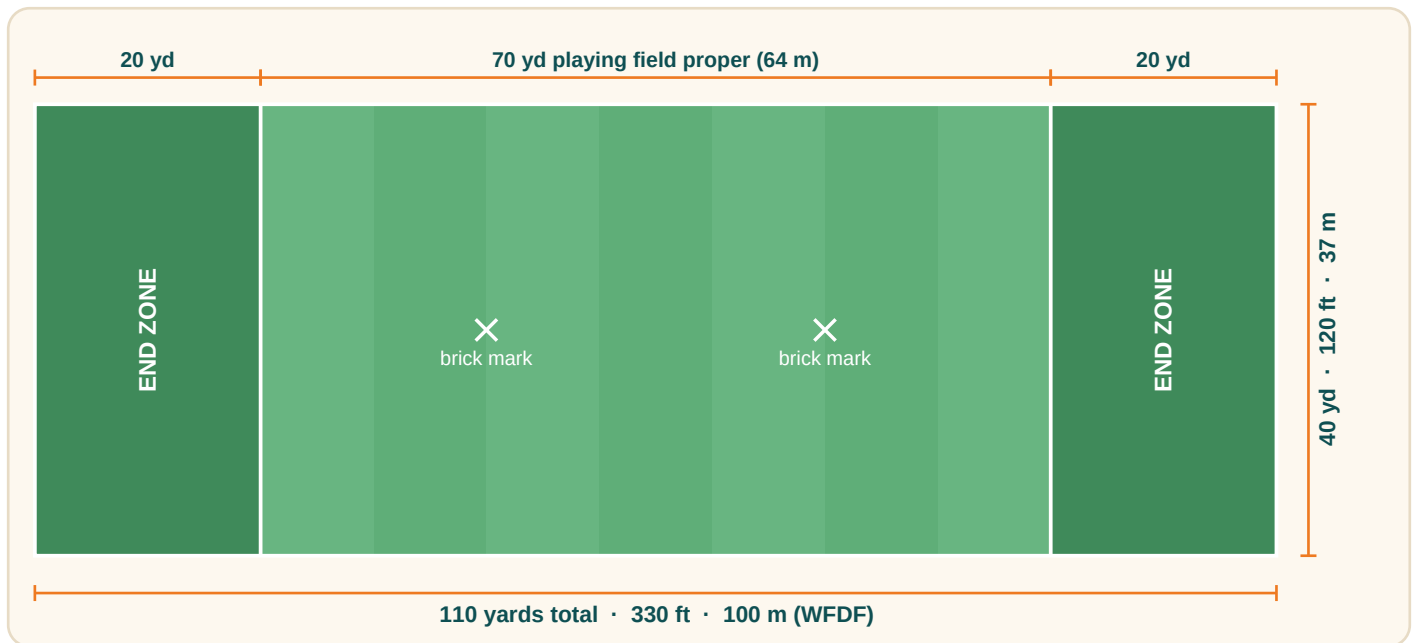


# Ultimate frisbee field dimensions

A regulation field is 110 by 40 yards (330 by 120 feet), with a 20-yard end zone at each end. Print this page to mark one out.



## The numbers

| Measurement                        | Yards | Feet | Metres (WFDF) |
|------------------------------------|-------|------|---------------|
| Total length                       | 110   | 330  | 100           |
| Goal line to goal line             | 70    | 210  | 64            |
| End zone depth (each)              | 20    | 60   | 18            |
| Width                              | 40    | 120  | 37            |
| Brick mark, in from each goal line | 20    | 60   | 18            |

## Smaller fields

| Players a side    | Playing field                           | End zones     |
|-------------------|-----------------------------------------|---------------|
| 3                 | 40 × 20 yards                           | 5 yards deep  |
| 4 or 5            | 55 × 25 yards                           | 10 yards deep |
| 7 (full)          | 70 × 40 yards                           | 20 yards deep |
| Indoors, 3 a side | A basketball court, about 31 × 17 yards | 3 yards deep  |

Rule of thumb: make each end zone roughly a fifth of the total length. USA Ultimate publishes the rules in yards; the World Flying Disc Federation (WFDF) in metres.

## Mark it out with eight cones

Four corners and four goal-line markers. An adult stride is close enough to a yard for pickup.

- Walk the long side first.** Pace 110 steps along one edge and drop a cone at each end. Everything else hangs off this line, so get it straight.
- Set the width.** From each end cone, walk 40 steps at a right angle and drop the other two corners. Check the shape looks square, not trapezoidal.
- Mark the goal lines.** Walk 20 steps in from each end along both sidelines and drop a cone. Those four cones define both end zones.
- Skip the brick marks.** Most pickup games do not bother. If the pull goes out, the receiving team takes it at the sideline or roughly at midfield by agreement.

### Short on space?

70 by 30 yards with 15-yard end zones plays well for smaller groups. Shrink the length before the width, and the end zones last — shallow end zones make scoring too easy.