Field Hockey Field Dimensions

Length of Entire Field: 100 yds.

Width of Entire Field: 60 yds.

Goal

Penalty Line 12" long

7 yds.

4 yds.

25 yd. Line

Penalty Line 12" long

5 yd. Line

5 yd. Line

Center Line

25 yd.

9 yds.

16 yds.

Substitution area 5 yds either side of center line

5 yd. Line

5 yd. Line

5 yd.

5 yd.

5 yd.

Striking Circle

16 yds.

16 yds.

7 ft. high

12 ft. wide

Goal must be painted white

Team Area

Official’s Table

Team Area

5 yd.

5 yd.