



Guidelines for matches on American football fields

Field Size:

Understanding the field size for rugby matches is 100 meters by 70 meters, American football fields (100yds x 53 yds) are not ideal for rugby matches, but are acceptable (specially for high school and middle school rugby). When using a football field, utilize the normal markings, end-zone, out-of-bounds, etc. Below is some additional detail on using these fields.

Touch 5 meter and 15 meter lines (in order of best option):

- If lines exist for a wider soccer or lacrosse field, utilize those lines as touchlines. Make sure there is at least 5 meters of grass or turf from the touchline to the surrounding track or barriers.
 - The 5 meter line for the front of lineouts is the existing football out-of-bounds lines.
 - The 15 meter line for the back of lineouts is the top of the numbers for each yard line.
- Utilize the football out-of-bounds lines as rugby touchlines. Ensure there is 5 meters of grass or turf between the touchline and the surrounding track or barriers.
 - The 5 meter line for the front of lineouts is the nearest marking you can utilize 5 meters from the sideline. This could be a hash line or potentially the referee will have to mark this out each lineout.
 - The 15 meter line for the back of lineouts is the top of the numbers for each yard line.

Lines in the Field of Play:

- Dead Ball Line – Use the back of the end zone for the dead ball line. Ensure there is a pad on the football or soccer uprights to protect players.
- Try Line – Use the end-zone line at the front of the end zone, to ease confusion for players. The in-goal is the end-zone.
- 5 meter Line – Use the 5 yard Line
- 22 Meter Line – Use the 25 Yard Line
- 10 Meter Line – Use the 40 Yard Line
- Half Line – Use the 50 Yard Line

Kicks at Goal when Posts are set behind the dead ball line:

- Penalty Kicks at goal are taken at or behind the mark of the infraction, **not moved forward 10 yards. If a kick falls short, it can be touched down by the attack or defense in the in-goal area or played on.** If the kick crosses the dead ball line, it is made dead and the restart is a 22 meter dropout if brought in by the attack, or a 5 meter scrum if brought in by the defense.
- Conversions are taken in line with where the touch down occurred, anywhere from the dead ball line out in to the field of play.
 - **The non-kicking team must be behind the dead ball line until the kicker approaches the ball for the kick.**
 - **For penalty kicks, If the ball strikes the goal post and returns to the field of play before going into touch or touch in goal, it is play on.**