

FIELD AND COURT

LAYOUT & DIMENSIONS

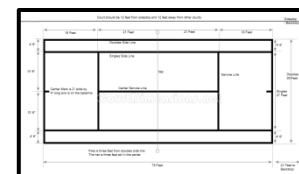
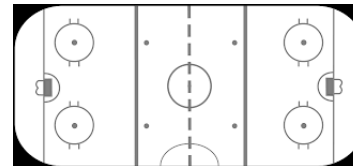
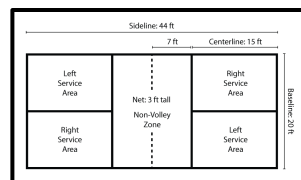
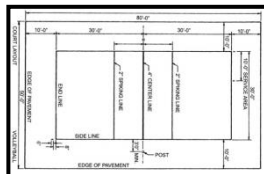
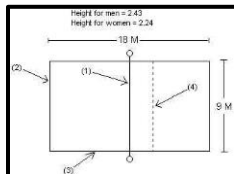
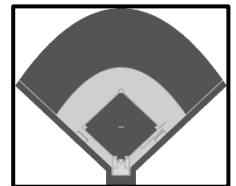
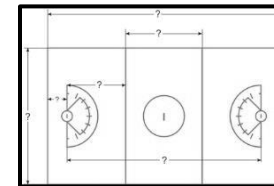
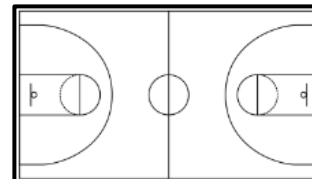
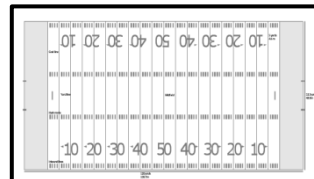
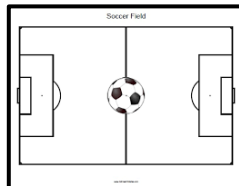
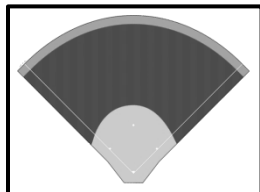
MANUAL

PURPOSE:

**TO HAVE BASIC ATHLETIC FIELD AND COURT
INFORMATION
AVAILABLE
AT EACH RECREATION CENTER
ON-LINE
AND IN PRINTABLE FORM.**



FIELD AND COURT LAYOUT & DIMENSIONS



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BASEBALL & SOFTBALL SECTION



FOOTBALL FIELD DIMENSIONS AND LAYOUT



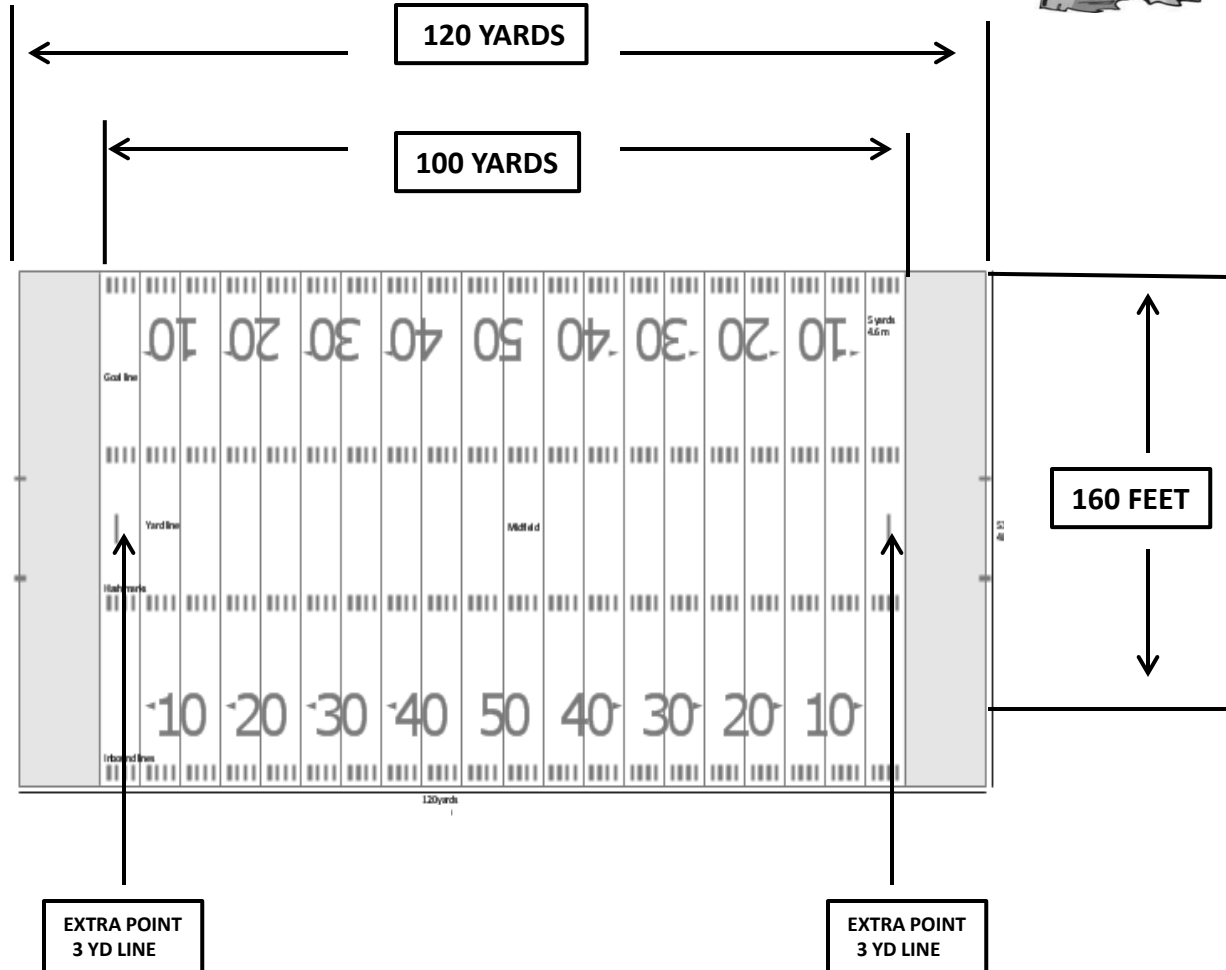
P5



The total length of a football field is 120 yards.

The playing field is 100 yards (360 feet) long. Each end zone is 10 yards (30 feet) deep.

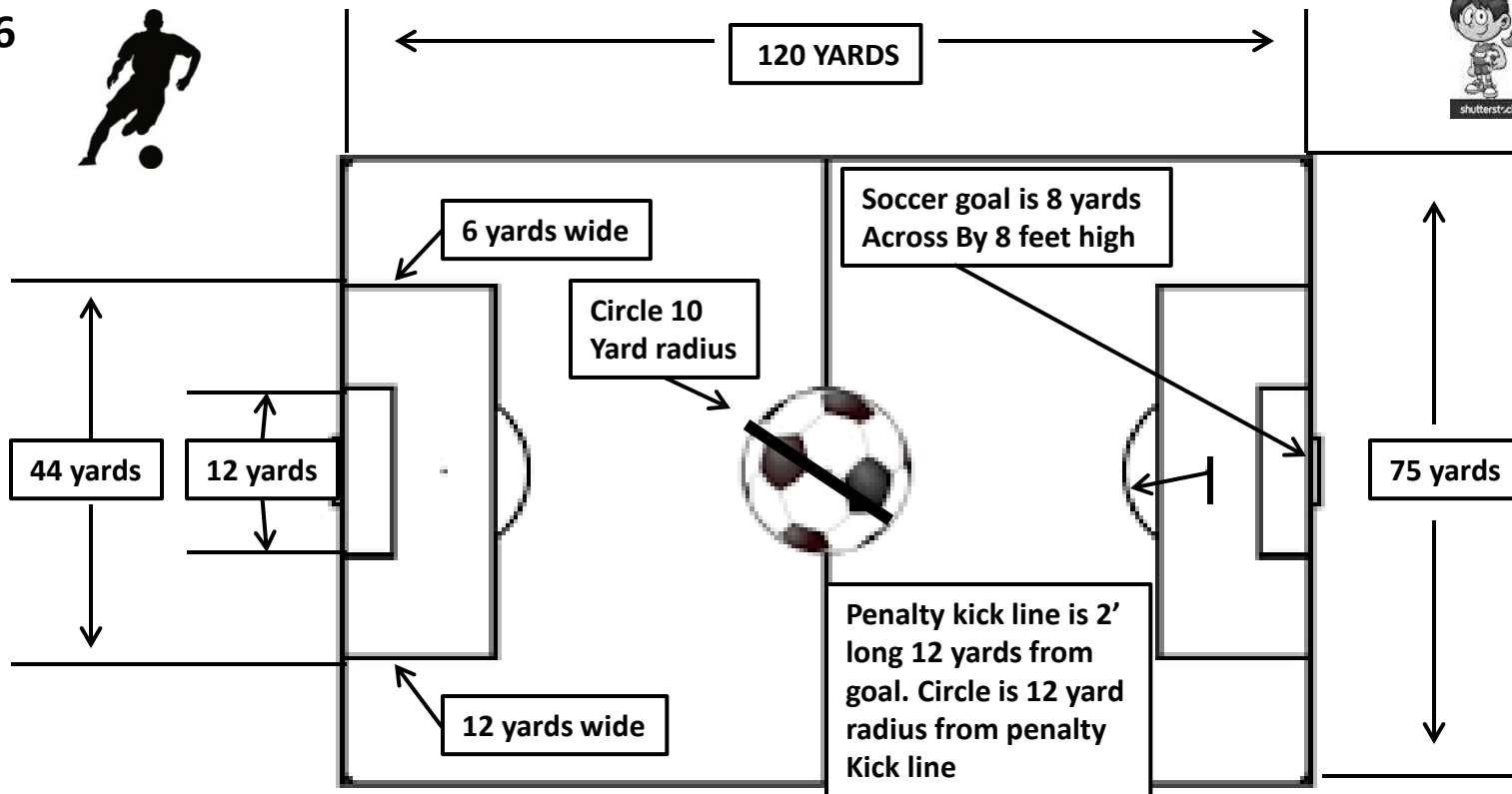
The field is marked with a yard line every 5 yards, and every 10 yards is marked by a field number.



SOCCER FIELD DIMENSIONS AND LAYOUT

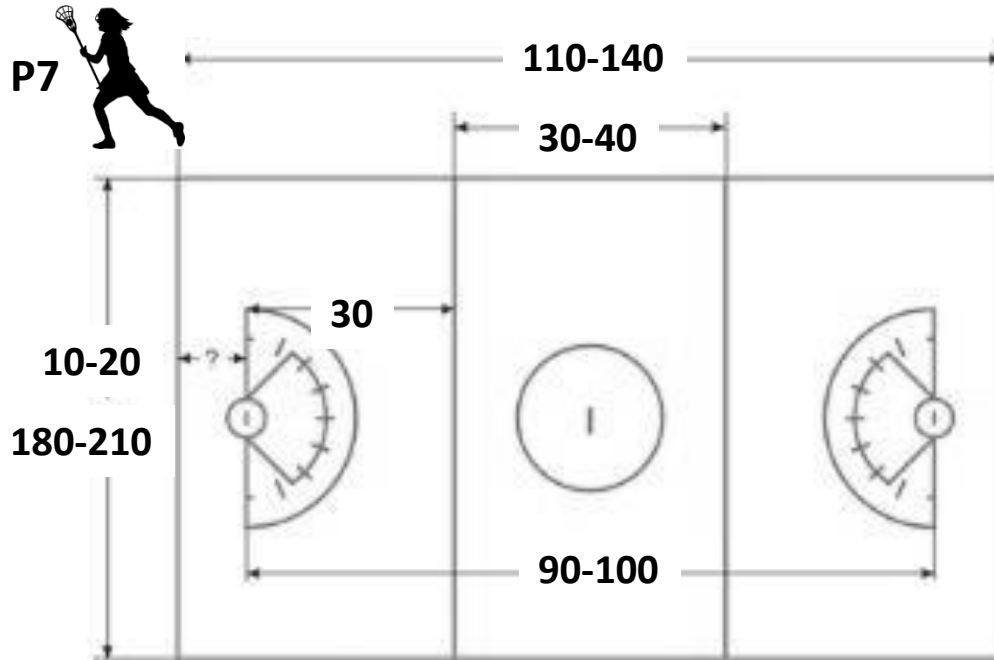


P6



Maximum length is of a soccer field is 120 yards (360 feet) long and 75 yards (225 feet) wide, but varies by location, competition, age and skill level. Check with the local Recreation Center for any dimension modifications. Since most Recreation Centers and/or Athletic complexes in St Paul already have Football fields, Soccer and Lacrosse will play on them and will be modify accordingly. On fields that do not have football fields established and the field will be lined specifically for Lacrosse, be sure to check with the Athletic office for the specific dimensions needed for the level of play that will be using the field.

LACROSSE FIELD DIMENSIONS AND LAYOUT



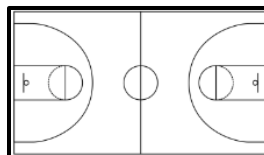
The goal is 2 vertical posts 6 feet apart, joined by a top crossbar which is 6 feet from the ground (a 6'x6' goal). A line is drawn on the ground between the posts in order to indicate the plane of the goal. This line becomes known as the goal line. Attached to the goal is cord netting, which is fastened to the ground 7 feet behind the center of the goal.



The dimensions for a lacrosse field are 110 yards min. to 140 yards max. long and can be from 60 yards to 70 yards wide. The goals are 90-100 yards apart with a playing area of 10-20 yards behind each goal. The length of the field is divided in half by a center line. An 18 ft. diameter circle is drawn around each goal and is known as the "crease." A rectangle, 35 yards by 40 yards surrounds each goal area and is known as the "goal area." An "X" is marked in the center of the field. Since most Recreation Centers and/or Athletic Complexes in St Paul already have football fields, Soccer and Lacrosse will play on them and will be modify accordingly. On fields that do not have football fields established and the field will be lined specifically for Lacrosse, be sure to check with the Athletic office for the specific dimensions needed for the level of play that will be using the field.

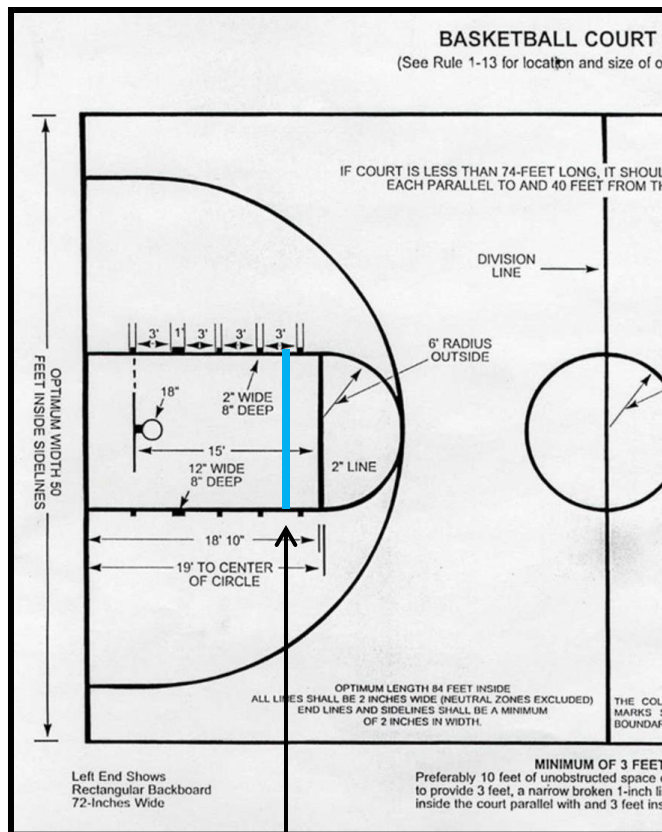
BASKETBALL COURT DIMENSIONS AND LAYOUT

P8

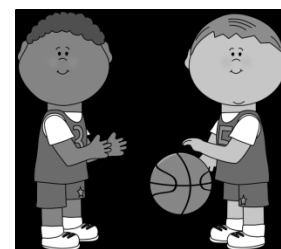
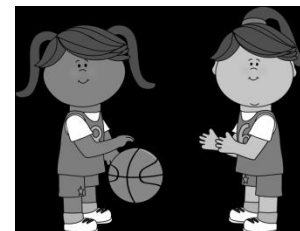


The overall size of a HS Basketball court is typically 84 feet long and 50 feet wide. Some JR HS courts will measure 74 feet long and 42 feet wide. St Paul uses many different size gymnasiums for it's youth and adult basketball leagues.

The Free Throw Line: For all courts (EXCEPT 10U) the "free throw line" distance is 15 feet from the face of the backboard. In 10U it is 12 feet. The 3 foot difference is measured from the back of the 15 foot line to the back of the 12 foot line. 10U's momentum may allow the player to go over the line on the throw but may not attack the basket until the ball hits the rim.

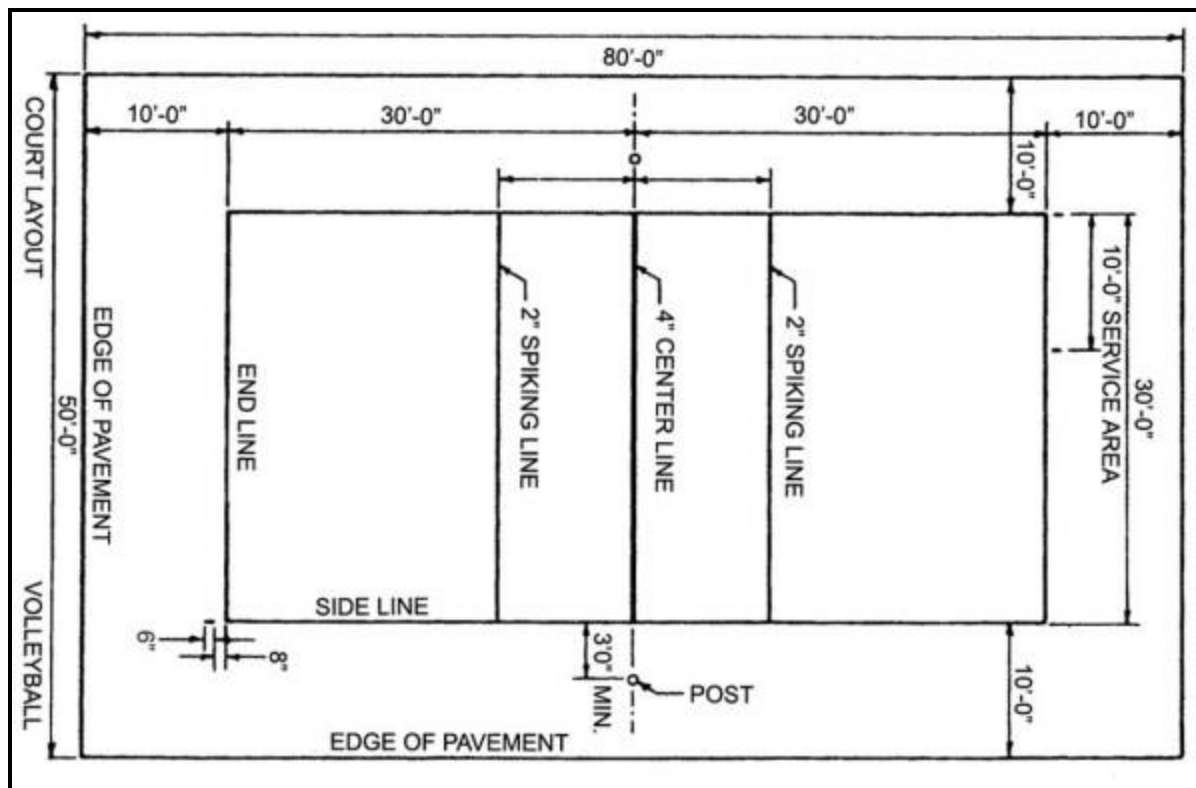


10U FT



VOLLEYBALL COURT DIMENSIONS

P9

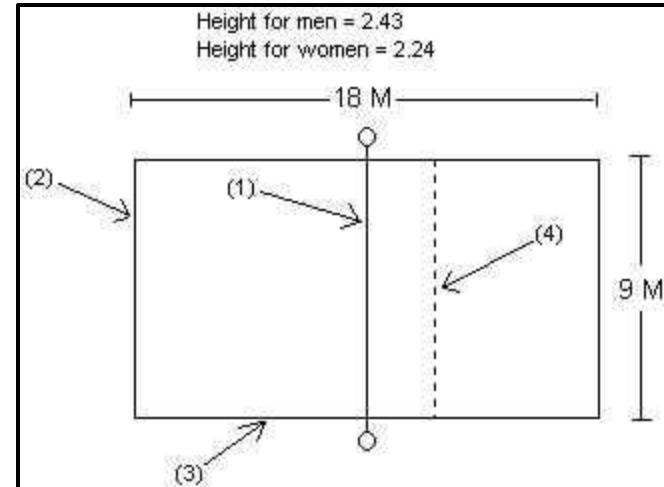


SAND (BEACH) VOLLEYBALL COURT DIMENSIONS

P10



Sand (Beach) Volleyball is played on a court measuring 8 m by 16 m, or approximately 26¼ ft. by 52½ ft, for doubles. This represents the court itself with no additional boundary to keep spectators back. For play with teams of three, four or six players, the area size increases to 14 m by 24 m, or approximately 46 ft. by 79 ft.



Side line(3)- The boundary line to either side of the volleyball court. Attack line(4)- The line that runs parallel to the net three meters from the net

All Sepak Takraw courts are standard in size and mostly are equal to: badminton court dimensions (see P13)

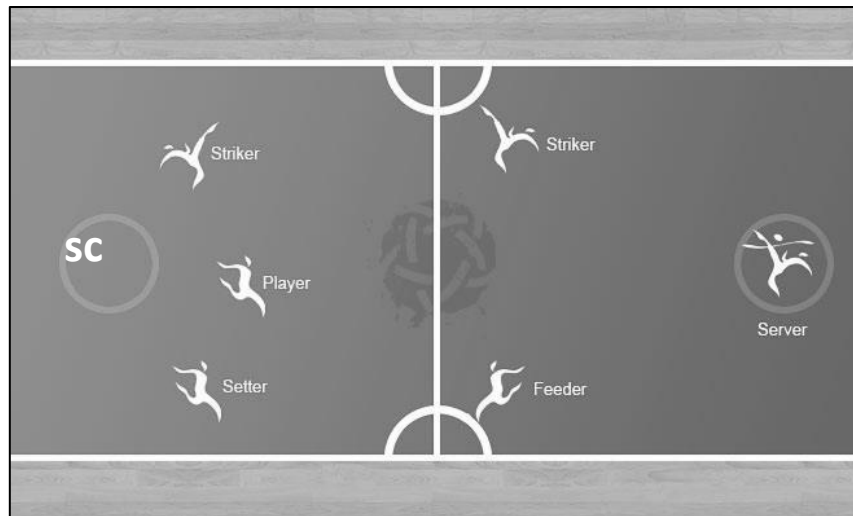
Quarter Circles. A corner of each center line, a quarter circle shall be drawn from the side line to the center line with a radius of 3.0 feet measured and drawn outwards from the edge of the 3.0 foot radius.

The Service Circle (SC). The service circle of 1 foot radius shall be drawn on the left and right court, the center of which is 8 feet from the back line of the court and 10 feet from the side boundary. The Service Circle is measured and drawn outward from the edge of the center of the 1 foot radius.

Height of the Net. It should be 5 feet, 1 inch at the center.

Height of the Posts. ISTAF regulations call for the posts to be 5'4". You can use the portable volleyball posts and secure the net to the desired 5'1" height.

Free Area. An area of 6 feet outside the court boundaries should be free of obstacles.



Sepak takraw differs from the similar sport of [volleyball](#). Players are only allowed to use their feet, knee, chest and head to touch the ball. It is a popular sport in [Southeast Asia](#) and very popular in St Paul.

Basic Rules. Sepak takraw is played between two teams of three players; the left inside, right inside and back. The court is about the same size as a badminton court (20 by 44 feet) and the net is 5'1" high. Traditionally balls were hand-woven from bamboo or rattan, but most modern ones are synthetic.

SEPAK TAKRAW RULES

- Some rules are-
- The use of hands is not permitted.
- Each player may touch the ball once before it is kicked over the net.
- No rotation in the defence position.

INTERESTING FACTS.

- The ball is made out of rattan.
- Sepak Takraw isn't played in the Olympics.

HOW TO PLAY SEPAK TAKRAW

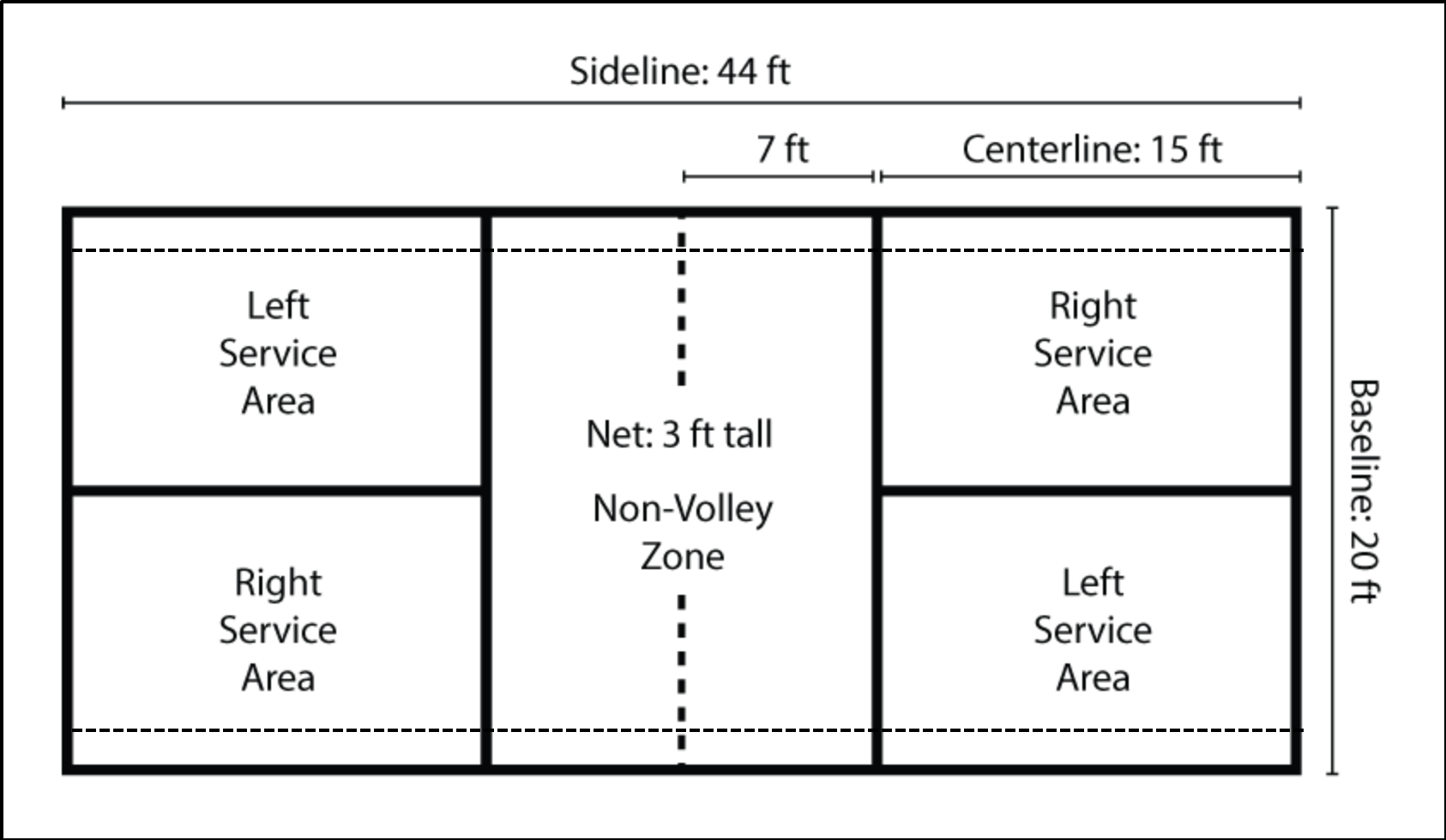
- Learn the skills
- Flip coin
- Serve the ball
- Give the ball to the striker
- After it is served, volleyball rules apply but the ball cannot be touched by hands or arms.

DIMENSIONS OF A BADMINTON COURT

P13



A full-size regulation badminton court measures 20 feet in width and 44 feet in length. For singles' competitions, the width of the court is reduced to 17 feet with a 1-foot-6-inch "out of bounds" area inside each sideline (.....)

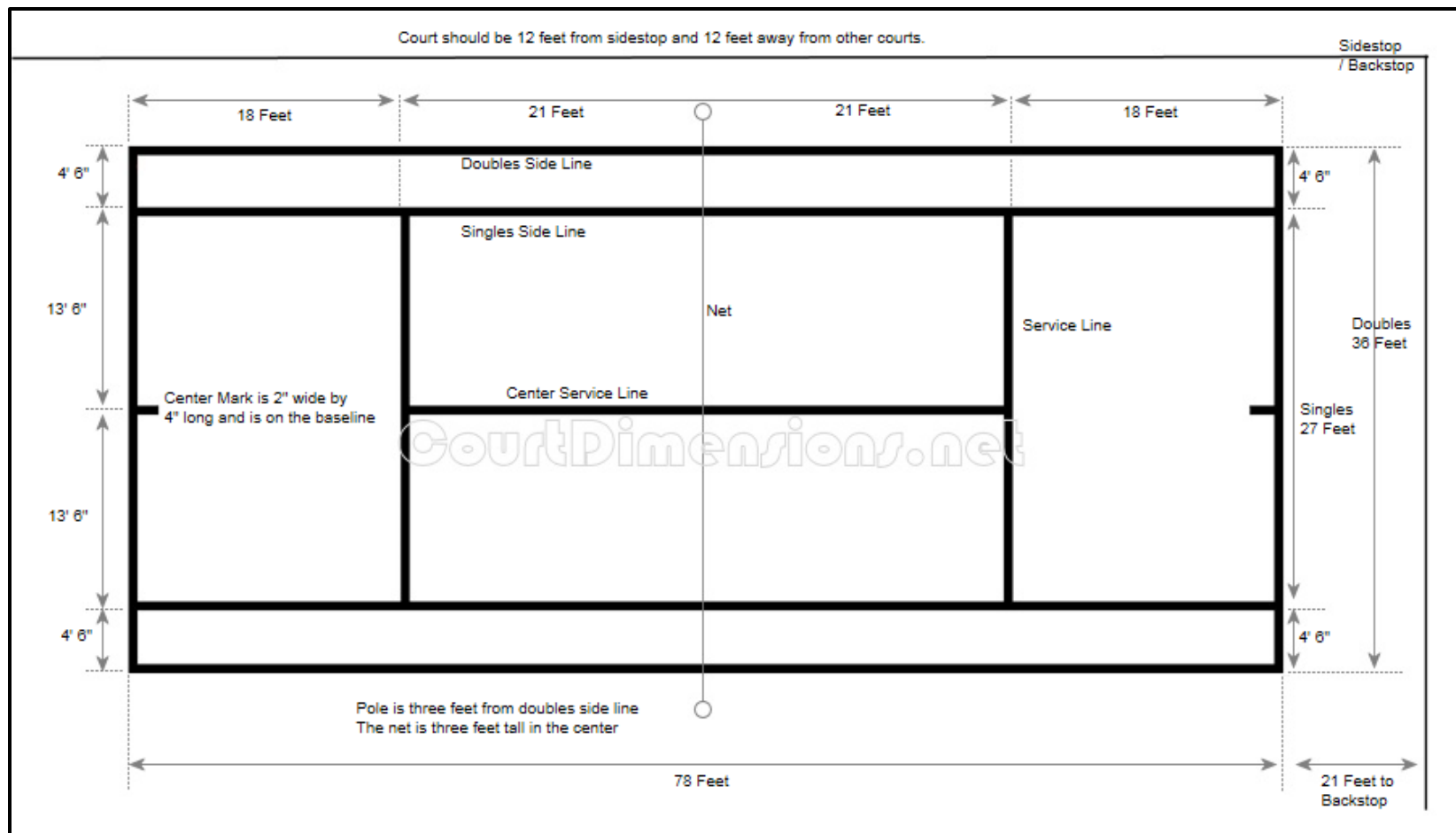


TENNIS COURT DIMENSIONS

P14



The court is 78 feet (23.77 meters) long. Its width is 27 feet (8.23 meters) for singles matches and 36 feet (10.97 meters) for doubles matches. The service line is 21 feet (6.40 meters) from the net.



P15

Basic Overview

Pickle-ball® is played on a badminton-sized court: 20' x 44'. Players on each side must let the ball bounce once before volleys are allowed, and there is a 7' no-volley zone on each side of the net, to prevent "spiking". To volley means to hit a ball in the air without first letting it bounce,

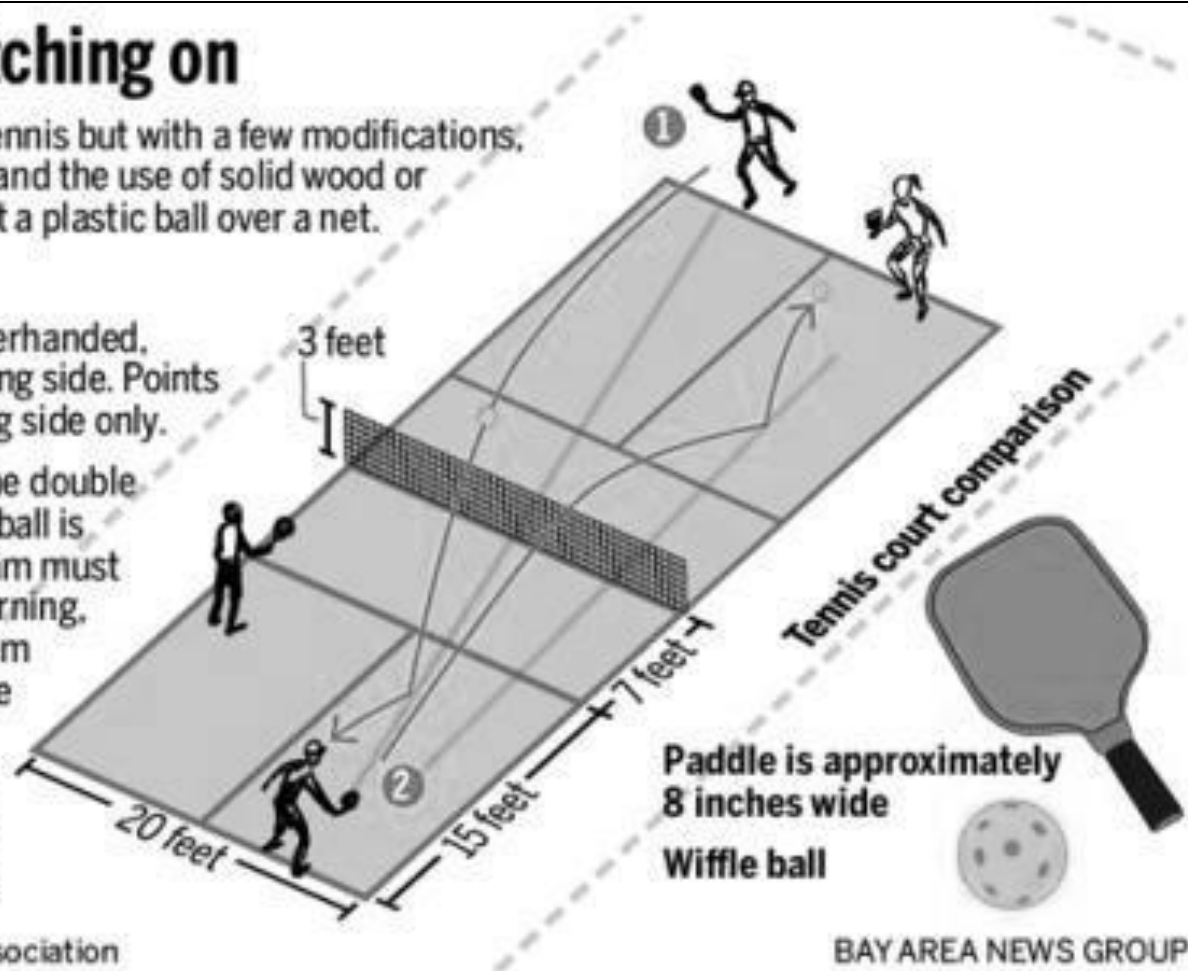
Pickleball catching on

Pickleball is much like tennis but with a few modifications, such as a smaller court and the use of solid wood or composite paddles to hit a plastic ball over a net.

How to play:

1. The ball is served underhanded, diagonally to the opposing side. Points are scored by the serving side only.
2. Players must follow the double bounce rule — after the ball is served, the receiving team must let it bounce before returning, and then the serving team must let it bounce before returning.
3. The first side scoring 11 points and leading by at least two points wins.

Source: USA Pickleball Association

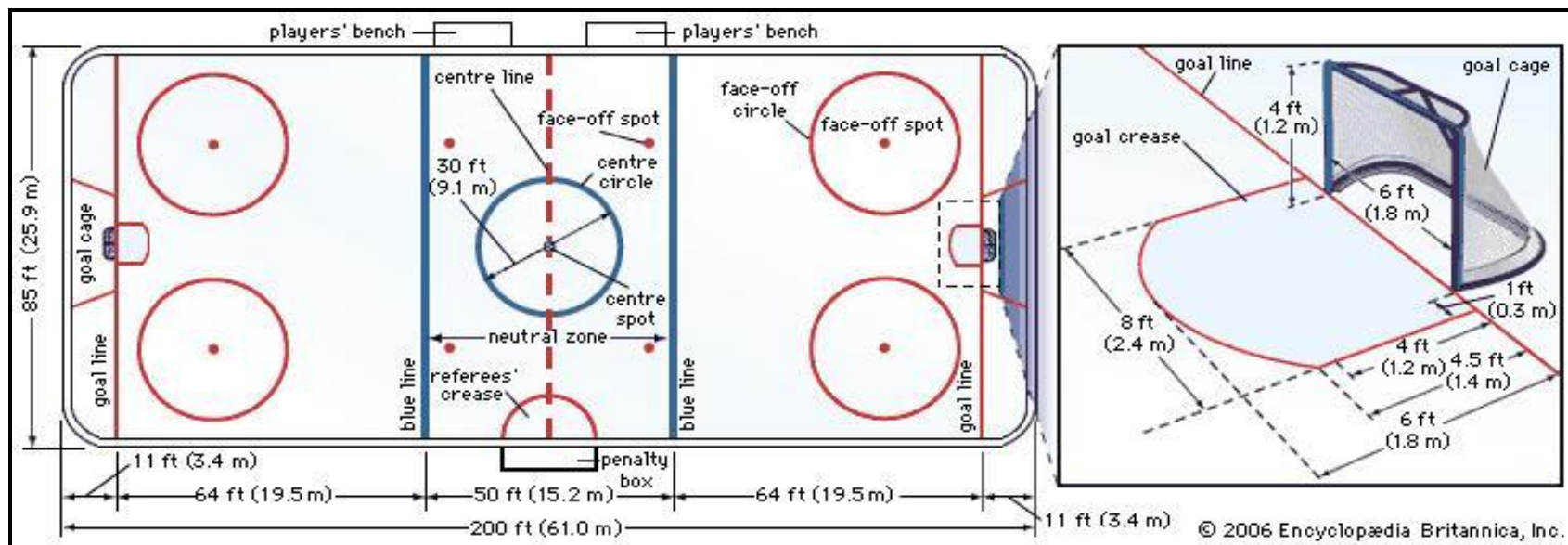


HOCKEY RINK DIMENSIONS

P16

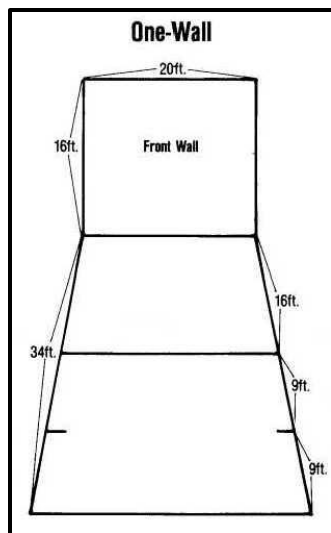


Most North American rinks follow the National Hockey League (NHL) specifications of 200 feet (61 m) \times 85 feet (26 m) with a corner radius of 28 feet (8.5 m). The distance from the end boards to the nearest goal line is 11 feet (3.4 m).



HANDBALL COURT DIMENSIONS

P17

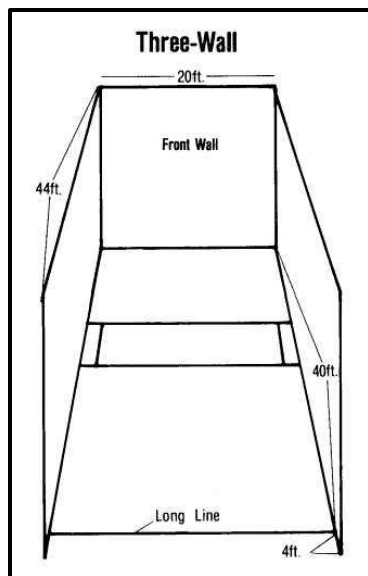


Wall. The wall shall be 20 feet wide from the outside edge of one side line to the outside edge of the other side line, and 16 feet high, including any top line.

Floor. The floor shall be 20 feet wide from the outside edges of the side lines. It shall be 34 feet from the wall to the outside edge of the long line. The side lines should extend at least three feet beyond the long line. There should also be a minimum of at least six feet, but ideally 20 feet, of floor beyond each side line as well as 16 feet beyond the long line to allow for playing space.

Short line. The short line runs parallel to the wall with the back edge of the line 16 feet from the wall.

Service markers. There shall be service markers, lines of at least six inches in length extending inward from the side lines, parallel with the short and long lines and located midway between them. The imaginary extension of these lines across the court indicates the service line.



Dimensions.

The court is 20 feet wide, 20 feet high and 40 feet long.

B. Lines and zones.

Handball courts shall be divided and marked on the floors with 2-inch-wide lines. Recommended colors are white or red. The lines shall be marked as follows:

1. Short line.

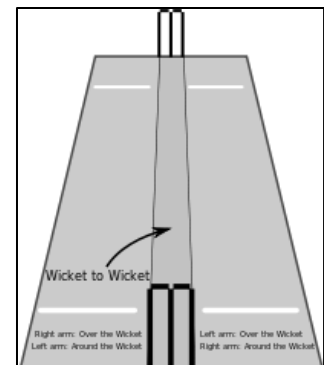
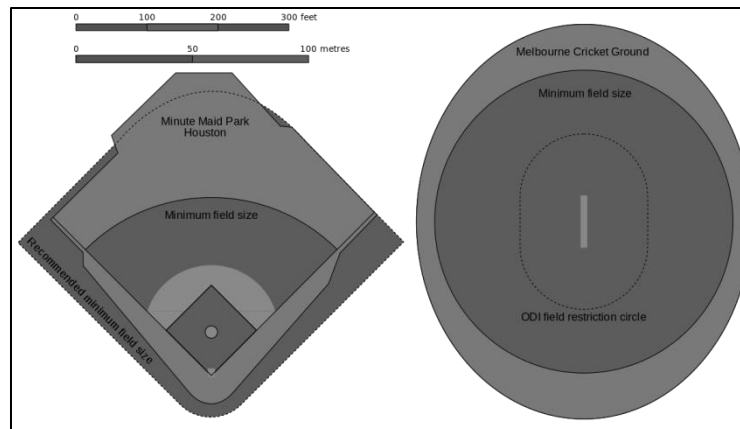
The short line is parallel to the front and back walls. Its outside edge is 20 feet from the front wall.

2. Service line.

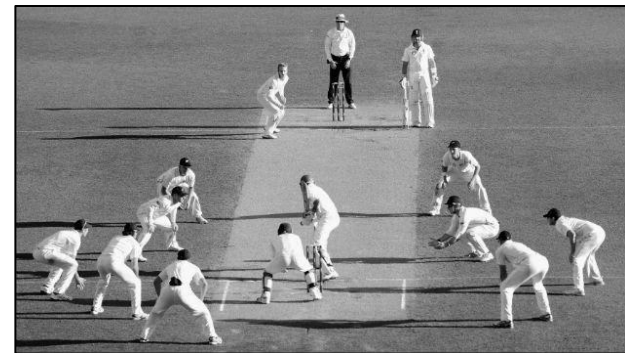
The service line is parallel to the short line and its outside edge is 5 feet in front of the outside of the short line.

A **cricket field** is a large [grassy](#) ground on which the game of [cricket](#) is played. Although generally [oval](#) in shape, there is a wide variety within this: some are almost perfect [circles](#), some elongated ovals and some entirely irregular shapes with little or no symmetry – but they will have entirely curved boundaries, almost without exception. There are no fixed dimensions for the field but its [diameter](#) usually varies between 450 feet (137 m) and 500 feet (150 m). Cricket is unusual among most major sports in that there is no official rule for a fixed-shape ground for professional games. On most grounds, a [rope](#) demarcates the perimeter of the field and is known as the [boundary](#). Within the boundary and generally as close to the centre as possible will be the *square* which is an area of carefully prepared grass upon which [cricket pitches](#) can be prepared and marked for matches

Although little is known of the game of Cricket to most St Paul residents, there are people that play and our responsibility as the recreation component for the city of St. Paul would be to provide space through our usual field or open space process. As a general rule Cricket players do all their own field set up and provide all the equipment required to play.



England has played Cricket for several centuries. The first recorded cricket match took place in Sussex, England in 1697. Cricket is played in a large open (usually circular or oblong) field and has two sides of eleven players that attempt to “put out” a “batsman” who tries to prevent a ball thrown by the “bowler” from knocking over “bails” placed on “wickets”, or three upright sticks. If the batsman makes contact with the ball, he runs to the opposite side of the “pitch” and continues running back and forth until the ball is retrieved by the opposing team.



BASEBALL & SOFTBALL SECTION

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PITCHING AND BASE DISTANCES FOR BASEBALL & SOFTBALL

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FIELD LINING TOOLS AND EQUIPMENT

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HOW TO PROPERLY MEASURE A FIELD

P22

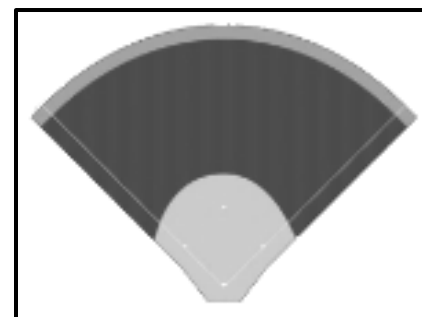
BASEBALL AND SOFTBALL “LINING FIELDS”

P23

BASEBALL AND SOFTBALL BATTER’S BOX DIMENSION DIFFERENCES

P24

PERMANENT ANCHORS FOR HOLLYWOOD BASES



PITCHING AND BASE DISTANCES FOR BASEBALL & SOFTBALL



P19

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AGE	PITCHING	BASES	HM TO 2 ND
10U	46'	60'	84'10&1/4'
12U	52'	75'	107'8"
13-15U	60'6"	90'	127'3&3/8
18U-MEN	60'6"	90'	127'3&3/8
DOUBLE FIRST BASE USED FOR 10 & 12U ONLY.			

AGE	PITCHING	BASES	HM TO 2 ND
12U & 14U FP	40'	60'	84'10&1/4'''
12U SP	46'	60'	84'10&1/4"
14U & 16U & 18U SP	50'	65'	91'11"
HS & WOMEN FP	43'	60'	84'10&1/4"
MEN FP	46'	60'	84'10&1/4"
ADULT SP	50'	70'	99'
DOUBLE FIRST BASE USED FOR EVERY LEVEL OF PLAY EXCEPT COLLEGE WOMEN'S FP			

How to Properly Measure a Baseball Diamond (See "how to measure a field" document)

For all measurements listed above, the starting point is the back of home plate. →



Here's how to measure baselines:

- Home plate to first base:** Measure from the back (point) of home plate to the back corner of first base.
- First base to second base:** Measure from the back corner of first base to the exact middle of second base.
- Second base to third base:** Measure from the exact middle of second base to the back corner of third base.
- Third base to home plate:** Measure from the back corner of third base to the back of home plate.
- Three foot lane line:** Measure from the half way point between home and first and 3' in foul territory. Draw a line parallel to the foul line that extends from this point even with the back of first base.

FIELD LINING TOOLS AND EQUIPMENT

P 20

MUST HAVE

- 1 TAPE MEASURE(s)(preferably 2-3)
- 2 LINE ON A REEL, STAKES(nails), HAMMER
- 3 RAKES(s)
- 4 BASES (4a staked, 4b pegged, 4c thrown down, 4d throw down on artificial turf)
- 5 SAFETY BASE (4 & 5 see bases PDF)
- 6 CHALK AND CHALK LINER (used on dirt and/or agrilime areas)
- 7 SPRAY PAINT AND SPRAY PAINT LINER (used on grass and artificial turf areas.
- 8 DIG OUT TOOL (for pegged bases to clean out ground receptacles/anchors.
- 9 ANCHOR PLUG (for pegged bases anchor cover)

WOULD (also) LIKE TO HAVE

- 10 VEHICLE FOR DRAGGING AND EQUIPMENT
- 11 VEHICLE FIELD DRAG
- 12 HAND RAKE/DAG
- 13 MULTIPLE BATTER'S BOX TEMPLATE (baseball, softball and LL baseball)
- 14 MOUND AND PLATE AREA TARP (can be used for either or both BB or SB)

1



2



3



4a



4b



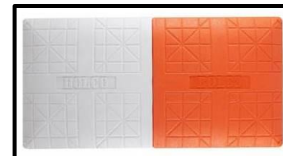
4c



4d



5



6



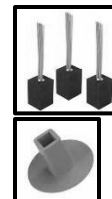
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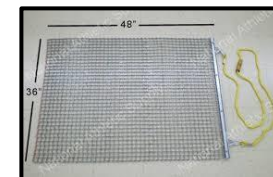
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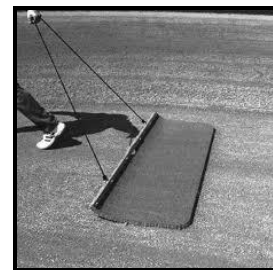
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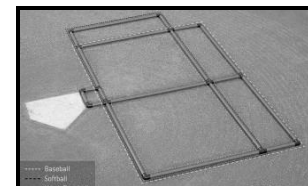
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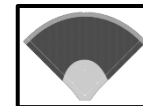
13



14



HOW TO PROPERLY MEASURE A FIELD



P21

Here is how to measure for base distances on a established field. (90' field used in the example)

First determine the field base size to be used (see base distance chart below). (Use 2-3 tape measures)

Home plate to second base: A Measure from home plate (point) **127'3&3/8"** to second base. **Leave the tape there.**

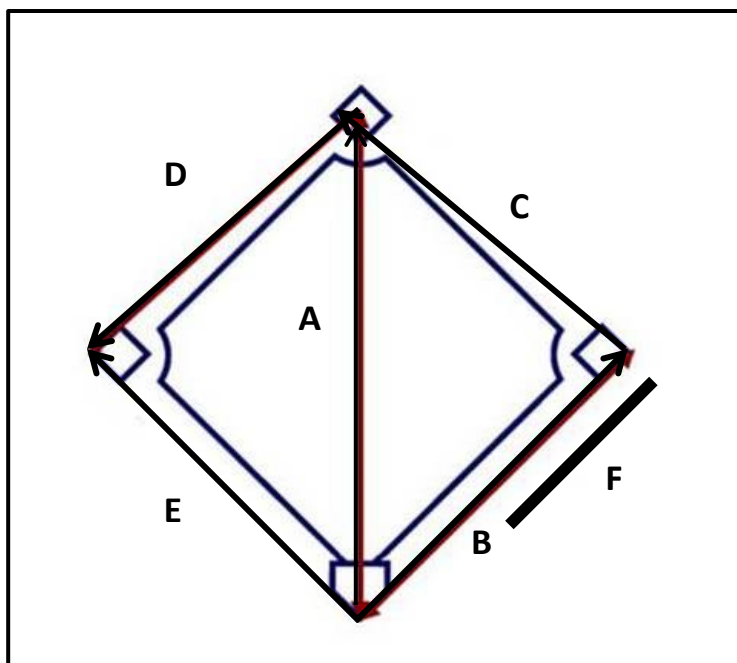
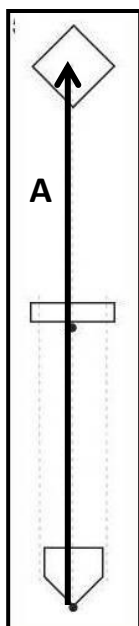
Home plate to first base: B Measure from the back (point) of home plate down the foul line **90'** to the back corner of first base. **Mark the spot.**

First base to second base: C Measure from the back corner of first base to second base **90'**. **Pull both tapes taut and move until they meet together. This should establish the exact point (center of second base) where the base peg for second will be placed.**

Second base to third base: D Measure from the exact middle of second base to the back corner of third base. **Mark the spot.**

Third base to home plate: E Measure from the back (point) of home plate down the foul line **90'** to the back corner of third base. **Pull both tapes taut and move until they meet together. Should establish third base.**

Three foot lane line: F Measure from the half way point **45'** between home and first and **3'** in foul territory. Draw a line parallel to the foul line that extends from this point even with the back of first base.



HOME TO 1ST

50'
55'
60'
65'
70'
75'
80'
90'

HOME TO 2ND

70'8"
77'9"
84'10&1/4"
91'11"
99'
107'8"
113'2"
127'3&3/8"

NOTE:

If you were building a new field the **FIRST** thing to establish is the **EXACT** placement of home plate. **SECOND** is second. To find first and third use tapes from the point of home plate and from second to the base.

BASEBALL AND SOFTBALL "LINING FIELDS"

P 22

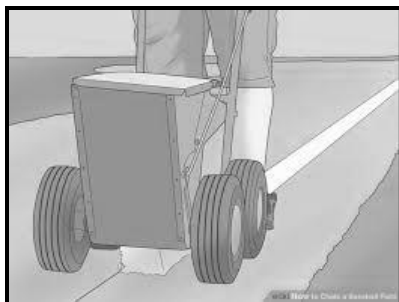
C

A

B



D



D



E



Home plate, bases and foul lines are all in fair territory. The foul line determines fair territory.

A. Using a nail or plug to secure your line (string) start at the point of home plate and run the line along the outside side of the base (1st or 3rd) and into the outfield as far as you want the foul line to go.

B. Start the chalk about 4' up the line. Don't run the line through the batters box.

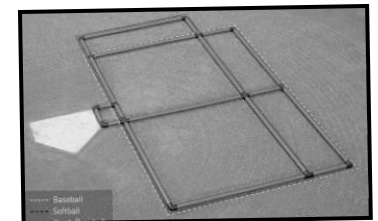
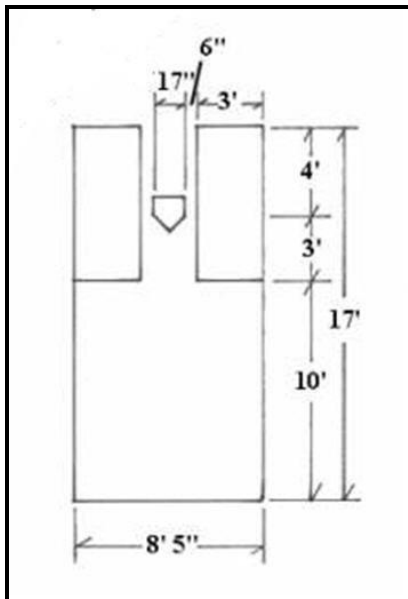
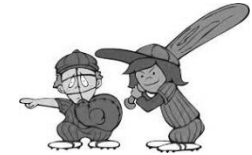
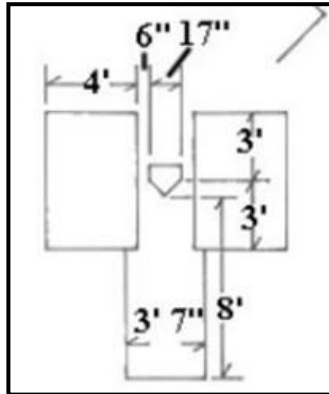
C. If you are using batter's boxes start your chalk where the box and line intersect. Don't run the line through the batters box.

D. Extremely important. Do not run the liner down the middle of the string. The chalk line must be completely in fair territory so using the string as a guide run the liner so the outside edge of the chalk line is in line with the string.

E. Always use a line (string). Don't guess or freelance. Looks bad and unprofessional.

BASEBALL AND SOFTBALL BATTER'S BOX DIMENSION DIFFERENCES

P20



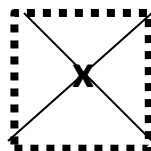
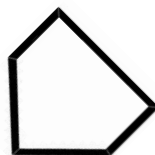
The batter's box in Baseball is 4' X 6'. The batter's box in Softball is 3' X 7'. The catcher's box in Baseball is 3'7" wide and 8' from the point of home plate. The catcher's box in Softball is 8'5" wide (lined up with the outside lines of the batter's box and 10' deep of the back lies of the batter's box. Because the batter's box in Softball extends 3' farther into the infield then baseball, the foul line meets the front edge of the batter's box. For baseball, the box being shorter, the foul line intersects approximately in the middle of the box.



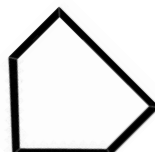
P21



Measure and set bases upside down



Make a mark around the bases, remove bases and make a mark X in the center

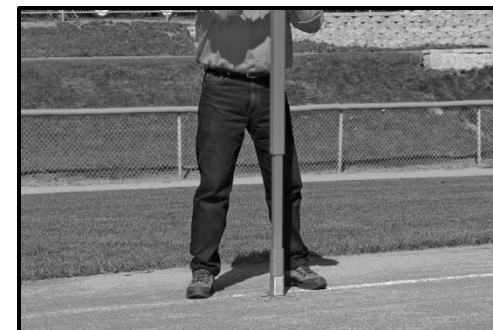


Place anchor in the middle of the X and using the Anchor Driver, pound the anchor 2" deep into the ground. Plugs

should always be placed in the anchors when the bases are not in use. It makes it easier to find the anchors and they won't become filled with material which can lead to the bases getting stuck in the anchor. Make sure the anchor is square to the marked line or the anchor will be crooked which will make the base sit crooked.

Important to have the anchor 2" below ground level so the plug is not removed when field dragging.

The anchor driver is a 2 part tool. The narrow part is inserted into the anchor and the other part is placed over and used to pound the anchor into the ground.



X

