

## Sports Field Dimension Calculator

### Lacrosse Field (Men & Women) Layout and Distances (Feet & Inches)

Overall Length & Width	Goal Line Width	Distance from Endline to Goal Line	Distance from Goal Line to Front Line of Goal Area	Distance from Goal Line to Restraining Line	Men's Goal Area Width	Men's Wing Area Length	Men's Wing Area from Center	Substitution Area Width
Ft	Ft	Ft	Ft	Ft	Ft	Ft	Ft	Ft
330	6	45	60	90	120	60	60	30
180								
In	In	In	In	In	In	In	In	In

  

Touch Line and End Line Corner	Women's Restraining Line		Substitution Area Line	
90   187   11	162   0	94   10	174   11	91   2
Goal Area End Line Corner	Goal Area Front Corner		Wing Area Line End	
60   175   6	120   11	84   10	147   8	67   0

  

**Regulation Mens Field**

Center Point on End Line	45' 1.5"	120' 2.25"	Mark points below on initial centerline layout	Center Line Point
0	EL 0', GL, 45', RL 105', MFL 165', RL 225', GL 285', EL 330'			165

Plug value (in feet) into cell below each dimension. Stake out full length of field using center line of pitch/field intersecting the goals to the End Line. Use two measuring tapes, one pulled from Center Line Point at the middle of the field and the other at the Center Point on the End Line. Intersections have two measurements listed in feet and inches or just feet. Field Dimension Calculator reflects the stake intersections for 1/4 of the lacrosse field. **Woman's Lacrosse change in 2007.** "The Substitution Area has changed from 2 areas on either side of the scorer's table to one area in front of the table. ... 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 yards) from the centerline of the field." Total width is now 30 feet.