

Field Sizes and Match Durations for Young Players

The following provides guidance on:

- recommended dimensions for the fields-of-play, and
- recommended maximum 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 Group (Years)	Dimensions (Meters)	Time (Minutes)	
		Per Match	Per Day
Under 9	70 by 35	20	50
Under 11	70 by 35	30	60
Under 13	70 by 35	40	70
Under 15	70 by 45	50	80
Under 17	100 by 70	60	90
Under 19	100 by 70	70	90

For group assignment purposes the ages of players are determined as of August 31 prior to the match involved. For simplicity only, the age groups are expressed in odd-numbered, two-year blocks. This is not intended to preclude other blocks, such as Under 12 or Under 14 that might make more sense in particular local circumstances. Common sense should be used in translating the recommendations 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 not more than five reasonable length matches, or a fewer number of longer matches.

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