



Field size and Times of Play for Youth Rugby Players in USA Rugby

The following provides guidance on:

- Recommended dimension for the fields-of-play, and
- Recommended maximums for times of play in individual matches and for cumulative play in any one day, for age groups in high school and youth contact and non-contact rugby in the USA.

Age/Grade 15's and 10's	Dimensions	Time/Match	Time/Day
1/2 Grade	70 x 35m	20	50
3/4 Grade	70 x 35m	30	60
5/6 Grade	70 x 35m	40	70
7/8 Grade	70 x 45m	50	80
High School Jr Varsity (9/10 grade)	100 x 70m	60	90
High School Varsity (11/12 grade)	100 x 70m	70	90

*use HS Varsity when playing all 4 grades together

*minimum 90x53 yds (football field) for HS

*must be at least 1 hour rest between consecutive matches in same day, not to exceed total day limit

Age/Grade 7's Single Match	Dimensions	Time/Match	Time/Day
1/2 Grade	40 x 30	20	50
3/4 Grade	50 x 35	20	60
5/6 Grade	70 x 35	30	70
7/8 Grade	70 x 45	40	80
High School Jr Varsity (9/10 grade)	100 x 70	48	90
High School Varsity (11/12 grade)	100 x 70	48	90

*use HS Varsity when playing all 4 grades together

*minimum 90x53 yds (football field) for HS

*must be at least 1 hour rest between consecutive matches in same day, not to exceed total day limit

Grade breakdowns are utilized, matching up with the USA Rugby guidelines. Common sense should be used in translating the maximums to other block designations.

When circumstances dictate, smaller fields and shorter times than those shown are acceptable.

The maximum times include any time taken to settle a tie at the end of regular time in a knockout competition.

The per day maximum cumulative times are to prevent young players from being overextended on the multi-match days that occur at tournaments and other events. At each age group the maximum cumulative time allows a player to participate in up to five reasonable length matches, or a fewer number of longer matches.

Under the Laws of the Games and other IRB Directives the maximum times for Under-19 players are required, rather than recommended.