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# RULE 1

## THE PLAYING AREA and GOALS

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### 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 101m and 128m (110 to 140 yds.) from end line to end line; and between 55m and 64m (60 to 70 yds.) from sideline to sideline. The goals shall be placed no more than 92m (100 yds) and no less than 82m (90 yds) apart, measured from goal line to goal line. There must be a minimum of 9m (10 yds) and a maximum of 18m (20 yds) 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 (4.4 yds.) 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 (6'6") of space beyond each end line.

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 9m (10 yds) 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.

Section 3. New field construction: 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 5cm–10.1cm (2"-4") wide, except the goal line which shall be 5cm (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 27m (30yd) 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 9m (30'), in the center of the field and through the center of this a line 3m (9'11") in length, parallel to the goal lines.

### **Arc and Fan**

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 30.5cm (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 (10.6m/34'10"). Two additional 30.5cm (1') marks will be made 8 meters from the goal circle, perpendicular to the goal line extended.

### **Substitution Area**

Section 9. 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 4.5m (5 yds.) from the centerline of the field.

### **Team Bench Area**

Section 10. The team bench area is defined as the area from the end of the substitution area to the team's restraining line, and behind the level of the scorer's table extended. 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 11. A scorer's/timer's table will be set up at midfield, at least 4m (4.4 yds.) from the designated playing boundaries on the team's bench side. An accurate visible score must be continuously displayed. A visible clock is recommended.

### **Coaching Area**

Section 12. 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 behind the scorer's table extended. Violation of this rule is misconduct.

*A.R. 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 13. Spectators must be kept back at least 4m (4.4 yds.) 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

### 8 METER ARC (See Diagram 1)

1. The two sidelines are made first. 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) 8.58m (28' 3") to point C.
2. To mark the curve of the arc, measure from the center of the goal line (D) 10.6m (34' 10") to G connecting the sidelines. The arc will now be 8 meters from the circle.
3. The center hash mark 30.5cm (1') on the 8 meter arc shall be measured from the center of and perpendicular to the goal line (10.6m/34'10"). 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 (See Diagram 1)

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

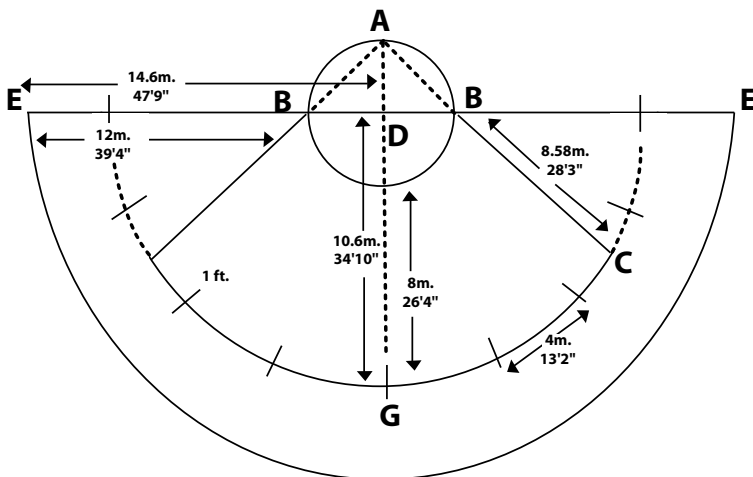


Diagram 1 - 8m arc/12m fan