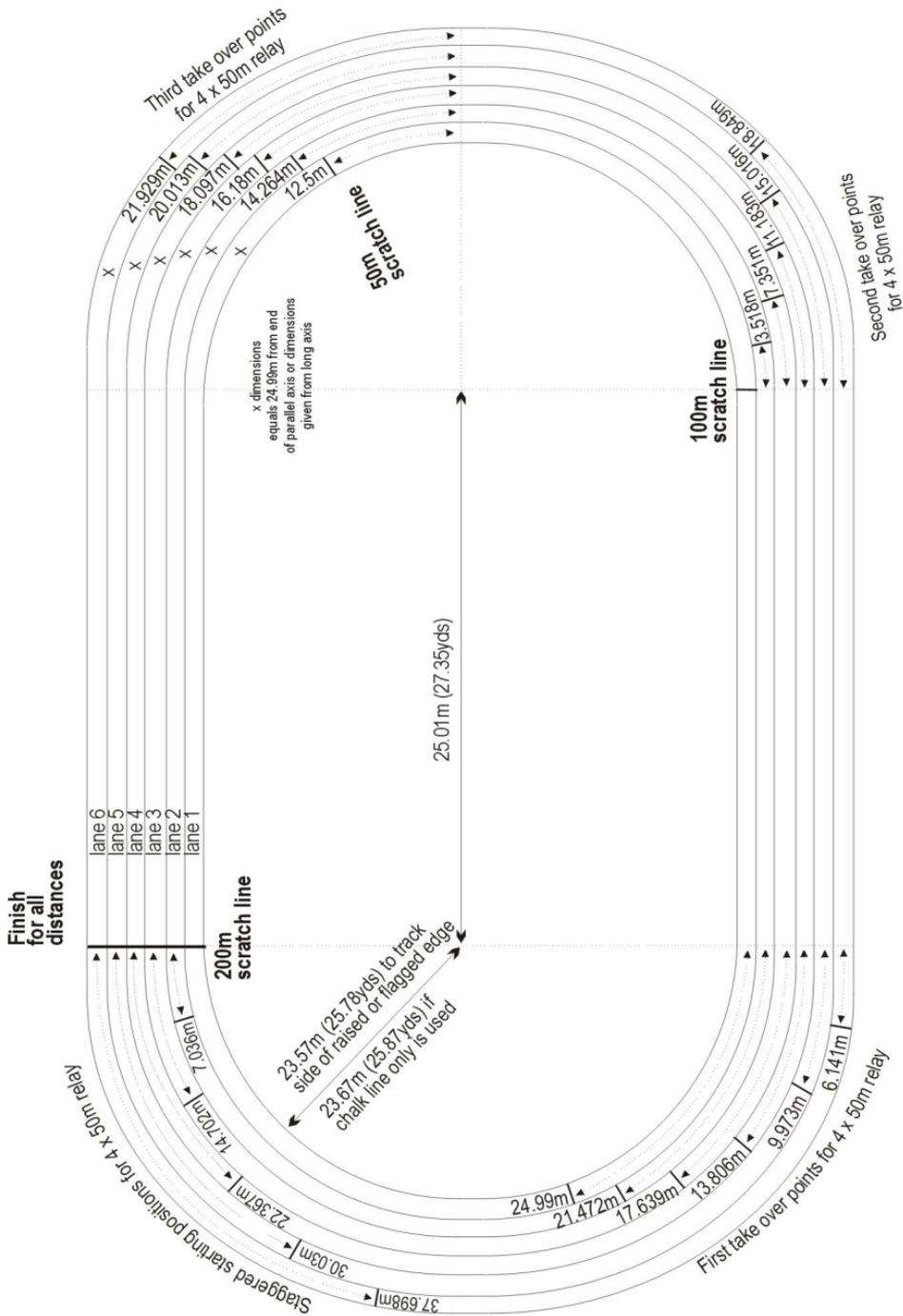


200 METRE TRACK



200 METRE TRACK

200m (218.72yds)

TRACK LENGTH: Based on parallels of 25.01m (27.35yds) and a radius of 23.87m (26.1yds), marking the two turns. The measurement is taken 30cm (11.81in) from the inner edge for Lane 1 if there is a raised border or 20cm (7.87in) if there is no border. All other lane distances are measured 20cm (7.87in) from white line.

LANE WIDTHS: 1.22m (1.33yds) wide and no more than 1.25m (1.37yds). When the inner edge is a chalk line: Lane 1 measures 1.12m (1.22yds). The measurement being taken from the outside edge of one marking line to the outside edge of the next line, going outwards from the track side of the inner kerb. All semicircular curves will be equal.

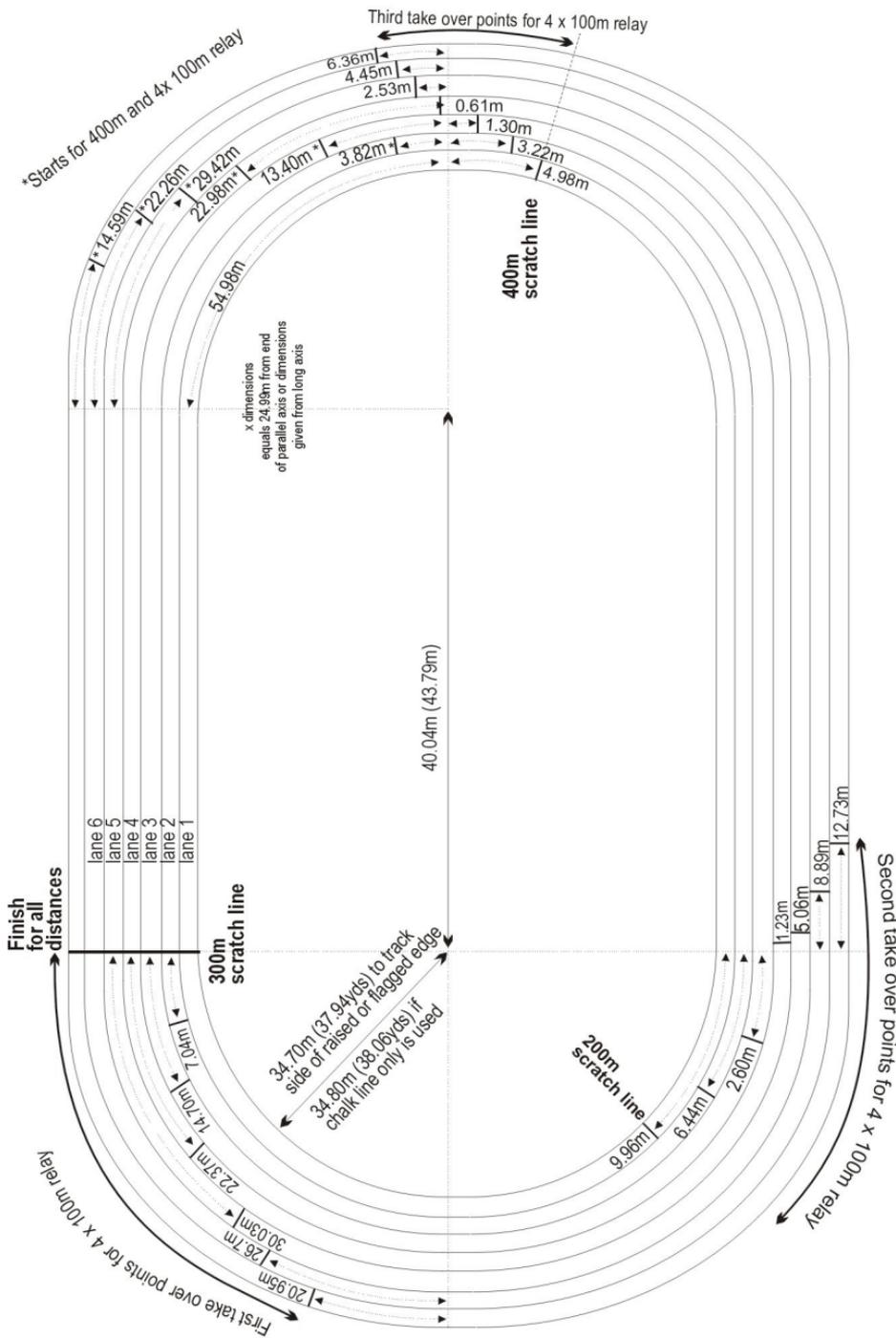
STAGGERS: Lanes 2-8 measurements are taken along a 20cm (7.87in) line from inside edge of each lane.

LINE WIDTH: 5cm (1.97in) wide.

COLOUR: White

MANAGER'S GUIDE

Pedestrian: 40 min.
Fastliner: 15 min.



300 METRE TRACK

300 METRE TRACK

300m (328.08yds)

TRACK LENGTH: Based on parallels of 40.04m (43.79yds) and a radius of 35m (38.28yds), marking the two turns. The measurement is taken 30cm (11.81in) from the inner edge for Lane 1 if there is a raised border or 20cm (7.87in) if there is no border. All other lane distances are measured 20cm (7.87in) from white line.

LANE WIDTHS: 1.22m (1.33yds) wide and no more than 1.25m (1.37yds). When the inner edge is a chalk line: Lane 1 measures 1.12m (1.22yds). The measurement being taken from the outside edge of one marking line to the outside edge of the next line, going outwards from the track side of the inner kerb. All semicircular curves will be equal.

This diagram shows starts for 200, 300 and 400 metres and take over distance points for 4 x 100m relay.

STAGGERS: Lanes 2-8 measurements are taken along a 20cm (7.87in) line from inside edge of each lane.

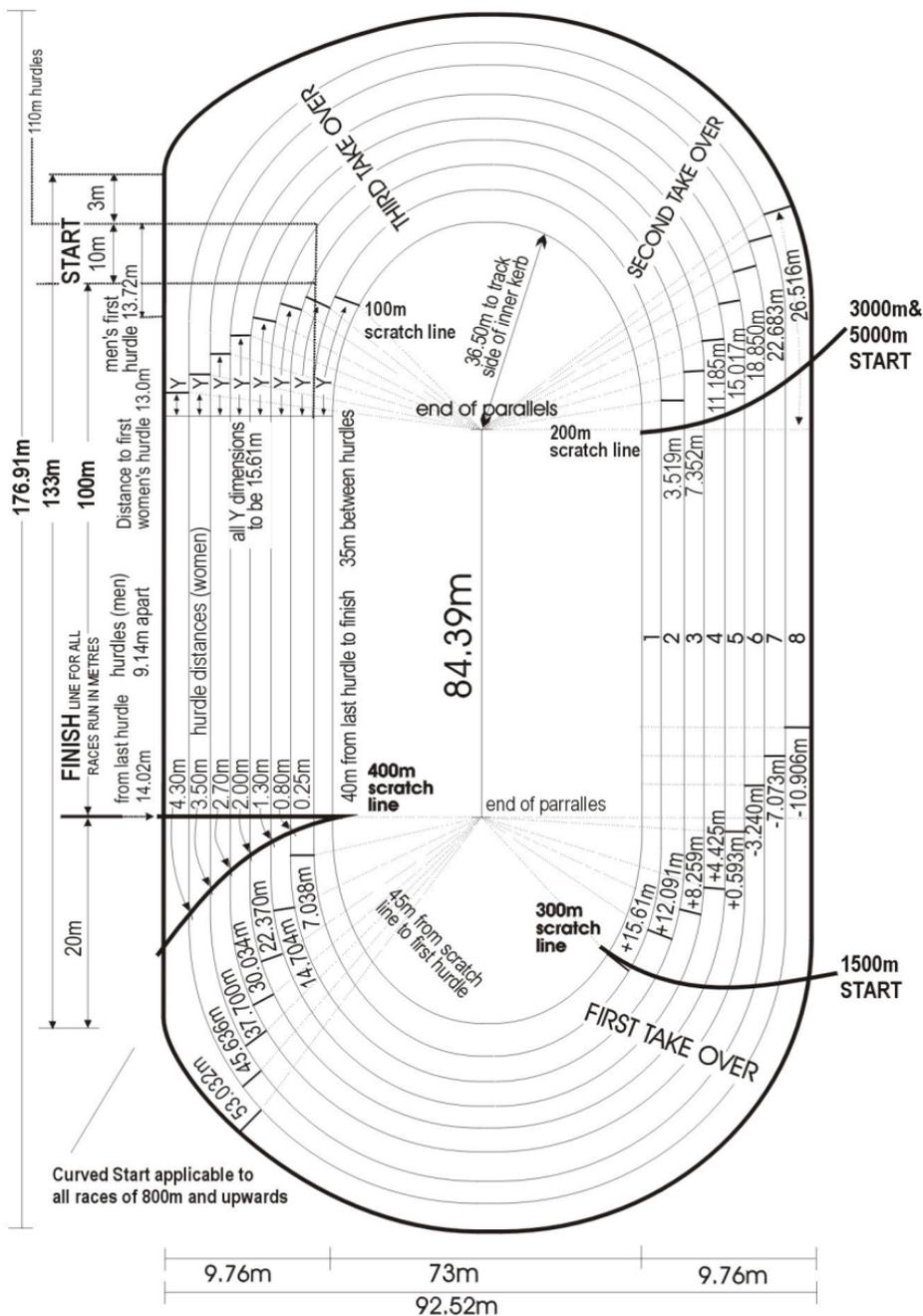
LINE WIDTH: 5cm (1.97in) wide.

COLOUR: White

MANAGER'S GUIDE

Pedestrian: 1 hr.

Fastliner: 20 min.



400 METRE TRACK

400 METRE TRACK

Track and Field consists of a group of athletic events held between individuals or teams. Track and field sports consist mainly of running events.

400m (437yds)

TRACK LENGTH: Based on parallels of 84.39m (92.29yds) and a radius of 36.5m (39.92yds) marking the two turns. The measurement is taken from 30cm (11.8 in) from the inner edge for lane 1 if there is a raised border or 20cm (7.87in) if there is no border. All other lane distances are measured 20cm (7.87in) from the white line.

LANE WIDTH: 1.22m (1.33yds) wide and no more than 1.25m (1.37yds). When the inner edge is a chalk line: lane 1 measures 1.12m (1.22yds). The measurement being taken from the outside edge of one marking line to the outside edge of the next line, going outwards from the track side of the inner kerb. All semicircular curves will be equal.

STAGGERS: Lanes 2-8 measurements are taken along a 20cm (7.87in) line from inside edge of each lane.

On the diagram, the staggers for 100m (109.36yds) and 300m (328.08yds) apply only when the straights are 84.39m (92.29yds) and must be adjusted for tracks of other proportions.

TAKE OVER ZONES: 10m (10.94yds) before and after the take over scratch line in each lane.

LINE WIDTH: 5cm (1.97in) wide.

COLOUR: White

In International Competition the 800 metre race is run in lanes as far as their first bend, making the use of the Staggered Starts necessary, which are calculated according to I.A.A.F. Rule 161 page 108 paragraph 7 of Handbook 1985-86.

MANAGER'S GUIDE

Pedestrian: 1 hr.40min
Fastliner: 25 min.

AMERICAN FOOTBALL

American Football is a distinct type of football developed by the United States in the 19th Century. The object of the game is for a team to carry, kick or pass the ball into the opponent's end zone to score.

PITCH MEASUREMENT: 360ft (110m) long by 160ft (48.8m) wide.

GOAL LINES: 30ft (9.1m) from the end lines on both sides of the field, leaving the 300ft (91.4) dimension at the centre. The goal lines mark off the entrances to the end zones and may be of contrasting colours.

YARDLINES: Marked at 5yrd (4.6m) intervals, parallel to the end zones.

SIDELINE HASHMARKS: Marked with 2ft (61cm) lines, 6" (15cm) inside the sidelines. 1yrd (91cm) apart.

INFIELD HASHMARKS: Marked 70ft 9" (20.96m) from the sidelines, the lines are marked 2ft (60cm) long. These lines align with the upright edges of the goalposts, are marked 1yrd (0.9144m) apart and are mandatory. A 2ft (60cm) hashmark is marked over every yard line parallel to the sidelines.

CONVERSION SPOT (LINE): Marked at the 3yd line, directly in the middle of the field 2ft (61cm) long with equal measurements on either side.

FIELD YARD LINE NUMBERS: Marked 9yrds (8.23m) from the sidelines and 1ft (0.3m) from yard lines and measure 6ft (1.83m) high by 4ft (1.22m) wide.

DIRECTIONAL ARROWS: Are permitted next to the field numbers (except 50) and are to point in the direction of the opponents goal line. The base of the arrow is 4" (10cm) from the top of the number and the head of the arrow is a triangle with a 18" (46cm) base and two sides 36" (91cm) long.

COACHING AREA: 6ft (1.83m) from the sideline between the 25yd or 30yrd lines extending 24ft (7.32m). A solid white area or diagonal white lines are recommended or it can be marked distinctly for use of coaches.

LIMIT LINES: 6ft (1.83m) from the sidelines and endlines. These lines are marked 6ft (1.83m) long and may be yellow.

GOALPOSTS: Consist of two 20ft vertical poles 4" wide. They are placed 18'6" apart (inside to inside) on a horizontal crossbar that is 10' above the ground.

COLOUR: Most of the lines are white, (exceptions explained above). Logos and other decorative markings are allowed within the end zones, not closer than 4yrds (1.22m) to any line. Contrasting colouring in the endzones may abut any line. Decorative material is permissible within the sidelines and between goal lines, but shall not efface yard lines, goal lines or side lines.

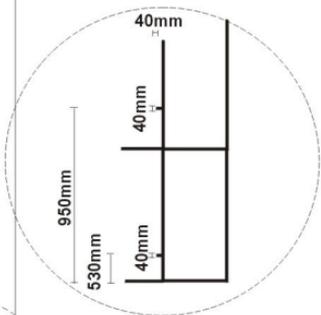
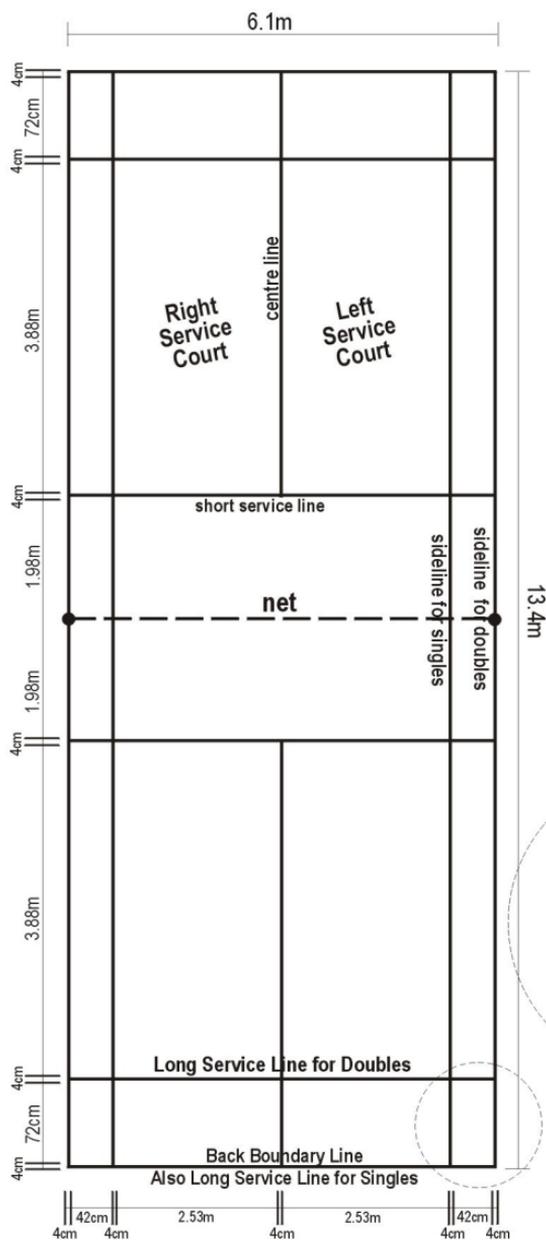
LINE WIDTH: 4in (10cm) in width. Except for the side lines and end lines which may exceed 4in (10cm) in width.

N.B. In NCAA rules the 5 yrd lines are not marked the width of the pitch.

MANAGER'S GUIDE

Pedestrian: 2 hrs.

Fastliner: 40 min.



Optional Testing Marks

BADMINTON COURT

BADMINTON

Badminton is a game played on a court with a net strung across the middle, a racket and a shuttlecock. This game may be played with two as singles or four as doubles.

COURT MEASUREMENT: 13.4m long (14.65yds) by 6.1m (6.67yds) wide including line widths.

Diagonal length: 14.72m (16.10yds)

CENTRE LINE: 4.64m (5.03yds) long, from the back boundary line, running parallel to the sidelines directly in the middle of the court and meet perpendicular at the short service lines.

SHORT SERVICE LINE: 1.98m (2.17yds) from the centre of the court, on either side of the court.

LONG SERVICE LINE FOR DOUBLES: 72cm (28in) from Back Boundary Line on either side of the court.

LONG SERVICE LINE FOR SINGLES: Same as Back Boundary Lines.

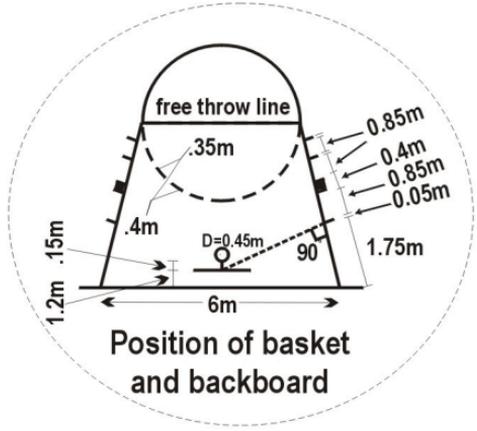
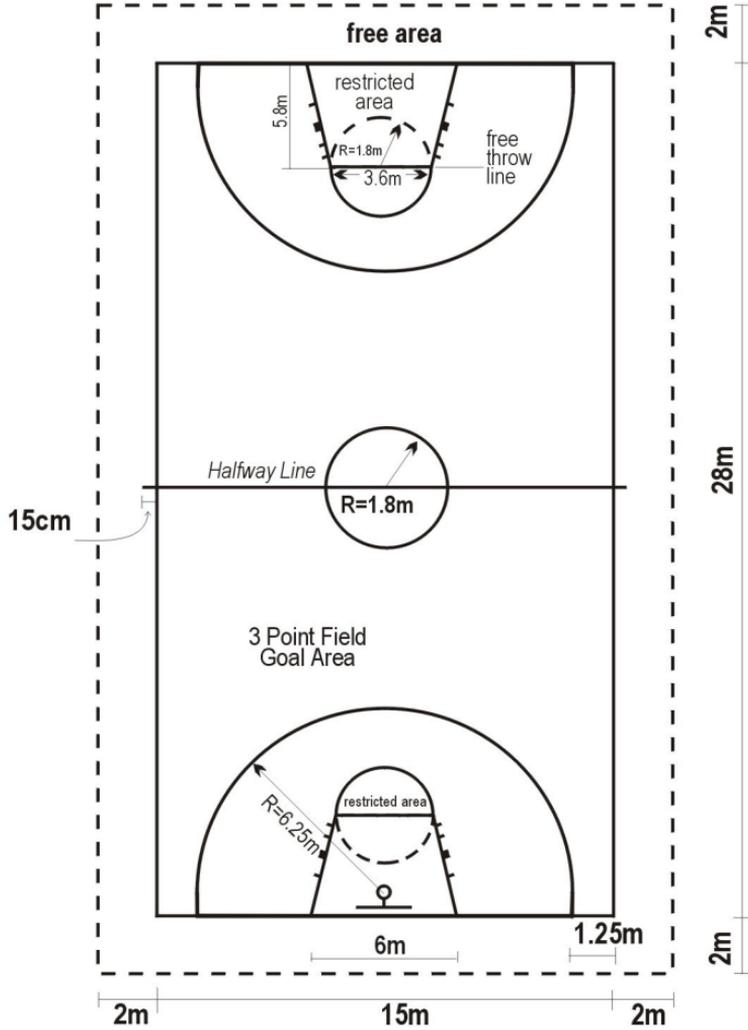
SIDELINES FOR SINGLES: 42cm (16.54in) from sidelines on either side of the court.

OPTIONAL TESTING MARKS: To show the zone in which a shuttle of correct pace lands when tested, an additional four marks 4cm (1.57in) by 4cm (1.57in) may be made inside each sideline for single of right service court, 53cm (20.87in) and 95cm (38.98in) from back boundary line.

The width of these marks shall be within the measurement given i.e.: the marks will be from 53cm (20.87in) to 57cm (22.44in) and from 95mm (37.4in) to 99cm (38.98in) from outside boundary line.

LINE WIDTH: 4cm (1.57 in) maximum.

COLOUR: Easily distinguishable, preferably white or yellow.



BASKETBALL COURT

BASKETBALL

Basketball is one of the most popular sports in the world. It is usually played indoors and consists of two five player teams. The object of the game is to score goals through one of the two baskets.

COURT MEASUREMENT: 28m long by 15m wide (30.62yds by 16.4yds) maximum, to 22m long by 13m wide (24.06yds by 14.22yds) minimum.

HALFWAY LINE: Parallel to the end lines and extend 15cm (5.9in) beyond the sidelines intersecting them at their midpoint.

CENTRE CIRCLE: Radius of 1.8m (1.97yds) from the centre of the court.

FREE THROW LINES: 3.6m (3.94yds) long each drawn parallel to the end lines and 5.80m (6.34yds) from the inside edge of the end line.

RESTRAINING CIRCLE: Radius 1.8m (1.97yds) and should be continued by a broken line in the restricted area.

RESTRICTED AREA: Marked by joining the ends of each free throw line to the end line, so that they intersect the end line 3m (3.28yds) from the centre of the end line, the width of the restricted area is 6m (6.56yds) at the end line.

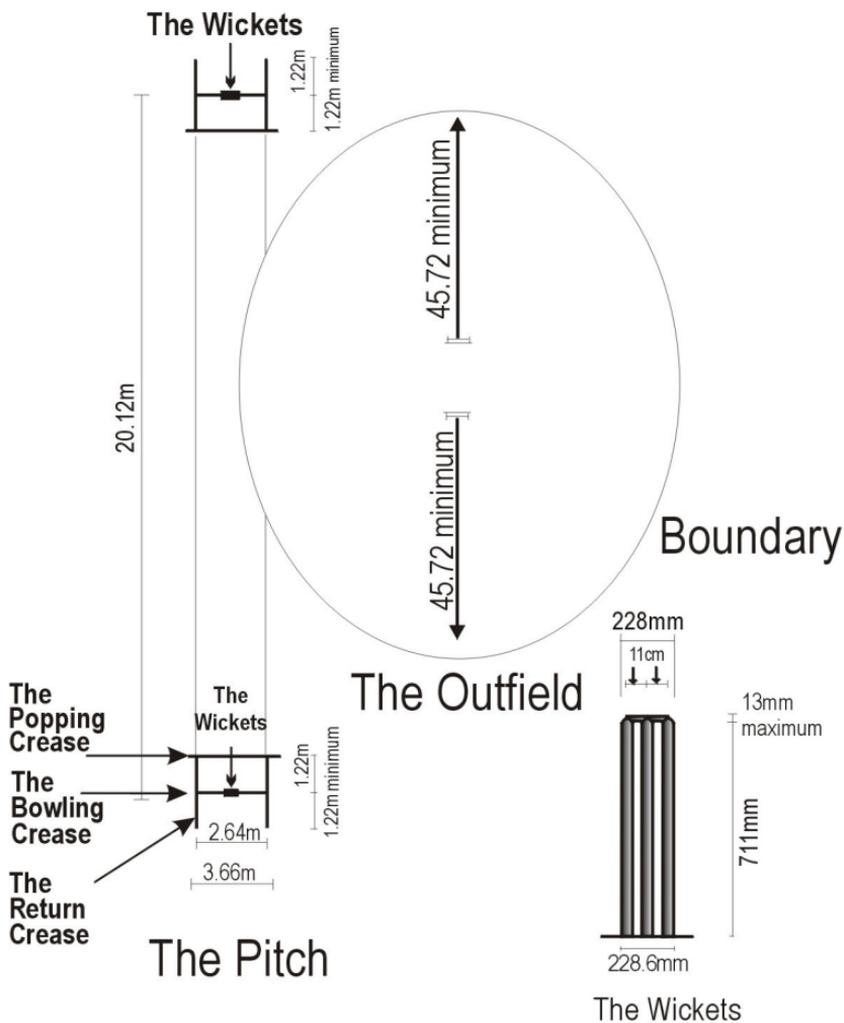
Three short lines 10cm (3.94in) in length and 5cm (1.97in) in width and one block 10cm in length and 40cm in width, are marked on each side of the restricted area creating three spaces extending at right angles. The lines and block are marked from the end line: first mark - 1.75m, (1.91yds) second mark (block) - 0.9m (.98yds), third and fourth mark - 0.9m (0.98yds). The internal measurements reading 0.85m, 0.85m and 0.85m (33.49in, 33.49in and 33.49in).

3 POINT FIELD GOAL AREAS: A semicircle with a radius of 6.25m (6.84yds) is marked on both ends of the field with the centre of the arc being on the floor directly perpendicular to the centre of the basket (ie 1.57m (1.72yds) from the centre of the inside edge of the end line). The ends of the semicircle are continued parallel to the side lines and terminate at the end line.

BACKBOARDS: 2m (2.19yds) wide by 1m (1.09yds) high, each backboard should be mounted 2.7m (2.95yds) above the court with the basket measuring 45cm (18in) in diameter. The boards should overhang the playing court by 1.2M.

LINE WIDTH: 5cm (1.97in) wide.

COLOUR: White



CRICKET

CRICKET

Cricket is an outdoor game played with a ball, bat and wickets between two teams of eleven players. The object of the game is to make runs from one wicket to another.

PITCH AREA: Measures 1.52m (1.64yds) in width on either side of a line joining the centre of the middle stumps of the wickets, 20.12m (22yds) apart.

SYNTHETIC PITCH AREA: Measures a minimum of 17.68m (19.3yds) in length and 1.83m (2yds) in width.

BOWLING CREASE: Marked in line with the stumps at each end and will be 2.64m (2.89yds) in length with the stumps in the centre.

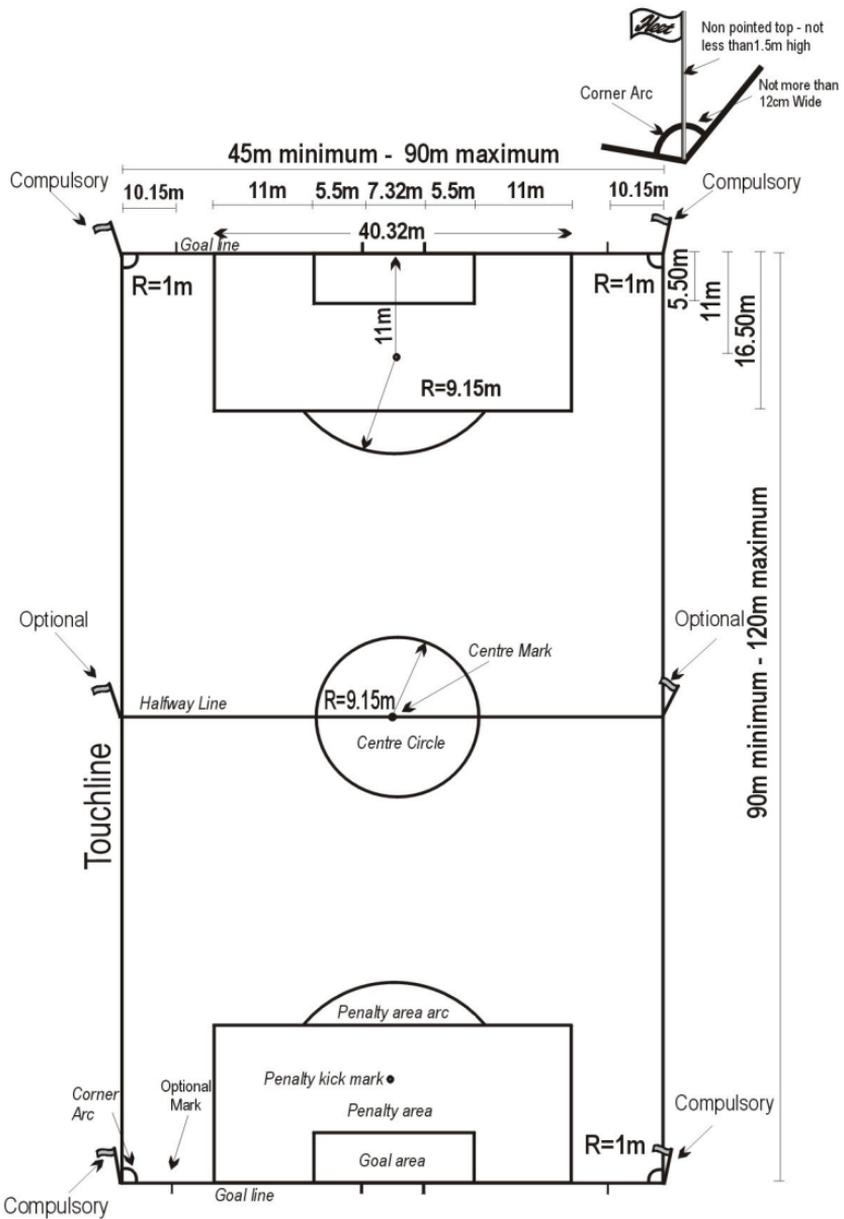
POPPING CREASE: Runs parallel to and is in front of the bowling crease. The back edge of the crease is 1.22m (1.33yds) from the centre of the stumps. It extends to a minimum of 1.83m (2yds) on either side of the line of the wicket and is considered to be unlimited in length.

RETURN CREASE: The inside edge is the crease. It measures 1.22m (1.33yds) minimum behind the wicket and is at right angles with the both ends of the bowling crease. A forward extension is marked to meet the popping crease. It also is considered unlimited in length.

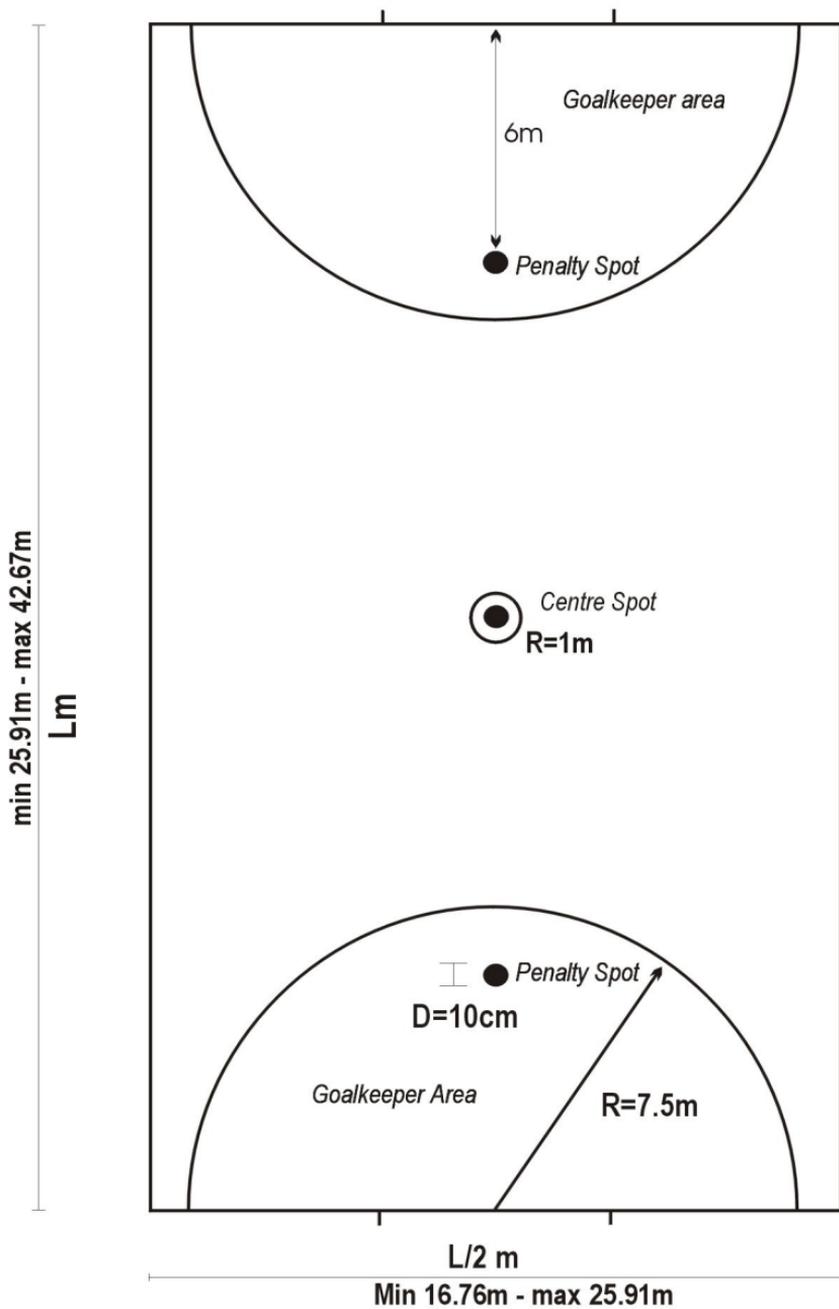
WICKET: The wickets are 20.12m (22yds) apart. Each wicket is 711 mm (28in) high, 228.6mm (9in) wide and comprises of three wooden stumps. Two wooden bails are placed on top of the stumps and are not more than 13mm (0.51in) above them and are 111 mm (4.33in) in length.

LINE WIDTH: 2.5cm (.98 in)

COLOUR: White



FOOTBALL PITCH



FIVE A SIDE PITCH

FOOTBALL FIVE A SIDE

Five-a-Side is an amateur game of football played between 2 teams of five players.

PITCH MEASUREMENT: Recommended pitch size of 36m (39.37yds) long by 18m (19.68yds) wide, where possible.

The pitch should remain rectangular with the length exceeding the breadth, the ratio being 2:1.

PENALTY SPOT: Measured 6m (6.56yds) from the midpoint of the goal line.

CENTRE SPOT: Centre of the pitch. Radius of 1m (1yrd).

GOALKEEPER'S AREA: Measured from the centre of the goal forming a semicircle at a radius of 7.5m (8.2yds).

GOAL POST: Suggested height of 1.22m (1.33yds) and 4.88m (5.34yds) in width and sometimes protrude into the goalkeepers area.

LINE WIDTH: 5cm (1.97in)

COLOUR: Typically red on indoor pitches and white on outdoor pitches.

MANAGER'S GUIDE

Pedestrian: 10 min.

Fastliner: 4 min.

FOOTBALL

Football is the world's most popular sport. It is played by two teams of 11 players. The object of the game is to kick the ball into the opponent's goal.

PITCH MEASUREMENT: Vary from 90m wide by 120m long (100yds by 130yds) maximum to 45m wide by 90m long (50yds by 100yds) minimum. The width and length must include the width of the lines.

International Matches: 75m wide by 110m long (82yds by 121yds) maximum to 64m wide by 100m long (109.36yds by 70yds) minimum.

HALF WAY LINE: Centre of the field of play.

CENTRE CIRCLE: Radius of 9.15m (10yds) from the centre of the field, with the centre mark in the middle.

PENALTY KICK MARK: 11m (12yds) from the goal line, on both sides of the pitch. The mark is 22cm (9in) in diameter.

PENALTY AREA ARCS: From the penalty kick mark at a radius of 9.15m (10yds).

PENALTY AREA: From the centre of the goalpost 16.5m (18yds) long by 40.32m (44.09yds) wide.

CORNER ARCS: Radius of 1m (1yd)

GOAL AREA: From the centre of the goal post 5.5m (6yds) long from each goalpost by 18.32m (20yds) wide.

GOAL POSTS: 2.44m (8ft) high from the ground to the bottom of the crossbar and 7.32m (8yds) apart. The posts and crossbar are not to exceed 12cm (5") wide and must be white. Nets maybe attached to the goal and to the ground behind the goal.

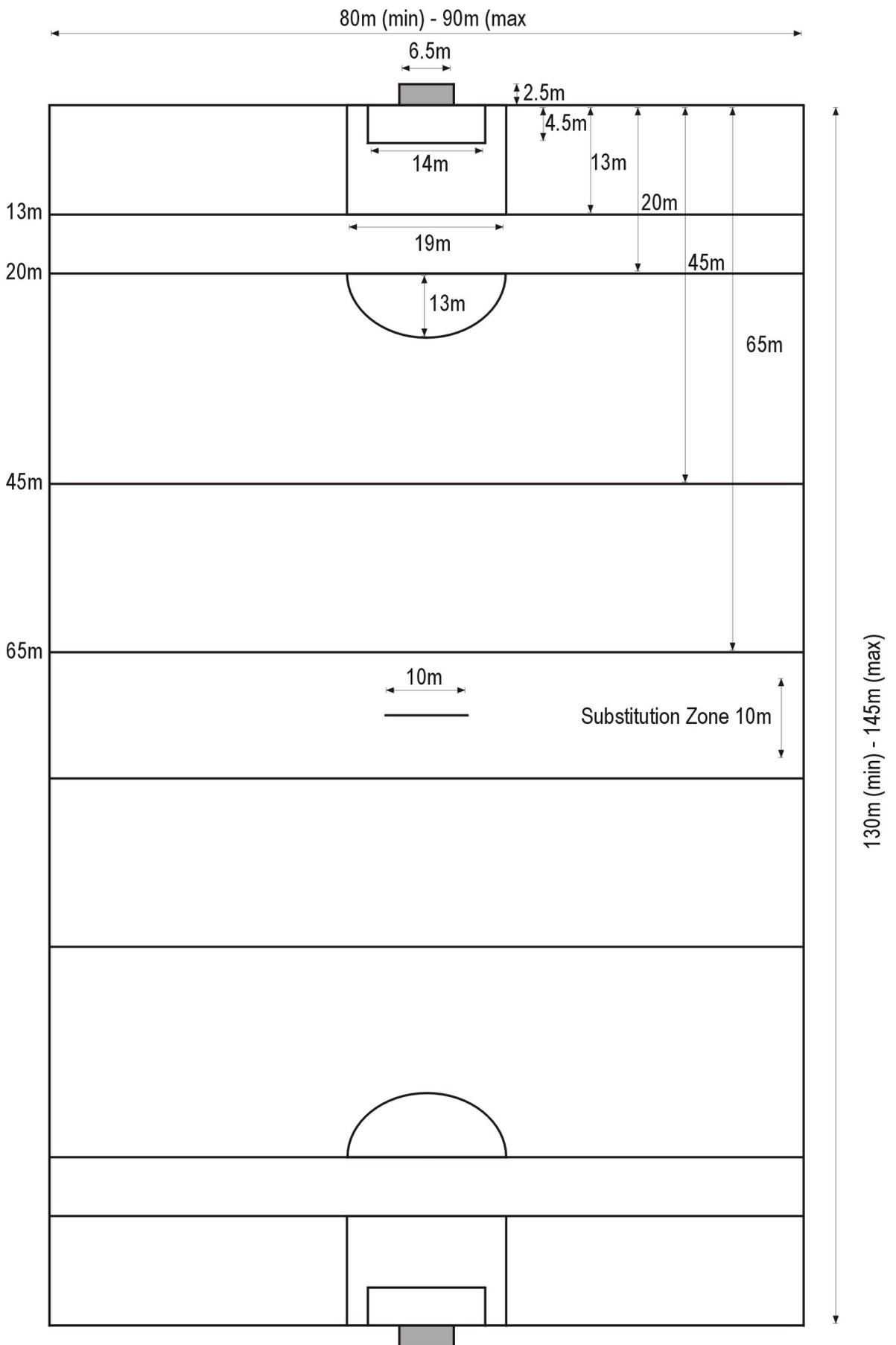
LINE WIDTH: 12cm (5in) maximum, the goal-line is marked the same width as the goal-posts.

COLOUR: Traditionally white but not specified.

MANAGER'S GUIDE

Pedestrian: 20 min.

Fastliner: 7 min.



GAELIC FOOTBALL

GAELIC FOOTBALL

THE FIELD OF PLAY shall be rectangular and its dimensions shall be as follows:

Length - 130m minimum and 145m maximum.

Width - 80m minimum and 90m maximum.

EXCEPTION: The dimensions may be reduced by local bye-laws for Under 15 or younger grades.

1. At distances of 13m, 20m, 45m (Football), and 65m (Hurling) from each endline, lines shall be marked across the field parallel to the endline. The intersections of these lines and of the endlines with the sidelines shall be marked by flags. The midline of the field shall be marked parallel to the endlines, and shall have a minimum length of 10m. Boundary lines are part of the field of play.

2. All lines on the field of play will be 90 mm + 13mm wide. All lines shall be marked in white with a suitable marking material.

THE SCORING SPACE shall be at the centre of each endline.

Each shall be formed by two goalposts, circular in cross section, which shall have a height of not less than 7m above ground level, and be 6.5m apart. The inside edge of the endline shall be at a

tangent to the front edge of the base of the goalposts.

A **CROSSBAR** shall be fixed to the goalposts at a uniform height of 2.5m above the ground. The crossbar shall have a rectangular or circular cross section. When rectangular, it shall have a depth of 140mm + 10mm and a width not less than 50mm. When circular, it shall have a uniform diameter of 125mm + 5mm.

EXCEPTION: The dimensions of the Scoring Space may be reduced by local Bye Laws for Under 15 or younger grades.

TWO RECTANGLES of the following dimensions shall be formed in front of each scoring space.

(a) One rectangle, 14m by 4.5m, shall be formed by two lines 4.5m long and at right angles to the endline being marked 3.75m from the inside of each goalpost, and the ends of these lines being joined.

(b) A second rectangle, 19m by 13m, shall be formed by two lines 13m long at right angles to the endline being marked 6.25m from the inside of each goalpost, and the ends of these lines being joined.

(c) The endline, including the goal-line, is part of each rectangle, the other three lines enclose the area of that rectangle.

A semi-circular arc of 13m radius, centered on the mid-point of the 20m line, shall be marked outside of each 20m line.

SUBSTITUTION ZONE. An area of the sideline, extending 5m. on either side of the centre line, shall be marked as the Substitution Zone, and all the players coming off/going on to the field of play in acts of substitution/temporary replacement shall go through this point, when given permission by the referee.

HOCKEY PITCH

Hockey is a game played with two teams of 11 players, a ball and a wooden hooked stick. The object of the game is to hit the ball into the opponent's goal by use of the stick.

PITCH MEASUREMENTS: 91.4m (100yds) long by 55m (60yds) wide.

FIELD QUARTERS: 23m (25yd) zones running parallel to the back lines.

The centre line being the 50 yard line and the other two lines being 25 yard lines from the outer edges of each back line.

A line is marked 14.63m (16yds) and 5m (5.47yds) from the inner edge of the back line, on the sidelines, on either side of the field. These lines measure 30cm (12in) long.

PENALTY CORNER HITS: Marked on both sides of the goal at 5m (5.47yds) and 10m (10.95yds). This measurement is taken from the outer edge of the closer goal post to the further edge of the line. All these marks are marked outside the field of play, on the backlines and are 30cm (12in) in length.

Two 150mm (6in) lines are marked outside the field of play on each back line, parallel with the side lines, 1.83m (2yds) from the centre of the back line.

PENALTY SPOT: Marked in front of the goal post should be 15cm (6in) in diameter and the centre of this spot must be 6.4m (7yds) from the inner edge of the goal line.

GOAL AREAS: Marked by 2 quarter circles from each of the goal posts with radius 14.63m (16yds) and connected by a 3.66m (4 yrd) line.

A broken line is to be marked 5 meters from the outside edge of the semicircle. Each line is to be 30cm in length, with a gap between each line of 3m. Start with a solid line at the centre of the top of the semicircle.

GOAL POSTS: Placed at the centre of the goal line and measures 2.13m (2.32yds) high and 3.68m (4yds) wide.

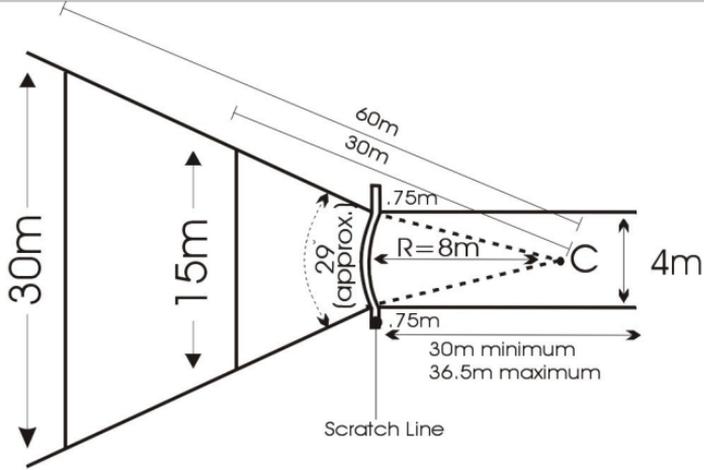
LINE WIDTH: 7.5cm (3in) wide

COLOUR: Traditionally white but may be yellow on synthetic grass pitches.

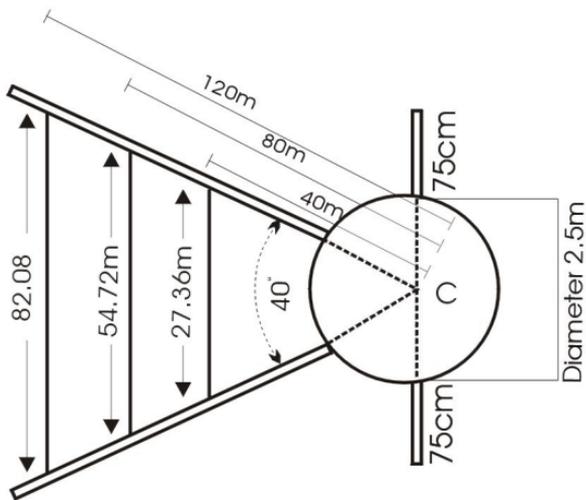
MANAGER'S GUIDE

Pedestrian: 20 min.

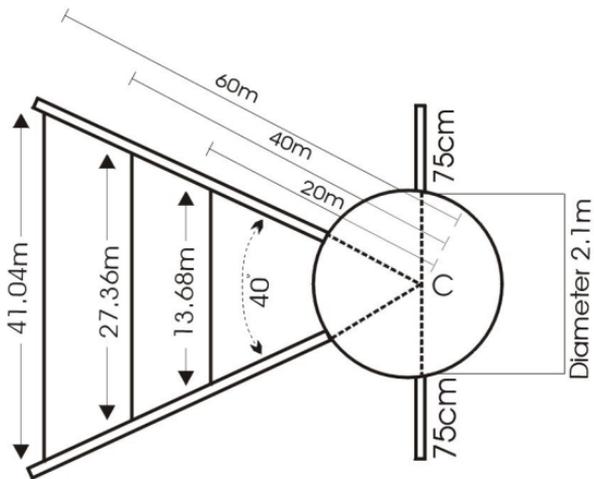
Fastliner: 7 min.



JAVELIN



DISCUS



SHOTPUT

JAVELIN

The object of this field event is to throw the javelin (a steel-tipped metal spear) through the air for the furthest distance.

RUNWAY LINES: Two parallels 4m (4.37yds) apart, and extending for 30m (32.81yds) minimum and 36.5m (39.92yds) maximum.

SCRATCH LINE: 7cm (2.76in) wide, marked on an arc drawn from a radius of 8m (8.75yds), from the centre point (C on diagram) and touches the front end of the runway lines. From the centre of this strip mark, two straight lines extending through the ends of the scratch lines for 90m (98.4yds). The lines are marked at approximately 29° from centre point.

SECTORS: The first sector is marked 30m (32.81yds) from the centre point C and 15m (16.4yds) apart. The second sector point is marked 60m (65.62yds) from the centre point and 30m (32.81yds) apart. The third sector point is marked at 90m (98.42yds) from the centre point and 45m (49.21yds). The outer ends of the sector lines should be marked with flags.

LINE WIDTH: 5cm (1.97 in) wide.

NB Dimensions are due to change in 2003, please contact the sales office for further details.

DISCUS

The object of this field event is to throw the discus (a steel rimmed or metal platter) through the air for the furthest distance.

CONFINING CIRCLE: 2.5m (2.7yds) in diameter.

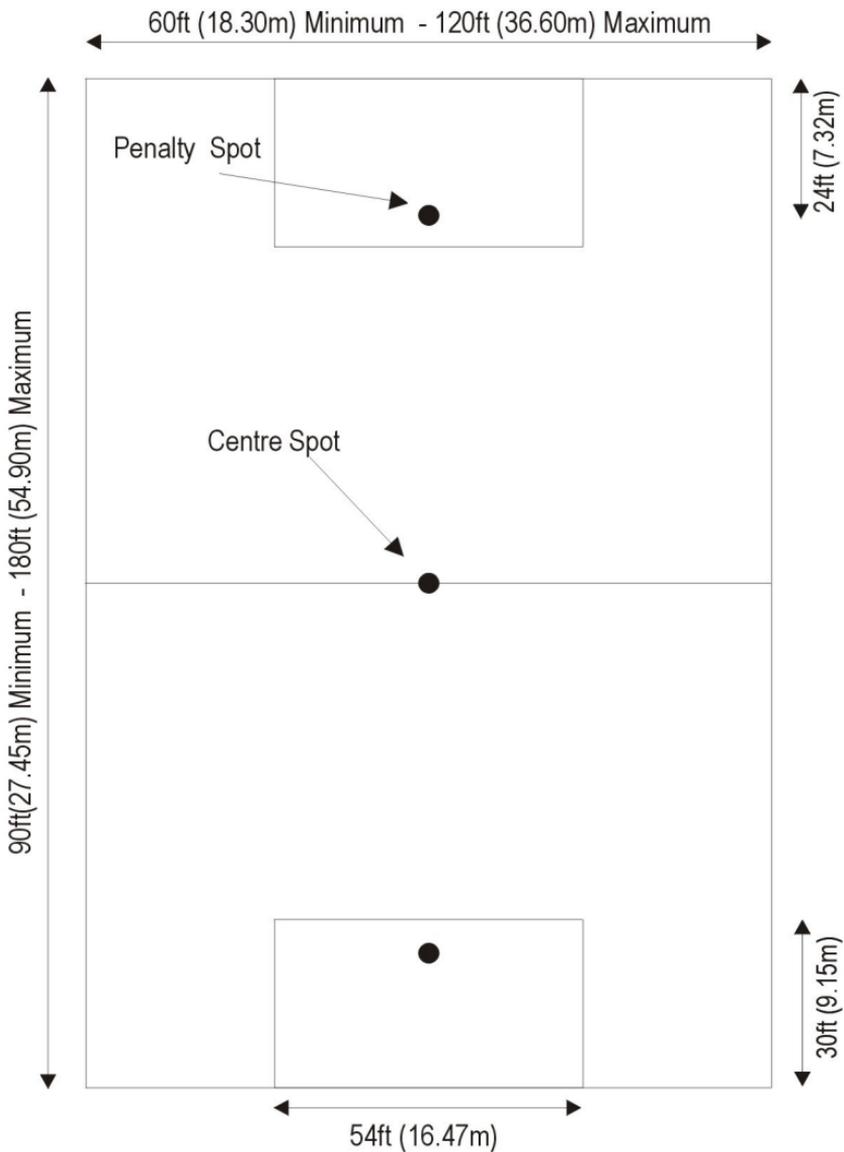
SECTORS: The first 40° sector is marked 40m (43.74 yds) from the Centre Point (C on diagram) and is exactly 27.36m (29.92yds) long. From the Centre Point to the second sector is 80m (87.49yds) and it is exactly 54.72m (59.84yds) long, the third sector point is 120m (131.23yds) from the Centre Point and it is 82.08m (89.76yds) long. The outer ends of the sector lines should be marked with flags.

SHOTPUT

The object of this field event is to push the shot put (a solid metal ball) through the air for the furthest distance.

CONFINING CIRCLE: 2.1m (2.3yds) in diameter.

SECTORS: The first 40° sector is marked 20m (21.87yds) from the Centre Point (C on diagram) and is exactly 13.68m (14.96yds) long. From the Centre Point to the second sector is 40m (43.74yds) and it is exactly 27.36m (29.92yds) long, the third sector is 60m (65.62yds) from the Centre Point and it is exactly 41.04m (44.88yds) long. The outer ends of the sector lines should be marked with flags.



MINI SOCCER

MINI SOCCER

Mini Soccer is Junior football played by 2 teams. The number of players and the size of the playing area is dependant on the age of the participants.

PITCH MEASUREMENTS:

	Number Per Team Including Goalkeeper	Recommended Size Of Pitch
Under 7s and 8s	4 v 4 and 5 v 5	Min Length 90ft (27.45m)
		Max Length 150ft (45.75m)
		Min Width 60ft (18.30m)
		Max Width 90ft (27.45m)
Under 9s and 10s	6 v 6 and 7 v 7	Min Length 150ft (45.75m)
		Max Length 180ft (54.90m)
		Min Width 90ft (27.45m)
		Max Width 120ft (36.60m)

PENALTY AREA: The penalty area extends 30ft (9.15m) from the goal line and is 54ft (16.47m) wide.

PENALTY SPOT: The penalty spot is marked 24ft (7.32m) from the goal line, directly opposite the centre of the goal .

CENTRE SPOT: Centre of the pitch.

Both penalty spots and centre spot are marked at a diameter of 10cm (3.94in).

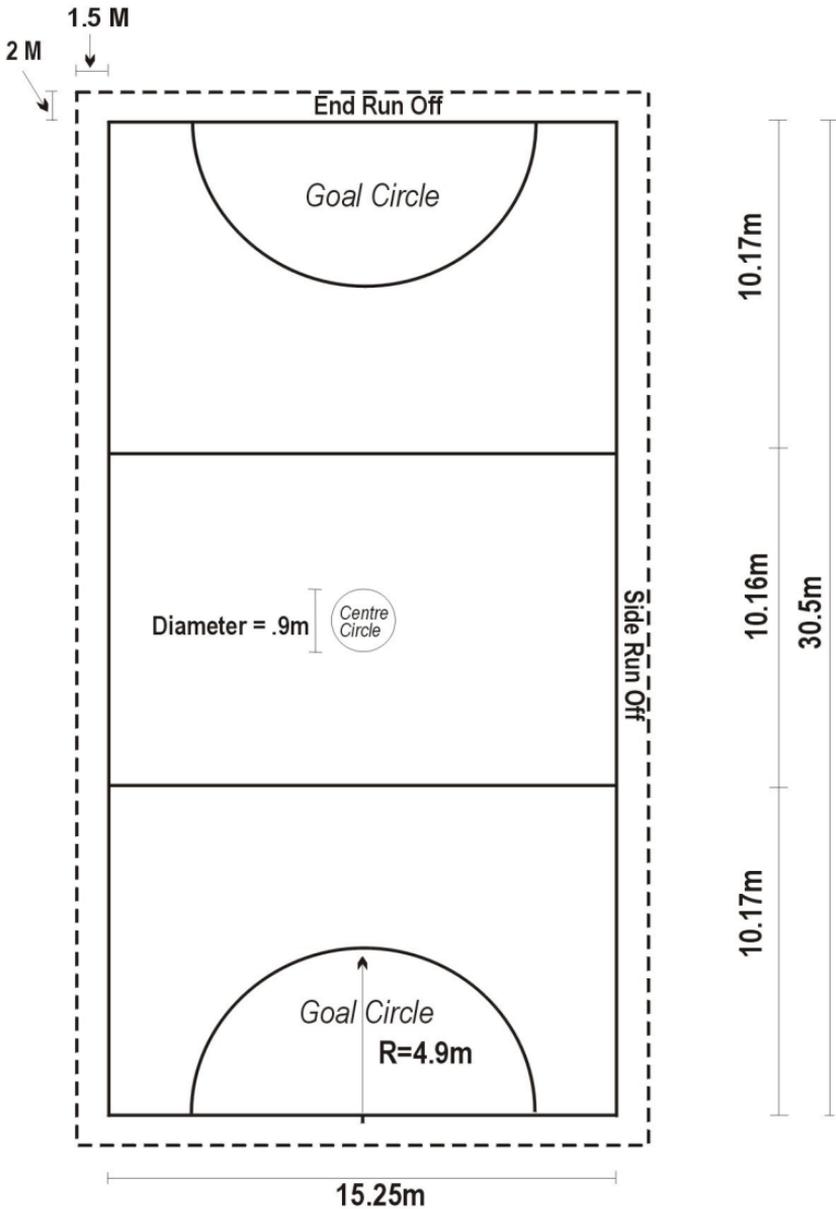
GOAL POSTS: 12ft by 6ft (3.6m by 1.88m)

LINE WIDTH: 5cm (1.97in)

COLOUR: White.

MANAGER'S GUIDE

Pedestrian: 10 min.
Fastliner: 4 min.



NETBALL COURT

NETBALL

Netball is a sport traditionally played by women. The object of the game being to score goals through one of the two baskets, however you are not allowed to move with the ball, only pass it to your team mates to reach the other end of the court.

COURT MEASUREMENT: 30.5m (33.35yds) in length by 15.25m (16.68 yds) in width, including the width of the lines.

COURT SECTIONS: 3 equal sections of 10.17m / 10.16m / 10.17m (11.05yds) each, creating a centre third and two goal thirds.

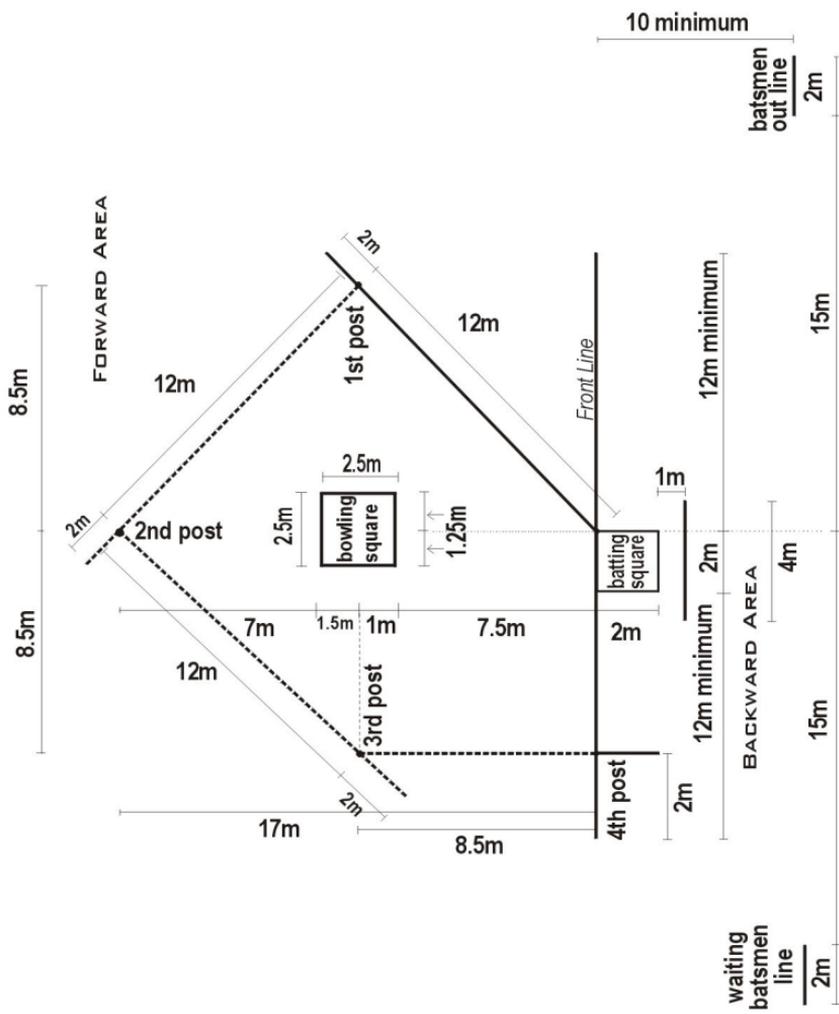
CENTRE CIRCLE: Diameter 0.9m (.98yds) measured between the outside edges of the line.

GOAL CIRCLE: Radius 4.9m (5.36yds) taken from mid-point of goal line.

SAFETY MARGINS: Need to be marked 2m outside the main court markings at the goal ends (this is called the 'End Run Off') and 1.5m outside the main court markings at the side of the court (this is called the 'Side Run Off').

LINE WIDTH: 5cm (1.97in) maximum.

COLOUR: Typically white but may be red for recreational play.



ROUNDERS PITCH

ROUNDERS

Rounders is a game in which two teams seek to strike the ball thrown by the opponent and traverse a field consisting of four posts, exiting the field after the 4th post, until the next turn.

BATTING AREA: 12m (13.12yds) square.

RUNNING TRACK: A solid line extending from the front right hand corner of the batting square, to the 1st post measuring 12m (13.12yds) long will be marked. The same line will be extended past the first post for 2M. The distance from the batting square to the second post and the first post to the third post is 17m (18.59yds). The 4th post measures in a straight line from the 3rd post 8.5m (9.3yds) and extended 2m (2.19yds) over the frontline of the batting square. The lines from the 1st post to the 2nd post and from the 2nd post to the 3rd post will also be extended 2M past the 2nd and 3rd post respectively.

BOWLING SQUARE: 2.5m (2.73yds) square.

BATTING SQUARE: 2m (2.19yds) square. The front line of the batting square extends 12m (13.12yds) minimum in either direction. The area in front of this line toward the bowling square is called the forward area and the area behind it is called the backward area.

The front line is parallel with and 7.5m (8.2yds) away from the front line of the bowling square.

BATSMEN OUTLINE AND WAITING LINE: 10m (10.94yds) minimum behind the front line of the batting square and 15m (16.4yds) on both sides of the front-right hand corner of the square, they are then marked 2m (3.28yds) long from that point.

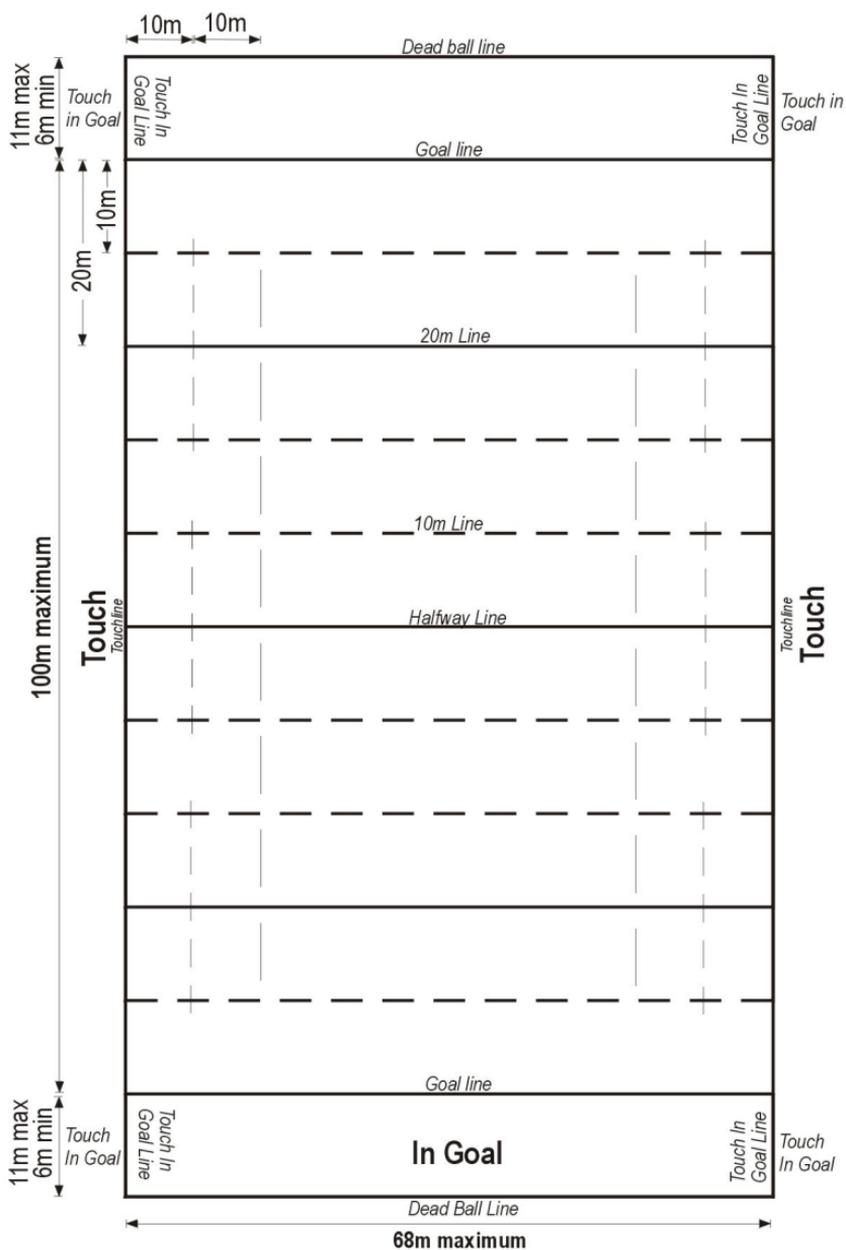
POSTS: 1.2m (1.31yds) above the ground. They shall be supported in a base and not fixed in the ground.

LINE WIDTH: Recommended 2.5cm (.98in) minimum to 5cm (1.97in) maximum.

COLOUR: White lines are suggested but not specified.

MANAGER'S GUIDE

Pedestrian: 8 min.
Fastliner: 4 min.



RUGBY LEAGUE

RUGBY

Rugby is a game played with an oval ball that may be kicked or carried to the opponents end of the field to score.

RUGBY LEAGUE

Rugby League is professional Rugby Football consisting of two 13 player teams.

PITCH MEASUREMENT: 100m (109yds) in length by 68m (74.36yds) in width maximum. For adult games the dimensions should be as near maximum as possible. Minimum permissible dimensions should be laid down in the rules of the competition in which a match is played. External dimensions exclude the width of the lines, all other dimensions are measured between the lines.

The broken lines shown in the diagram consist of marks or dots not more than 2m (2.19yds) apart. The transverse broken lines may span the width of the field however if they are restricted, they must not be shorter than 15m long.

The 20m lines and halfway line must be marked across the full width of the field.

DEAD BALL LINE: 6m (6.56yds) minimum to 11m (12.03yds) maximum behind the goal lines on either side of the field.

CORNER POSTS: Placed at the intersection of each goal line and touch line. A corner post is in the touch in goal area.

GOALPOST: They extend indefinitely upwards 5.5m (6.01yds) apart and are connected by a crossbar 3m (3.28yds) from the ground.

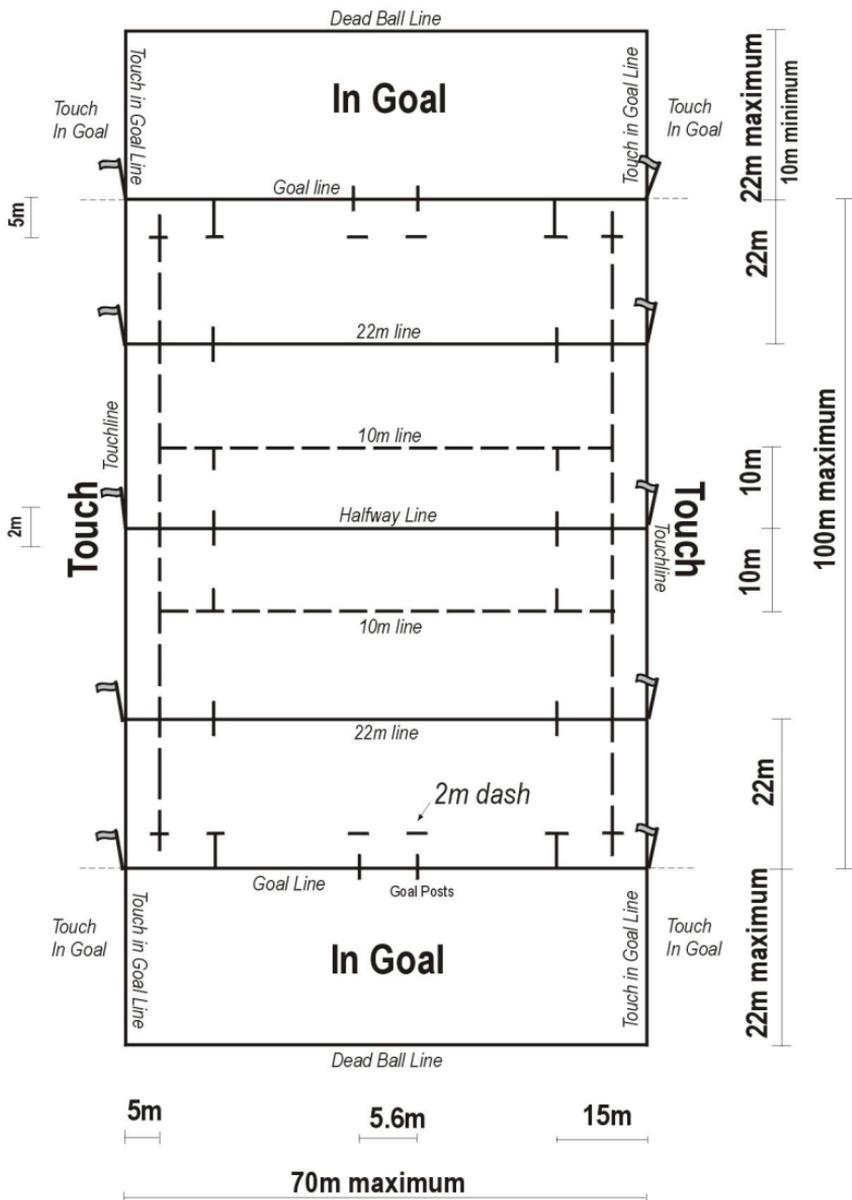
LINE WIDTH: 5cm (1.97in) wide

COLOUR: Typically white.

When marking the lines for a Rugby League pitch the touchlines are in the in-touch area. The touch in goal lines are in the touch-in-goal area. The goal lines are in the in goal area and the dead ball line is beyond the in-goal area.

MANAGER'S GUIDE

Pedestrian: 30 min.
Fastliner: 8 min.



RUGBY UNION

RUGBY UNION

Rugby Union was designed primarily as an amateur sport, consisting of two 15 player teams.

PITCH MEASUREMENT: 100m (109yds) in length by 70m (75yds) in width maximum.

Minimum permissible dimensions should be laid down in the rules of the competition in which a match is played.

DEAD BALL LINE: Should not be less than 10m (10.94yds) or more than 22m (24.06 yds) from the goal line.

The six short lines are marked 5m (5.47yds) in front of and parallel to the goal lines and at the 5m and 15m lines. These lines are 1m (1.09yds) long.

GOAL LINES: 22m (24yds) from the endline on either side of the field.

GOALPOSTS: Extend upwards by at least 3.4m and are 5.6m (6.12yds) apart measured from the inside of the posts. They are connected by a crossbar 3m (3.28yds) from the ground to the top edge of the cross bar.

10 METRE LINE: The broken line is marked 10m from and parallel to the halfway line on both sides and 5m from and parallel to the touch line, again on both sides.

LINE WIDTH: 5cm (1.97in) wide

COLOUR: Typically white.

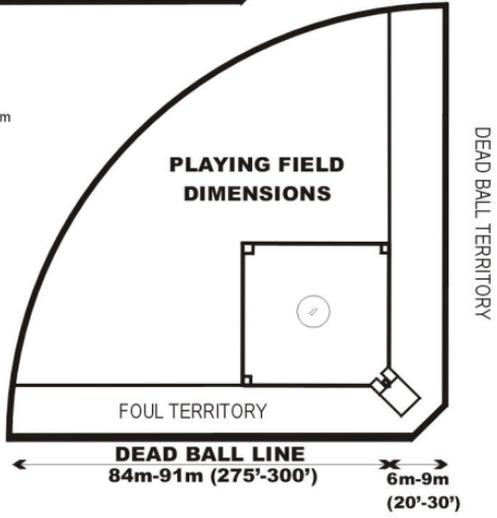
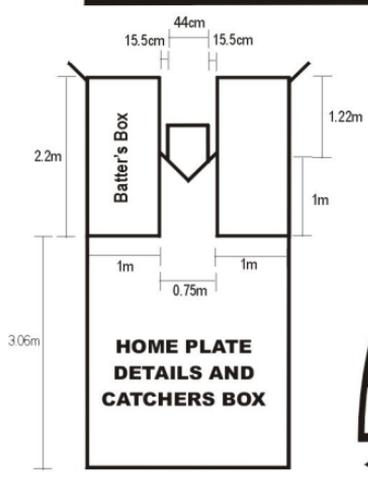
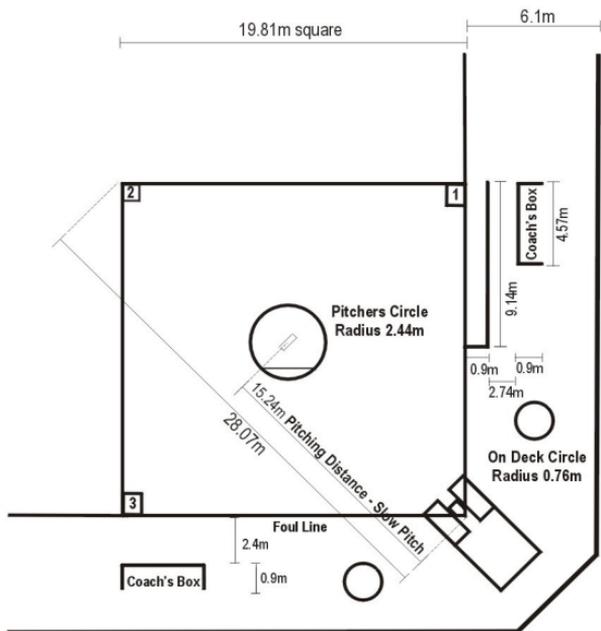
When the lines for Rugby Union are being marked the touch lines are in the in-touch area. The goal lines are in the in-goal area. The dead ball line is not in the in-goal area. The touch-in goal lines and corner posts are in the touch-in-goal area.

N.B. In certain competitions, provisions need to be made for two technical areas. They are not to exceed 10 m² and will be at least 1m from the touchline. The technical areas must be clearly designated between the touchline of the pitch and any perimeter or pitchside fencing or barrier.

MANAGER'S GUIDE

Pedestrian: 30 min.

Fastliner: 8 min.



SOFTBALL DIAMOND

SOFTBALL

Softball is very similar to baseball, played with a softball, where two teams seek to strike the ball thrown by the opponent and traverse four bases.

INFIELD DIMENSIONS:

YOUTH DIMENSIONS: SLOWPITCH	
Under 10	Bases 16.76m (55') Pitching 10.67m (35')
Under 12	Bases 18.29m (60') Pitching 12.19m (40')
Under 14	Bases 19.81m (65') Pitching 14.02m (46')
Over 14	Bases 19.81m (65') Pitching 15.24m (50')

FASTPITCH DIMENSIONS	
Adult	Bases 18.29m (60') Pitching / Men 14.02m (46') Pitching / Women 12.2m (40')
Under 12	Bases 16.76 m (55') Pitching / Girls 10.67m (35') Pitching / Boys 12.19m (40')
Over 12	Bases 18.29m (60') Pitching / Girls 12.19m (40') Pitching / Boys 14.02m (46')

PITCHERS CIRCLE: Radius of 2.44m (8').

PITCHERS PLATE: is a piece of heavy rubber measuring 15cm (6") wide by 60cm (24") long.

HOME PLATE: is a five sided piece of heavy rubber measuring 44cm (17") across, and 22cm high (parallel to the inside lines of the batter's box). The remaining sides facing the catcher are 30.5cm long.

The distance between the pitcher's plate and the homeplate varies, please see table.

BATTER'S ON DECK CIRCLES: Radius of 76cm (30").

COACHES BOX: are unclosed rectangles, behind and parallel to the foul line. They are drawn 2.4m (8') from the first and third base, and are 4.57m (15') long, and 0.9m wide.

BATTERS BOX: 1m (3') wide by 2.2m (7') long and are marked one on either side of the home plate.

CATCHERS BOX: 2.75m (8.5') wide and 3.06m (10') long outside the corners of the batter's box.

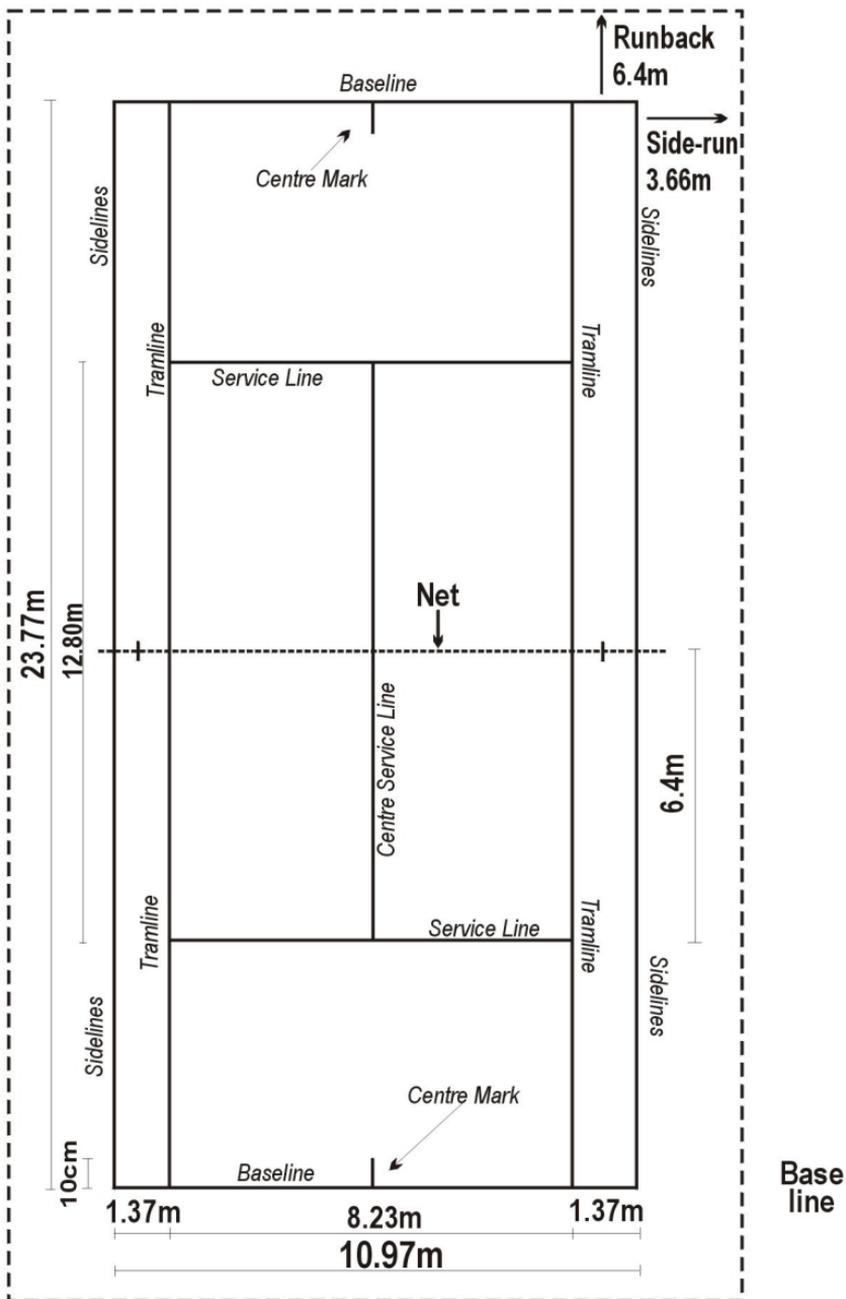
0.91M (1YD) LINE: Marked halfway between the home plate and first base, parallel to the baseline and 0.9m (3') to the baseline 9.14m (30') in length.

LINE WIDTH: Recommended 12.7cm (5")

COLOUR: White.

MANAGER'S GUIDE

Pedestrian: 8 min.
Fastliner: 4 min.



TENNIS COURT

TENNIS

Tennis is one of the most popular sports in the world. It is played on a court with a net strung in the middle of the court, a racket and a ball. This game may be played with two as singles or four as doubles and can be played both indoors and outdoors.

COURT MEASUREMENT:

Doubles: 23.77m (78ft) long by 10.97m (36ft). Including the width of the lines.

Singles: As above.

A diagonal check measurement to assist in setting out courts can be done. It is taken from the point where the net and the outside sideline intersect to the opposite corner of the court. For singles that measurement would be 14.46m (15.81yds) and for a doubles court would measure 16.18m (17.69yds).

CENTRE SERVICE LINE: 12.80m (14yds) long. Parallel to the sidelines directly in the middle of the court and meets perpendicular at the service lines.

CENTRE MARK: 10cm (3.9yds) long marked directly in the middle of the baselines at both ends of the court.

SERVICE LINE: 6.4m (7yds) from the centre of the court and 8.23m long, on either side of the Centre Service Line.

TRAMLINES: 1.37m (1.5yds) from the outside edge of the sidelines on either side of the court.

RUN-BACK AND SIDE RUN: Recommended 6.4m (7yds)- maximum / 5.49m (6yds) - minimum and 3.66m (4yds) - maximum / 3.05m (3.4yds) minimum respectively.

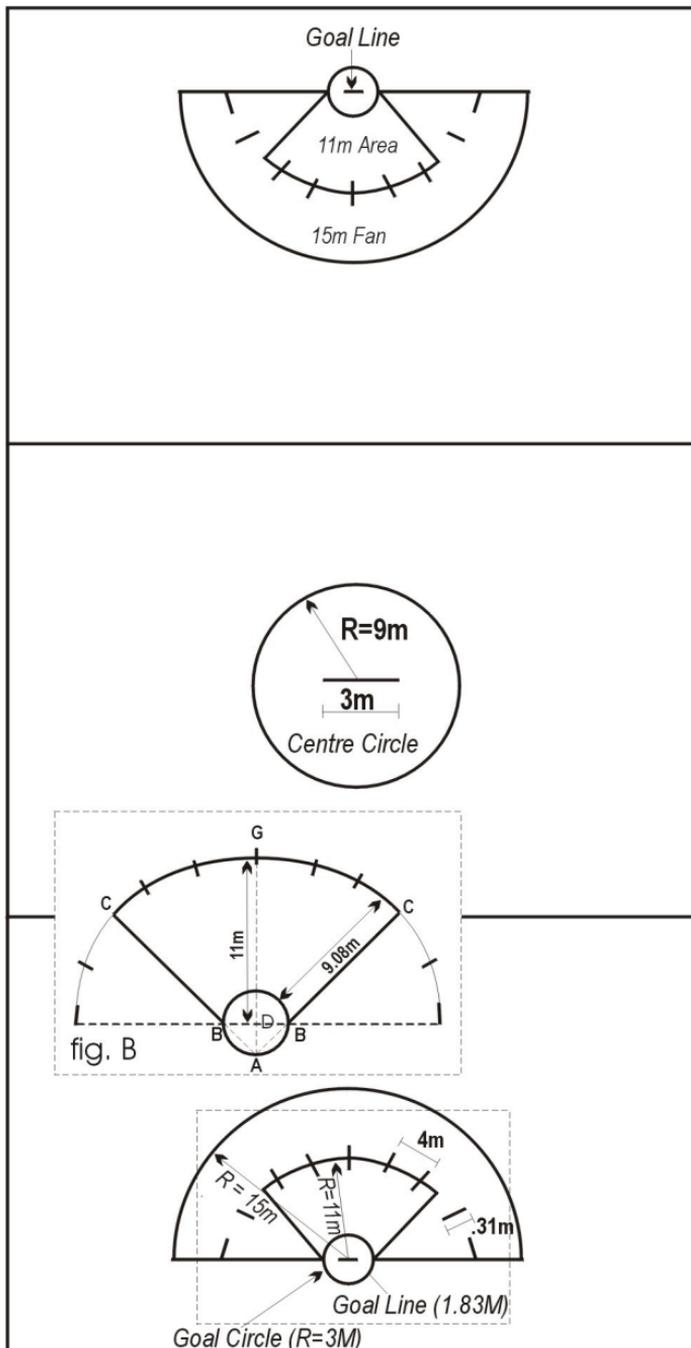
NET: 0.914m (3ft) high and 12.8m (42ft) long. Placed in the centre of the court dividing the court equally into two sides.

LINE WIDTH: 5cm (2") wide.

COLOUR: White

MANAGER'S GUIDE

Pedestrian: 20 min.
Fastliner: 7 min.



9-15 m

27m

82m minimum 92m ideal

27m

9-15 m

50 - 60m

WOMEN'S LACROSSE PITCH

WOMEN'S LACROSSE PITCH

La Crosse is the Canadian National game and was originally played as training for warfare in North America by Native Americans. Women's La Crosse is played by two teams of 12 players. The object of the game being to score the ball in opposing team's goalpost by using the crosse, which is a special netted stick with which the ball is caught.

COURT MEASUREMENT: Suggested - 107m (117yds) long by 60m (70yds) wide. With two lines, each marked 27m(29.5yds) from each goal line.

CENTRE CIRCLE: Radius of 9m (9.84yds). A line is marked 3m (3.28yds) long and parallel to the goals, in the centre circle.

GOAL LINES: No more than 92m (95.3yds) and no less than 82m (89.9yds) apart. They measure 1.83m (2yds) in length and run parallel to the width of the field. There should be 9m playing space behind each goal line running the width of the field.

GOAL CIRCLE: Radius of 3m (3.28yds) from the centre of the goal line to the outer edge of the goal circle.

15M FAN: Radius of 15m (13.9yds) a semi circle is marked, from the centre of the goal circle. A line is marked from each end of the semi circle to the goal circle and level with the goal line.

11M AREA (fig. b): on the goal circle mark ABDB. Using D as the centre lightly draw a semi-circle of radius 11 m (12yds). Mark G. Connect A to B and extend to semi-circle marking C on each side. Mark hash-marks 31cm (0.03yds) long at G and mark 3 hashmarks on semi-circle 4m (4.37yds) apart on either side of G. Mark another hashmark where semi-circle intersects goal line extended. Mark a solid curve from C to C. Mark a solid line from B to C.

GOALS: 92m (100yds) apart (inside measurements) and are made up of two white 1.83m (1.97yds) poles with a white 1.83m (1.97yds) crossbar at the top.

NET: The net is attached to the poles and crossbar and fastened to the ground 1.83m (2.3yds) behind the goal line.

LINE WIDTH: 5cm (1.97 in).

COLOUR: White.