



Renters' Rights Act: How Rent Increases Will Work

How Rent Increases Will Work Under the Renters' Rights Act

Looking for guidance on how rent increases will work under the Renters' Rights Act 2025?

With the new system set to take effect from 1 May 2026, landlords are watching closely. While the Act does not cap rents or introduce rent controls, it will limit how and when rent can be increased. It will also give tenants stronger rights to challenge increases.

On this page, we break down how rent increases will work once the new rules are in place.

You'll learn:

- How to raise rent under the new legal process
- How often rent can be increased
- How tenants can challenge increases

Whether you're preparing for the transition or reviewing an existing tenancy, this guide is designed to help you stay compliant, avoid disputes, and understand exactly what's changing before the new system takes effect.

5 Key Changes to Rent Increases Under the Renters' Rights Act

The headline reform is simple: landlords will only be able to raise rent once per year. This applies to almost all periodic assured tenancies and means rent can only be increased through the Section 13 process.

But that's only part of the story.

Let's take a closer look at the key reforms below – and further down, you'll find a table showing exactly where each change appears in the legislation.

1. Section 13 Notices Become Only Legal Method for Rent Increases

- From 1 May 2026, landlords may only increase rent by serving a valid Section 13 notice.
- This change follows the removal of fixed-term tenancies and rent review mechanisms.
- Notices must be served using the prescribed government form (updated [Form 4](#)).
- The Section 13 process becomes the statutory default for all rent increases.



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2. Rent Can Only Be Increased Once Per Year

- A Section 13 notice can only be served once in any 12-month period.
- Tenancy agreements cannot override or shorten this timeline.
- The notice period is extended from one month to two months before the new rent takes effect.
- The increase must take effect at the start of a new rental period of the tenancy (which will be monthly under the Act).

3. Tenants Gain the Right to Challenge Rent Increases

- Tenants may challenge a proposed increase through the First-tier Tribunal.
- Challenges apply even if the Section 13 form is correctly served.
- The Tribunal can adjust, reduce, or delay the increase.
- Even unsuccessful challenges will typically push back the start date of the higher rent.

4. Tenants Can Challenge the Initial Rent in the First Six Months

- Under Section 7 of the Renters' Rights Act, tenants may challenge the starting rent within the first six months.
- The legal test shifts from "significantly higher" to whether the rent exceeds the open-market rent, making challenges easier.
- The government plans to explore an alternative system to avoid Tribunal overload.

5. Rent Review Clauses Will No Longer Be Valid

- Rent review clauses in tenancy agreements will be abolished from 1 May 2026.
- Any existing clauses become unenforceable, even if previously relied upon.
- Rent cannot increase automatically or through contract wording — only through a Section 13 notice.
- Informal agreements are no longer valid unless the negotiated rent is lower than the Section 13 amount.

Rent Rules Under the Renters' Rights Act: Complete Overview

The Renters' Rights Act brings in a new statutory framework for how rent can be increased in private residential tenancies.

The changes affect every landlord and tenant, replacing previous mechanisms such as renewal increases, contractual rent review clauses, and informal agreements.



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To make the reforms easier to navigate, the key rules are set out in the table below – including how rent can be increased, how often, and the rights tenants have to challenge changes. The right-hand column shows where each reform appears in the legislation, so you can cross-check what applies to your tenancy.

Reform / Update

Legal Reference

Rent can only be increased once every 12 months.

Renters' Rights Act 2025 — Clause 6(7) inserting Housing Act 1988 s 13(4A)

A Section 13 notice becomes the only lawful method to increase rent.

Renters' Rights Act 2025 — Clause 6(1) & (7) amending Housing Act 1988 s 13

Tenants have the right to challenge a proposed rent increase at the First-tier Tribunal.

Renters' Rights Act 2025 — Clause 7(3) amending Housing Act 1988 s 14(A3)

Tenants can challenge the initial rent within the first six months of the tenancy.

Renters' Rights Act 2025 — Section 7 RRA 2025

All rent review clauses and automatic rent increases in tenancy agreements are abolished.

Renters' Rights Act 2025 — Clause 6(7) inserting Housing Act 1988 s 13(4A)

The notice period for rent increases increases from one month to two months.

Renters' Rights Act 2025 — Clause 6(4) amending Housing Act 1988 s 13(2)(a)

Rent increases must take effect at the start of a new monthly rent period.

Renters' Rights Act 2025 — Clause 6(4) amending Housing Act 1988 s 13(2)(b)

The proposed rent must reflect open-market value and may not be arbitrary or excessive.

Renters' Rights Act 2025 — Section 7 RRA 2025 (challenging initial rent) & Housing Act 1988 s 13/14ZA



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Rental bidding wars will be banned, and landlords and agents cannot invite or accept offers above the advertised rent.

Renters' Rights Act 2025 — Section 56 RRA 2025

A fixed proposed rent must be stated in all written advertisements or listings for a property.

Renters' Rights Act 2025 — Section 55 RRA 2025

Rent periods in new tenancies cannot exceed one calendar month, and existing longer rent periods will automatically convert to monthly.

Renters' Rights Act 2025 — Section 1 RRA 2025 inserting Housing Act 1988 s 4A

Landlords may not require more than one month's rent in advance, and any clause requiring further advance payments will not be enforceable.

Renters' Rights Act 2025 — Section 53 RRA 2025

Tenants may still choose to pay rent in advance, but it must be voluntary and cannot be required as a condition of renting.

Renters' Rights Act 2025 — Section 53(--) RRA 2025 (voluntary advance payment)

Common Questions Landlords Are Asking

What are the current rules for challenging Section 13 rent increases?

Under the current rules, tenants can challenge a Section 13 increase at the First-tier Tribunal if they believe the proposed rent is above the open-market value. The Tribunal can confirm, reduce, or adjust the amount.

How long does the first-tier tribunal take to hear an appeal to a S13 notice now?

Timeframes vary, but most cases currently take 8–16 weeks from submission to hearing, depending on region and caseload.

What will happen when the changes to S13 appeal come into force?

Once the Renters' Rights Act takes effect, the Tribunal will hear more challenges, including challenges to the initial rent in the first six months. The legal test will shift to whether the rent exceeds open-market value, which is expected to increase appeal numbers.



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Will the Renter's Rights Act introduce rent controls or caps?

No. The Act does not introduce rent caps or rent controls. However, it limits rent increases to once per year and strengthens the tenant's right to challenge increases.

Can I serve a Section 13 notice before the Act comes into force?

Yes. Until 1 May 2026, current rules still apply, and landlords can continue using the existing Section 13 process.

Get Support With Rent Challenges, Tribunal Action and Enforcement

As rent increase rules change under the Renters' Rights Act, landlords may face new risks, including:

- Tribunal challenges
- Delayed increases
- Rent arrears

If a tenant challenges a rent increase, falls into arrears, or refuses to pay the adjusted amount, seeking professional support can prevent costly delays, procedural mistakes or stalled possession claims.

Strikes Property Services Group works with landlords & letting agents across England and Wales, providing end-to-end support with Section 8 proceedings, possession claims, enforcement and recovery of unpaid rent. Our services cover every stage – from issuing the correct notice and preparing evidence, to court representation and, where necessary, High Court enforcement.

We are recognised by the NRLA (National Residential Landlords Association) and are members of key industry bodies including Propertymark, the High Court Enforcement Officers Association, the Civil Court Users Association and The Commercial Property Network.

How We Can Support You

We manage cases from start to finish, including:

- Early case assessment and strategy
- Section 8 notice preparation using the correct legal grounds
- Full documentation and evidential support
- Representation during possession proceedings
- Debt recovery and High Court enforcement if a tenant does not comply



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Throughout the process, landlords receive clear communication, practical guidance and updates at each stage.

If you're concerned a rent challenge or arrears may lead to more serious action — especially under the new rules — now is the right time to get advice.

Don't wait to take action.

[Book a free consultation](#) with our MD, Chris Bane, to discuss your situation and next steps.