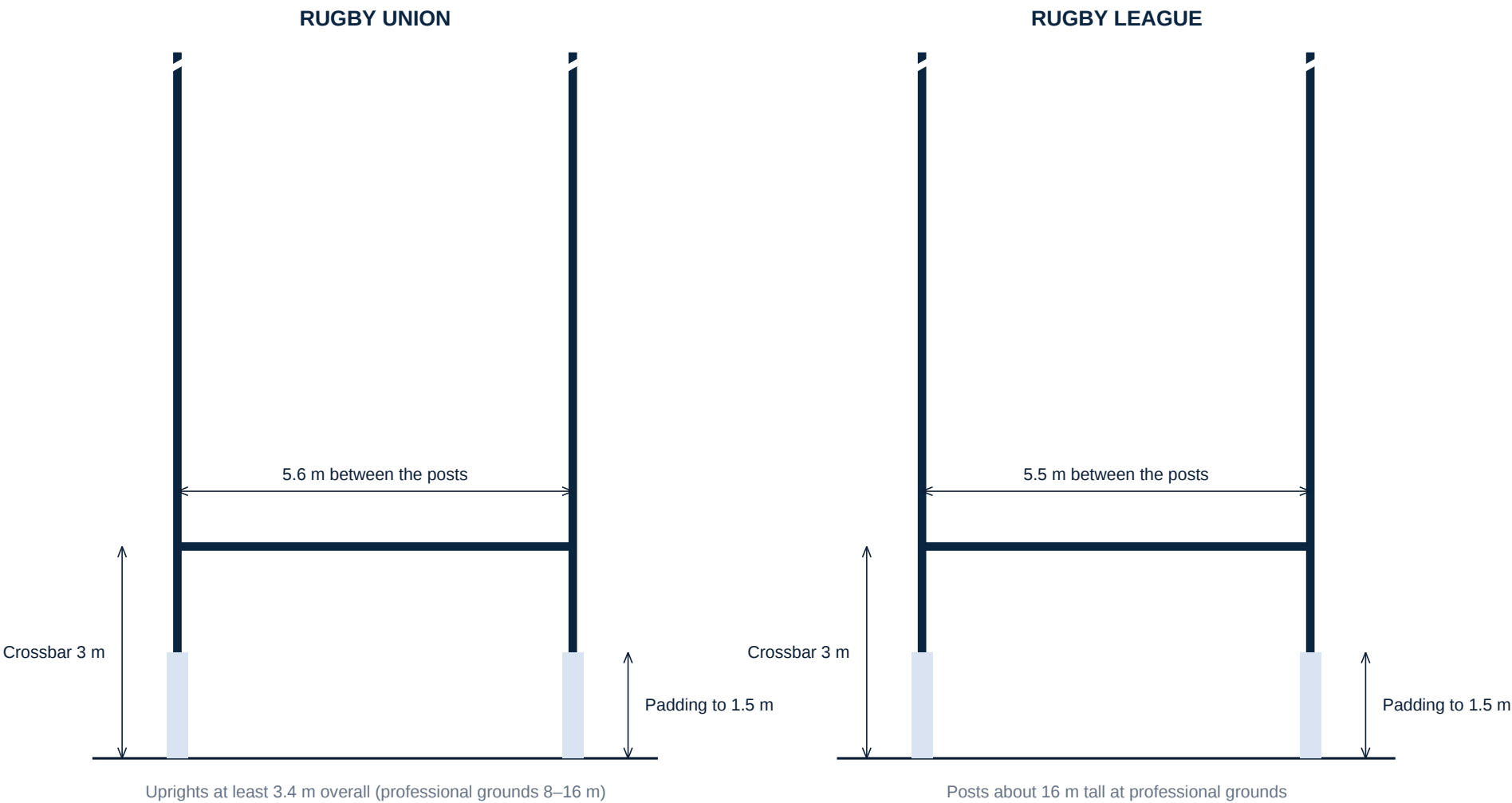


Rugby Goal Post Dimensions

Union and league posts, front elevation



Union (World Rugby Law 1): posts 5.6 m apart, crossbar 3 m above the ground -- 18 ft 4½ in and 9 ft 10 in. League (RFL / NRL): 5.5 m and 3 m
For comparison an American football goal is 18 ft 6 in (5.64 m) wide with the crossbar at 10 ft (3.05 m) -- and stands on the end line, not the goal line