

A guide to hockey goal, field & line dimensions:

Regulations for
Professional
Field Hockey



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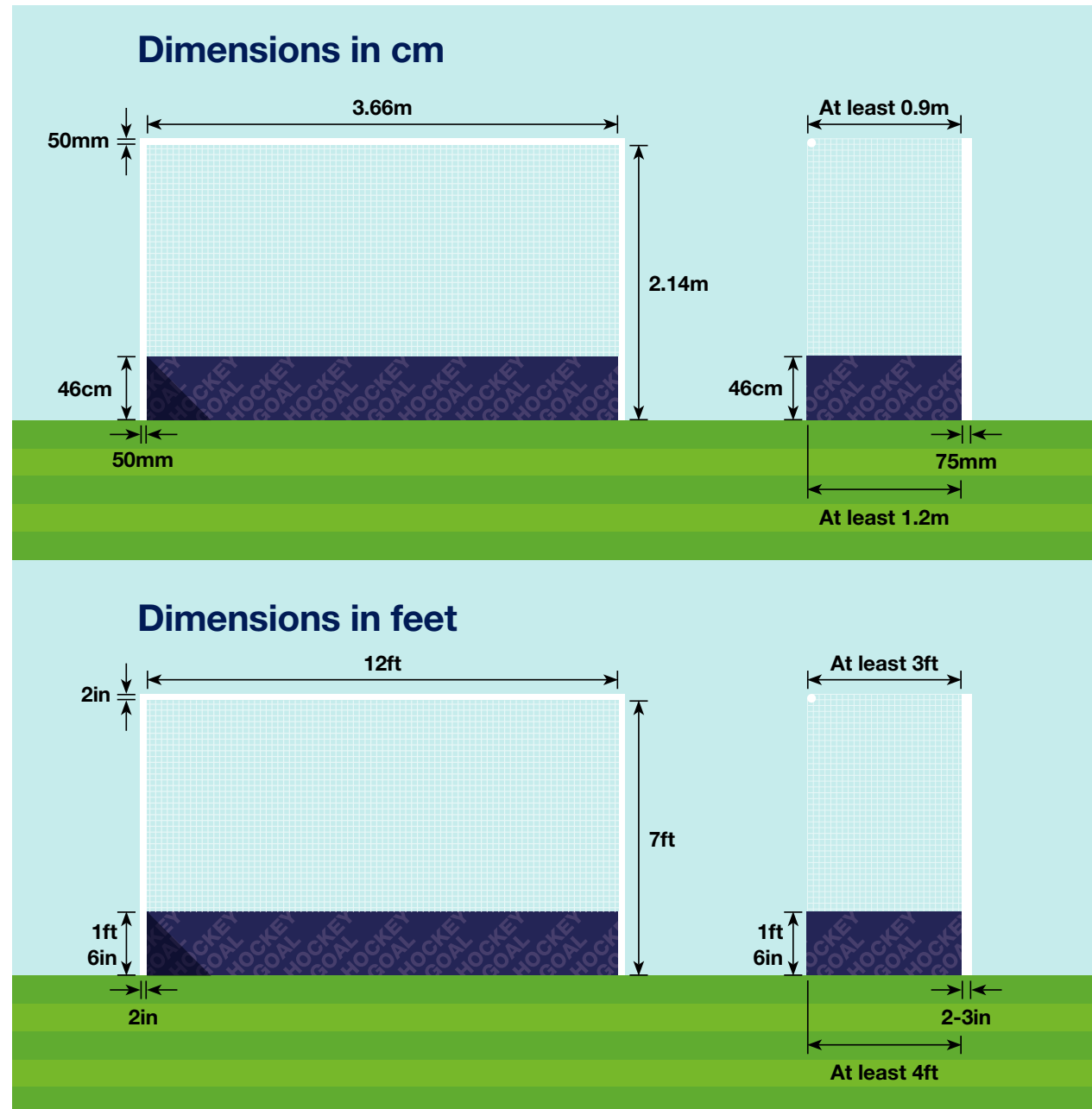
Hockey goal dimensions

The crossbar of a field hockey goal should be 2.14m above the ground, measured from the bottom of the crossbar. The inner edges of the upright goalposts must be 3.66m apart. This gives the goal entrance a total area of 7.83sqm.

Field hockey goals must also be at least 1.2m deep at ground level and at least 0.9m deep at crossbar level.

Hockey goals are made of two upright posts, joined at the top by a horizontal crossbar, with a net positioned to catch the ball when it passes through the goalposts. The goalposts and crossbar must be white and rectangular in shape, and should be 2in (50mm) wide and 2-3in (75 mm) deep.

Field hockey goals also include sideboards and a backboard, which stand 46cm (1ft 6in) from the ground. The backboard runs the full 3.66m width of the goal, while the sideboards are 1.2m deep.



Hockey field dimensions

Here are the dimensions in metres for a hockey field:

Length of sidelines: **91.4m**

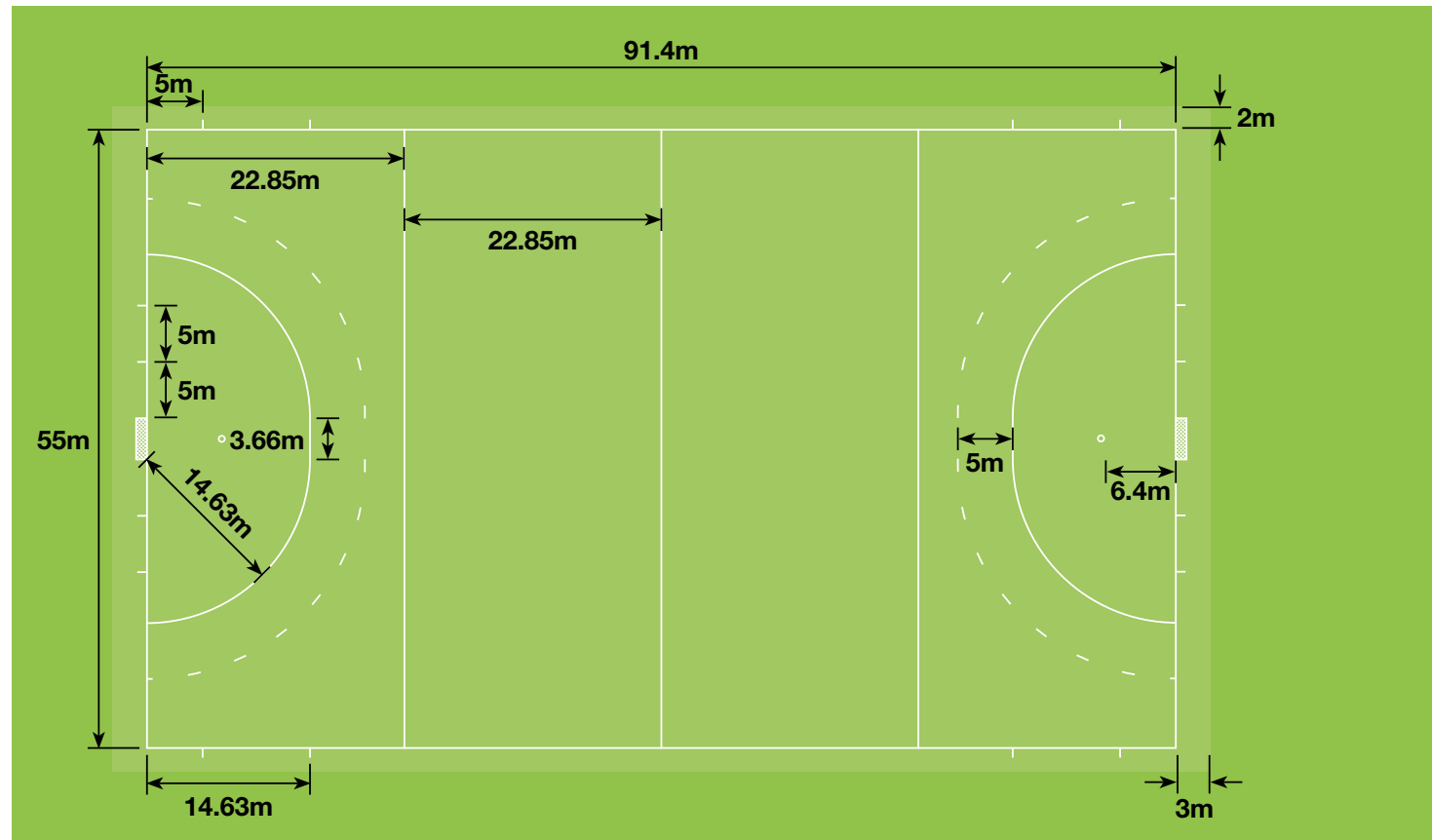
Width of backlines: **55m**

Run-off at sidelines: **minimum 2m**

Run-off at backlines: **minimum 3m**

Total pitch area: **5,027m²**

Striking circle radius: **14.63m**



Hockey field dimensions

Here are the dimensions in feet for a hockey field:

Length of sidelines: **300 feet**

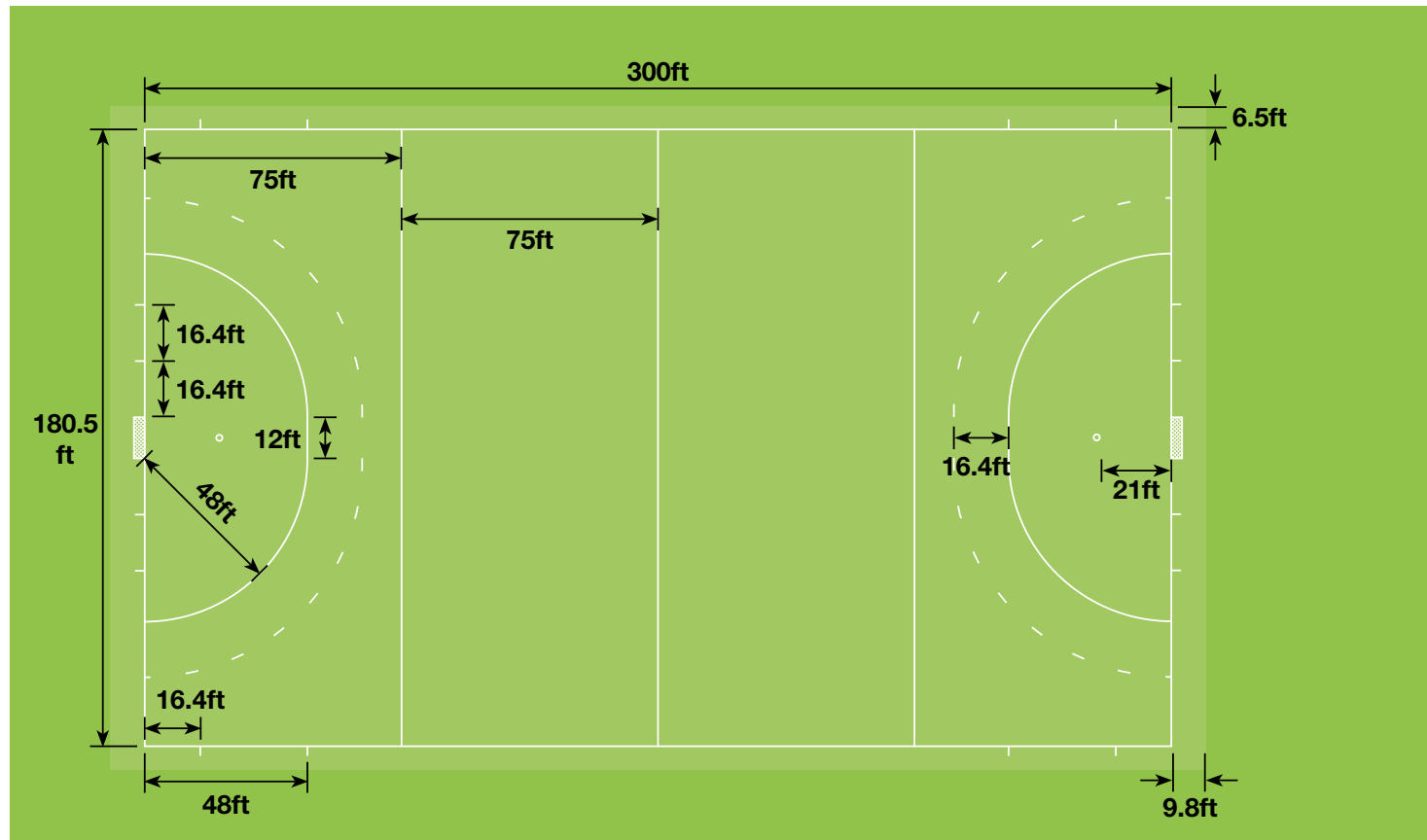
Width of backlines: **180.5 feet**

Run-off at sidelines: **minimum 6.5 feet**

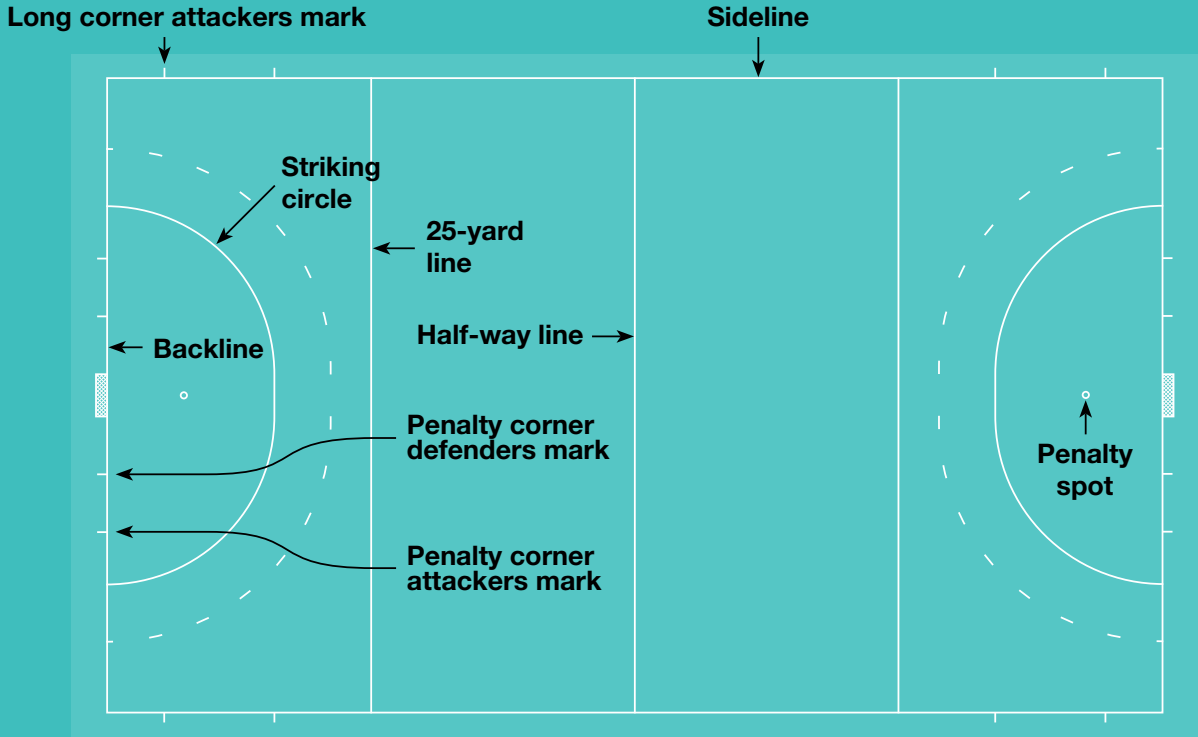
Run-off at backlines: **minimum 9.8 feet**

Total pitch area: **1.24 acres**

Striking circle radius: **16 yards**



Hockey field markings





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