

Standard Sizes of Playfields for Various Sports Disciplines

Sl. No.	Name of Sports Disciplines	Dimensions (International Standard)
1	Aquatics	50 x 25M (depth minimum 5M)
2	Archery	Distance of Target from point of shooting is 70M
3	Athletics	400M Oval Track (radius 36.50m), outer circle distance 176.91m
4	Badminton	44 feet length x 17 feet width for singles, and 44 x 20 feet for doubles
5	Basketball (including 3x3 basketball)	25M Width X 40M Length
6	Boxing	6.10M Length x 6.10M Width
7	Cycling	250M oval track
8	Discuss throw	Size and Weight of Discus for men's sports – Weight 2 Kg and diameter 8.5 inches Size and Weight of Discuss for women's sports – Weight 1 Kg and diameter 7 inches Size of circle – 6 mm metallic ring embedded in concrete with inner diameter 2.135 metre (7 feet)
9	Fencing	26 Length x 8.5m width
10	Football (soccer)	maximum length - 120 m maximum width - 90m minimum length - 90 m
11	Golf	18 Holes - Size and depth of hole - 4.5 inches size and 4 inches depth
12	Gymnastics (Artistic, Rhythmic and Trampoline)	12M Length x 12M Width
13	Handball	40M Length x 20M width
14	High Jump	Runway Length - 15m, Crossbar - 4m
15	Hockey	91.40M Length x 55.00M Width
16	Javelin Throw	Dimension of runway in javelin throw – 30 metre long x 4 metre wide
17	Judo	8.00M Length x 8.00M Width

18	Karate	Play area 8.00M Length x 8.00M Width (Total Mat size 12m x 12m)
19	Kho Kho	Total Area - 30mx19m, Playing Area - 27mx16m
20	Long Jump	Runway - 40m, Pit Size - 9m x 2.75m
21	Net Ball	Court Length - 30.5mx15.25m
22	Pole Vault	Runway 40m-45m, Landing Surface - 20ft x 19ft
23	Polo	maximum length - 275 m maximum width - 180m
24	Power Lifting	Platform Area - 4.0mx4.0m, 10 cm in height from Surroundings
25	Roll Ball	Court Size - 28-40mx15-20m
26	Rowing	2000m long x 10m wide(6m depth)
27	Rugby 7s	100M Length x 70M Width
28	Sepak Takraw	13. 4m x 6.1 m
29	Shooting	Distance of target from shooting point 10M, 25M, 50M
30	Shootingball	Court Size - 10mx20mx0.75m
31	Shot Put	Sector Length - 19m. Circle Radius - 1.067m
32	Table Tennis	<ul style="list-style-type: none"> • Dimensions of Table Tennis board – Rectangular board 9 x 5 feet (2.74 x 1.525 metre) • Height of TT board – 2.5 feet (76 cm) Room size 14M x 7M
33	Tenni Koit	Court Size - 12.2m x 5.5m
34	Tennis	23.77 m x 8.23 m (single) and 23.77 m x 10.9 m (doubles)
35	Triple Jump	Runway - 40m, Pit Size - 9m x 2.75m
36	Tug of War	Area - 50m x 5m
37	Volleyball	Play area 18m x 9m
38	Water Polo	length - max 30 m and min 20 m (men) & length max 25 and min 20 m (women) width - max 20 m and min 10 m (for both)
39	Weightlifting	8m Length x 8m Width
40	Wrestling	9m diameter of Circle