

BRIGHTON & HOVE RUGBY LEAGUE

2026 GIRLS LEAGUE INFORMATION PACK

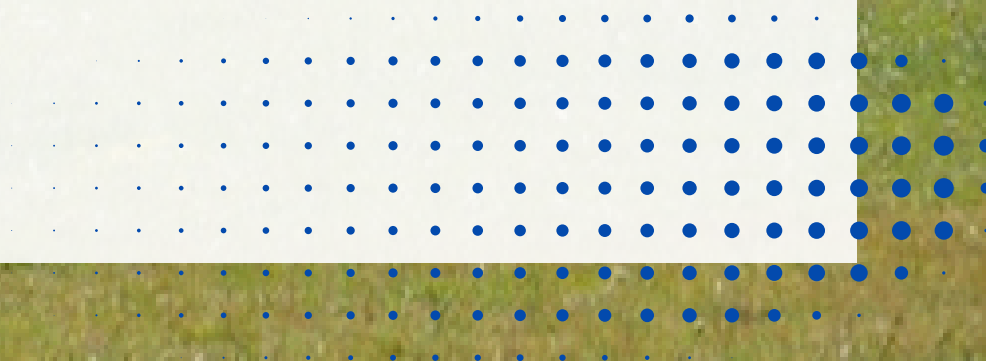


INTRODUCTION

Since 2024, Brighton & Hove Rugby League have been growing girls Rugby League in Sussex and taking part in the festivals which have been hosted by the RFL. As the game grows in the South, so do we and we have expanded our girls offering to include players from school years 6-11 this season.

There are plenty of opportunities for you or your daughter to be involved, we welcome players who have no rugby or rugby league experience as well as regular rugby players. So if it is your first or thousandth time picking up a rugby ball, this is the place for you. Bonus, rugby league being a Summer sport means that it is actually sunny when you play... most of the time!

This information pack should provide all the detail you need for the coming season, so that you can join in with all you need to get started..



WHY RUGBY LEAGUE?

If you already play rugby, you may be asking yourself why play rugby league on top of your union season. By combining the codes, you can both build upon your existing skillset from Union and learn all new ways to play the game. With some of our top coaches worldwide, including in the national adults set up, coming over from Rugby League, there has to be something in it!

As a club, we are not linked to any specific Union club or school, so our programme is open to all players across the county - an excellent way to experience the game with new teammates whilst keeping your loyalty. Extra time playing rugby means more chance to up-skill and improve your game ahead of the new union season too, and with a faster paced element to the offside line your match fitness will benefit.

Our Programme Lead and team know how to create the right environment and build a season which can teach you the new game of rugby league alongside enhancing your playing abilities for rugby union. The coaching team aren't just qualified coaches, but they also have a variety of experience coaching the girls game all the way from club level, to county and ACE college.



Head of Programme - Phil Ward
Level 3 Qualified Coach
Coaching experience includes:
London Broncos Womens RL, Sussex
U16s Head Coach, ACE College Head
Coach and Programme Lead.



SUMMER 2026 SEASON

Training

Training will take place at BHASVIC Fields every Thursday 6-7:30pm from May 14th - July 16th.

Girls Rugby League Calendar:

Thursday 14th May - First Training Session

May Half Term - Date TBC - Broncos Development Session (U12-U16)

Sunday 14th June - Futures Festival (U12 & U14)

Sunday 21st June - Sunday 5th July - U14 League Fixtures

Sunday 12th July - Futures Festival (U12 & U14)

Thursday 16th July - Final Training Session

Saturday 18th July - U14s League Final

U14s League games to be arranged between the first Futures Festival and the League Finals day. Players/parents will be updated when we have these dates.

FREE KIT PACKAGE

Sign up before Monday 11th May and receive a rewards card that allows you to earn free kit via training and game attendance! Only available while stocks last, so sign up as early as possible.



GIRLS PATHWAY

If you are interested in playing at a higher level, there is a clear talent pathway in Rugby League.

Brighton & Hove RL Futures Hub - structured summer programme for U12-U16

London Broncos Development Days - open to all players in U12-U16 - during school holidays

London Talent Hub - representative programme for players starting Y10 in September

HOW TO JOIN

To be a part of the Brighton and Hove Rugby League Girls Season, please complete the following form:

<https://forms.gle/SjYt5gehoKw96Pm48>

