Norfolk County Football Association

www.NorfolkFA.com

Pitch Dimension Guidelines

Norfolk County FA receives many enquiries around pitch and goalpost sizes suitable for all age groups and therefore suggest the following should be applied:

Suggested Pitch Size in Yards	Suggested Size of Goalposts	Pitch Dimensions in Yards				Pitch Dimensions In Metres			
		Length		Width		Length		Width	
Lth x Wdt	Ht x Wdt	Max	Min	Max	Min	Max	Min	Max	Min
Mini Soccer U7-U8 (5v5 Format)									
40 x 30	6ft x 12ft	40	30	30	20	36.6	27.45	27.45	18.3
Mini Soccer U9-U10 (7v7 Format)									
60 x 40	6ft x 12ft	60	50	40	30	54.9	45.5	36.6	27.45
9v9 U11-U12									
80 x 50	7ft x 16ft	80	70	50	40	72.8	64	45.5	36.6
11v11 U12-U14									
90 x 50	7ft x 21ft	100	80	60	50	91	72.8	56	45.5
11v11 U15-U16									
100 x 60	8ft x 24ft	110	90	70	50	100.6	82.3	64	45.5
11v11 U17-U18 & Seniors									
110 x 70	8ft x 24ft	130	100	100	50	120	90	90	45.5

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

Run-offs for grass pitches should be a minimum of 1.83 metres (6 feet) but ideally 2 metres. 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.

Where pitches neighbour others within a confined area, the minimum run-off between both pitches should ideally be 4 metres to allow for spectators watching either match.