



In-goal area

youth back of goal

youth goal line

adult field touch line

youth 5m from goal

adult field 5m touch

## Minimum Cones & Setup Guideline for 40x70 Youth 7v7 Rugby Field

### KEYS

- adult field sidelines (touch lines) make clear goal lines for youth fields; create back of goal using cones; a clear goal line is more critical than the back of goal or 5m lines
- adult field 5m touch lines make good 5m from goal lines for youth fields
- adult field 10m line makes one youth sideline while the other sideline can be made from either the adult field goal line or 5m line
- clearly identify goal lines and mid field lines with cones, plus mark and distinguish the 5m from goal and 10m lines for restart kicks
- use different sizes and colors, with larger or brighter cones at the goal line and mid-field; this helps players and refs avoid confusion and gives refs a clear way to identify these areas to players before the match

### 35x70 or 40x60 Alternate youth field setup

- to be used when there are dangerous obstructions on the perimeter such as rugby or soccer goal posts, fences, sidewalks, or water valve boxes
- midfield and 10m distances stay the same, but 1 sideline and/or both goal lines may need to move in 5m
- 40x70 is the max size, but field can be smaller, if needed, down to 30x60, especially for U8 and U10; 35x70 was the original field size for the first 2 years of our league; it's okay to setup 35x70 if rugby or soccer goal posts are in the way

sideline rope

white lines are typical markings for HS or adult rugby fields

dark green area is the playing field for a 40x70 youth field, not including the in-goal areas

This is just a minimum guide to mark critical features; more cones can be used if fields are not marked well or to fill in spaces on dashed lines

5m = 6 regular steps for short legs, 5 steps for longer legs or strides

10m = 12 regular steps for short legs, 10 steps for longer legs or strides

Youth 10m line

Youth mid-field

Youth 10m line

adult field 10m line

adult midfield or 50m line

youth 5m from goal

adult field 5m touch

youth goal line

adult field touch line

In-goal area

youth back of goal

adult field goal line

adult field 5m line

adult field 5m touch

adult field 10m line

adult field 5m touch

adult field touch line