

Schools & Youth Competition Rules 2024/25

Player Eligibility Clarification

The information below is applicable to the competition programme that runs from August – December 2024.

Competitions covered include National and Regional Conference/League and all National Cup competitions.

U15, U16 & U18 Players

Each player is limited to participate in one U15, U16, U18 or senior competition fixture each weekend. For the avoidance of doubt fixtures played on Fridays are viewed as part of that weekend's competition schedule.

This rule applies to competition fixtures that are played as Development Matches i.e. fixtures that are played applying Game On principles when one team has insufficient players, or the match can't start with a contested scrum.

U13 - U14 Players

The competition rules don't contain any restrictions so the only consideration for U13 and U14 players is the Game-time Policy that applies to the entirety of schools and youth game i.e. players are limited to 90 minutes gameplay in a 48-hour period.

National Cup Competitions (U16 & U18)

For the avoidance of doubt the term National Cup Competitions refers to all cup competitions that take place in the autumn phase of the season, including Shields, Plates, Bowls and Quaiches.

Each player is limited to participate for one club, or one school, across the entire programme of National Cup competitions.

Players that start a National Cup competition with their club/school's U16 team can choose to transition to the U18 team (if eligible under the Age Banding Policies). However, once a player participates for the U18 team in the Cup competitions they are then tied to this team for the remainder of the competition.

Players that participate across U18 and senior rugby must have participated in at least three U18 competition fixtures (Conference/League or Cup) in advance of the semifinals to be eligible to take part in the semifinal or final of a National Cup competition.

Should a player be ineligible due to either of the previous two points in exceptional circumstances dispensation can be sought from the Competitions Committee. Please review the competition rules for further information.

The National Competition Rules can be found [here](#) and the rules and regulations explained above are; National Competition Rule 4.4 (page 5), National Schools Cup Regulation 5 (page 19), National Youth Cup Regulation 5 (page 21) and Girls' National Cup Regulation 5 (page 23).