

## Step Size Adjustments

### Football Field High School Hash Mark dimensions

Sideline to Sideline = 160 feet

Sideline to Hash Mark and Hash Mark to Hash Mark = 53 feet 4 inches

### Horizontal—Side-to-Side

8 steps = 5 yards      22.5 inch step size

### Vertical—Front-to-Back

22.857 inch step size

Sideline to Hash Mark and Hash Mark to Hash Mark = 28 steps

This is negligible when marching but adds up to 10 inches every 28 steps

### 4 Step Grid Pattern

If using a blacktop or hard surface, paint a diamond (or dot) every 4 steps over the entire field. [For a grass field, paint and re-paint before the dots totally fade away.]

Horizontal - use 90 inches

Vertical - to compensate for the actual 22.857 inch step size, use the following chart:

4 steps = 91.4 inches

8 steps = 182.8 inches

12 steps = 274.3 inches

16 steps = 365.7 inches

20 steps = 457.1 inches

24 steps = 548.6 inches

28 steps = 640 inches = 53 feet 4 inches