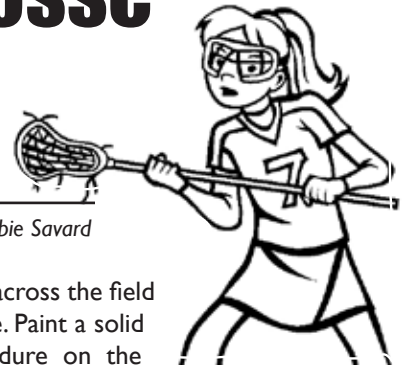


Easy Layout of a Women's Lacrosse Goal Crease



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Illustrations by Debbie Savard

The Women's Lacrosse field configuration is probably the most challenging field marking layout. It involves straight lines, circles, arcs and 90° and 45° angles. The official NCAA rulebook directions can be confusing, especially when the units of measurement for the field and the crease use feet and inches, yards and meters- all on the same field layout! The drawings provided in the rulebook appear cluttered and are hard to understand. Here is a simplified approach.

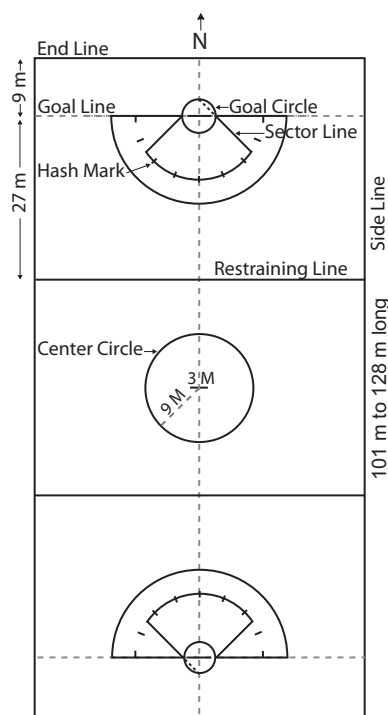
Before you begin, obtain a metric tape measure that shows centimeters. This means that you will be laying out this field in metric. It might seem strange at first, but remember that these are just units of measurement. Metric is perfectly acceptable and you will not have to do any math conversions.

1. First, establish the rectangle field with string lines. Women's Lacrosse, like a soccer pitch does not have one official length and width dimension. The rectangle will be between 101-128 meters long on the side lines and 55-64 meters wide on the end lines. After you have made sure the rectangle has squared corners, paint the rectangle with a solid line.

2. Make the center circle. Locate the point at the center of the field where the center circle will be made. Do this by intersecting 2 string lines perpendicular to each other from the middle of both end lines and both sidelines. From the point where the 2 perpendicular string lines intersect, make a 9 meter radius and paint the center circle. On the string parallel to the end lines paint a solid 3 meter line centered in the circle. Leave the string line that runs the length of the field because you will use it in step 5. Roll up the string that connects the 2 sidelines because you will use it in step 4.

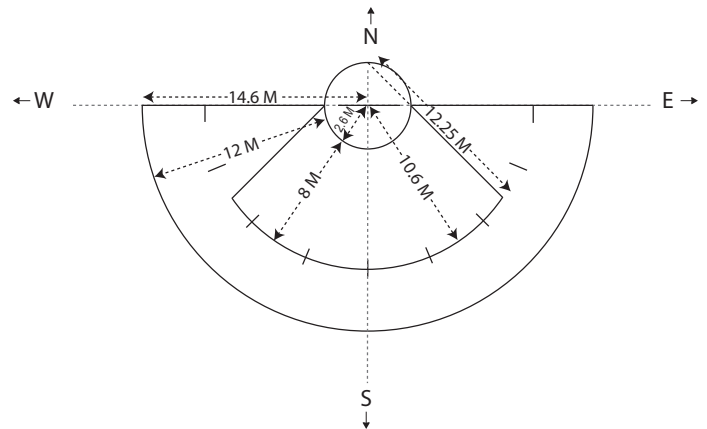
3. The goal lines are parallel to and 9 meters from the end lines. Mark the goal line with flags on both sidelines and repeat this procedure on the other end of the field. Do not paint the goal lines yet.

4. Now, make the restraining line. From each flag, measure and mark 27 meters down the sideline towards the center of the field. Connect the



marks with a string line across the field parallel with the end line. Paint a solid line. Repeat this procedure on the other end of the field.

5. Now, create the crease areas. Starting at one end of the field, run a string line to connect the goal line flags. It shall be parallel to both the end line and the restraining line. It will intersect the string line running the length of the field (connecting the midpoints of both end lines). The center of the goal line at the point where the 2 strings intersect. Make a mark on the center point.



The center point of the goal line is the center point for the goal circle, the 8 meter arc and the 12 meter fan. The goal circle, 8 meter arc and the 12 meter fan will be concentric to each other.

6. Mark out the goal circle using a 2.6 meter radius starting from the center point. With the center of the field at your back, consider the circle to be like a compass, (see illustration above) where North is at the top, South is closest to you, West is on your left and East is on your right. If the circle is correct, paint it.

7. Mark out the 12 meter fan using a 14.6 meter radius starting from the center point and moving from West to South to East (The fan is 12 meters from the circumference of the goal circle and the goal circle radius is 2.6 meters from the center point). Paint the semicircle fan and the straight lines either side of the goal circle leaving the goal circle empty except for a line which will be painted within the goal cage between the upright poles of the goal structure.

The 8 meter arc causes confusion for many people. The arc itself is concentric to the goal circle and the 12 meter fan, but there are 2 sector lines that emanate at 45° angles from a point at the top of the goal circle which we consider as north.

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8. Make the sector lines of the 8 meter arc. Beginning at the top of the goal circle, on the point we consider North (where the circle intersects the string line), make a straight sector line through the point that intersects East (where the circle intersects the string line) and stop at 12.25 meters and make a mark. Paint the sector lines from the circumference of circle to the 12.25 meter mark, leaving the interior of the goal circle unpainted. Repeat the procedure on the other side of the goal circle with a sector line from North through West.
9. Make the curve of the arc. From the center point of the goal circle, make a 10.6 meter radius and swing an arc connecting the 2 sector lines. (The arc is 8 meters from the circumference of the goal circle and the goal circle radius is 2.6 meter radius from the center point). Paint the arc between the sector lines. The arc from the sector lines to the goal line is not painted.
10. Make the hash marks along the 8 meter arc. Where the string intersects the 8 meter arc, mark a perpendicular line 30 centimeters (or .3 meters) intersecting the arc. On one side of the crease, from that first mark, measure 4 meters away and make another 30 centimeter mark perpendicular to the arc and repeat 2 more times, the last mark not actually on the painted arc, but on the path of the arc. Where the 8 meter arc would intersect the goal line make a 30 centimeter line perpendicular to the goal line. Paint these marks. Repeat on the other side of the crease.
11. Make another crease on the opposite side of the field.
12. Mark the scorer's/timer's table, substitution, and bench areas. The scorer's/timer's table is located midfield 4 meters back from the side line. The substitution area is 4.5 meters away from either side the midpoint of the sideline. Make two 4 meter marks, connected to and perpendicular to the sideline. The team bench area is located from the end of the substitution area to the team's restraining line and behind the level of the scorer's table extended.
13. On the opposite side of the field, mark the spectator line 4 meters away from and parallel to the sideline.

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