

The following provides guidance for Rugby Virginia (RUVA) Summer Youth rugby (by Age group) on recommended:

- Ball size
- Pitch Dimensions for the Fields-of-Play
 - Dimension listed below are neither maximum, nor minimum distances – provided as a means to standardize the Plying areas within RUVA
- Times of play in individual matches and for cumulative play in a given period of day(s), for age groups in high school and RUVA youth contact and non-contact rugby.
 - ***Playing Time:** Coaches should limit their players’ playing time to allow for recuperation of stamina and strength. This will vary by player.

Age Group (Years)	Ball size	Field of Play Dimensions (Meters)	Note	Playing time		
				Standard game is: 40 minutes, with (4) 10-minute quarters, or (2) 20-min halves. Maximum breaks: 5-min at halftime, and 2-min between quarters (*variation may be considered)	Time* (Minutes)	
					Per Match	Per Day
Under 9	3	70 x 40	1	20*	In a 24 hour period - 140 In a 48 hour period - 170 In a 72 hour period - 200	
Under 11	4	70 x 50	2	30*		
Under 13	4	100 x 50	3	40		
Under 15	4	100 x 60	3, 4	50*		
Under 17	4	100 x 70	3, 4	60*		
Under 19	5	100 x 70	3, 4	70		

Notes:

- 1) Orientation of pitch is across a normal playing field (100m x 60m), which could accommodate (2) U9 Touch pitches, between existing Goal lines (forming a Touch line) and 10m either side of Mid-field (forming the other Touch line). Side lines could be used as Try lines, with cones/discs, or flags extending 5m beyond to establish the Dead ball line.
- 2) Orientation of pitch could be (not mandatory) across a normal playing field (100m x 60m), which could accommodate (2) U11 Touch pitches, between existing Goal lines (forming a Touch line) and Mid-field (forming the other Touch line). Side lines could be used as Try lines, with cones/discs, or flags extending 5m beyond to establish the Dead ball line.
- 3) Orientation of pitch is along the long axis, within a normal playing field (100m x 60m), Ideal is 100m length, though shorter distance & width may be used based upon field availability/constraints, and player experience and ability.
- 4) Intent is to utilize the maximum available space for the Field of Play.

Pitch set-up

A combination of field marking paint, cones/discs and flags may be used to establish the Field of Play, In-Goal areas, and (if possible) some form of demarcation of the Playing Enclosure (i.e. spectator barrier, or line).

Based upon field availability, variation may be required for field set up.

- “10” meter lines shall be 10m from the mid-field line.
- “22” meter lines should be proportionate to the length of the field of play, using a multiple of .22 x the length of the field of play, round to the nearest whole (e.g. Length: 100m x .22 = 22m; 90m x .22 = 20m; 70m x .22 = 16m; etc.)
- In-goal area (try zone) should be at a minimum, 5 meters deep.
- Goal posts may be located on the dead-ball line, with the Try line forward of the posts.
 - Consideration could be made to highlight the Try line, such as different color paint, or distinguishable cone/disc to assist players in identifying the In-Goal area.
- “5” & “15” meter lines shall be 5 & 15 meters from each Touch line, respectively.

When using an artificial turf,

- Mid-field should be the 50 yard line.
- “10” meter line should be:
 - Football gridiron: the 40 yard line.
 - Soccer pitch: cones/flags placed on a line tangent to the Center circle and perpendicular with the lines of Touch.
- “22” meter should be:
 - Football gridiron: the 25 yard line.
 - Soccer pitch: cones/flags placed on a line perpendicular with the lines of Touch, a proportionate distance calculated based upon the multiple, above.
- Consideration should be made to allow for the widest possible Field of Play, based upon playing enclosure limitations and existing field marking.
- If available, distinguishable cones may be placed on both Dead ball lines at 5 & 15 meters from each Touch line to assist referee and players in determining the lineout space.