

Lining a Women's Lacrosse Field

Notes.

- Fields are lined incorrectly too often. Everything is in the rule book, but it can still be confusing. These instructions offer a **step-by-step** method for lining quickly and accurately.
- For the perfectionists out there (eg. me), this does not have to be done to the nearest millimeter, but these instructions are fairly precise. The lines are part of the "area". The Goal Circle (GC) paint is "in" the GC; the 12m fan paint is "in" the fan; the 8m paint is "in" the arc.
- Often it is helpful to put the field down yourself - correctly, even if lightly - and then let your grounds crew darken it with a machine and maintain it. Someone should plan on re-painting the lines at least every 2 weeks, before they disappear; it is much easier to maintain the markings than re-measure.
- Color. If different sports are using the field, yellow paint works well. White is easier to see.
- Technique: The person **measuring** should **precede** the person painting (or taping, if indoors). The measurer should always be moving first and the painter or tapers follow. Just show where the mark is and keep moving, 1-2 feet ahead of the painter/tapers.
- Points (A, B, C, ...) on the diagrams are actually "points", not lines. Example: "D" is at the middle, front side the goal line. "A" is the middle, back side of the GC. "G" is of middle of the 8m Arc. "B" is the outside edge of the GC paint on the back side of the baseline.
- The dashed lines are for illustration only and are not painted.
- VERY handy, but not necessary: If your tape has a blank side, mark and label it in 7 places (see diags):
8' 6" - Goal Circle 10' - Center Line 13' 2" - 4m *m Arc HashMarks 30' - Center Circle
34' 10" - 8m Arc 40' 3" - A to C(diag) 47' 9" - 12m Fan
- In the following: "mark" means put some kind of semi-permanent paint down that is the width of the final line. A "small mark" is something only big enough to be visible – an inch or two. Scuff out later.
- If you are using spray paint, mark the spot, then lift the tape measure away **before** you spray - otherwise you paint your tape measure.
- For the following instructions, the "front" side of anything means closer to the middle of the field, the "back" side means farther away, "inside" means closer to the "Main Axis" of the field.
- Familiarize yourself with the diagram before you begin. But, I strongly recommend you follow the written STEPs **in sequence**, rather than work only from the diagram.
- The instructions assume you are working on plain grass with no other markings (eg. a football field) to guide you. If you already have some markings, eg. football field, they can help you keep things straight, but you should still follow the instructions, step by step.

Equipment.

- 3 easily visible "stakes". These can be anything that will stand out and stick up from the surface so they can be seen and lined up as far as 100 yards apart: yellow tent pegs, yellow cans of paint, 1" wooden dowels or stakes, brightly painted.
- Paint (tape-indoors). Final markings should be 2" – 4" wide. Champion Sports makes floor tape, 2" (Item: "2X60FTYL"). Tip: Use a packing tape gun to dispense tape is a lot faster than cutting it.
- Paint. A paint wand and "stripping" paint will cut your time in half or less. www.utilitysafeguard.com. You can wrap the tape measure around the bottom of the wand and walk fast while spraying and keeping the measuring tape tight.
- A measuring tape of at least 100 ft. If you have 250-300, that is great.
- Assistance. You can line a field by yourself, but you will greatly reduce your time if you have a helper or two. Without a helper, you will need some way to securely "anchor" the end of your tape measure so you can pull against it while moving in a circle. With helpers, you can make the marks quickly and lightly and let them go back and darken it.

STEPS

Follow **in sequence**. Instructions are **BOLD**. Everything else is just explanation. Once you get the hang of it, you need only the bold steps.

1. (If your field is not already marked, eg. football) **Place 3 "stakes" in a straight line: 2 at center of each goal line and 1 - center of field.** Goal Stakes are 90-100 yds apart, with 10-20yds of open space behind each goal. The line formed by these stakes is the "Main Axis". (Hint: you can step the distances off. For me, approx. 49 paces = 50 yards. Pace off 50 yards on a football field to find your pace count.)
2. **Goal Circle (GC). Start at D. Mark a circle of radius 8' 6"** (outside edge of the paint is 8'6"). For convenience, put a small mark at the center back of the GC. Put a small "T" right behind D in case it moves while working. It will get painted over.
3. **8m ARC.**
 - a. **Start at A, measure 40' 3" to C.** Tape should intersect the GC at the base line. It should read exactly **12 feet** where it crosses at B - using outside edge of GC at A and B.
 - b. **Paint from B to C; along the inside edge of the tape.**
 - c. **Repeat 3a. and 3b. to form the other side of the 8m Arc.**
 - d. **MOVE THE END OF THE TAPE TO POINT D; the front edge of the goal line, centered.**
 - e. **Measure 34'10" to C. Hold the tape end at D and paint the 8m Arc from C to the other 8m Side.** (outside edge of paint should be at 34' 10")
4. **BASELINES and 12m FAN**
 - a. **KEEP TAPE AT D. Measure 47' 9" to either E. Paint the Baseline from B to E.** (paint on front side of the tape). **Make a 1 foot mark, perpendicular to and on the front side of the Baseline, at 34' 10".**
 - b. **KEEP TAPE AT D. Make the 12m Fan from E to E at 47' 9".** (outside edge of paint at 47' 9"). **After you get to other E, paint that Baseline back to B and a 1' hash mark at 34' 10".**
5. **Goal Line. KEEP TAPE AT D. Paint a 6' line immediately behind D (3' to either side).**
6. **Hash Marks.**
 - a. **Look down Main Axis and find MIDDLE of 8m Arc. Place 1' CENTER Hash Mark at G.**
 - b. **Measure 13' 2" (4m) from G, in both directions, and place 2nd Hash Marks on the 8m Arc. MOVE THE TAPE to either 2nd mark and place 3rd Hash Mark 13' 2" from the 2nd Hash Mark. MOVE THE TAPE to the 3rd Mark and place a 4th Mark 13' 2" from the 3rd Hash Mark where the 8m Arc would have extended. Do this on both sides of the 8m Arc.**
7. **Restraining Line (RL). Make a small mark 90' from D on Main Axis. Make another small mark 90' from either E measuring parallel to Main Axis. These two marks should be exactly 47' 9" apart - correct the second mark as necessary. Paint RL the width of the field, intersecting these two marks. RL must be easily distinguishable. Put X's on it, or different color and cones at RL at sidelines.**
8. **Center Circle. Paint a circle 30' in radius. Also, paint the center line, approx 10' wide.**
9. **Sidelines and Endlines.** Make Solid lines to indicate playing boundaries around the sides and ends of the field. They must be 4m from any change of surface, fence, obstacle, or the end of defined playing space.

