## International 10-20 Electrode Placement System

## STEP 1

Locate the 4 landmarks

1. Nasion
2. Inion
3. Left pre-auricular point
4. Right pre-auricular point

## STEP-2

- Measure the distance from the nasion to inion.
- Mark $10 \%$ of the total distance up from the nasion $(\mathrm{Fpz})$ and inion $(\mathrm{Oz})$ along the line joining them.
- Mark the halfway point between nasion and inion $(\mathrm{Cz})$.
- Mark $20 \%$ of the total distance from Cz in front $(\mathrm{Fz})$ and back $(\mathrm{Pz})$ along the line joining the nasion and inion.



## STEP-3

- Measure the distance from the left pre-auricular point to the right pre-auricular point, with the tape passing through the halfway mark between nasion and inion.
- Mark $10 \%$ of this distance up from the left (T3) and right preauricular points (T4).
- From Cz mark $20 \%$ of this distance on left (C3) and right (C4) side on the line joining the left and right preauricular points


## STEP-4

- Measure the circumference of the head.
- The measuring tape should pass through all the $10 \%$ up marks
- $50 \%$ of this measurement should coincide with Oz at the back and Fpz in the front
- Mark $5 \%$ of the circumference on the left and right of $\mathrm{Fpz}(\mathrm{Fp} 1$ and Fp 2$)$ and $\mathrm{Oz}(\mathrm{O} 1$ and O2)
- Mark $10 \%$ of the circumference to the left of Fp1 (F7) and right of Fp2 (F8)
- Mark $10 \%$ of the circumference to the left of O1 (T5) and right of O2 (T6)



## STEP-5

- Measure from Fp1 to O1 passing through C3
- Mark $50 \%$ of this distance and it should intersect the $20 \%$ mark on the left of Cz. This is the exact location of C3.
- Mark $25 \%$ of this distance on the line joining Fp1 and C3. This is the first mark for F3.
- Do the same on the right side to find C4 and the first mark for F4.


