

## GOALPOST AND PITCH SIZES

**The FA receives many enquiries around pitch and goal sizes suitable for all age groups and therefore recommends the following should be applied where possible:**

| Age Grouping                 | Type  | Recommended Size of Goal Posts |     | Maximum Recommendation Without Run-Off |    | Recommended Size Including Run-Off (Safety Area Around Pitch) |    |
|------------------------------|-------|--------------------------------|-----|--|----|---|----|
|                              |       | (Height x Width) Feet          |     | (Length x Width) Yards                 |    | (Length x Width) Yards  |    |
| Mini-Soccer Under 7s and 8s  | 5v5   | 6                              | 12  | 40                                     | 30 | 46  | 36 |
| Mini Soccer Under 9s and 10s | 7v7   | 6                              | 12  | 60                                     | 40 | 66  | 46 |
| Youth Under 11s and 12s      | 9v9   | 7                              | 16  | 80                                     | 50 | 86  | 56 |
| Youth Under 13s and 14s      | 11v11 | 7*                             | 21* | 90                                     | 55 | 96  | 61 |
| Youth Under 15s and 16s      | 11v11 | 8                              | 24  | 100                                    | 60 | 106   | 66 |
| Youth Under 17s and 18s      | 11v11 | 8                              | 24  | 110                                    | 70 | 116   | 76 |
| Over 18s and Adult Ages      | 11v11 | 8                              | 24  | 110                                    | 70 | 116   | 76 |

**Note:** County FAs and Leagues may have defined rules for their own competitions and reference should always be made to their handbooks for additional guidance and compliance.

The FA recommends that run-off's for natural grass pitches should be a minimum of 3 yards (or 3 metres) all around the pitch. For those clubs playing in the football pyramid the minimum safety run off is 1.83 metres (6 feet) but ideally at least 2 metres. If a new ground is to be constructed at least 3m should be provided.

The run-off must be of natural grass and must not be of tarmac or concrete construction, with no barriers or obstructions evident within the run-off area. If Football Turf (3G) is to be used as a run-off, this should be constructed to meet the performance standards of full-size pitches and be green in colour.

Where pitches neighbour others within a confined area, the minimum run-off between both pitches should ideally be 6 yards to allow for spectators watching either match.

The Laws of the Game may be modified in their application for matches for players of under 16 years of age, for women footballers, for veteran footballers (over 35 years) and for players with disabilities.

Any or all of the following modifications are permissible:

- (a) the size of the field of play
- (b) the size, weight and material of the ball
- (c) the width between the goalposts and the height of the crossbar from the ground
- (d) the duration of the periods of play
- (e) substitutions

\* If a pitch is to be provided for U13/14 it is recommended that 7 x 21 goalposts are provided. However, it should be noted that 8 x 24 would also be acceptable as not all sites will be able to provide specifically for this age group