



# National Touch Series Update

Changes to Minimum Age For Adult Competition

February 2026



# Touch Competition for Juniors



**New Minimum Age for Adult Touch Series:** England Touch will now implement a minimum age of 14 (on the day of competition) for all National competitions.



**Formalising Existing Guidance:** This formalises previous suggested guidance that 14 should be the minimum age.



**Reasoning:** The decision follows feedback from players and clubs regarding younger players in a competitive adult environment.



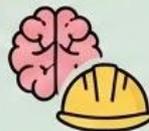
**Discussion & Alignment:** The policy was discussed during the October 2025 Workforce weekend and aligns with other sports: Netball (14+), Football (16+), and Tag (18+).



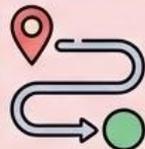
**Youth-Specific Opportunities:** Given the increased availability of youth-specific Touch, 14 is considered a sensible minimum for the national series.



**Regional Discussions:** Regional leads voiced considerations for integrating junior players, including physicality, emotional support, tactical advantages, potential flashpoints (winning the ruck), and parental support.



**Physical and Psychological Safety:** There are issues in assessing competency of youth players competing in adult events.

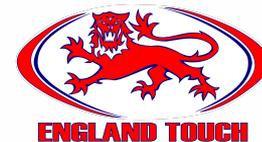


**Alternative for Younger Players:** The Regional Development Touch Series remains an excellent opportunity for younger players to gain confidence with club and regional support.



**Future Plans:** Plans are in place to work with regions to expand development opportunities into the summer to support player and club development beyond the current NTS structure.

# Summary of Participation Requirements and Opportunities:



## The Nationals

All players, on field officials, and coaches **must be 14** or older on the day of the event.



## National Touch Series

Mixed, Women's, and Men's

All players, on field officials, and coaches **must be 14** or older on the day of the event.



## Junior Nationals

Junior Age Groups  
U12=yr7  
U14=yr9  
U17=yr12



## Junior Touch Cup

Three summer events providing opportunities for younger players and officials to compete and grow as a team.



## England Touch Junior Squads

Multiple training camps and competitive opportunities each season across 9 Junior divisions.



## Regional & Local

Development Touch across regional delivery or social leagues provide opportunities for Junior players to learn and progress through supervised in game coaching and support.

## Try Sports - Schools

A series of regional events culminating in a national final. Please share these details with your PE department.



## Holiday Camps

Open to Primary and Secondary aged players, this program supports the ongoing development of junior players and is hosted by different operators in each region.

## Centre of Excellence

The Centre of Excellence has been developed in partnership with Try Sports and the England Touch Association and is a recognised part of the high performance pathway.

The Touch curriculum covered, the topics of the online learning modules, and the structure of our sessions, has been designed to support player development, both on and off the field, and prepare athletes to compete at a representative level in Touch.

