

To: MIAA Field Hockey Schools
From: MIAA Field Hockey Committee
Re: Field Hockey Field Standards

The Field Hockey Committee is providing the Field Hockey Field Standards to assist member schools in providing the safest possible playing environment for student-athletes. Click here to view the information that is reprinted from the NFHS 2007-2008 Field Hockey Rules Book. Note that MIAA tournament competitions **CANNOT** be conducted on fields that are not in compliance with these standards.

“SECTION 2 THE FIELD AND MARKINGS”

Art. 1 The field shall be a smooth rectangular area and its condition shall ensure safety, enhance skillful play and permit the ball to be visible. The dimensions lines, goals, and markers shall be as illustrated on the accompanying diagram. For the safety of all participants, and to ensure a more consistent and uniform playing surface, the grass should be cut to a maximum height not to exceed 1 ½ inches.

A regulation size field is 100 yards long by 60 yards wide. Where space limitations mandate a smaller field, 90 yards long by 50 yards wide may be used. On a reduced size field, the 25-yard lines, the striking circle, the penalty stroke lines and 5-yard lines must be regulation and measured from the end lines and sidelines.

Art. 2 Lines shall be marked with a material which is not injurious to eyes or skin. Caustic material of any kind shall not be used. All lines shall be at least 3 inches wide and, where possible, be of a contrasting color to other markings on the field.

Art. 3 The end/goal lines and sidelines are within the field of play. The vertical planes through the outside edges of these lines constitute the boundaries.

Art. 4 In addition to the boundary lines, the following lines and marks shall be placed in accordance with the accompanying diagram.

- a. A center line from sideline to sideline equally distant from and parallel to the end lines. It shall be marked and measured from the outer edge of the end line. It shall have a hash mark, not to exceed 24 inches, equidistant from each sideline marking the exact center of the line.
- b. Solid lines parallel to and 25 yards from the outer edge of each end line.
- c. The alley shall be marked by five hash marks, 2 yards in length, parallel to and 5 yards in from the outer edge of each sideline. These lines shall intersect the center line, each end line and each 25-yard line.

- d. The striking circle (hereinafter referred to as, "circle") consisting of a line 4 yards long, parallel to the goal line and 16 yards from each goal post in the center of the field, with two quarter circles from the ends of this line to the goal line using each goal post as the center of the circle.
- e. A broken line is marked 5 yards from the outer edge of each circle from end line to end line. Each solid section of the line should be 1 foot long with the gaps between the solid sections 9 feet long.
- f. A penalty stroke line in the center of the field, 12 inches long, parallel to and with the center of the line, 7 yards from the inner edge of each goal line.
- g. 16 yard hit line, parallel to and 16 yards from the inner edge of each end line shall extend 5 yards in from the sideline.
- h. Long hit lines, 12 inches long, on the sideline, parallel to the end line and 5 yards from the corner flags.
- i. Penalty corner lines, 12 inches long, parallel to the sidelines, intersecting the end lines, 5 and 10 yards outside each goal post.
- j. Substitution areas shall be marked as follows on the same side of the field as the officials' table:
 - 1. For field players, a 10-yard wide area 5 yards on either side of the center line.
 - 2. For goalkeepers, behind the end lines between the sideline and the edge of the circle.
- k. A spectator line, consisting of a broken line, parallel to and 5 yards outside the sideline is recommended. (A restraining rope may be used instead of this line.) The spectator area shall be located opposite the team area. When it must be on the same side of the field as the team area, it shall be located 5 yards behind the team area.
- l. A team line, consisting of a broken line parallel to, and 5 yards from, the sideline. This five-yard area shall be free of obstructions except for the officials' table (12-1-2i).
- m. The officials' table and team benches shall be placed on the same side of the field. The officials' table shall be placed slightly in front of the team line.

"SECTION 3 GAME EQUIPMENT"

Art. 1 The goal is the vertical plane on the outside of each end line between the inner edges of the goal posts and the crossbar. The distance between the inner edges of the goal posts is 12 feet and the distance from the ground to the lower edge of the crossbar is 7 feet. The front edge of the goal posts shall touch the outer edge of the end line. The goal posts and crossbar shall be rectangular, shall not extend beyond the designated

limits and shall be painted white. The side facing toward the field of play shall be flat, 2 inches wide and not more than 3 inches deep. When round pipe or tubing is used, it shall be made flat by a facing with wood or other suitable material. The goal cage shall be a minimum of 4 feet deep at the base.

Solid dark colored goal boards, 18-inches high, are required. They shall be inside the goal net, attached to and flush with the goal posts so the width of the goal posts is not effectively increased.

- Art. 2** Goal nets, for the purpose of catching the ball when a goal is made, shall be attached to the goal post and crossbar and fastened to the ground at least 4 feet behind each goal line. It is recommended that the nets consist of 1 ½ inches mesh made of size no. 21 thread nylon cord with a nylon web binding and weather-treated for longer life. They shall be attached in such a manner that the ball will be caught and the goalkeeper shall have ample room for movement.
- Art. 3** A flexible marker with a rounded top shall be placed at each corner.
- Art. 4** The ball shall be spherical with a seamless or sewn outer surface of leather or plastic. It may be of any color that contrasts with the playing surface. The ball must be a solid color. The ball shall be hard, solid, or hollow and be smooth or with indentations. The inner portion of a solid ball may consist of any natural or artificial material in any composition or mixture. The weight of the ball shall be 5 ½ - 5 ¾ ounces. The circumference must be 8 ¾ - 9 ¼ inches. The ball shall include the NFHS Authenticating Mark. The mark can be displayed in either format:



A current list of NFHS authenticated products can be found on the website: www.Nfhs.org

(Reprinted from the NFHS 2007-08 Field Hockey Rules Book)

Field Hockey Field Diagram

