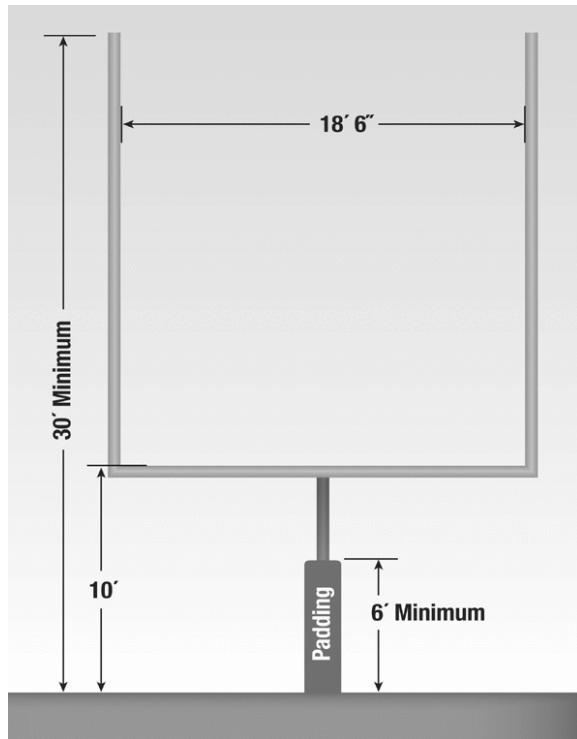


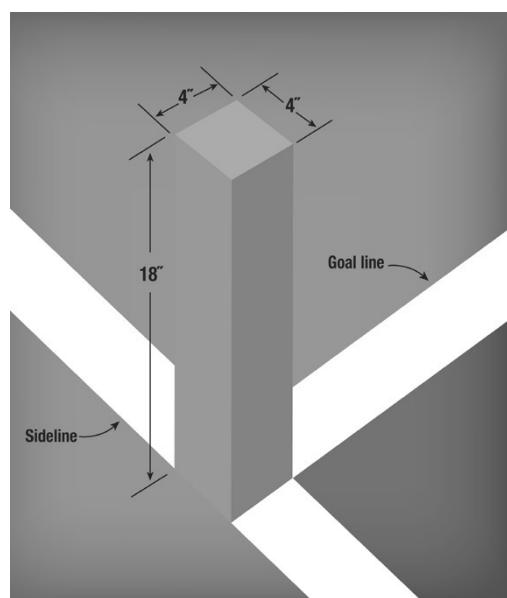
Appendix D

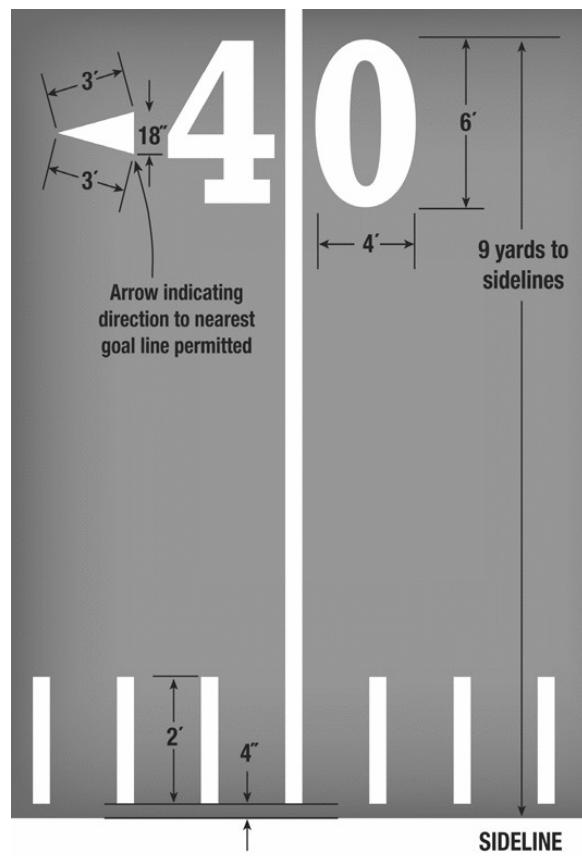
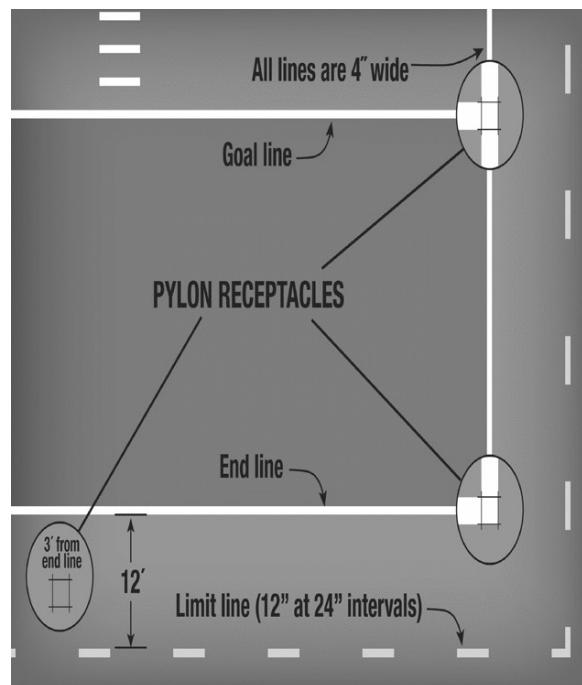
Field Diagrams

Goal post detail



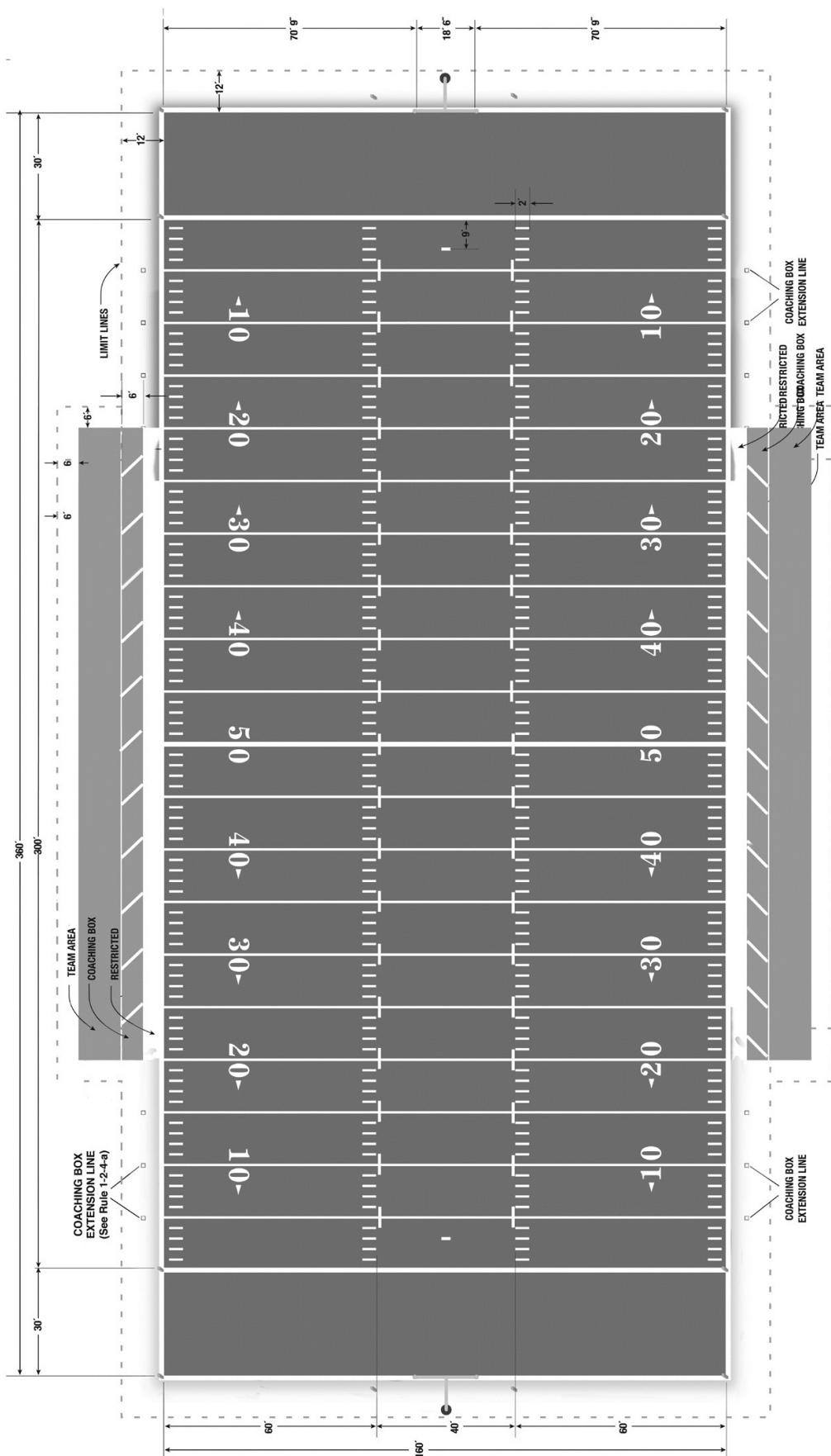
Pylon detail

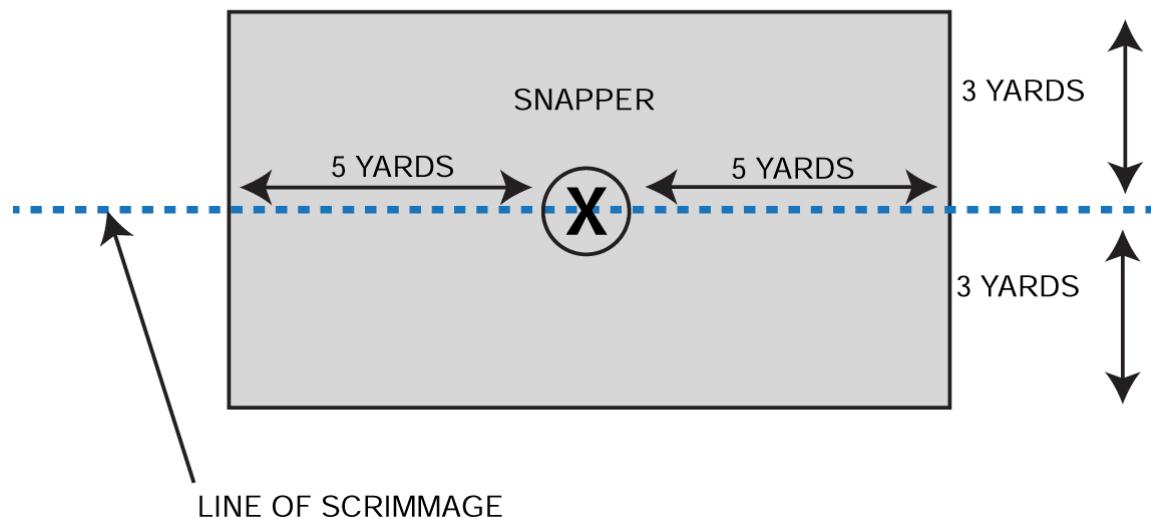
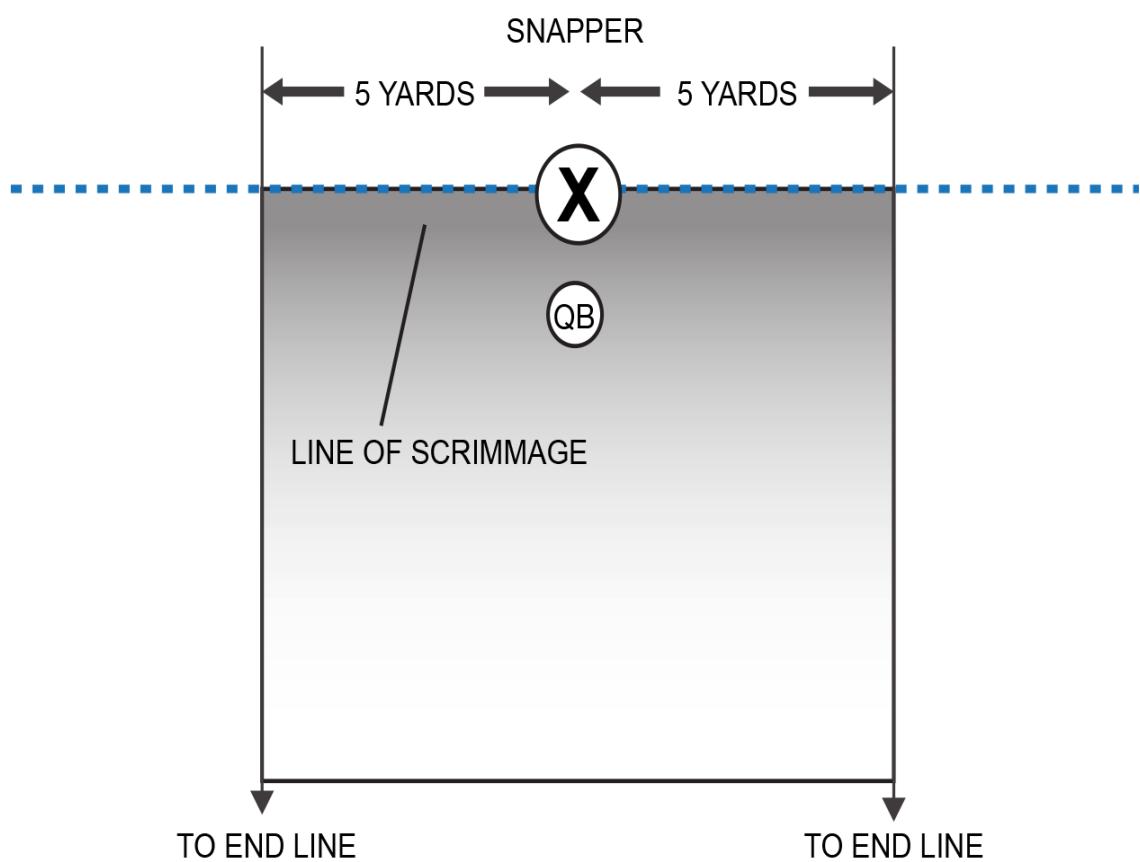


Yard line detail**End zone detail**

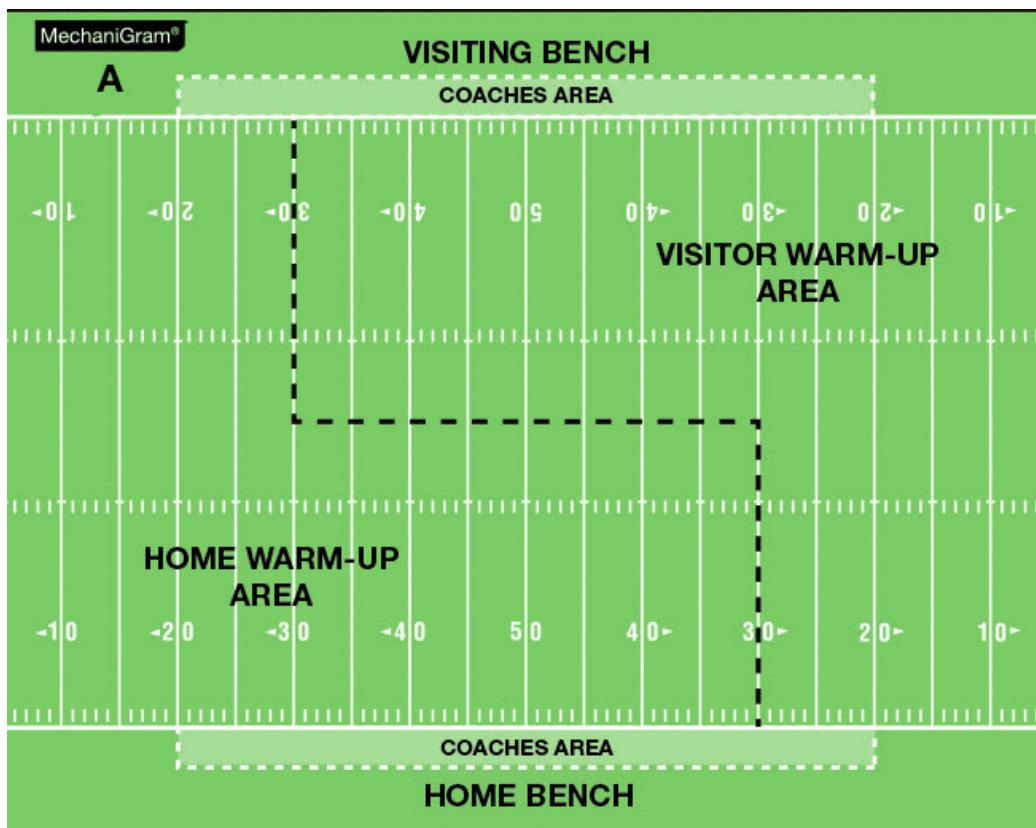
Important note: Although the diagram above shows the limit lines at 12', IFAF limit lines should normally be 18' from the sidelines/end lines (Rule 1-2-3-a).

Field diagram

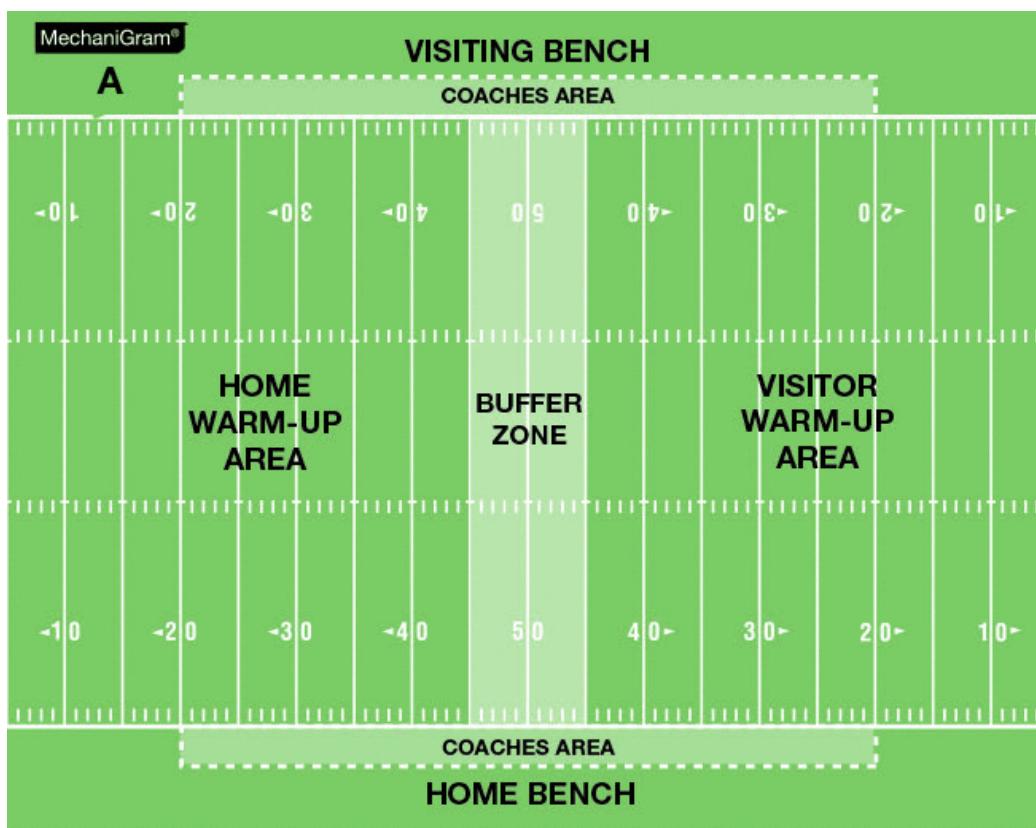


Free-blocking zone and tackle box**FREE-BLOCKING ZONE****TACKLE BOX**

Pregame procedures (L-shaped configuration)



Pregame procedures (buffer zone configuration)



Notes for the groundsperson

These notes accompany the field diagram as a summary of requirements for the marking of the field. For full details see Rule 1-2.

1. There is no such thing as a metric American football field. All measurements are in yards, feet and inches.

1 yard = 3 feet = 36 inches = 91.44cm

1 foot = 12 inches = 30.48cm

1 inch = 2.54cm

1 yard = 36 inches (91.44cm), but may be shortened to no less than 34.12 inches (86.67cm) only if necessary to fit a 100-yard field of play plus two 10-yard end zones within the available playing surface. If the length of the field is reduced in this way, all other field dimensions and markings stated in the rules must be reduced commensurately (except for the length of the 2ft short yard-line extensions and the 4in width of lines).

2. A full sized field is 360ft long and 160ft wide, consisting of two 10yd end zones and twenty 5yd grid segments.
3. Note that the width of the field is significantly less than for sports such as soccer, rugby or hockey and that it cannot be varied (except where reduced commensurately by use of IFAF yards).
4. Measurements are made from the inside edge of the boundary lines. The entire width of the goal line shall be in the end zone.
5. Yard lines across the field at 5yd intervals between the goal lines (i.e. NOT in the end zones) are essential: they are relied upon for accurate measurement of the distance the ball is advanced. These lines should stop 4in away from each sideline. Only the goal lines and end lines touch the sidelines.
6. The short yard-line extensions (sometimes inaccurately called "hash marks") are 60ft from each sideline. (N.B. Some field diagrams show these to be 53ft 4in or 70ft 9in from the sidelines – those are not correct for IFAF games.) Each short yard-line extension should be 2ft long (i.e. from a point 60ft from the sideline to a point 58ft from the sideline) on each side of the field. The short yard-line extensions do NOT extend into the end zones.
7. Similar 2ft long lines must be marked starting 4in inside each sideline (between the goal lines). These should line up with the ones in the middle of the field to give a series of consistent reference points for aligning the ball. Similarly to the yard lines, these lines should stop 4in away from each sideline.
8. There must either be numbers or marks 27ft from each sideline on every 10yd line (but not the 5yd lines). If numbers then it is the *top* of each number that is 27ft from the sideline. The proper size of the numbers is 6ft x 4ft but they can be smaller if necessary. If not numbers, a 1ft long mark should be made 27ft in from each sideline on each 10yd line.
9. There should be two (adjacent) boxes drawn outside each sideline, stretching from a point 20yds from each goal line. Stretching from 6ft to 12ft outside the sideline is the *coaching box*. Stretching from 12ft as far as there is room for it is the *team area*. These are the areas in which coaches and substitutes must stay during play.
10. Outside the sidelines and end lines, there should be a set of dashed limit lines drawn, if possible, 18ft away from the field of play. This marks the boundary of the field, and all spectators, photographers, cheerleaders, etc. should be outside it.
11. If spectators are not confined to a particular area (e.g. the stands), then for reasons of safety there should be a rope or something similar that keeps them well behind the limit lines.

12. For safety reasons goal posts may not be inside the field. They must be on the end lines or, failing that, outside them. If the goal posts cannot be moved, the length of the field must be reduced.
13. The top of the crossbar should be 10ft from the ground. The uprights should be 18ft 6in apart – measured between the insides of the uprights. The uprights should be at least 30ft high. (N.B. A standard rugby goal that has a 3m crossbar and uprights 5.6m apart is acceptable.) The posts must be padded with resilient material from the ground to a height of at least 6ft.
14. Soft flexible four-sided pylons 4in x 4in with an overall height of 18 inches, which may include a 2in space between the bottom of the pylon and the ground, are recommended. They should be red or orange in colour and placed at the inside corners of the eight intersections of the sidelines with the goal lines and end lines. The pylons marking the intersections of the end lines and hash marks extended should be placed 3ft outside the end lines.
15. All field dimension lines should be 4in in width, marked with a white non-toxic material (Exception: sidelines and end lines may exceed 4in). If white is unsuitable, choose another contrasting colour.
16. Advertising or decorative markings on the field are permissible. In the end zone, they must not be closer than 4ft to any line unless in a contrasting colour. In the field of play, they must not obliterate any line.

Field dimensions metric converter

The following table lists field dimensions with their metric conversions. Columns 5 and 6 refer to the minimum dimensions when using IFAF yards (Rule 1-2-1-a).

Dimension	Feet	Yards	Metres (1 yd = 0.9144m)	Min IFAF yds as yds (1 Iyd >= 0.9478yds)	Min IFAF yds as metres (1 Iyd >= 0.8666m)
Length between goal lines	300.0	100.00	91.440	94.78	86.665
Length between end lines	360.0	120.00	109.728	113.73	103.998
Length between limit lines (6ft minimum around)	372.0	124.00	113.386	117.52	107.464
Length between limit lines (12ft around)	384.0	128.00	117.043	121.32	110.931
Length between limit lines (18ft recommended around)	396.0	132.00	120.701	125.11	114.398
Width between sidelines	160.0	53.33	48.768	50.55	46.221
Width between coaching box lines (6ft outside each sideline)	172.0	57.33	52.426	54.34	49.688
Width between team area lines (12ft outside each sideline)	184.0	61.33	56.083	58.13	53.154
Width between limit lines (18ft recommended around)	196.0	65.33	59.741	61.92	56.621
Width between team area back lines (if at 24ft outside each sideline)	208.0	69.33	63.398	65.71	60.088
Distance between 5 yard lines	15.0	5.00	4.572	4.74	4.333
Distance between sideline and coaching box line	6.0	2.00	1.829	1.90	1.733

Dimension	Feet	Yards	Metres (1 yd = 0.9144m)	Min IFAF yds as yds (1 Iyd >= 0.9478yds)	Min IFAF yds as metres (1 Iyd >= 0.8666m)
Distance between coaching box line and team area line	6.0	2.00	1.829	1.90	1.733
Normal size of end zone	30.0	10.00	9.144	9.48	8.666
Minimum depth of end zone	21.0	7.00	6.401	6.63	6.067
Distance from sideline to hash marks	60.0	20.00	18.288	18.96	17.333
Distance from sideline to 9yd marks	27.0	9.00	8.230	8.53	7.800
Height of number	6.0	2.00	1.829	1.90	1.733
Width of number	4.0	1.33	1.219	1.26	1.156
Height of crossbar	10.0	3.33	3.048	3.16	2.889
Width between goal uprights	18.5	6.17	5.639	5.84	5.344
Minimum height of uprights above crossbar	20.0	6.67	6.096	6.32	5.778
Width of line markings (4 inches)	0.33	0.11	0.102		
Space between yard lines and sideline (4 inches)	0.33	0.11	0.102	0.11	0.096
Length of short yard line extensions (hashmarks)	2.0	0.67	0.610		
1 yard	3.0	1.00	0.914	0.95	0.867
1 foot	1.0	0.33	0.305	0.32	0.289
1 inch	0.0833	0.0278	0.025	0.03	0.024