



FA Recommendations for Football Pitch & Goal Sizes

FA Recommended Football Pitch & Goal Sizes (Imperial)

FA Recommended Football Pitch & Goal Sizes (Imperial Measurements)							
		Without a runoff / safety area		With runoff / safety area around the pitch		Recommended size of goal posts	
Age Group	Type	Length x Width (yards)		Length x Width (yards)		Height x Width (feet)	
Mini Soccer U7 / U8	5 v 5	40	30	46	36	6	12
Mini Soccer U9 / U10	7 v 7	60	40	66	46	6	12
Youth U11 / U12	9 v 9	80	50	86	56	7	16
Youth U13 / U14	11 v 11	90	55	96	61	7	21 *
Youth U15 / U16	11 v 11	100	60	106	66	8	24
Youth U17 / U18	11 v 11	110	70	116	76	8	24
Senior 18+	11 v 11	110	70	116	76	8	24

FA Recommended Football Pitch & Goal Sizes (Metric)

FA Recommended Football Pitch & Goal Sizes (Metric Measurements)							
		Without a runoff / safety area		With runoff / safety area around the pitch		Recommended size of goal posts	
Age Group	Type	Length x Width (metres)		Length x Width (metres)		Height x Width (metres)	
Mini Soccer U7 / U8	5 v 5	36.57	27.43	42.06	32.91	1.83	3.66
Mini Soccer U9 / U10	7 v 7	54.86	36.57	60.35	42.06	1.83	3.66
Youth U11 / U12	9 v 9	73.15	45.72	78.63	51.20	2.13	4.88
Youth U13 / U14	11 v 11	82.29	50.29	87.78	55.77	2.13	6.40 *
Youth U15 / U16	11 v 11	91.44	54.86	96.92	60.35	2.44	7.32
Youth U17 / U18	11 v 11	100.58	64.00	106.07	69.49	2.44	7.32
Senior 18+	11 v 11	100.58	64.00	106.07	69.49	2.44	7.32

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FA Recommended Football Pitch & Goal Sizes (Notes)

* It is also acceptable to use 8ft x 24ft football goal posts on pitches intended for U13/U14's, should 7ft x 21ft goal posts not be available. However it is recommended that 7ft x 21ft goal posts be used where possible for this age group.

Additional Notes:

Run-off areas surrounding the pitch should be free from obstacles (including fixed grounds equipment such as floodlights and football dugouts/team shelters) to prevent injury to players and officials who may run into them.

Run-offs surfaces should be the same as that used on the playing area. Tarmac and concrete surfaces and not allowed, however 3G football turf surfaces are allow for match official run-offs.

Where multiple pitches exist alongside each other, a minimum of six yards (5.5 metres) run-off area should exist. An additional four yards (3.7 metres) may also be required to accommodate spectator areas.

Whilst it's recognised that individual County Football Associations and Leagues may have already defined rules for their own competitions (within the minimum and maximum pitch/goal sizes as specified in the Laws of the Game), it is recommended that the above pitch sizes be adopted whenever possible.

For more information, please see the Football Associations full guidance on football pitch and goal sizes: <http://www.thefa.com/my-football/football-volunteers/runningaclub/yourfacilities/~media/42e67e5df06c475c8be0bed035cd325b.ashx>

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