



FOOTBALL FIELD SPACING GUIDE

	30	35	40	45	50	55	60	65	70
1					XXXXXXXXXX 11	XXXXXXXXXX 11			
2					XXXXXX 6	XXXXXX 6			
3					XXXXXX 5	XXXXXX 5			
4					XXXX 4	XXXX 4			
5					XXX 3	XXX 3			

- 1. SHOULDER TO SHOULDER SPACING** = 11 individuals per 5 yards. Each member stands shoulder to shoulder creating a tight line.
- 2. ELBOW SPACING**= 6 individuals per 5 yards. Each member stands side by side with hands on hips touching elbows.
- 3. HIGH KICK SPACING**= 5 individuals per 5 yards. Each member stands hooked up for high kicks with hands on the next girl's shoulder. If every other girl steps forward, the line will become fingertip spacing distance.
- 4. HAND TO ELBOW SPACING**= 4 individuals to 5 yards. Each member stands with arms extended and fingertips touching the elbows of the next member.
- 5. FINGERTIP SPACING**= 3 individuals to 5 yards. Each member stands with arms extended and fingertips touching the next girl's fingertips.