

School Games Rugby Union 2026

Entry Information & Rules



Event Overview

Dates and Venues:

- **South** - Wednesday 11th March 2026 – Richmond Athletics Ground, TW9 2SF
- **North** - Thursday 12th March 2026 – Enfield Ignatians RFC, EN1 3PL
- **Final** (Year 7 and Year 8/9 winner of each regional qualifier) – Friday 3rd July 2026 – Queen Elizabeth Olympic Park.

Approximate timings: 9am-3pm.

Contact: abby@londonyouthgames.org

Entry Information

Entry Deadline: Wednesday 25th February 2026 at 10pm.

Squad Size: Minimum – 10 & Maximum – 12.

Competitions: Girls Only.

Eligibility Criteria: Previous experience playing rugby is recommended.

Eligibility Criteria

Competition Tier: Compete

Competition Intent: Highly competitive environment where winning is the measure of success and level challenge is high, in order to further the development of young athletes. Local qualifying events are encouraged, with the winning school progressing to the county final.

Player Eligibility: Aimed at children and young people who enjoy competition and may regularly access training and coaching outside of the school environment. Participants are used to competing in sport inside and outside of school and have a higher skill ability and understand tactics and strategies in competitive game play situations.

Age Categories

Age Category	Oldest DOB	Youngest DOB	Likely School Year
U12	01/09/2013	31/08/2014	Year 7
U14	01/09/2011	31/08/2013	Year 8 - 9

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Full Rules & Regulations

RFU 1 The event will run in accordance with the [World Rugby T1 Touch Rugby Rules](#). Any rules outlined below that contradict these rules will supersede them.

RFU 1.1 It will be at the discretion of the Event Referee and LYG personnel as to the application of these rules, and any subsequent decision made as a result will be final.

RFU 1.2 The Tournament Organisers reserve the rights to alter or amend the playing schedule if necessary and make decisions on any matters arising during the tournament, including any matters not covered by the tournament regulations.

RFU 1.3 The Competition Director reserves the right to suspend/cancel the event where required by weather/unsafe conditions.

RFU 2 Age Category

RFU 2.1 The following age groups and respective maximum date of births will apply to the School Games U14 Rugby Union Competition:

Age Category	Oldest DOB	Youngest DOB	Likely School Year
U12	01/09/2013	31/08/2014	Year 7
U14	01/09/2011	31/08/2013	Year 8 - 9

RFU 2.2 Competitors are not permitted to enter this competition if they are ineligible. No exceptions will be made.

RFU 2.3 It is the responsibility of competitors/parents/teachers/SGOs to ensure all competitors details are entered correctly at the time of submission, and that they are eligible to compete.

RFU 2.3.1 In the instance a competitor is found to be ineligible, they may be disqualified from the competition.

RFU 3 Eligibility

RFU 3.1 Competition Tier: Compete

RFU 3.1.1 Competition Intent: Highly competitive environment where winning is the measure of success and level challenge is high, in order to further the development of young athletes. Local qualifying events are encouraged, with the winning school progressing to the county final.

RFU 3.1.2 Player Eligibility: Aimed at children and young people who enjoy competition and may regularly access training and coaching. Participants are used to competing in sport inside and outside of school and have a higher skill ability and understand tactics and strategies in competitive game play situations.

RFU 4 Squad Size Schools are permitted to bring a minimum of 10 competitors and a maximum of 12 competitors.

RFU 5 Kit & Equipment

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RFU 5.1 All clothing must be appropriate and safe to the player and opponent, in line with the [RugbySafe Clothing and Equipment](#) guidelines.

RFU 5.2 Appropriate footwear should be worn dependent upon weather conditions. Moulds or studs are recommended.

RFU 5.3 Size 4 balls will be used throughout the event.

RFU 5.4 Approximate playing pitch size: 60 metres x 40 metres (inc. goal areas of 5m).

RFU 6 Competition Format Each match will be timed straight through (length will depend on entries).

RFU 6.1 The format will also ensure that no girl will play more than 80 minutes total.

RFU 7 Draw Format Teams will be randomly drawn into groups, with sizes dependent on entries. A waterfall format will take place, with games after the group stage split into Bowl, Plate and Cup.

RFU 8 Competition Rules

RFU 8.1 Maximum of 10 players from each team on the pitch at one time.

RFU 8.1.1 Rolling substitutions are permitted and substituted players can return at any time. Substitutions can only take place when the ball is dead and always with the referee's permission.

RFU 8.2 The attacking team are attempting score a try by touching the ball down on or over the opponent's try line.

RFU 8.3 The defending team need to try and stop the attacking team from scoring by making a touch-tackle on the ball carrier at the shoulder or below. Touches can be one-handed.

RFU 8.4 At the point of a touch, a 'tackle triangle' must be created made of up to five players, who must make contact with their teammate within 5 seconds:

- The ball carrier
- The player that made the touch
- Two other defenders – these must put their outside hand on the shoulder of the toucher, forming a triangle.

RFU 8.4.1 The ball carrier turns to their own side and presents the ball to their teammate ('the ripper') who can then pass or kick the ball, but cannot score a try.

RFU 8.4.2 The 'ripper' can take up to three steps away from the breakdown but no further, and cannot be touched by the defenders before passing the ball.

RFU 8.4.3 Remaining defenders must move to an offside line along the back foot line on their side of touch triangle.

RFU 8.4.4 No sanction awarded if the attacking team choose to play the ball away before the defence have had the chance to set their three players.

RFU 8.4.4 A penalty may be awarded if the defence do not make an attempt to move towards the breakdown to set their defensive triangle, and the attack will receive a new series of seven plays.

RFU 8.5 Tries in the middle zone are worth 7 points and tries in the outer zones are worth 5 points.

RFU 8.6 The game starts and restarts after a try with a drop kick at the middle of the pitch (drop kicks are recommended but other alternatives are allowed).

RFU 8.6.1 A kick off/restart must be received by the non-kicking team at any point in their own half.



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RFU 8.6.2 The kicking side are not allowed to compete for their own kick and must allow the receiving team to retrieve the ball.

RFU 8.6.3 If a restart kick goes off the side or the end of the pitch without being collected by the opposition, the non-kickers will have a choice of a re-kick or a scrum in the middle with their put in.

RFU 8.7 Kicks from hand may occur at any time in the game.

RFU 8.7.1 There should be no contact when competing for a ball that has been kicked in open play.

RFU 8.7.2 Any open play kick that goes off the side of pitch will restart with a lineout with the other team throwing the ball in.

RFU 8.7.3 Apart from a kick off or a restart, if the ball is kicked over the end of the pitch, play restarts with a Tap and Pass to the other team, 15m out from the try line.

RFU 8.7.4 When the ball leaves the side of the playing area, the side that did not take, kick or play the ball out restarts with an uncontested lineout.

RFU 8.8 Scrums are awarded for a knock on, forward pass or some other necessary stoppage.

RFU 8.8.1 Play is restarted with a 3v3 passive scrum made up of the three nearest players to the stoppage.

RFU 8.8.2 The putting-in side must retain possession – there is no engagement, no pushing, no strike by the other team and no active contest for the ball.

RFU 8.8.3 The three players from each team must line up closely next to each other and face the opposition. They should loosely touch, but not grip, their opponents' shoulders.

RFU 8.8.4 The defending scrum half stays directly behind their 3 players in the scrum; the attacking scrum half throws the ball into the scrum by putting/rolling the ball in and the middle player must hook the ball with their feet between their legs.

RFU 8.8.5 The scrum ends when the scrum half plays the ball away from the scrum via a pass or kick.

RFU 8.8.6 The scrum half can take up to three steps away from the scrum before passing or kicking, and cannot be touched by a scrum participant.

RFU 8.9 When the ball leaves the side of the pitch, the side that did not take, kick or play the ball out restarts play with an uncontested lineout.

RFU 8.9.1 3v3 who create a lineout formation with the front player 5m from the side

RFU 8.9.2 There must be a defending scrum half who lines up behind their own 3 players

RFU 8.9.3 The rest of the team not involved in the lineout formation should be 5m back from the line of touch

RFU 8.9.4 There is no lifting, supporting or contest of any type

RFU 8.9.5 The ball should be thrown down the middle of the line by any form of pass from the touchline.

RFU 8.9.6 The catcher of the ball must pass the ball to one of their teammates who are 5m back or to the throwing in player who may move into a scrum half position after throwing in

RFU 8.9.7 The lineout is over when the ball leaves the hands of the lineout catcher and a series of 7 touches begins

RFU 8.9.8 The catcher cannot be tagged or touched while they are in possession of the ball.

RFU 8.10 Penalties are awarded for an offence that breaches the laws, including and not limited to:

- High tackle/touch
- Aggressive contact/touch
- Foul or dangerous play

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- Poor sportsmanship
- Failure to add numbers to the tackle triangle
- Holding an opponent in at breakdown/scrum.

RFU 8.10.1 When awarded, play restarts with a 'tap and pass' restart – the ball must move a visible distance and not just tapped against the foot. The non-offending team has a complete set of seven plays after the restart.

RFU 9 Overall Scoring Points will be awarded for each game to give a school's group position.

RFU 9.1 The following points will be awarded:

- 5 points for a win
- 3 points for a draw
- 1 point for a loss

RFU 9.1.1 Groups are decided on:

- Match points
- Try differences
- Tries for
- Tries against
- Toss of a coin

RFU 10 Medals & Salvers Bowl, Plate and Cup awards will be presented to each relevant winner per age group. Team Medals will be awarded for 1st, 2nd and 3rd of the Cup competition.