

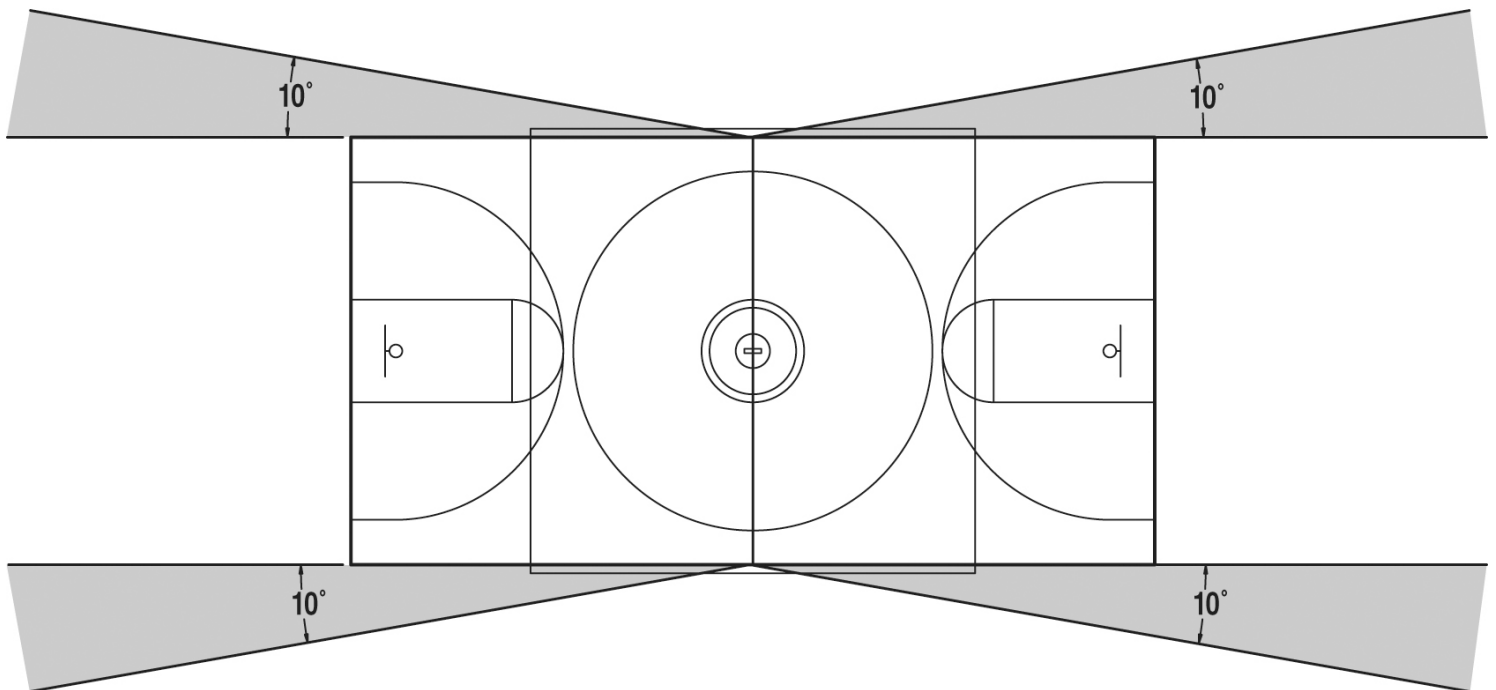


## Best Lighting Practices: Wrestling/Boxing Regional Broadcast

**Summary:** Following these recommended best practices will help ensure quality of light needed for safety of participants, enjoyment of spectators, and quality regional television broadcasts, as required.

Horizontal light levels:	80 footcandles
Horizontal uniformity:	2.0:1
Vertical light levels:	75 footcandles to center main side high camera 45 footcandles to end line camera
Vertical uniformity:	2.0:1 to main camera
Grid spacing:	10 ft x 10 ft

Typical facility layout:



1. For new facilities or upgrades, it is recommended to consult a lighting professional for optimal luminaire placement and catwalk locations.
2. Optimal luminaire placement, mounting heights, and catwalk locations will impact playability and minimize glare and skip glare.
3. To achieve required vertical footcandles, some lights must be mounted beyond the sides of the court.
4. As a general rule, due to mounting heights, lower wattage luminaires are used, commonly 1000 watt.
5. No luminaires are recommended in shaded areas directly aimed to the field of play.
6. Competition is typically held at the same venue as basketball or volleyball.