

16 October 2025

19:30 Ebbw Vale v Llandovery

18 October 2025

Cardiffv Aberavon

Carmarthen Quins v Newport

Pontypool v Bridgend

RGC v Swansea

23 October 2025

19:30 Llandovery v Bridgend

25 October 2025

Aberavon v RGC

Cardiffv Pontypool

Newport v Ebbw Vale

Swansea v Carmarthen Quins

30 October 2025

19:30 Pontypool v Aberavon

1 November 2025

Bridgend v Newport

Cardiffv Llandovery

Carmarthen Quins v RGC

Ebbw Vale v Swansea

8 November 2025

Bridgend v RGC

15 November 2025

RGC v Ebbw Vale

21 November 2025

19:30 Llandovery v Pontypool

19:30 Newport v Cardiff

22 November 2025

Aberavon v Carmarthen Quins

Swansea v Bridgend

27 November 2025

19:30 Ebbw Vale v Carmarthen Quins

28 November 2025

19:30 Pontypool v Newport

29 November 2025

Bridgend v RGC

Cardiffv Swansea

Llandovery v Aberavon

4 December 2025

19:30 Aberavon v Ebbw Vale

5 December 2025

19:30 Swansea v Pontypool

6 December 2025

Cardiffv RGC

Carmarthen Quins v Bridgend

Llandovery v Newport

11 December 2025

19:30 Carmarthen Quins v Cardiff

13 December 2025

Ebbw Vale v Bridgend

Newport v Aberavon

RGC v Pontypool

Swansea v Llandovery

20 December 2025

Carmarthen Quins v Llandovery

Ebbw Vale v Pontypool

Newport v RGC

Swansea v Aberavon

17:15 Cardiffv Bridgend

26 December 2025

Llandovery v Carmarthen Quins

27 December 2025

Aberavon v Swansea
Bridgend v Cardiff
Pontypool v Ebbw Vale
17:15 RGC v Newport

3 January 2026

Aberavon v Cardiff
Bridgend v Pontypool
Newport v Carmarthen Quins
Swansea v RGC
17:15 Llandovery v Ebbw Vale

21 March 2026

Bridgend v Llandovery
Carmarthen Quins v Swansea
Ebbw Vale v Newport
Pontypool v Cardiff
RGC v Aberavon

28 March 2026

Aberavon v Pontypool
Llandovery v Cardiff
Newport v Bridgend
RGC v Carmarthen Quins
Swansea v Ebbw Vale

4 April 2026

Bridgend v Swansea
Cardiffv Newport
Carmarthen Quins v Aberavon
Ebbw Vale v RGC
Pontypool v Llandovery

11 April 2026

Aberavon v Llandovery
Carmarthen Quins v Ebbw Vale
Newport v Pontypool
RGC v Bridgend
Swansea v Cardiff