



Guidelines for matches on American football fields

Field Size:

Understanding the field size for rugby matches is 100 meters by 70 meters, American football fields (100yds x 53 yds) are not ideal for rugby matches, but are acceptable (specially for high school and middle school rugby). When using a football field, utilize the normal markings, end-zone, out-of-bounds, etc. Below is some additional detail on using these fields.

Touch 5 meter and 15 meter lines (in order of best option):

- If lines exist for a wider soccer or lacrosse field, utilize those lines as touchlines. Make sure there is at least 5 meters of grass or turf from the touchline to the surrounding track or barriers.
 - The 5 meter line for the front of lineouts is the existing football out-of-bounds lines.
 - The 15 meter line for the back of lineouts is the top of the numbers for each yard line.
- Utilize the football out-of-bounds lines as rugby touchlines. Ensure there is 5 meters of grass or turf between the touchline and the surrounding track or barriers.
 - The 5 meter line for the front of lineouts is the nearest marking you can utilize 5 meters from the sideline. This could be a hash line or potentially the referee will have to mark this out each lineout.
 - The 15 meter line for the back of lineouts is the top of the numbers for each yard line.

Lines in the Field of Play:

- Dead Ball Line – Use the back of the end zone for the dead ball line. Ensure there is a pad on the football or soccer uprights to protect players.
- Try Line – Use the end-zone line at the front of the end zone, to ease confusion for players. The in-goal is the end-zone.
- 5 meter Line – Use the 5 yard Line
- 22 Meter Line – Use the 25 Yard Line
- 10 Meter Line – Use the 40 Yard Line
- Half Line – Use the 50 Yard Line

Kicks at Goal when Posts are set behind the dead ball line:

- Penalty Kicks at goal are taken at or behind the mark of the infraction, not moved forward 10 yards. If a kick falls short, it can be touched down by the attack or defense in the in-goal area or played on. If the kick crosses the dead ball line, it is made dead and the restart is a 22 meter dropout if brought in by the attack, or a 5 meter scrum if brought in by the defense.
- Conversions are taken in line with where the touch down occurred, anywhere from the dead ball line out in to the field of play.
 - The non-kicking team must be behind the dead ball line until the kicker approaches the ball for the kick.
- For penalty kicks, If the ball strikes the goal post and returns to the field of play before going into touch or touch in goal, it is play on.

Recommendations on adapting American football fields for Rugby

Football Field	Dimensions	Try Zone	Alleys
Full Field	120x70 yds. or 53 yds.	10 yds.	n/a
Half-Field (70x40 m equiv.)	70x45 yds.	5 yds.	10 yds between fields
Half-Field (2 fields, no soccer/lax)	53x40 yds.	5 yds.	10 yds. between fields
Quads (4 Fields)	45x25 yds.	5 yds.	3-10 yds. between fields

1 st /2 nd Grades	Field	Max Time/Match	Max Time/Day
Non-Contact Rookie Rugby	45x25 yds.	20 min	50 min

3 rd /4 th Grades	Field	Max Time/Match	Max Time/Day
Non-Contact Rookie Rugby	45x25 or 53x45	30	60

5 th /6 th Grades	Field	Max Time/Match	Max Time/Day
Non-Contact Rookie Rugby	53x40	30	70
Contact 7s	53x40	30	70

7 th /8 th Grades	Field	Max Time/Match	Max Time/Day
Non-Contact Rookie Rugby	53x40 or 70x45	40	80
Contact 7s			
Contact 10s	120x53	50	80

9 th /10 th Grades "Junior Varsity"	Field	Max Time/Match	Max Time/Day
Non-Contact Rookie Rugby	53x40 or 70x45	48	90
Contact 7s	120x53	48	90
Contact 10s and 15s	120x53	70	90

11 th /12 th Grades "Varsity"	Field	Max Time/Match	Max Time/Day
Non-Contact Rookie Rugby	53x40 or 70x45	48	90
Contact 7s	120x53	48	90
Contact 10s and 15s	120x53	70	90

