

SCHOOLS RUGBY LEAGUE



COMPETITION HANDBOOK 25-26



INTRODUCTION & CONTENTS



Thank you for participating in the Schools RL competition in 2025-26. In this document you will find key information, rules and important dates for the next year, and the process for qualification through to Champion Schools national rounds.

1. Concussion guidance
2. Rules
3. Qualification process
4. Key dates
5. Timelines



CONCUSSION GUIDANCE

IF IN DOUBT,
SIT THEM OUT



In line with the grassroots concussion guidance released by Sports Recreation Alliance and DCMS, we have created an updated process for reporting suspected / confirmed concussions which all schools who participate in Schools RL competitions must follow.

The process is outlined below;

- All staff involved in coaching / accompanying teams participating in Schools RL fixtures must read our School Concussion Guidance document, complete the associated learning check online and complete the waiver form confirming they understand and will apply the SRA concussion guidelines (documents provided separately).
- Any instances of suspected / confirmed concussion in Schools RL fixtures (or training) must be reported to the RFL via the School and Concussion Reporting Form.
- The parent/carer of the affected player must be informed as soon as possible and given relevant information about the details and mechanism of the injury. This should be recorded by them on a Concussion Guidance GRTP document which we recommend you share with all parents ahead of any fixtures taking place. It will then be their responsibility to ensure their child follows the recommended graduated return to play stages (GRTP) over the following 21 days (minimum) mapped out in the document. The ensuing break from playing following a concussion covers ALL sports, not just Rugby League activity. As a teacher, you must support this process by omitting them from contact activity (training or matches) until the GRTP period is complete.
- A copy of the Concussion Report Tool (CRT6) should be kept with your first aid equipment and be available pitch side at all training and matches for reference.



RULES - OVERVIEW



BOYS: 13 A-SIDE, SQUADS OF 18 IN NATIONAL ROUNDS
GIRLS: 11 A-SIDE, SQUADS OF 16 IN NATIONAL ROUNDS

BOYS GAMES

NO 40/20 OR 20/40 KICKS

TEAMS CAN CHOOSE TO
'TAKE 10' FOR A PENALTY

GIRLS COMPETITION - AS ABOVE, PLUS ADDITIONAL AMENDS;

IN ALL ACTIVITY:

NO BOUNCEOUTS.
RECEIVING TEAM KEEPS THE
BALL UNLESS THEY MADE IT
DEAD

ONE MARKER AT THE PTB

ONLY IN FESTIVALS:

NO SCRUMS - HANDOVER
AT POINT OF INFRINGEMENT

NO CONVERSIONS; BONUS
BOX TRIES WORTH 6 POINTS

KICK OFF ONLY TO START
EACH HALF OF GAMES; PTB
RESTART FOR CONCEDED
TEAM AFTER A TRY IS
SCORED

NO DROP OUTS; ATTACKING
TEAM TAKE A PTB ON 20M
WITH ONE MARKER

ONLY IN GAMES:

3 PERSON SCRUMS

FOR FULL
RULES, SCAN
THE QR
CODE



FOR GIRLS
RULES, SCAN
THE QR
CODE



QUALIFICATION PROCESS



BOYS

In the boys competition, the qualification process is;



GIRLS

In the girls competition, the qualification process is;



TIMELINES - BOYS



Boys - Year 7

Regional entries submitted by Friday 6th February 2026

Round	Deadline/Date (all 2026)	Venue
National Round One	By Wednesday 11 th March	Home team as per draw
National Quarter Finals	By Friday 27 th March	Home team as per draw
National Semi Finals	On Wednesday 29 th April	TBC
National Final	On Saturday 30 th May	Wembley Stadium

Boys - Year 8 to 10

Regional entries submitted by Friday 6th February 2026

Round	Deadline/Date (all 2026)	Venue
National Round One	By Friday 20 th March	Home team as per draw
National Quarter Finals	By Wednesday 29 th April	Home team as per draw
National Semi Finals	On Thursday 14 th May	TBC
National Finals (Y8-10)	Week commencing 29 th June TBC	TBC

Boys - Year 11

Regional entries submitted by Friday 16th January 2026

Round	Deadline/Date (all 2026)	Venue
National Quarter Finals	By Wednesday 11 th February	Home team as per draw
National Semi Finals	On Wednesday 11 th March	TBC
National Final	On Wednesday 22 nd April	TBC

TIMELINES - GIRLS



Girls - Year 7 to 10

Regional Entries Submitted by Friday 19th March 2026

Round	Dates (all 2025)	Venue
National Festival (Y8 & 10)	Tuesday 5 th May	Yorkshire TBC
National Festival (Y7 & 9)	Thursday 7 th May	North West TBC
National Final (Y10)	TBC	TBC
National Finals (Y7-9)	TBC	TBC

Girls - Year 11

Regional Entries Submitted by Friday 6th February 2026

Round	Date (all 2025)	Venue
National Festival	On Thursday 12 th March	TBC
National Final	On Wednesday 22 nd April	TBC



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