Men’s Lacrosse Field of Play

- **Wing Area**: 15 yds from the sideline.
- **Sideline**: 10 yds from the center line.
- **End Line**: 20 yds from the center line.
- **Defense Area**: 20 yds from the goal line.
- **Attack Area**: 15 yds from the goal line.
- **Goal Crease**: 6” radius from the goal mouth.
- **Goal Mouth**: Centered on the goal line.
- **Center Line**: 4” wide.
- **Restrainting Line**: 20 yds from the sideline.
- **Substitution Box**: 5 yds from the sideline.
- **Coaches Area**: 6’ radius from the goal mouth.
- **Goal Line Extended**: 3’ from the goal mouth.
- **4” Square**: A 4” square line should be placed in the middle of the center line and in a contrasting color.
- **Bench Area**: 5 yds from the sideline.
- **Team Area**: 10 yds from the sideline.
- **Sideline Sideline**: 20 yds from the sideline.
- **Timer Team Area**: 20 yds from the sideline.

Dimensions:
- **Length**: 120 yds
- **Width**: 60 yds
- **Center Line**: 20 yds
- **Wing Area**: 15 yds
- **Sideline**: 10 yds
- **End Line**: 20 yds
- **Defense Area**: 20 yds
- **Attack Area**: 15 yds
- **Goal Crease**: 6” radius
- **Goal Mouth**: Centered on the goal line
- **Center Line**: 4” wide
- **Restrainting Line**: 20 yds
- **Substitution Box**: 5 yds
- **Coaches Area**: 6’ radius
- **Goal Line Extended**: 3’
- **4” Square**: A 4” square line should be placed in the middle of the center line and in a contrasting color.
- **Bench Area**: 5 yds
- **Team Area**: 10 yds
- **Sideline Sideline**: 20 yds
- **Timer Team Area**: 20 yds

Note: The diagram shows the layout of a men’s lacrosse field, including the specific dimensions and areas designated for play, coaching, and substitution.