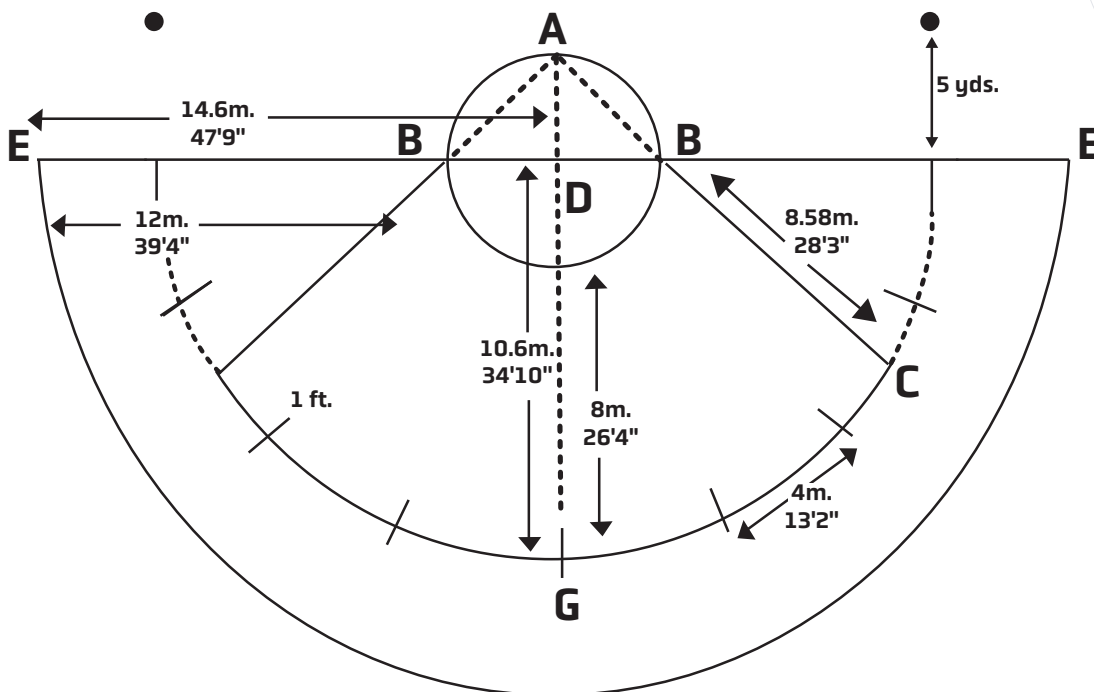
Traditional Field

8 METER ARC

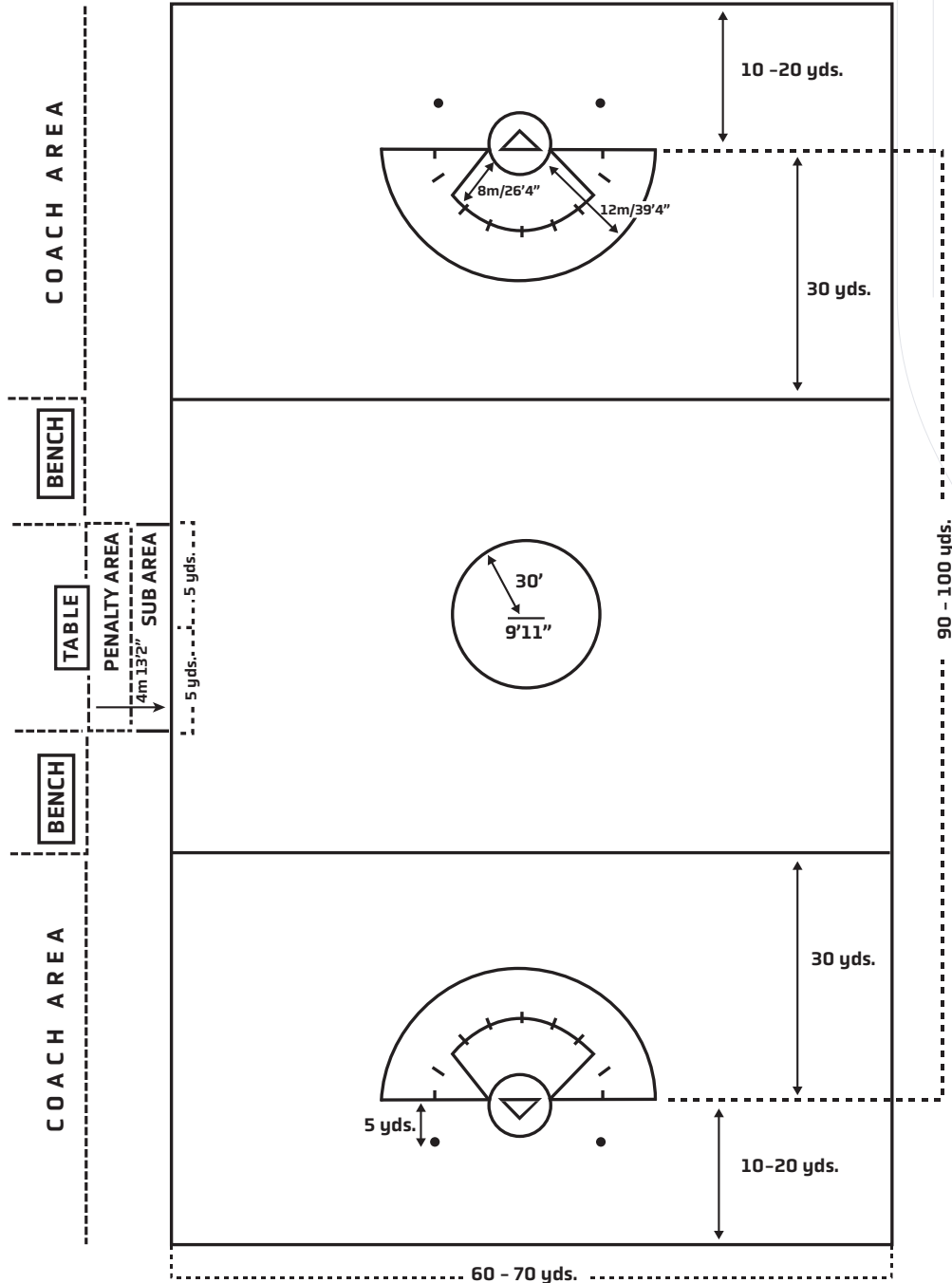
1. The goal circle is made first. The goal circle is a circle, radius $8\frac{1}{2}'$ (2.6m) measured from the center of the goal line (D) to the outer edge of the goal circle line. The goal circle line shall be 2"-4" (5cm-10.1cm) wide.
2. The goal line should be 2" to align with the goalposts of the goal cage.
3. Run string from the point (A) on the back of the goal circle that is perpendicular to the goal line at its center, to the points on goal circle (B), where if the goal line were extended would intersect the circle. Extend and mark these lines (45-degree angle) from the goal circle (B) 28'-3" (8.58m) to point C.
4. To mark the curve of the arc, measure from the center of the goal line (D) 34'-10" (10.6m) to G connecting the sidelines. The arc will now be 8 meters from the circle.
5. The center hash mark 1' (30.5cm) on the 8-meter arc shall be measured from the center of and perpendicular to the goal line (34'-10"/ 10.6m). The other hash marks will be measured 4, 8, and 12 meters respectively from either side of the center hash mark. Two additional hash marks will be made 8 meters from the goal circle, perpendicular to the goal line extended.

12 METER FAN

Inscribe a semi-circle (E) from the center of the goal line (D) 47'-9" (14.6m). The flat side of the semi-circle should be marked from the points on the goal circle (B) to the semi-circle.



WOMEN'S FIELD DIAGRAM



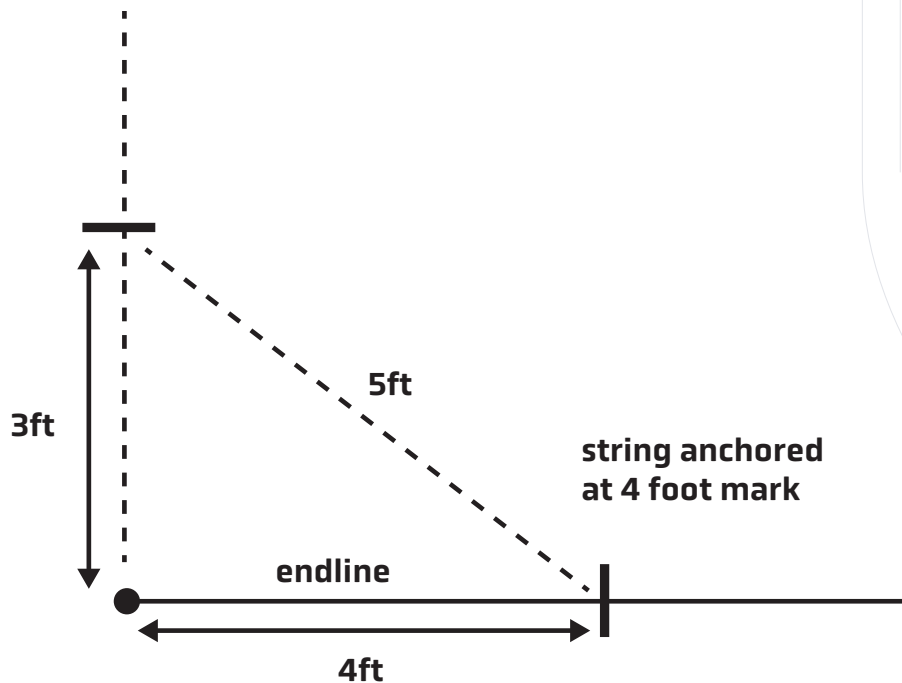
Metric Conversions

- 2M = 6'6"
- 3M = 9'11"
- 4M = 13'2"
- 8M = 26'4"
- 9M = 10 yd.

Other Information

- Hash Marks = 1'
- Guidelines = 6.5'
- Goal Line Width = 2"
- Width of Other Lines = 2-4"
- (Goal is placed on front of line)

MAKING THE SIDELINE PERPENDICULAR TO THE ENDLINE

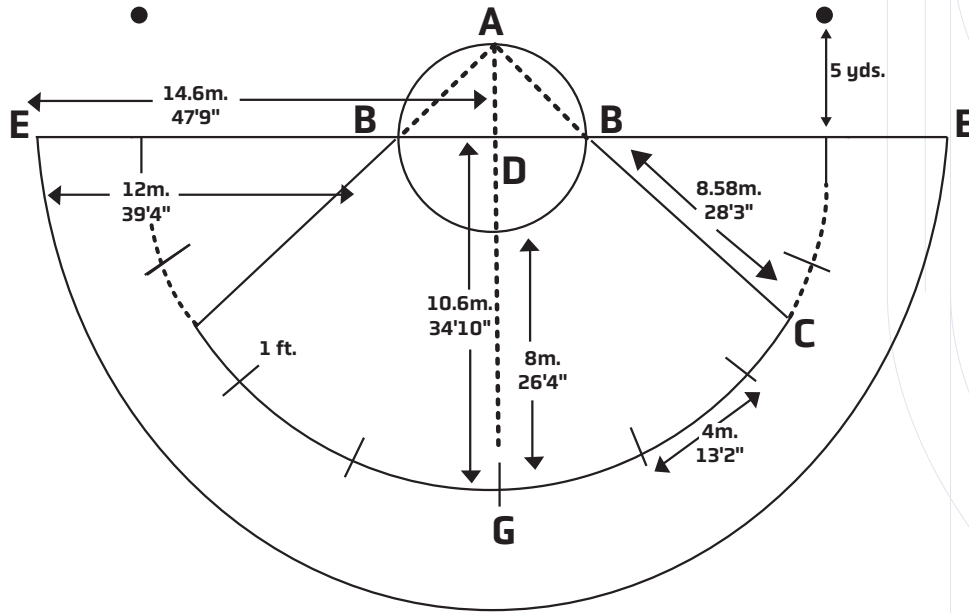


3-4-5-TRIANGLE RULE

After creating the endline of the field, the next step is to create two sidelines perpendicular to it. One of the easiest ways to do this is to use a mason's trick for making a square corner and a little bit of Geometry class. Mark a location on the endline four feet or yards (choose one unit and use it throughout) from the end of the endline toward the center of the endline. Anchor a five foot or yard piece of string at this location. Anchor a second piece of string three foot or yards long at the end of the endline where it meets the sideline.

These two pieces of string will intersect three feet or yards up the sideline when it is perpendicular to the endline. Do this for both sidelines and when you measure off the length of the field, they should still be the width of the endline a part. Using the longer string lengths in yards should offer more accurate results.

8 METER ARC / 12 METER FAN



GOAL/GOAL CIRCLE

