

MARKING A GIRLS YOUTH LAX FIELD

NOTES

1. 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.
2. 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.
3. Color. If different sports are using the field, yellow paint works well. White is easier to see.
4. 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.
5. 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.
6. The dashed lines are for illustration only **and are not painted**.
7. 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 Hash Marks 30' - Center Circle
34'10" - 8m Arc 40' 3" - A to C(diag) 47'9" - 12m Fan

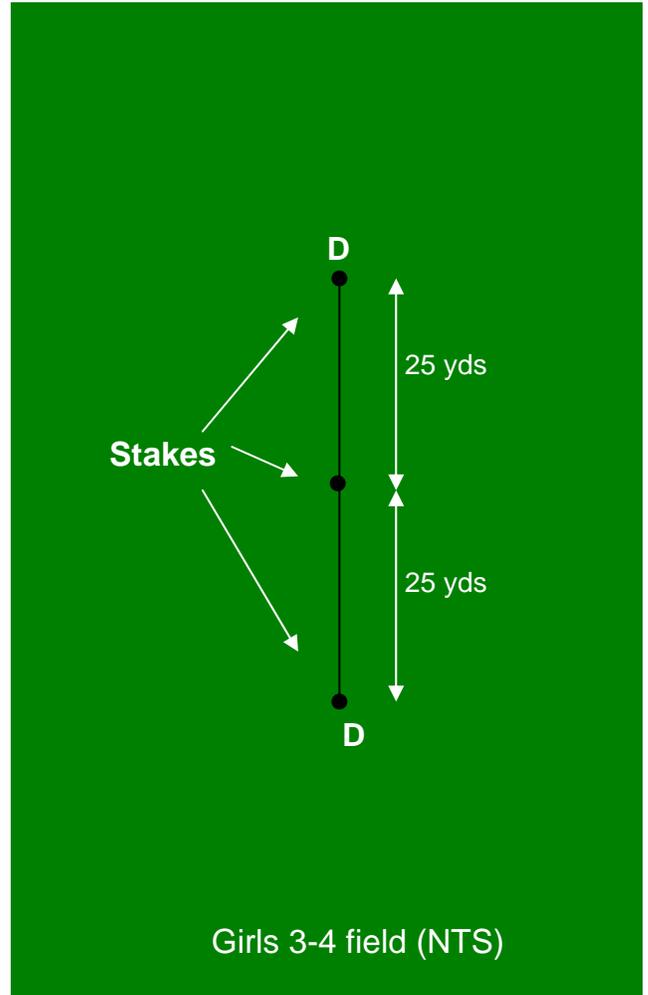
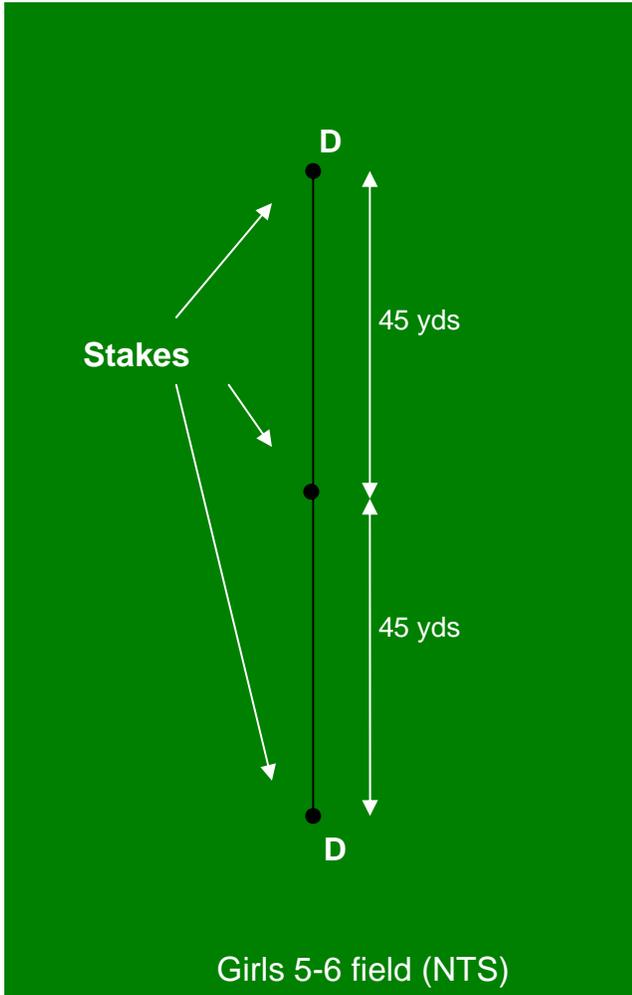
8. In the following: "mark" means put some kind of semi-permanent paint down that is the width of the final line. A "small mark" is something only big enough to be visible – an inch or two. Scuff out later.
9. If you are using spray paint, mark the spot, then lift the tape measure away **before** you spray - otherwise you paint your tape measure.
10. 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 (to be defined in the "STEPS" section).
11. 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.
12. 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.
13. Girls 5-6 field uses 2 restraining lines and no mid-field line. Girls 3-4 field uses a mid-field line only.
14. Girls 5-6 field uses a goal circle, 8m arc and a 12m fan; 3-4 field uses a goal circle and 8m arc only (no 12m fan). Goal Circle and 8m arc are the same size for both fields. Center Circle are different sizes.

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 for a 5-6 field are 90 yds apart; for a 3-4 field, they are 50 yds apart. These are Point "D" on the diagram at the end of this document.

Both have 15 yds of open space behind each goal. The line formed by these stakes is the "Main Axis".



For Steps 2-6, refer to diagram at the end of this document (second to last diagram).

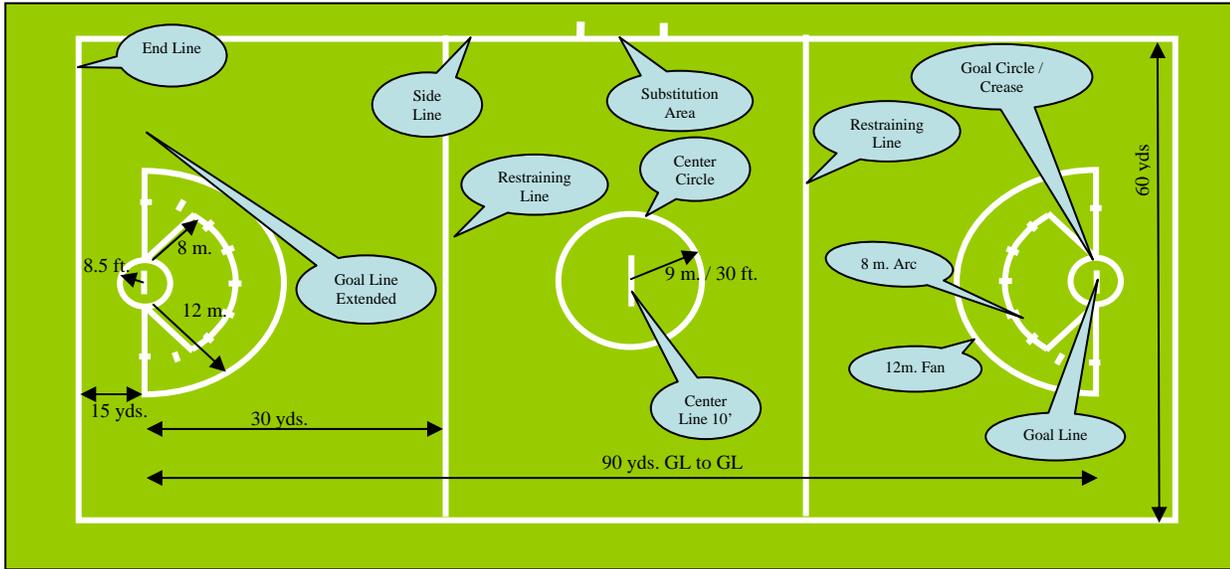
2. Goal Circle (GC). **Start at D. Mark a circle of radius 8' 6"** (outside edge of the paint is 8'6"). **For convenience, put a small mark at the center back of the GC. Put a small "T" right behind D in case it moves while working.** It will get painted over.

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) *(FOR 5-6 FIELD ONLY)*. **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.**
8. Mid-field Line *(FOR 3-4 FIELD ONLY)*: **Make a small mark 75' from either E measuring parallel to Main Axis. This mark should line up with the center mark on the Main Axis. These two marks should be exactly 47' 9" apart - correct the second mark as necessary. Paint the Mid-field line the width of the field, intersecting these two marks.**
9. Center Circle. **Paint a circle 30' in radius for both field types. Also, paint the center line, approx 10' wide (for 5-6 field only; 3-4 field will have mid-field line).**
10. 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.**

Typical Girls Grades 5-6 Field Layout and Dimensions



Typical Girls Grades 3-4 Field Layout and Dimensions

