

## AGE GRADE RUGBY COMPETITIVE MENU 2025/26

### Role of Competition and Representative Rugby Organisers

The structure of the Menu is governed by RFU regulations. Organisers will operate their competitions and activities within the parameters of Regulation 15 - Age Grade Rugby.  
Only the competitive formats on the menu for an age group are allowed.

### Competitive Menu By Age Group

The competitive opportunity available on the Menu progresses by age group. Progression is aligned to the developing competitive motivations of Age Grade Rugby players. Formats can be selected from the Menu. This **does not** mean that all formats **have to** be run.

Competition Format	Under 7 to 11	Under 12 Male	Under 13 Male	Under 14 Male	Under 15 Male	Under 16 Male	Under 17 Male	Under 18 Male	Under 12 Female	Under 14 Female	Under 16 Female	Under 18 Female
Friendly Fixture	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triangular	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Festival	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Waterfall Competition		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Knock Out Competition				✓	✓	✓	✓	✓		✓	✓	✓
League					✓	✓	✓	✓			✓	✓
Competition Format	Under 7 to 11	Under 12 Male	Under 13 Male	Under 14 Male	Under 15 Male	Under 16 Male	Under 17 Male	Under 18 Male	Under 12 Female	Under 14 Female	Under 16 Female	Under 18 Female

### Competitive Format Descriptors

<b>Friendly Fixture</b>	Competitive style playing opportunity for two teams, often as part of a club or school/college block fixture, where focus is on maximising all your player's involvement, development and enjoyment.
<b>Triangular</b>	Competitive style playing opportunity for three teams where equal player participation is the emphasis. Focus is on maximising all your player's involvement, development and enjoyment rather than the score.
<b>Festival</b>	Competitive round-robin playing opportunity where equal team and player participation is the emphasis. Winning doesn't affect your ongoing participation as every team plays the same appropriate number of matches.
<b>Waterfall Competition</b>	Competitive playing programme where equal participation/progression is the emphasis. The outcome of your pool (not a league) games are recorded (but not published) to enable every team to advance to later rounds for an equal number of matches organised against similar level teams.
<b>Knock Out Competition</b>	Competitive playing programme where the outcome of the game is recorded and dictates your progression to later knock-out rounds or decides your final standing. Usually includes a winners trophy.
<b>League</b>	Competitive playing programme where the outcome of the game is recorded and points are applied to dictate your position and final standing in the published league table. Usually includes a winners trophy. May lead to a play off system to establish final champions.

**Age Grade Rugby: Player-Centred, Development-Driven, Competition-Supported**

**AGE GRADE RUGBY**  
**PLAYER PATHWAY/REPRESENTATIVE RUGBY MENU & DEVELOPMENT 2025/26**

Pathway/Representative Rugby Menu

This includes all of the selection systems that identify Age Grade players to perform outside their core club, school or college participation; no other programmes are permitted. The Menu considers the implications of representative pathways and activity, not only on the players in the pathway but also (and just as essentially) on those back in the core club, school or college programme. This Menu applies to all activity, not only to matches and is built on the principles which identify that selection should not take place until players reach maturation. Selective rugby activity beyond core club, school or college programmes is balanced by the Menu and the Calendar and activity will be played in nationally defined consistent weeks in the Playing Calendar

Representative Format	Under 7 to 11	Under 12 Male	Under 13 Male	Under 14 Male	Under 15 Male	Under 16 Male	Under 17 Male	Under 18 Male	Under 12 Female	Under 14 Female	Under 16 Female	Under 18 Female
Player Development Activity											✓	✓
County/CB							✓	✓				✓
Regional Academy					✓	✓	✓	✓				
Divisional								✓				
England/National							✓	✓				✓
Representative Format	Under 7 to 11	Under 12 Male	Under 13 Male	Under 14 Male	Under 15 Male	Under 16 Male	Under 17 Male	Under 18 Male	Under 12 Female	Under 14 Female	Under 16 Female	Under 18 Female

CB and Divisional Programmes

Representative Rugby provides an opportunity for players, coaches, match officials, managers, and medics to experience alternative rugby outside their core programmes. It can provide a part of the 'total rugby offer' providing opportunities to enrich, reward and recognise talented and committed people within the community game. Representative rugby will begin for U17 players in both the male and female game. (Girls dual age band at U18). Remember no Sunday activity may take place outside of the given dates for each programme.

The Age Grade Calendar will continue to hold the following principles for all programmes:

- Where appropriate place programmes at the same time to lessen weeks where there is disruption in club/school game.
- Avoid weeks in which there is national club competition where possible.
- Reduce rugby commitments in the months before A-level and GCSE periods.

Player Pathway Programmes

The key principles that support Player Pathway programmes and decisions are as follows:

- Pathway programmes will begin for both male and female players at the age of U15. (Girls dual age band at U16)
- The Player Pathway is in place to provide a coherent, challenging, and nurturing journey for the individual regardless of their eventual playing context.
- Long-term; We have the end in mind. Decisions based on long-term and appropriate development goals rather than early success.
- Programmes will be broad, and final selection will be delayed until late adolescence when players have developed the necessary physical, cognitive, social, and emotional skills.
- Maturation is highly variable, and players go on to change positions, therefore we must ensure a breadth of exposure.

AGE GRADE RUGBY PLAYING CALENDAR 2025/26

Month	W/C	Sunday	Under 12 Male <i>Insert Local U12 Competition here</i>	Under 13 Male <i>Insert Local U13 Competition here</i>	Under 14 Male <i>Insert Local U14 Competition here</i>	Under 15 Male			Under 16 Male		Month	W/C	Sunday
						<i>Insert Local U15 Competition here</i>	<i>National Competitions</i>	<i>Player Pathway Programmes</i>	<i>Insert Local U16 Competition here</i>	<i>Player Pathway Programmes</i>			
July	28	3						Pathway Activity		Pathway Activity	July	28	3
August	4	10									August	4	10
August	11	17									August	11	17
August	18	24									August	18	24
August	25	31									August	25	31
September	1	7	NO GAMES	NO GAMES	NO GAMES						September	1	7
September	8	14	NO GAMES	NO GAMES	NO GAMES						September	8	14
September	15	21	NO GAMES								September	15	21
September	22	28					Nat Schools Comp R1				September	22	28
September	29	5				GAME 1			GAME 1		September	29	5
October	6	12			P Round		Nat Schools Comp R2				October	6	12
October	13	19									October	13	19
October	20	26				Spare			Spare		October	20	26
October	27	2						Intra Playing Opp		Intra/Inter Playing Opp	October	27	2
November	3	9 Rememb									November	3	9 Rememb
November	10	16			1st Round	GAME 2	Nat Schools Comp R3		GAME 2		November	10	16
November	17	23				GAME 3			GAME 3		November	17	23
November	24	30			P Round Plate		Nat Schools Comp R4				November	24	30
December	1	7				GAME 4			GAME 4		December	1	7
December	8	14				Spare			Spare		December	8	14
December	15	21	NO GAMES	NO GAMES	NO GAMES			Intra Playing Opp		Intra/Inter Playing Opp	December	15	21
December	22	28	NO GAMES	NO GAMES	NO GAMES	NO GAMES	NO GAMES				December	22	28
December	29	4	NO GAMES	NO GAMES	NO GAMES						December	29	4
January	5	11				Spare			Spare		January	5	11
January	12	18			1st Round Plate	Spare	Nat Schools Comp R5		Spare		January	12	18
January	19	25						Intra Playing Opp		Intra/Inter Playing Opp	January	19	25
January	26	1				Game 5			Game 5		January	26	1
February	2	8					Nat Schools Comp R6				February	2	8
February	9	15									February	9	15
February	16	22			1/4 Finals	1/4 Finals			1/4 Finals		February	16	22
February	23	1		Schools 7s week	Schools 7s week	Schools 7s week			Schools 7s week		February	23	1
March	2	8		Schools 7s week	Schools 7s week	Schools 7s week	Nat Schools Comp SF		Schools 7s week		March	2	8
March	9	15 Mothers		Schools 7s week	Schools 7s week	Schools 7s week			Schools 7s week		March	9	15 Mothers
March	16	22			Semi-FINAL		Nat Schs Comp Finals		Semi-FINAL		March	16	22
March	23	29		National Schools 7s	National Schools 7s	Semi-FINAL		Intra Playing Opp	National Schools 7s	Intra/Inter Playing Opp	March	23	29
March	30	5 Easter	NO GAMES	NO GAMES	NO GAMES	NO GAMES	NO GAMES	NO GAMES	NO GAMES	NO GAMES	March	30	5 Easter
April	6	12								Academy Festival	April	6	12
April	13	19		DEVON FESTIVAL	FINAL	FINAL				Inter Academy Playing Opp	April	13	19
April	20	26	DEVON FESTIVAL		DEVON FESTIVAL				FINAL	Inter Academy Playing Opp	April	20	26
April	27	3				DEVON FESTIVAL				Inter Academy Playing Opp	April	27	3
May	4	10						Intra Playing Opp			May	4	10
May	11	17									May	11	17
May	18	24									May	18	24
May	25	31									May	25	31
June	1	7									June	1	7
June	8	14									June	8	14
June	15	21			T1 Rugby Series Finals						June	15	21
June	22	28									June	22	28
June	29	5									June	29	5
July	6	12									July	6	12
July	13	19									July	13	19
July	20	26									July	20	26
July	27	3									July	27	3
Month	W/C	Sunday	Under 12 Male <i>Insert Local U12 Competition here</i>	Under 13 Male <i>Insert Local U13 Competition here</i>	Under 14 Male <i>Insert Local U14 Competition here</i>	Under 15 Male			Under 16 Male		Month	W/C	Sunday
			<i>Insert Local U12 Competition here</i>	<i>Insert Local U13 Competition here</i>	<i>Insert Local U14 Competition here</i>	<i>Insert Local U15 Competition here</i>	<i>National Competitions</i>	<i>Player Pathway Programmes</i>	<i>Insert Local U16 Competition here</i>	<i>Player Pathway Programmes</i>			

Half Terms and Holidays
National or Nationwide Clubs Competition
Local or Nationwide Schools/Colleges Competition
Schools Sevens
ACE Male & Female League Competitions
CB Selection & Pathway Match Activity
Player Pathway and PDG Activity
Regional, Divisional, National Pathway Activity
Academy & PDG Match Activity
England Representative

AGE GRADE RUGBY PLAYING CALENDAR 2025/26

Month	W/C	Sunday	Under 17 Male				Under 18 Male								Month	W/C	Sunday
			Insert Local U17 Competition here	Competitions	Insert Rep Activity here	National & Academy Programme	Insert Local U18 Competition here	Competitions			Rep Counties	Academy	Rep Professional				
July	28	3			CB U17 Development	Academy Festival							Academy Festival		July	28	3
August	4	10												England SA Tour (2 wks TBC)	August	4	10
August	11	17				Inter Academy Activity							Academy Rnd 1		August	11	17
August	18	24				Inter Academy Activity							Academy Rnd 2		August	18	24
August	25	31													August	25	31
September	1	7	Game 1				Game 1								September	1	7
September	8	14						Nat Schools Comp R1			ACE Boys R1 (Stage 1)				September	8	14
September	15	21	Game 2				Game 2		Nat Colleges Comp R1		ACE Boys R2 (Stage 1)				September	15	21
September	22	28	Game 3				Game 3	Nat Schools Comp R2/1			ACE Boys R3 (Stage 1)		England Development Camp		September	22	28
September	29	5							Nat Colleges Comp R2	Nat Clubs Comp R1	ACE Boys R4 (Stage 1)				September	29	5
October	6	12	Game 4				Game 4	Nat Schools Comp R3/2	Nat Colleges Comp R3		ACE Boys R5 (Stage 1)				October	6	12
October	13	19							Nat Colleges Comp R4	Nat Clubs Comp R2	RESERVE				October	13	19
October	20	26				Inter Academy Activity			Nat Colleges Comp R5			CB Assessment	Academy Rnd 3		October	20	26
October	27	2	Game 5				Game 5					CB Squad Development		England Development Camp	October	27	2
November	3	9 Rememb						Nat Schools Comp R4/3	Nat Colleges Comp R6		ACE Boys R6 (Stage 2)				November	3	9 Rememb
November	10	16	Game 6				Game 6		Nat Colleges Comp R7	Nat Clubs Comp R3	ACE Boys R7 (Stage 2)				November	10	16
November	17	23						Nat Schools Comp R5/4	Nat Colleges Comp R8		ACE Boys R8 (Stage 2)	CB Training + Match			November	17	23
November	24	30	Game 7				Game 7		Nat Colleges Comp R9		ACE Boys R9 (Stage 2)				November	24	30
December	1	7						Nat Schools Comp R6/5	Nat Colleges Comp R10		ACE Boys R10 (Stage 2)	CB Training + Match	England Camp		December	1	7
December	8	14	Game 8				Game 8				RESERVE				December	8	14
December	15	21										CB Training + Match			December	15	21
December	22	28													December	22	28
December	29	4				Inter Academy Activity							Academy Rnd 4		December	29	4
January	5	11	Game 9			Inter Academy Activity	Game 9						Academy Rnd 5		January	5	11
January	12	18				Inter Academy Activity				Nat Clubs Comp R4			Academy Rnd 6		January	12	18
January	19	25	Game 10				Game 10		Nat Colleges Comp R11			Divisional Window	Rest Week		January	19	25
January	26	1				Inter Academy Activity			Nat Colleges Comp R12				Academy Rnd 7		January	26	1
February	2	8	PROVISIONAL - 1/4 FINAL			Inter Academy Activity	PROVISIONAL - 1/4 FINAL		Nat Colleges Comp R13	Nat Clubs Comp R5			Academy Rnd 8		February	2	8
February	9	15				Inter Academy Activity			Nat Colleges Comp R14			Divisional Window	Academy Rnd 9		February	9	15
February	16	22	PROVISIONAL - SEMI-FINAL				PROVISIONAL - SEMI-FINAL						Academy Finals		February	16	22
February	23	1		Schools 7s week				Schools 7s week	AOC Sport Play Off Semi			Divisional Window		England Camp	February	23	1
March	2	8		Schools 7s week				Schools 7s week	Nat Schools Comp SF						March	2	8
March	9	15 Mothers		Schools 7s week				Schools 7s week	AOC Sport Play Off Final					U18 Fixture	March	9	15 Mothers
March	16	22	PROVISIONAL - FINAL			England Development	PROVISIONAL - FINAL	Nat Schools Comp Finals	National Colleges 7s						March	16	22
March	23	29		National Schools 7s				National Schools 7s		Nat Clubs Comp SF				U18 Fixture	March	23	29
March	30	5 Easter													March	30	5 Easter
April	6	12				Inter Academy Activity								U18 6Nations	April	6	12
April	13	19				Inter Academy Activity									April	13	19
April	20	26				Inter Academy Activity									April	20	26
April	27	3			CB Squad Development					Nat Clubs Comp Final					April	27	3
May	4	10			CB Training + Match	England Development									May	4	10
May	11	17		T1 Rugby Series Finals	CB Training + Match			T1 Rugby Series Finals							May	11	17
May	18	24			CB Training + Match										May	18	24
May	25	31													May	25	31
June	1	7													June	1	7
June	8	14													June	8	14
June	15	21													June	15	21
June	22	28													June	22	28
June	29	5													June	29	5
July	6	12													July	6	12
July	13	19													July	13	19
July	20	26				England Camp									July	20	26
July	27	3													July	27	3
Month	W/C	Sunday	Under 17 Male				Under 18 Male								Month	W/C	Sunday
			Insert Local U17 Competition here	Competitions	Insert Rep Activity here	National Programme	Insert Local U18 Competition here	Competitions			Rep Professional						

- Half Terms and Holidays
- National or Nationwide Clubs Competition
- National or Nationwide Schools/Colleges Competition
- Schools Sevens
- ACE Male & Female League Competitions
- CB Selection & Pathway Match Activity
- Player Pathway and PDG Activity
- Regional, Divisional, National Pathway Activity
- Academy & PDG Match Activity
- England Representative

AGE GRADE RUGBY PLAYING CALENDAR 2025/26

Month	W/C	Sunday		Under 12 Female	Under 14 Female	Under 16 Female			Under 18 Female						Month	W/C	Sunday	
				Insert Local U12 Competition here	Insert Local U14 Competition here	Insert Local U16 Competition here	National Competitions	Player Pathway Programme	Insert Local U18 Competition here	National Competitions	CB Rep Rugby	Player Pathway Programme	Rep England Emerging & Talent Pathway Group					
July	28	3	CLUB, SCHOOL & COLLEGE ARRANGED FIXTURES CAN BE PLAYED THROUGH ENTIRE SEASON		U14 & 15 Assessment			U14 & 15 Assessment					Pathway Activity		July	28	3	
August	4	10											Regional Festivals		August	4	10	
August	11	17													August	11	17	
August	18	24													August	18	24	
August	25	31													August	25	31	
September	1	7													September	1	7	
September	8	14													September	8	14	
September	15	21			Nationwide Love Rugby Festivals	Nationwide Love Rugby Festivals	Nationwide Love Rugby Festivals		PDG ASSESSMENT						September	15	21	
September	22	28			1 REG	1 REG	L1 + PO1			1	ACE Girls R2				September	22	28	
September	29	5						Nat Clubs Comp	T1		ACE Girls R3	Nat Clubs Comp			September	29	5	
October	6	12			2 REG	2 REG	L2 + PO2		T2	2					October	6	12	
October	13	19				DC1	L3 + DC1		T3	3	ACE Girls R4			Positional Skills FWDS Positional Skills BACKS	October	13	19	
October	20	26			3	3		Nat Clubs Comp				Nat Clubs Comp			October	20	26	
October	27	2			4	4	L4 + PO3						CB Assessment	Regional	October	27	2	
November	3	9 Rememb				DC2	DC2		T4	4	ACE Girls R5		Playing Opportunity		November	3	9 Rememb	
November	10	16			5 REG	5	L5 + PO4		T5			CB Squad Development			November	10	16	
November	17	23			6	6 REG		Nat Clubs Comp		5	ACE Girls R6	Nat Clubs Comp			November	17	23	
November	24	30			7 REG	7	L6 + PO5			6			T1	Playing Opportunity	November	24	30	
December	1	7				DC3	L7 + DC3		T6				T2 + Match		December	1	7	
December	8	14			8				T7 Fri + GAME Sun	7	ACE Girls R7			EEP 1	December	8	14	
December	15	21													December	15	21	
December	22	28													December	22	28	
December	29	4													December	29	4	
January	5	11			9 REG	DC4	L8 + DC4						T3	Playing Opportunity	January	5	11	
January	12	18						Nat Clubs Comp					T4 + Match		January	12	18	
January	19	25			10	9	L9+ PO6		T9	8				EEP 2	January	19	25	
January	26	1				DC5	L10 + DC5		T10		ACE Girls R8		Playing Opportunity		January	26	1	
February	2	8			11 REG	10			T11 Fri + GAME Sun	9		Nat Clubs Comp	T5		February	2	8	
February	9	15			12	11 REG	L11 + PO7						T6 + Match	EEP 3	February	9	15	
February	16	22					L12 + PO7								February	16	22	
February	23	1			13 REG	12	PO8	Nat Clubs Comp		10	ACE Girls R9	Nat Clubs Comp			February	23	1	
March	2	8				DC LAST ROUND	LSEMI + DC SEMI		T12	11	National Colleges 7s			EEP 4/England Camp	March	2	8	
March	9	15 Mothers			National Schools Showcase				T13 Fri + GAME SUN		ACE Girls Play Offs				March	9	15 Mothers	
March	16	22			14	13 REG		Nat Clubs Comp		12	ACE Girls Final	Nat Clubs Comp			March	16	22	
March	23	29			15 REG	DC FINAL	DC & L FINAL	National Schools 7s		LEAGUE FINAL	National Schools 7s			England Camp	March	23	29	
March	30	5 Easter							T14						March	30	5 Easter	
April	6	12							T15 Fri + GAME Sun						April	6	12	
April	13	19													April	13	19	
April	20	26			FESTIVAL	FESTIVAL	FESTIVAL			Devon Cup Festival				Regional Festival Pathway U16 & U17	England 6N	April	20	26
April	27	3						Nat Clubs Comp				Nat Clubs Comp			April	27	3	
May	4	10													May	4	10	
May	11	17									T1 Rugby Series Finals			England Review Camp	May	11	17	
May	18	24													May	18	24	
May	25	31													May	25	31	
June	1	7				U14 & 15 Assessment			U14 & 15 Assessment						June	1	7	
June	8	14													June	8	14	
June	15	21				T1 Rugby Series Finals									June	15	21	
June	22	28													June	22	28	
June	29	5													June	29	5	
July	6	12													July	6	12	
July	13	19													July	13	19	
July	20	26													July	20	26	
July	27	3													July	27	3	
Month	W/C	Sunday		Under 12 Female	Under 14 Female	Under 16 Female			Under 18 Female						Month	W/C	Sunday	
				Insert Local U12 Competition here	Insert Local U14 Competition here	Insert Local U16 Competition here	National Competitions	Player Pathway Programme	Insert Local U18 Competition here	National Competitions	CB Rep Rugby	Player Pathway Programme	Rep England Talent Dev Group					

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