

Table 19.7 Lighting recommendations for outdoor cricket

Class	Horizontal illuminance on wicket square (lx)	Illuminance uniformity on wicket square	Horizontal illuminance on outfield (lx)	Horizontal illuminance uniformity on outfield	Glare rating	Colour rendering index
I	750	0.7	500	0.5	50	60
II	500	0.7	300	0.5	50	60
III	300	0.5	200	0.3	55	20

19.3.4 Five-a-side football (indoor)

In this sport, players must be able to follow the movement of both the ball and other players. This sport usually takes place in multi-use sports halls (Figure 19.5). The lighting usually consists of a regular array of ceiling mounted luminaires spaced to provide the necessary illuminance uniformity. The luminaires need to be protected from the ball. Glare can be reduced by ensuring the ceiling has a reflectance in the range 0.6 to 0.9. This sport is in TV group B.



Figure 19.5
For five-a-side football, the lighting usually consists of a regular array of ceiling mounted luminaires spaced to provide the necessary illuminance uniformity

Table 19.8 Lighting recommendations for indoor five-a-side football

Class	Horizontal illuminance (lx)	Illuminance uniformity	Colour rendering index
I	750	0.7	60
II	500	0.7	60
III	200	0.5	20

19.3.5 Fitness training

Fitness training involves the use of equipment such as weights, treadmills and rowing machines. The purpose of the lighting is to allow safe operation of the equipment and to provide a comfortable environment. Usually, the lighting consists of a regular array of ceiling mounted luminaires. The reflectance of the ceiling should 0.6 or more so as to buffer the brightness of the luminaires viewed directly by someone looking upwards.