



# The Ultimate Guide to Rugby Pitch Dimensions, Sizes and Markings



# Contents

## **Pitch Dimensions 3**

Length	5
Width	6
Dimensions in feet	7
Dimensions in yards	8
Technical areas	9

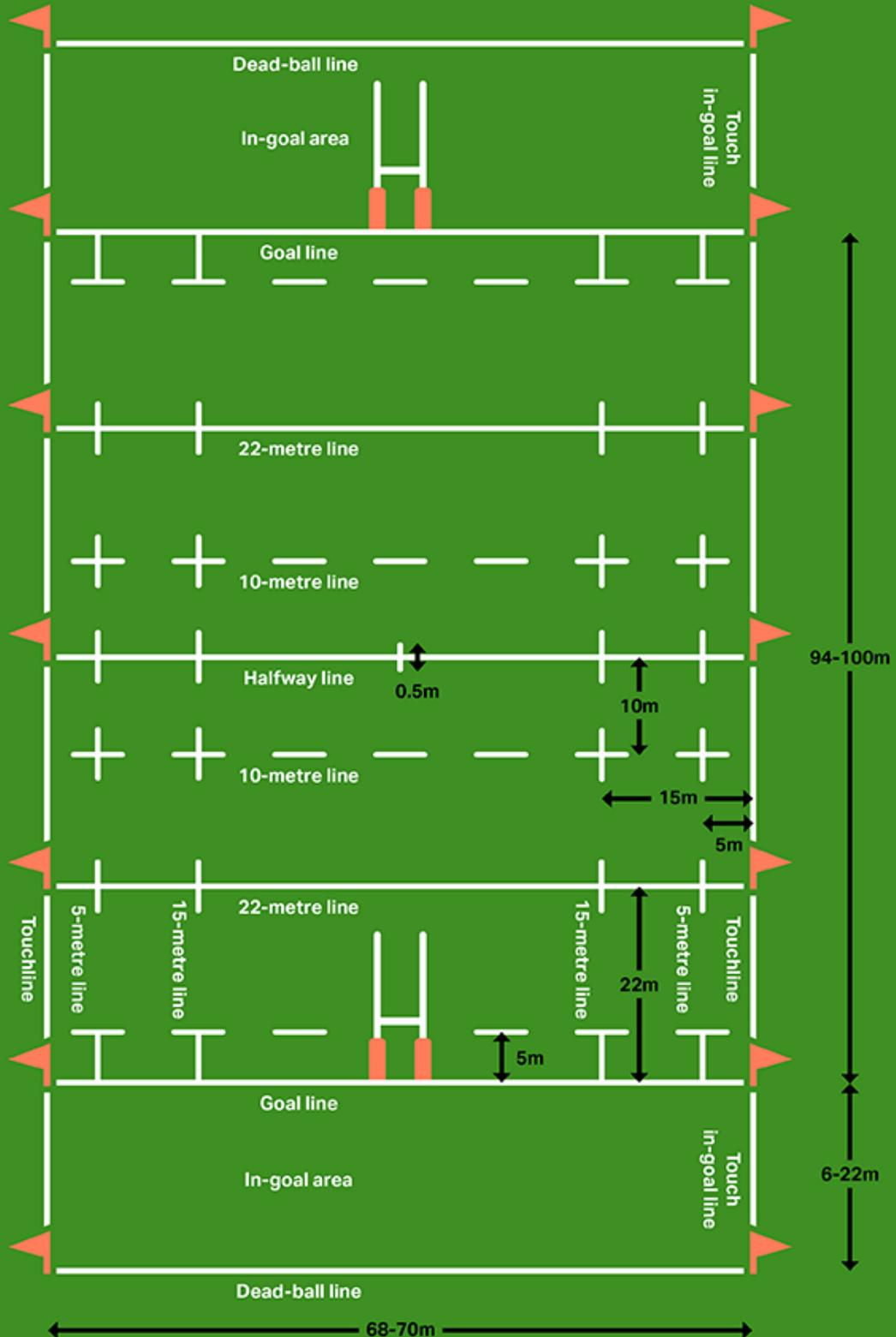
## **Pitch Markings 10**

The touchline	11
The goal line	12
The 22-metre line	13
The dashed lines	14
The halfway line	15
The dead-ball line	16
Pitch lines in feet	17
Pitch lines in yards	18
Centre cross	19

## **Post Dimensions 20**

# Rugby Pitch Dimensions

The dimensions of a rugby pitch in metres (m) are usually 100m from goal line to goal line (try line to try line) and a width of 70m. The layout also has an additional 6-22m at each end for the in-goal area, measured from goal line to dead-ball line.





### **Are all rugby pitches the same size?**

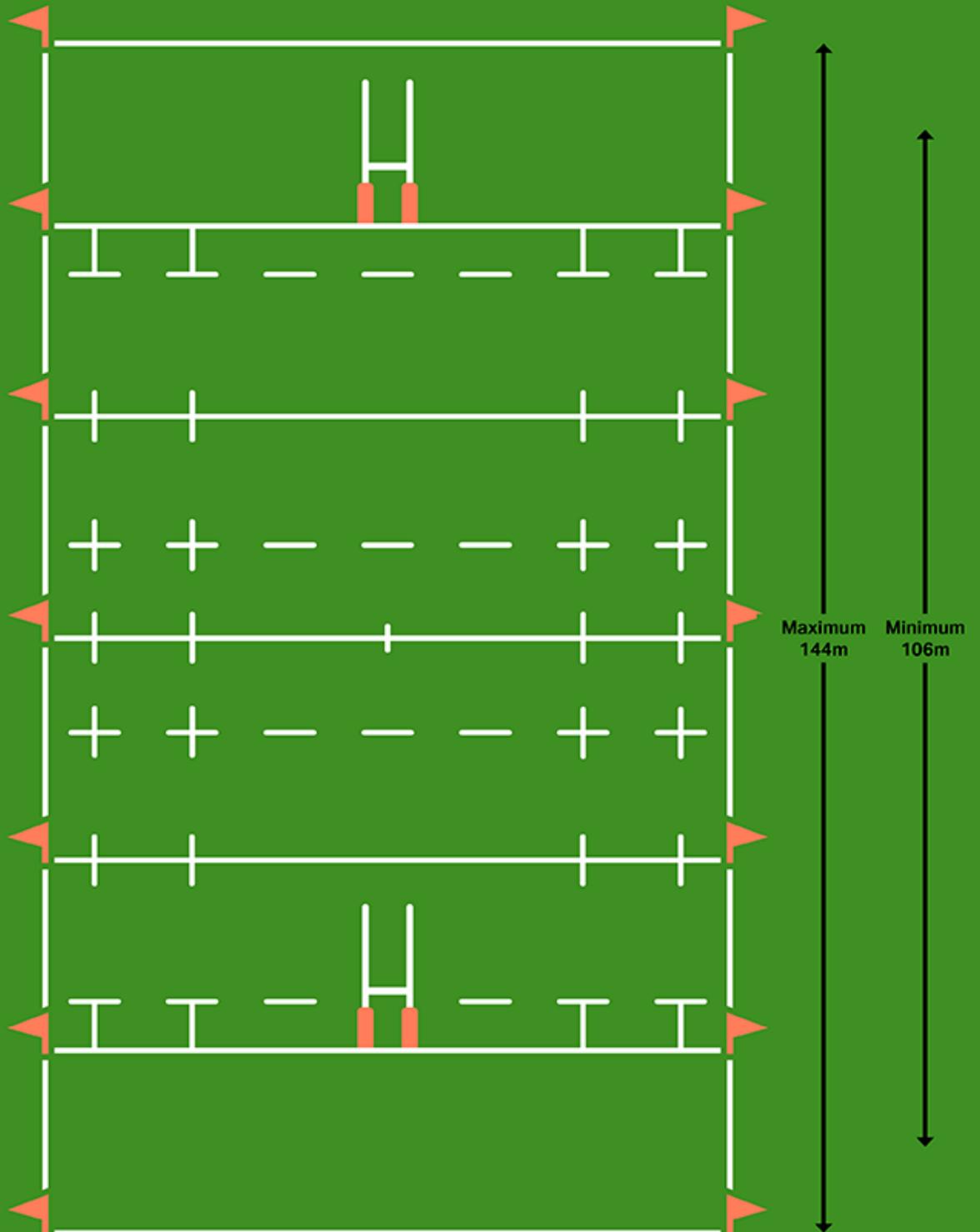
Rugby pitch dimensions can vary. The length of a rugby pitch can be between 94-100m (106-144m including the in-goal areas) and the width can be between 68-70m. Bearing in mind that the minimum and maximum rugby field dimensions, the playing area can be between 7,208-10,080 sq m.

### **What is the minimum size of a rugby pitch?**

The minimum size of a rugby pitch is 106m. This is 94m from goal line to goal line, plus 6m at each end for the in-goal areas. The width must be at least 68m, meaning that the minimum playing area possible is 7,208 sq m.

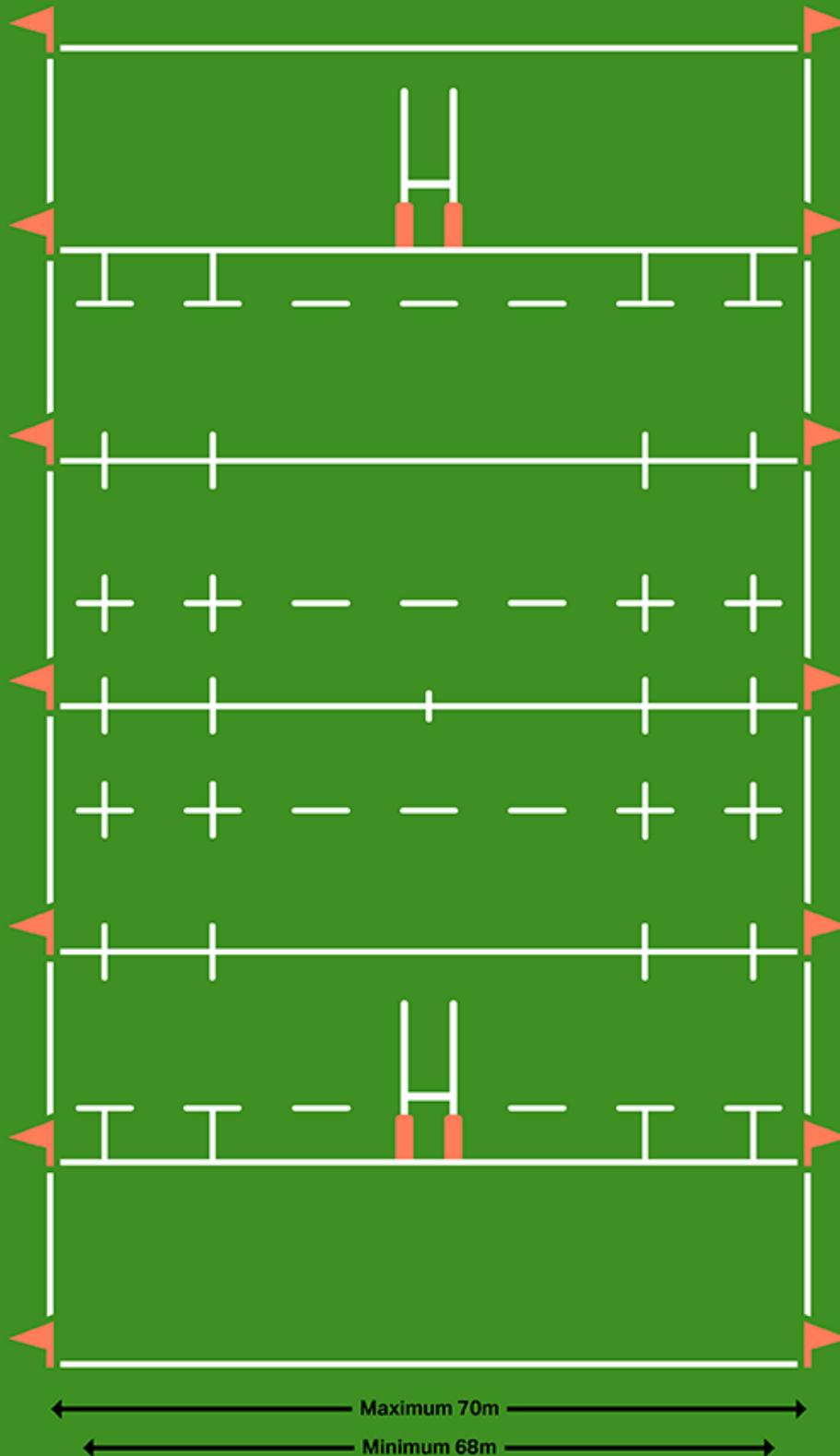
## How long is a rugby pitch?

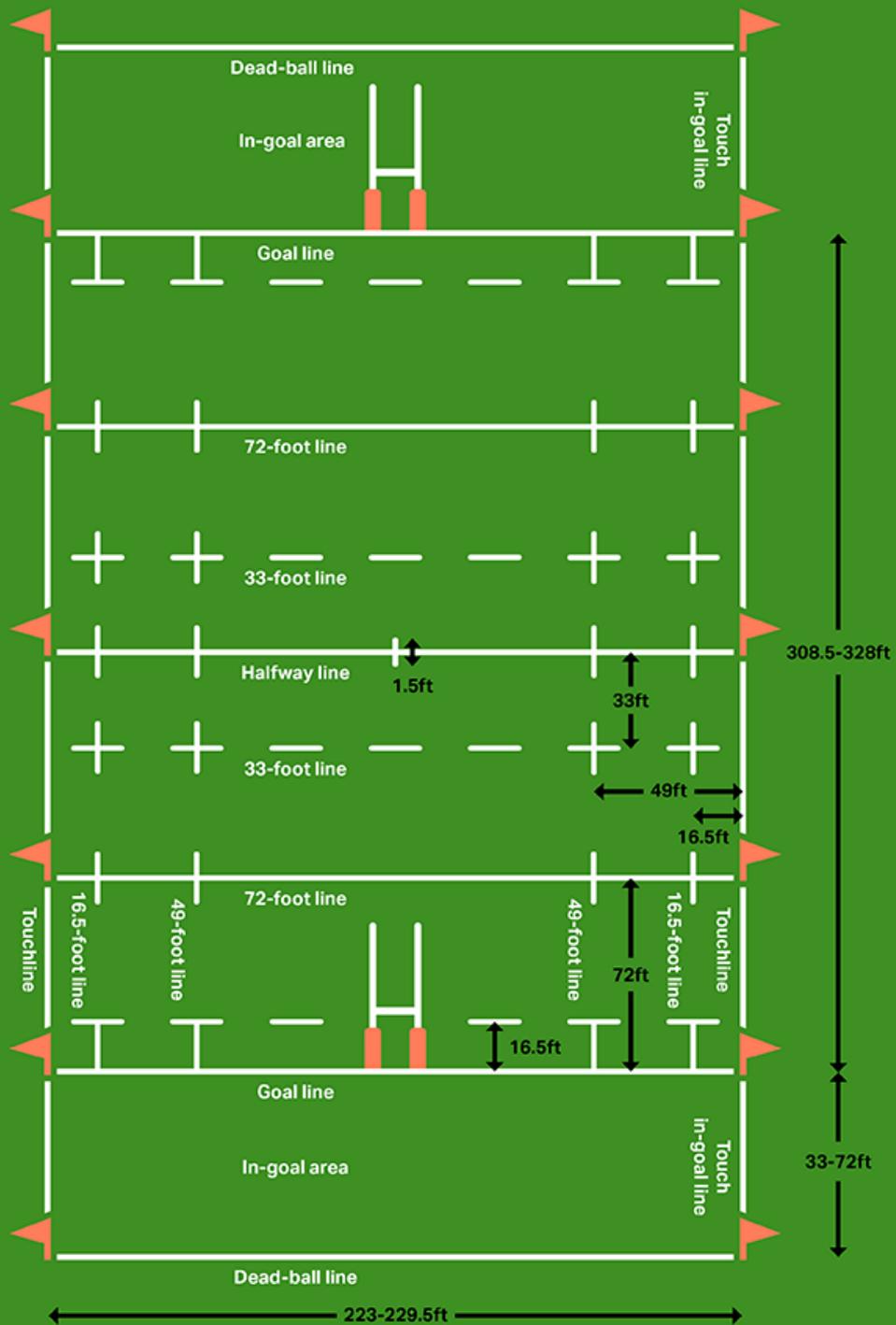
The length of a rugby pitch can vary. It is typically 100m from goal line to goal line but can be as short as 94m. An in-goal area at each end of 6-22m means the total length is 106-144m.



## How wide is a rugby pitch?

In world rugby rules, a rugby field must be a minimum of 68m from touchline to touchline but can measure up to 70m wide.





## Rugby pitch dimensions in feet

Rugby field dimensions in feet are:

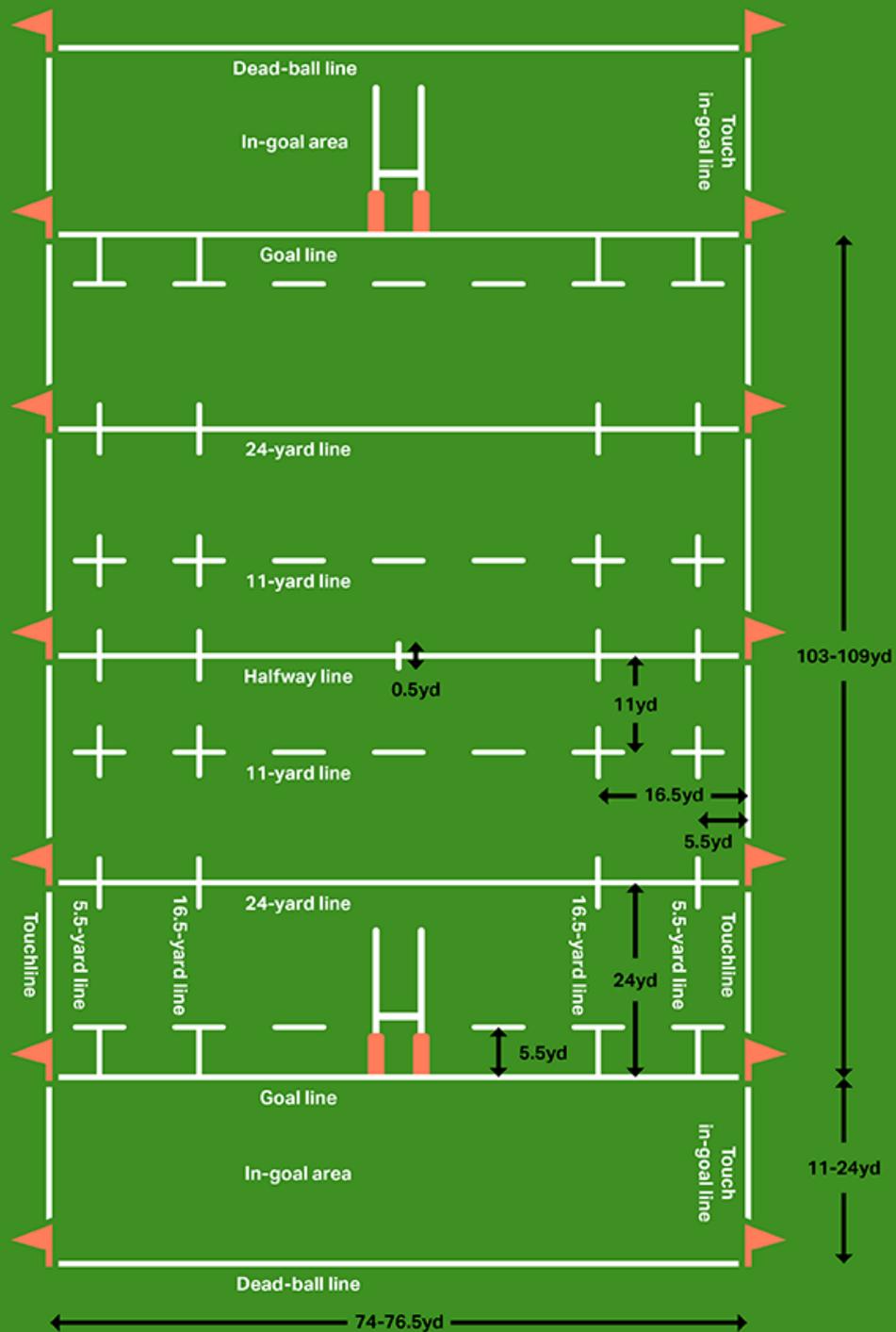
Goal line to goal line: **308.5-328ft**

In-goal area: **33-72ft**

Total length: **341.5-400ft**

Width: **223-229.5ft**

Pitch area: **76,154.5-91,800ft**



## Rugby pitch dimensions in yards

Rugby field dimensions in yards are:

Goal line to goal line: **103-109yds**

In-goal area: **11-24yds**

Total length: **114-133yds**

Width: **74-76.5yds**

Pitch area: **8,436-10,174.5yds**

## Technical areas

The technical areas are typically where the coaching staff, replacement players and water carriers are housed. It is also known as the sin bin, as players that receive a yellow card must retire here for 10 minutes before they can re-join the game. The technical areas must be at least 1m back from the touchline and no more than 10m long.



# Rugby Pitch Markings

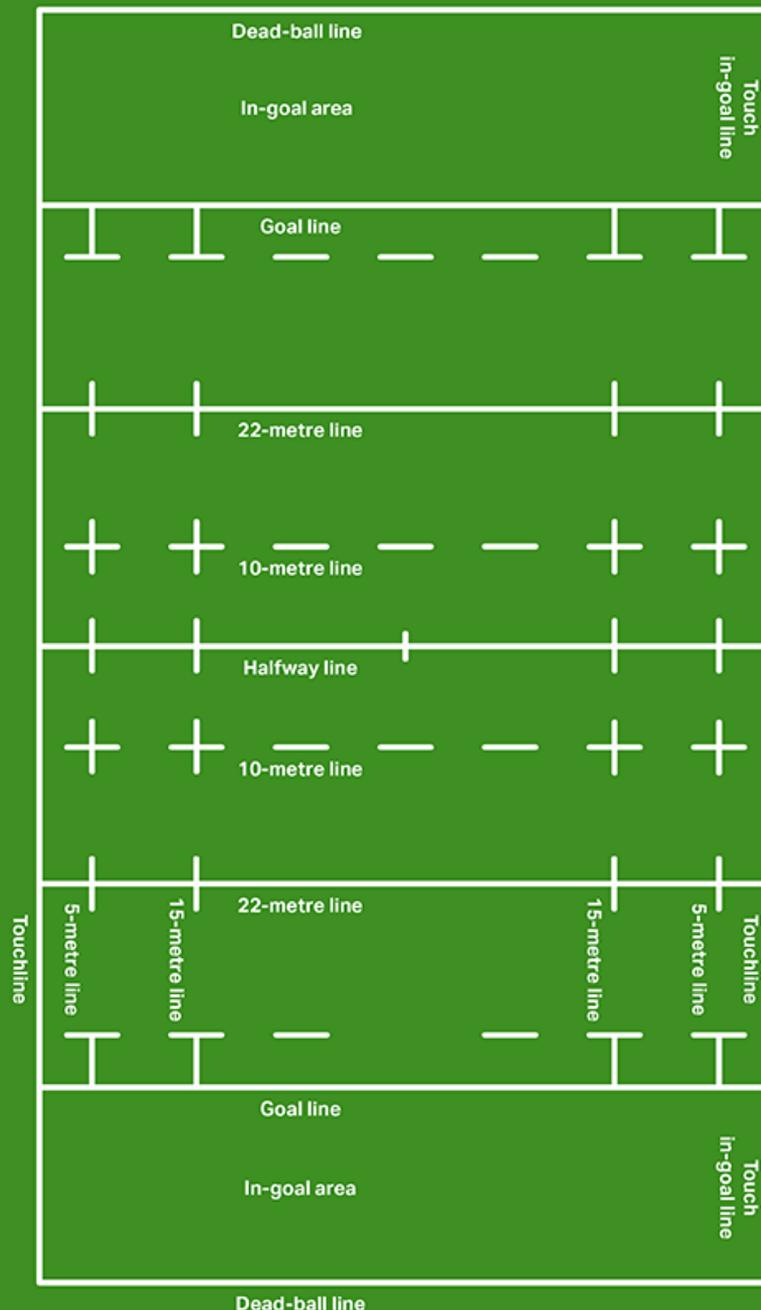
The markings on a rugby pitch set out the playing areas and positions relevant to certain rules. The following are marked with solid white lines.

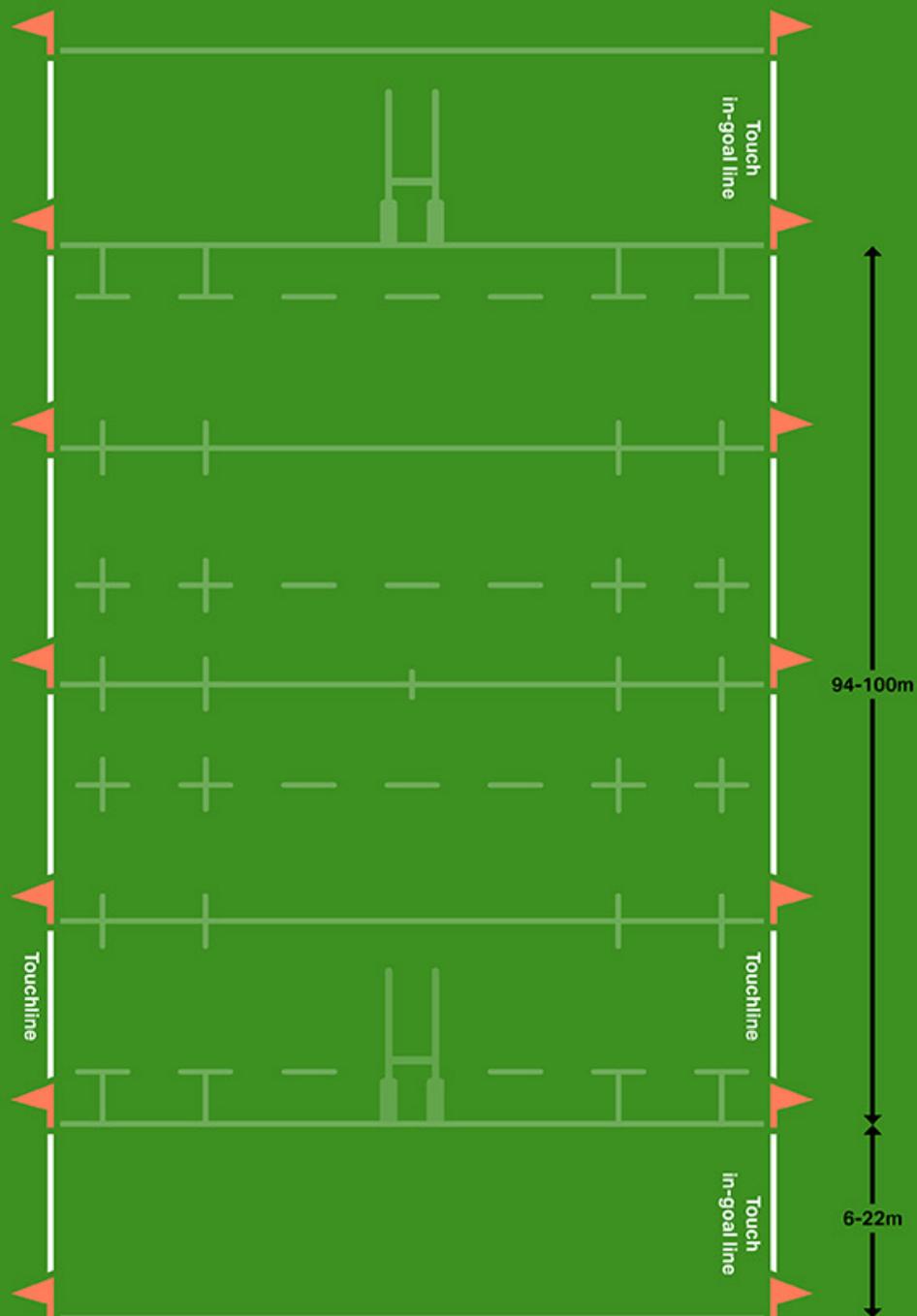
**Pitch length and width:** the touchlines should be 94-100m (103-109yds) long and the goal lines (also known as try lines) should be 68-78m (74-76.5yds) wide

**Dead-ball line:** this marks the end of the in-goal area at each end of the field and should be 6-22m (11-24yds) from the goal line

**Goal lines:** the goal lines are parallel to the dead-ball lines and measure 68-78m (74-76.5yds) across.

See below for more on rugby field markings, including solid and dashed lines.

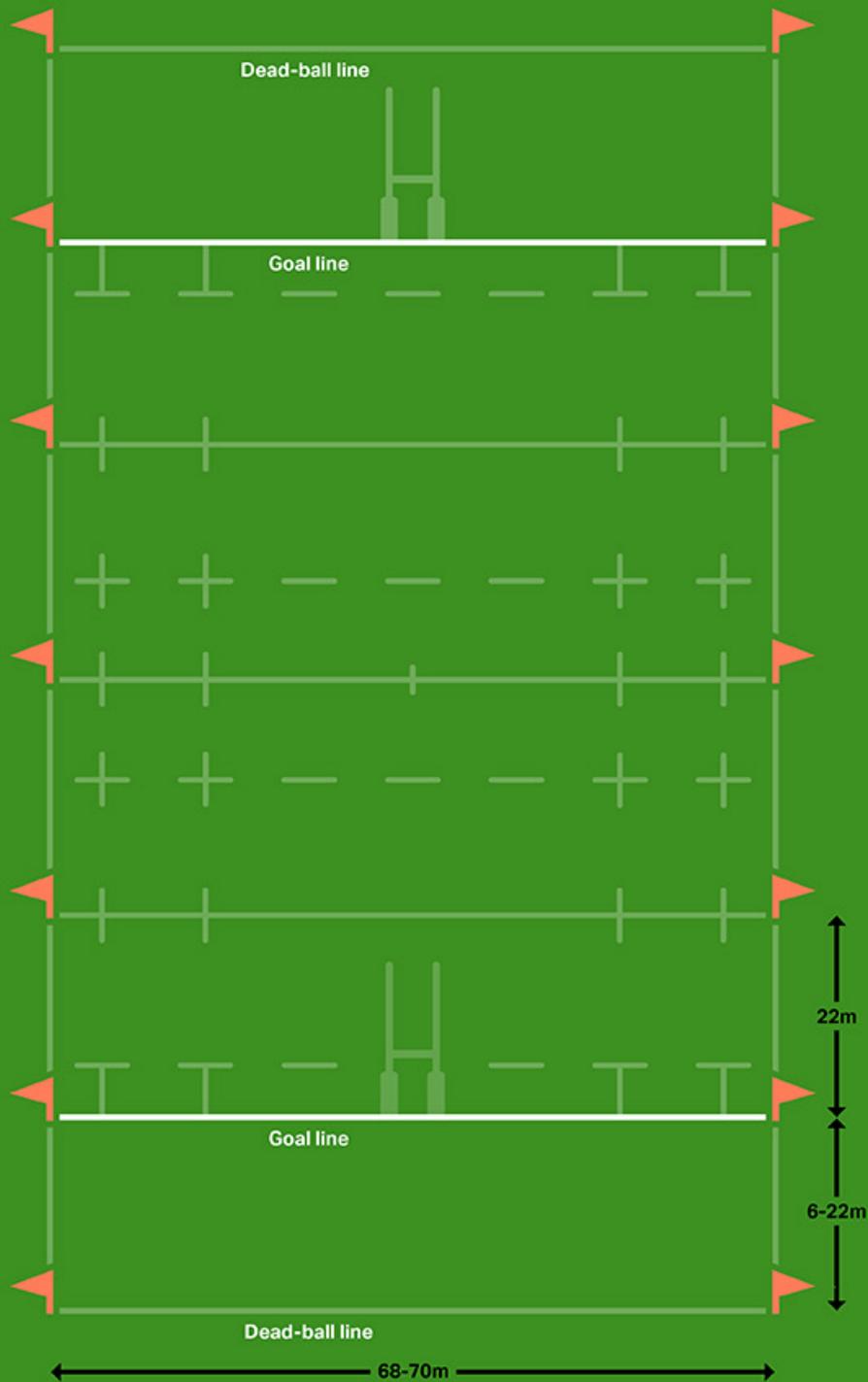




## The touchline

The touchline runs lengthways on either edge of a rugby pitch and mark the edge of the field. In some sports, this is known as a side line. When the ball passes over this line, it is out of play. The touch-in-goal line is a continuation of the touchline at both ends of the field and marks out the boundary of the in-goal area.

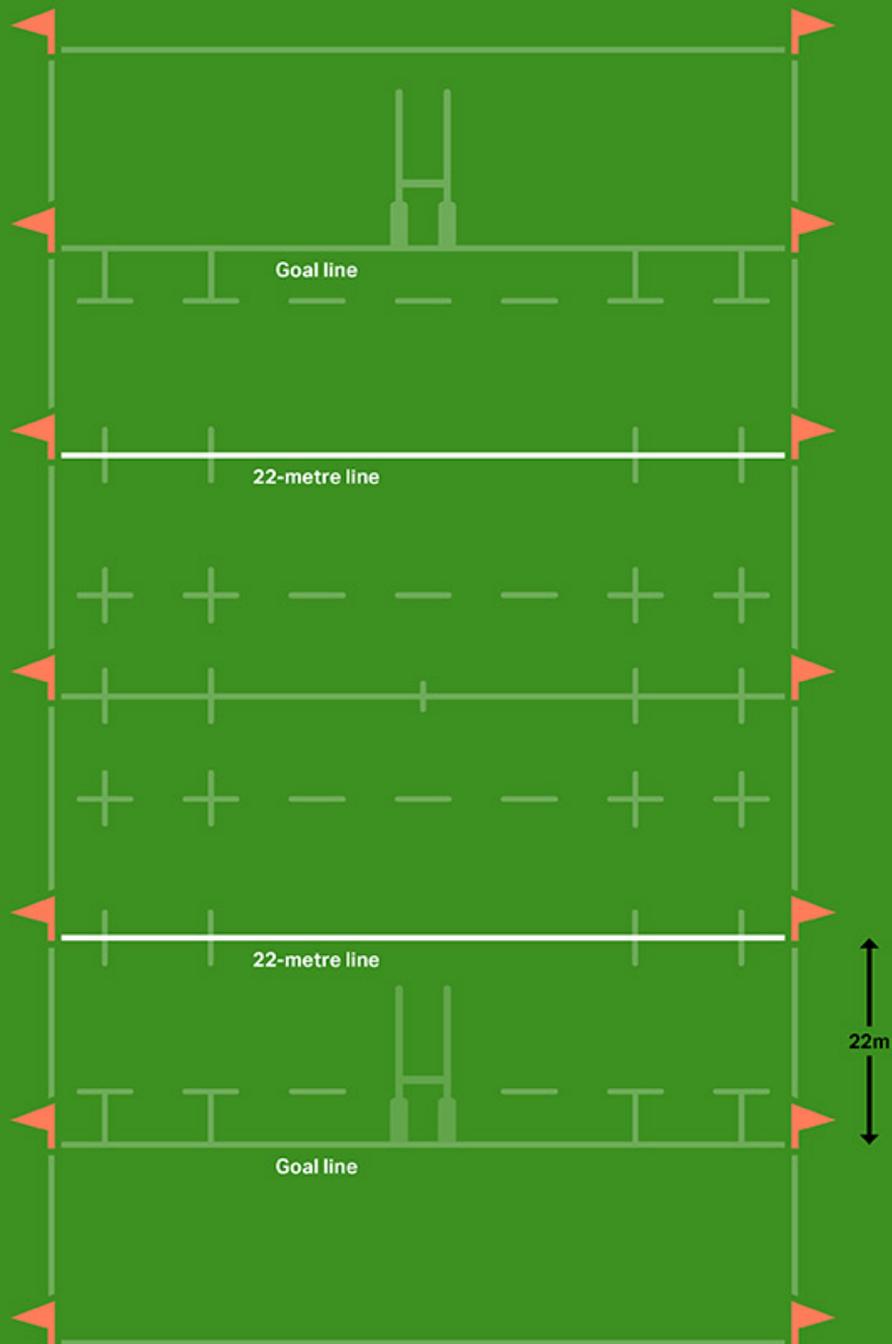
Measurement	Distance
Touchline length	94-100m
Touch-in-goal line length	6-22m
Total	106-144m



## The goal line

The goal line runs across the width of the pitch perpendicular to the ends of the touchlines. It is also known as the try line. A try is a way of scoring and happens when the ball is 'grounded' or touched to the pitch between the goal line and dead-ball line (also known as the in-goal area). The goal posts are in the middle of the goal line. Teams can also score points by kicking the ball over the cross bar (drop goal).

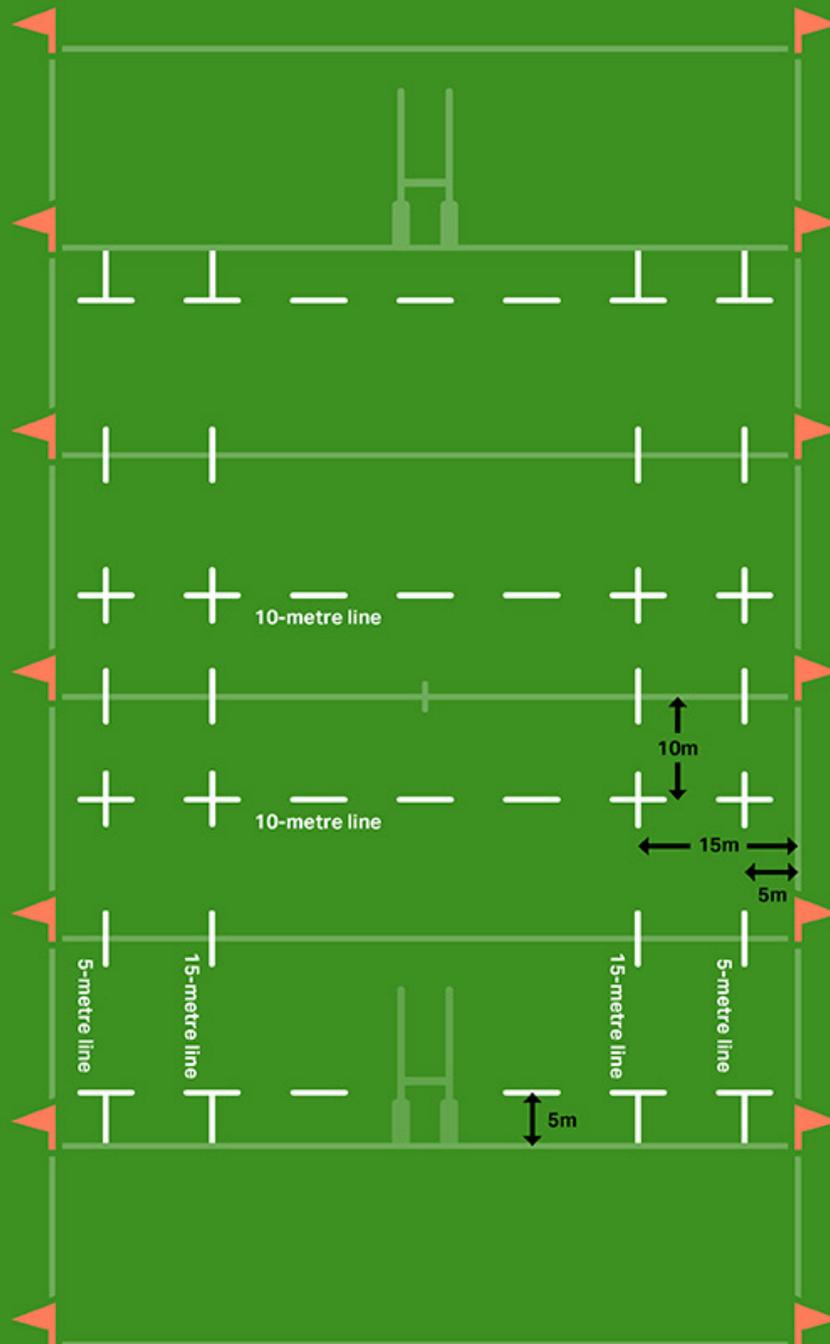
Measurement	Distance
Goal line length	68-70m
Distance from dead-ball line	6-22m
Distance between goal lines	94-100m



## The 22-metre line

The 22-metre lines are marked in solid white. If the opposition have the last touch before the ball travels over the 22-metre line, the attacking team can kick it forwards and over the touchline – the game will restart at the point at which it went out of play.

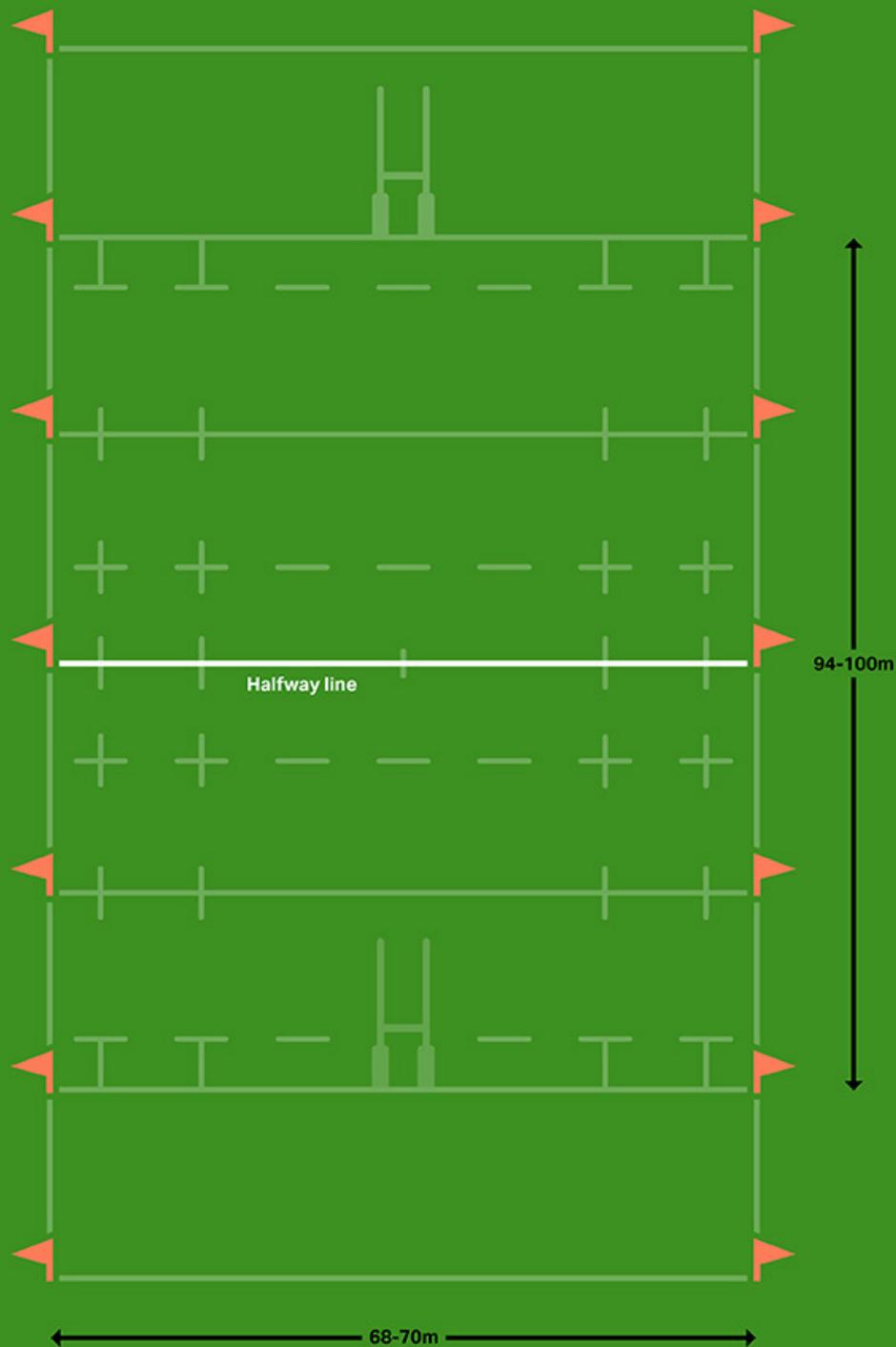
Measurement	Distance
22-metre line length	68-70m
Distance from goal line	22m



## The dashed lines

There are three sets of dashed lines on a rugby pitch with each 'dash' measuring 5m. The 5-metre lines and 15-metre lines are parallel to the touchline. The 5-metre lines marks the minimum distance from the touchlines and goal lines that a scrum can take place. The 15-metre line is used for throw-ins – if the ball crosses this line, it can be played by anyone.

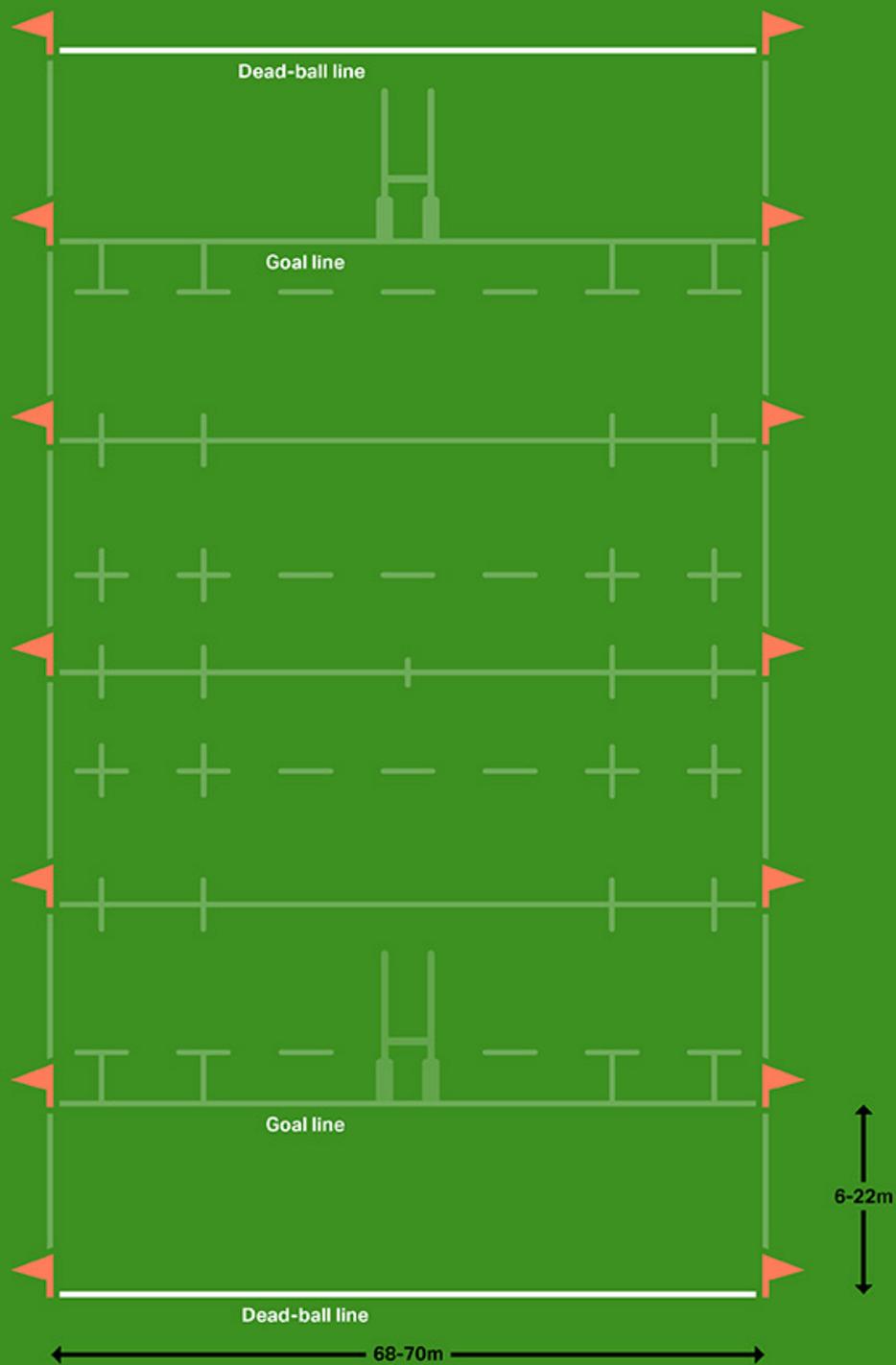
Measurement	Distance
Dash length	5m
5-metre line distance from touchline	5m
10-metre line distance from halfway line	10m
15-metre line distance from touchline	15m



## The halfway line

As you may expect, the halfway line divides the field of play into equal ends. Game play begins at the centre cross, in the middle of the halfway line, and is drop-kicked by the starting team toward the opposition at least 10m. The game restarts in the same way after points have been scored.

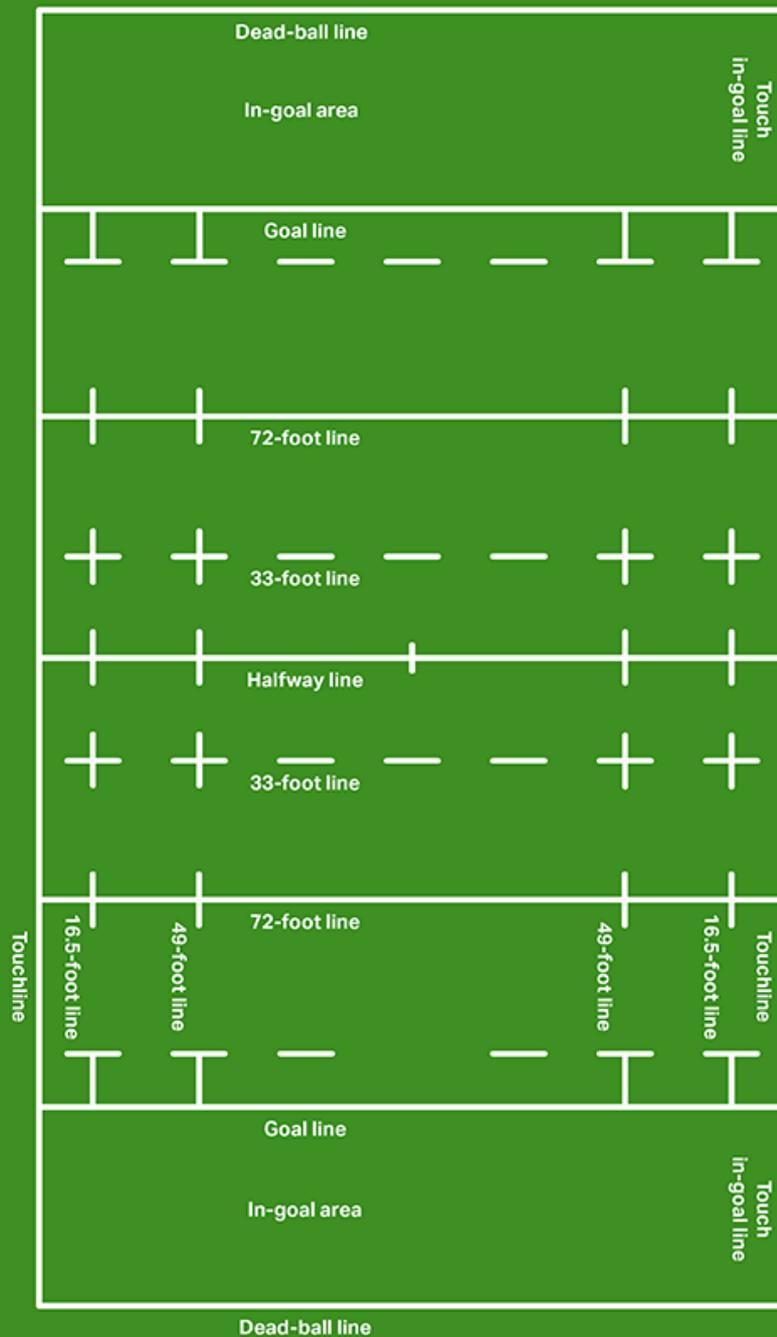
Measurement	Distance
Halfway line length	68-70m
Halfway line distance from goal lines	47-50m
Centre cross length	0.5m



## The dead-ball line

The dead-ball line marks the end of the in-goal area and field of play. Once the ball crosses this line, or is in possession of a player that is over the line, it becomes 'dead' (out of play) and results in a scrum or drop-out.

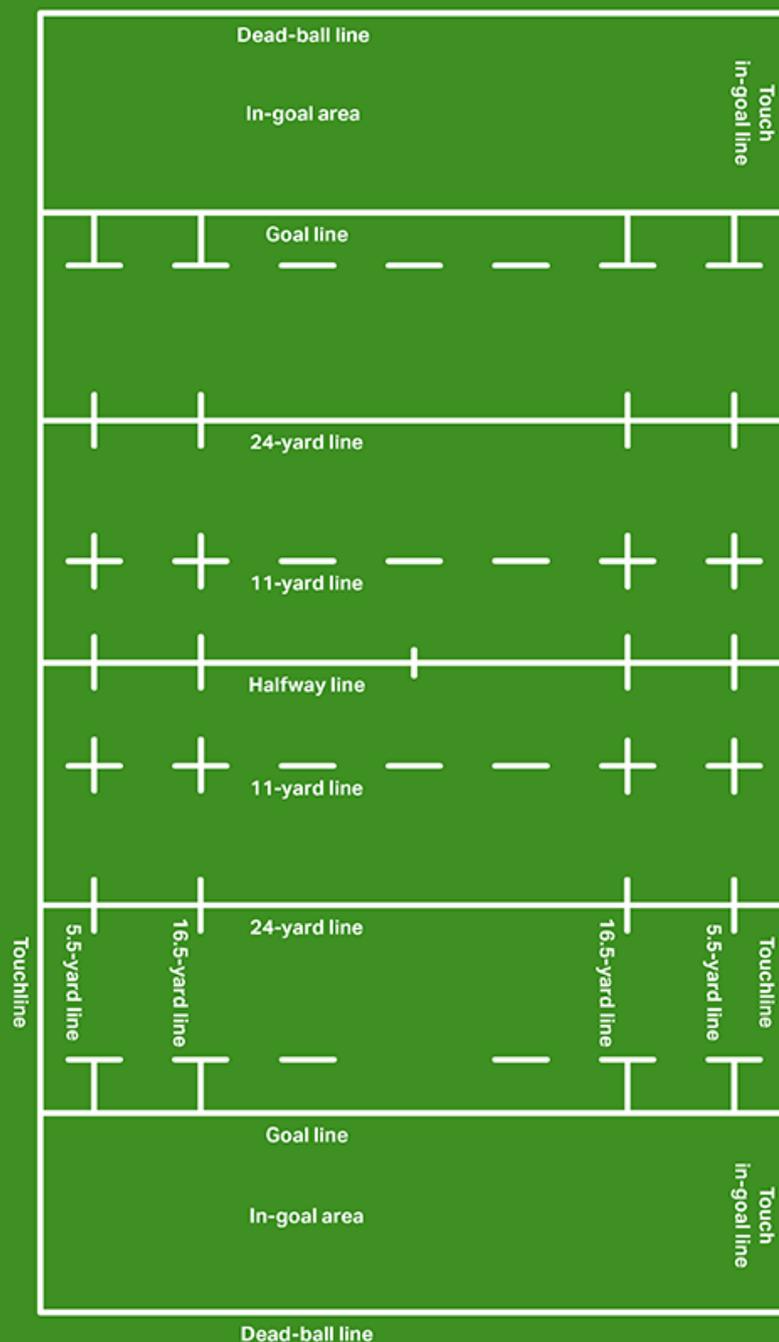
Measurement	Distance
Dead-ball line length	68-70m
Dead-ball line distance from goal line	6-22m



## Rugby pitch lines in feet

Rugby pitch lines are either solid or dashed. The touchline and touch-in-goal line, goal line (try line), halfway line, 22-metre line (72-foot line) and dead-ball line are solid. The 5-metre line (33-foot line), 10-metre line (16.5-foot line) and 15-metre line (49-foot line) are dashed markings.

Measurement	Distance
22-metre line distance from goal line	72 feet
5-metre line distance from goal line	33 feet
10-metre line distance from halfway line	16.5 feet
15-metre line distance from goal line	49 feet



## Rugby pitch lines in yards

In rugby pitch markings, the touchline and touch-in-goal line, goal line (try line), halfway line, 22-metre line (24-yard line) and dead-ball line are solid white. Dashed lines are used to mark out the 5-metre line (5.5-yard line), 10-metre line (11-yard line) and 15-metre line (16.5-yard line).

Measurement	Distance
22-metre line distance from goal line	24 yards
5-metre line distance from goal line	5.5 yards
10-metre line distance from halfway line	11 yards
15-metre line distance from goal line	16.5 yards

## **The centre cross**

The centre cross is in the middle of the halfway line and marks the very centre of the pitch. Gameplay starts from this point at the beginning of each half and after a goal is scored. The solid white marking that crosses should be 0.5m long.

# Rugby Post Dimensions

Rugby goal posts are placed in the middle of the goal line at both ends of the field. Rugby post dimensions are usually measured in metres: the posts must be 5.6m apart and at least 3.4m high. The top edge of the cross bar, which sits horizontally between the goal posts, must be 3m.

