

**STEP BY STEP INSTRUCTIONS ON HOW TO SET-UP A FIELD**

<p><b>Step 1:</b> Locate the center of the field</p>	<ul style="list-style-type: none"> <li>• If there are goal posts drop one yellow cone in the middle of the goal.</li> <li>• If there are no goal posts, count the paces from one sideline to the other and retrace steps to the halfway mark.</li> </ul>
<p><b>Step 2:</b> Split the field into 2 equal halves</p>	<ul style="list-style-type: none"> <li>• If there are goal posts, locate the center at the other end and walk towards it, dropping yellow cones every 10 paces (10 cones down the middle).</li> <li>• The key is to not look down – keep eyes on the target.</li> <li>• If there are no goal posts, after the first center point is marked (in Step 1), go to the other end and repeat. Then, walk towards center as described above – keep your head up!</li> </ul>
<p><b>Step 3:</b> Mark outside YELLOW cone boundaries</p>	<ul style="list-style-type: none"> <li>• Place a yellow cone every 10 paces across the back of each end zone (7 yellow across each back line of the field) – be sure to leave 5 paces between this line and the goal posts so that there are no collisions.</li> <li>• Place a yellow marker every 10 paces down each sideline. There will already be 1 cone on each corner and don't need one on the goal line (orange), so 5 more cones will be enough for each sideline.</li> </ul>
<p><b>Step 4:</b> Mark the goal lines in ORANGE</p>	<ul style="list-style-type: none"> <li>• Use 8 orange cones on each end of the field to mark the goal lines.</li> <li>• Goal lines are 15 paces from the back of the end zone.</li> <li>• There are 4 small orange cones on each field's goal line.</li> <li>• 2 taller cones will be placed on the sides and 1 in the middle.</li> </ul>
<p><b>Notes:</b></p>	<ul style="list-style-type: none"> <li>• Not all fields are a standard football field size.</li> <li>• In the event that the field is not standard, set-it up using similar proportions to this outline. For example, shorten the sections of the field by equal amounts.</li> <li>• Do not shorten the gap between the end zone and the goal posts. The gap is there for safety reasons.</li> <li>• Place one scoreboard for each game on the sideline for teams to keep score.</li> </ul>

