

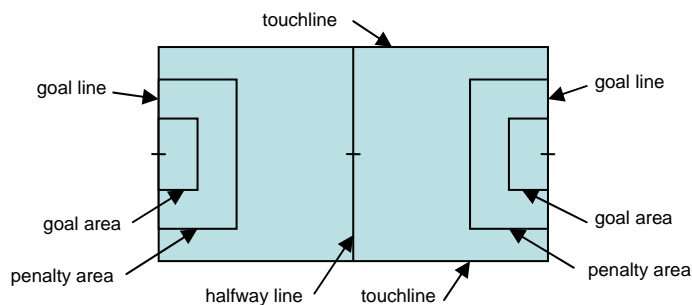
## Guideline for Lining Fields for U10 (U12 min) Rec.

Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line, with the length being 45 yards (minimum) to 60 yards (maximum), and the width being 35 yards (minimum) to 45 yards (maximum).

For this lining guideline, I will describe the procedure for a field 60 yards long and 45 yards wide. These are also the minimum dimensions for a U12 field.

The minimum lining to perform should be:

- goal lines (with midpoints)
- touchlines
- goal areas
- penalty areas
- halfway line (with midpoint)

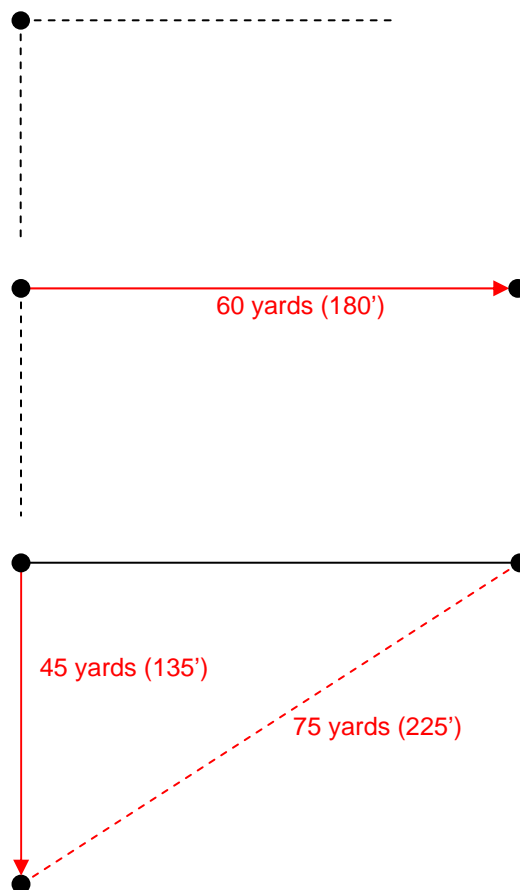


### Lining Steps:

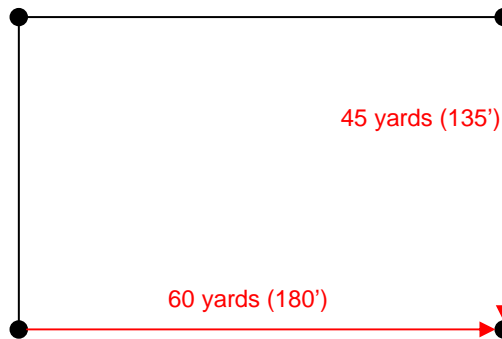
1. Determine where you want the field to be. When lining several small fields on one big field, start in one corner of the big field. Place a spike (it looks like a big nail) in the corner.

2. Using the tape measure, measure out 60 yards (the length of the field). This "line" should be either along the existing big field line or parallel with it. Place a spike at that spot.

3. Starting from the first corner spike, measure 45 yards (the width of the field). To ensure the field is "square", make sure the distance to the second spike is 75 yards. Place the third spike here.



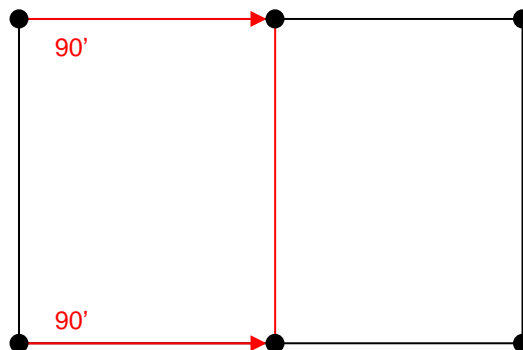
4. From the third spike, measure 60 yards (the length of the field) and measure 45 yards (the width of the field).



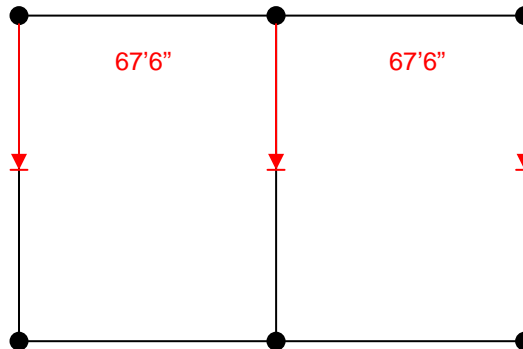
5. Stretch a string between all four spikes, close to the ground (less than a half inch). Use the lining machine with the spray cans to outline the field. The head of the spray can should be perpendicular to the line to paint a wide line.



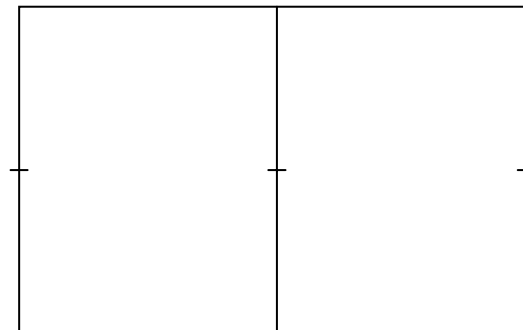
6. From one goal line, measure 90 feet from each corner, down the touchlines, to the midfield. Place 2 spikes here, stretch a line between them and paint a halfway line.



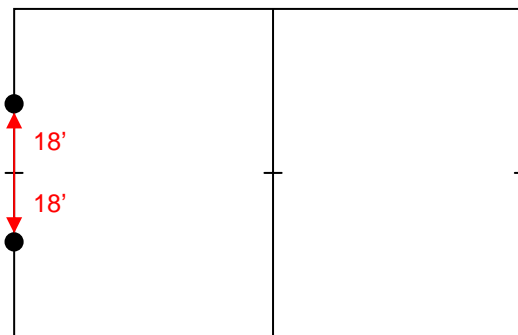
7. From one touchline, measure 67'6" down each goal line and the halfway line. These are the midpoints. Paint a 1 foot long stripe centered across each line to define these points.



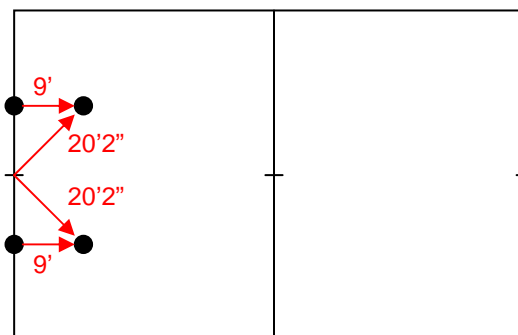
8. Remove all the spikes and strings.



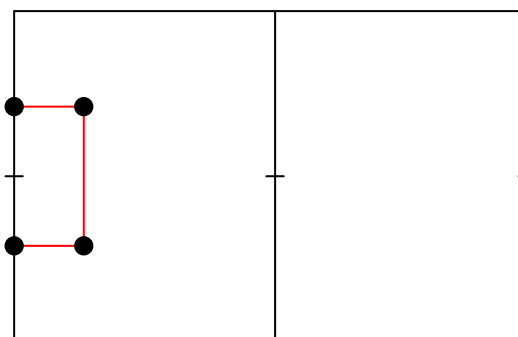
9. From one goal midpoint, measure 18' in each direction along the goal line. Place a spike at each location.



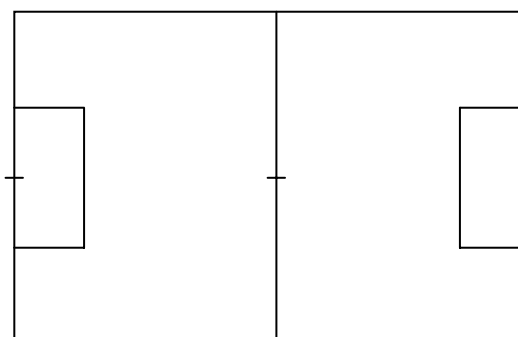
10. From each of these spikes measure 9' out onto the field and 20'2" from the goal midpoint. Place a spike at each location.



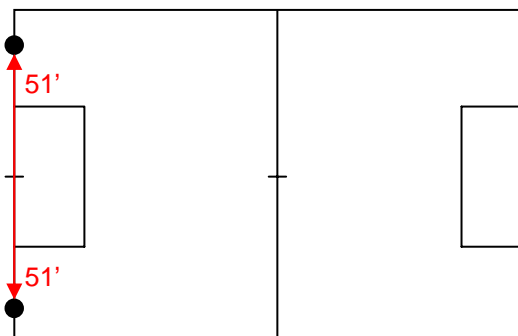
11. Stretch a string between these spikes and paint the goal area lines.



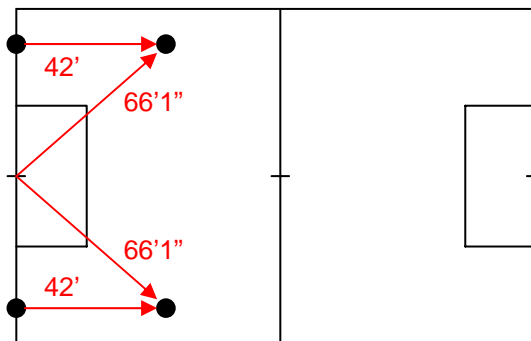
12. Repeat the last three steps for the other goal area.



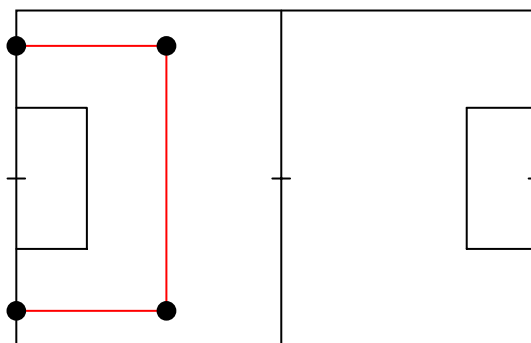
13. From one goal midpoint, measure 51' in each direction along the goal line. Place a spike at each location.



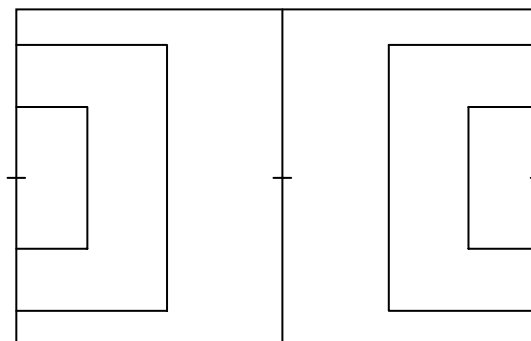
14. From each of these spikes measure 42' out onto the field and 66'1" from the goal midpoint. Place a spike at each location.



15. Stretch a string between these spikes and paint the penalty area lines.



16. Repeat the last three steps for the other penalty area.



You are done with this field. **Make sure you pick up ALL the spikes as you clean up!**