



# UK Football Pitch, Team, Ball & Goalpost Size Guide

Source: The FA, All are recommendations

## Under 7s – Under 8s

Pitch size	Ball size	Goal & team size
<p>30 yards 40 yards</p>	<p>3</p>	<p>6ft 12ft 5 vs. 5</p>

## Under 9s

Pitch size	Ball size	Goal & team size
<p>40 yards 60 yards</p>	<p>3</p>	<p>6ft 12ft 7 vs. 7</p>

## Under 10s

Pitch size	Ball size	Goal & team size
<p>40 yards 60 yards</p>	<p>4</p>	<p>6ft 12ft 7 vs. 7</p>

## Under 11s – Under 12s

Pitch size	Ball size	Goal & team size
<p>50 yards 80 yards</p>	<p>4</p>	<p>7ft 16ft 9 vs. 9</p>

## Under 13s – Under 14s

Pitch size	Ball size	Goal & team size
<p>55 yards 90 yards</p>	<p>4</p>	<p>7ft 21ft 11 vs. 11</p>

## Under 15s – Under 16s

Pitch size	Ball size	Goal & team size
<p>60 yards 100 yards</p>	<p>5</p>	<p>8ft 24ft 11 vs. 11</p>

## Under 17s – Under 18s – Senior (18+)

Pitch size	Ball size	Goal & team size
<p>70 yards 110 yards</p>	<p>5</p>	<p>8ft 24ft 11 vs. 11</p>

## SAFETY

41% 50% 22%

Recent tests on currently installed goals revealed that 41% of mini-soccer goals, 50% of 5-a-side goals and 22% of junior goals failed stability tests.

SOURCE: ROSPA.com

8.5psi



15.6psi



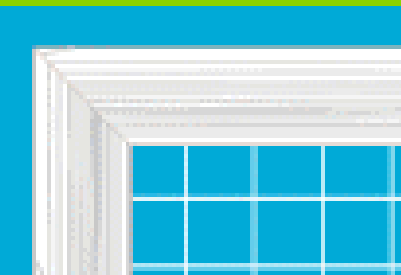
FIFA laws state that air pressure in a football must be between 8.5 psi and 15.6 psi.

SOURCE: livestrong.com

£41,500

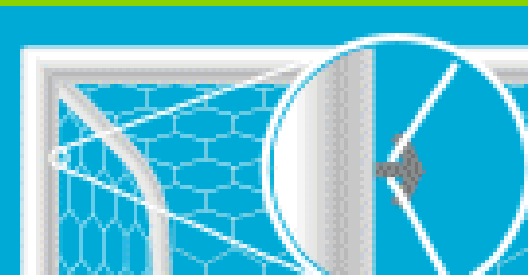
In 2008, a man was awarded £41,500 in damages when an incorrectly installed goalpost fell on him, causing jaw and teeth injuries.

SOURCE: ralli.co.uk



It is unlikely that any wooden goals will pass The FA's load and stability tests.

SOURCE: The FA



Metal hooks to attach the net to the goal frame were banned at the start of the 2007/08 season.

SOURCE: The FA

- ✓ All goalposts must be anchored securely to the ground
- ✓ Goalposts are not to be swung, played or climbed on
- ✓ Ensure portable goalposts are assembled correctly
- ✓ Carry out regular inspections of your goalposts
- ✓ Always disassemble and store your goalposts correctly after use
- ✓ Children should always be supervised when using portable goals