

Redruth United
Football Club
Youth Coaches' Handbook
2026-27



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1. Our vision and philosophy

We are an inclusive club. Football is for the community, and everyone is welcome. No player will be asked to leave the club due to ability. Once you choose to join Redruth United you have a club for life – we'll create a supportive environment to build each child's confidence and develop them as players and people.

Children should have fun and enjoy their football. The emphasis and focus should be on player development and the creation of a supportive team ethos.

Competitive leagues begin at U12 level and, up to that point, players should be encouraged to take pleasure in participation and improvement rather than in winning matches.

2. Who to Contact

Club Chairman and Director of Operations – Contact for club development matters, Clijah park and pitch maintenance/allocations	
Matt Eddy	matt.eddy@redruthunited.co.uk
Youth Secretary – Advice and guidance on all youth matters, player registrations, youth discipline and fines, league compliance	
Dan Horler	dan.horler@redruthunited.co.uk
Welfare Officer – Advice and guidance on all welfare and safeguarding matters	
Becci Thomas-Uden	becci.thomas-uden@redruthunited.co.uk
Director of Football – Advice and guidance on all football and coaching matters	
Dan Horler	dan.horler@redruthunited.co.uk
Non-Executive Director and Interim Treasurer – Advice and guidance on all club finance and member payment issues	
Dale Simkiss	dale.simkiss@redruthunited.co.uk
Commercial Director – Advice and guidance on club sponsorship and fundraising	
Simon Barrand	simon.barrand@redruthunited.co.uk

3. Know the rules and format of the game for your age group

You'll need to know the rules and expectations for your age group. You can find the [CYFL rules here](#) or visit www.cornwalliyouthfootballleague.com. It is **essential** that you read and understand section 20. PLAYING SEASON. CONDITIONS OF PLAY. TIMES OF KICK-OFF. POSTPONEMENTS. SUBSTITUTES

You'll find the [FA rules and recommendations here](#).

U7 Football becomes 3v3 from the start of the 2026/7 season. You can find more details about the rationale for the changes [here](#).

FutureFit				What does this mean for my team? 		
	2024/25	2025/26	2026/27	2027/28	2028/29	2029/30
U7	5v5	5v5	3v3	3v3	3v3	3v3
U8	5v5	5v5	5v5	5v5	5v5	5v5
U9	7v7	7v7	5v5	5v5	5v5	5v5
U10	7v7	7v7	7v7	7v7	7v7	7v7
U11	9v9	9v9	7v7	7v7	7v7	7v7
U12	9v9	9v9	9v9	9v9	9v9	9v9
U13	11v11	11v11	9v9	9v9	9v9	9v9
U14	11v11	11v11	11v11	11v11	11v11	11v11
U15	11v11	11v11	11v11	11v11	11v11	11v11
U16	11v11	11v11	11v11	11v11	11v11	11v11

 ENGLAND FOOTBALL

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Age Group	Format	Players / Subs	Match Length (mins)	Ball Size	Referees
U7	3v3	Max 12	6-10mins Max 40mins playing	3	Coaches are multiple pitch facilitators
U8 U9	5v5	Match squad – 10 players max Subs – any number	40 10 min quarters	3	Can be coaching staff
U10 U11	7v7	Match squad – 14 players max Subs – any number	60 12.5 min quarters	3	Can be coaching staff
U12 U13	9v9	Match squad – 18 players max Subs – 5 maximum, roll on, roll off	60	4	Can be coaching staff
U14	11v11	Match squad – 22 players max Subs – 5 maximum, roll on, roll off	70	5	Can be coaching staff
U15 U16	11v11	Match squad – 22 players max Subs – 5 maximum, roll on, roll off	80	5	League / FA appointed

Referees

From U8 to U12 you will need to provide a referee for each home game. This role is normally undertaken by the assistant manager or shared amongst parents.

From U13, affiliated referees are recommended. This can be arranged by contacting the FA through the Youth Secretary. The manager, assistant manager or team rep will need to pay the referee at the end of each League home match. Whoever is appointed as paying the referee for each home match, will need to contact the Club to arrange for relevant funds covering referee fees to be transferred into their account or will need to see the staff in the Tea Hut and ask for cash for the referee.

Assistant Referees (running the line)

From U12 (9v9), the offside rule comes into effect. You will need to provide someone to run the line for each home and away game. This role is normally shared amongst parents and so each team usually requires more than one volunteer. RUYFC can provide support training for volunteer assistants. People with all levels of understanding of the game are encouraged to become trained and help with running the line.

4. Your safeguarding responsibilities

To ensure the safety and wellbeing of each child and to protect coaching teams from allegations, all coaching personnel (managers, assistants, coaches and parent helpers) MUST have a valid and in-date DBS check have completed the relevant Safeguarding training (this is a requirement of our club affiliation). All prospective coaching team members MUST be processed by the club's Welfare Officer, Becci Thomas-Uden, who will provide all the necessary information and links. **It is the manager's responsibility to ensure that any adult assisting has sufficient clearance. An adult cannot take part in any coaching session or matches unless they have completed the DBS process and have undertaken the relevant training safeguarding training.**

5. Player Registration

The new process needs adding here

The process for registering players with the club will be shared with coaches by April of each season. The process and form links will be outlined on the website and promoted extensively across social media. Coaching teams should do what they can to support the promotion of memberships across their networks.

On joining the club players will pay a non-refundable membership fee and kit will be provided by the club. After Christmas the membership fee will reduce by 50%. Subs will cease to be paid on a monthly basis and will instead be paid in 3 blocks – 1 in July, 1 in November and 1 in February.

Players with outstanding fees from the previous season will not be able to re-register unless they have had a conversation with you as the coach and provided a valid explanation.

Once a registration form has been completed, the Youth Secretary will check with coaches to make sure the player has registered for the right team.

The player will then be registered with the club by the Youth Secretary through the FA Club Portal. It is important that coaches have good lines of communication with the Youth Secretary and the players/families to ensure that all necessary actions are taken – **a player cannot play for a team unless their registration has been fully approved by the FA.**

6. Kit

New process needs adding here

Kit will be ordered centrally by the club until an agreed point in October, after which coaches will order items via the club shop. As they know the players and can arrange trying-on sessions, coaches will collect kit sizes for all players and provide them to the Kit Officer for ordering. Incorrect kit sizing is the greatest cause of error and delay in the kit ordering process.

Kit is paid for by the club and remains the property of the club. Should a player choose to leave mid-season, coaches should do all they can to ensure kit is returned. The Youth Secretary can support with this process and can delay a transfer to another club until a player's kit is returned.

Players must wear their official kit whenever possible. This means training/away kit for training and kit agreed with coaches for club events such as awards ceremonies and community functions. This helps to build standards, a sense of identity, and pride in

belonging to the club.

Managers and coaches will be provided with kit. Team officials should only seek replacement kit if their existing kit needs replacing. Coats and zip tops for example should last for at three two seasons. The club cannot afford to provide new kit to all coaching teams every season.

7. Communications with parents / carers

The club uses Spond to communicate to parents and carers and **all coaches are expected to use Spond to set up and manage training and matches.**

Spond allows you to check availability for many weeks' worth of matches and training sessions in advance, communicate map locations for pitches and kit colours for match days, allows you to communicate with only the parents/carers relevant to each match, to control who can enter group chats for each session, and also allows you to communicate with one parent/carer at a time, if needed.

You will be set-up on Spond and then you can simply add members to your team group from your existing phone contacts.

Full training on how to use the system is available to all.

For more information, speak to the Youth Secretary.

8. Getting ready for matches

a. Pitch Booking using the Redruth United Pitch Booker site.

[Click Here](#) for the link to the site

More details required re pitch use and who can book pitches/duration

b. Full Time

Full Time is an FA website for use by coaches in preparing for and reporting on fixtures. As an official of the club, you'll be automatically registered to use it via your email address.

You can see all the upcoming fixtures, the results and tables by clicking 'View Site' at the top of the page:



For home games, you'll be responsible for choosing (by booking on Skedda) and communicating the kick-off time. Use the Update Fixtures function to choose the kick off time



After the game, you **MUST** provide the reports (scores, referee and respect marks etc.) as outlined on Full Time within two days of the match. Failure to do so will result in the club being fined.

Please discuss the use of Full Time with another experienced coach or the Youth Secretary

9. Sponsorship

Needs review

As a group of coaches, you collectively have the widest and most consistent access to the people connected with Redruth United, especially parents. Many of them either run their own businesses or have strong links to local companies that value community engagement. This network is one of the club's greatest strengths, and tapping into it can make a real difference to the opportunities we provide for our young players.

With that in mind, we would love for every youth team to secure a sponsor by the end of May each season. Achieving this not only strengthens ties with our local community, but also allows kit orders to be placed earlier, ensuring teams are fully prepared and looking professional ahead of the new season. Your support in reaching out, starting conversations, and helping to identify potential sponsors is crucial and hugely appreciated.

Please pass any leads and direct any more detailed questions to Simon Barrand.

10. Gate and goal codes, accessing and locking-up Clijah

The security of the Clijah site is of utmost importance. Historically, we have had unwelcome visitors who have damaged the clubhouse, pitches and defaecated around the site. It is everyone's responsibility to take security seriously and to triple check before leaving, irrespective of how tired you are or late in the evening it might be.

These will not be shared on any club documentation. Please contact Dan Horler or Matt Eddy for the most up to date codes – it is recommended that the codes are then stored in your phone to avoid having to repeatedly request them

11. Training & Cancellation

Weekly training is a mandatory requirement. During the winter months all training is located on floodlit pitches (Cornwall College Camborne and Pool School). In the spring/summer months managers are encouraged to train at Clijah. The time and evening of training is at the discretion of the team manager.

If the venue cancels a training pitch due to bad weather, then the Youth Secretary will advise the manager accordingly.

12. Cancelling home matches

In the event of bad weather such as hard frost or waterlogged pitches, there may be times when we are informed the Clijah pitches are unplayable. Club officials will let managers know if this is the case early on a Sunday morning.

If your home match is unplayable, you must contact your opposition as soon as possible on Sunday morning to see if the fixture can be reversed and the match held at their ground. League rules state that the match must be scheduled within a 1-hour time frame of the original fixture.

Please remember to contact the referee allocated to your fixture in the event of a postponement.

You must also note on your match card that the fixture was unplayable and the reason why.

13. Fines

Any fines incurred are payable by the individual responsible for instigating ~~the~~

14. Recording accidents, disciplinary matters or incidents

Should there be any accidents, disciplinary matters or incidents on match day between players, parents, spectators, linesmen, coaching/management staff it should be reported to Becci Thomas-Uden (Club Welfare Officer) as soon as the match has finished. Assistance or action will then be taken depending on the circumstances of the accident/incident.

15. Emergency Action Plan

The safety and welfare of children and young people in our club is the number one priority.
Before the season starts and before each game:

- a. Make sure you have all parents' contact numbers and players medical conditions easily accessible; keep your phone with you.
- b. Check the first aid kit is fully stocked and in good condition and that your first aid training will remain up-to-date throughout the season. Keep a laminated copy in of the EAP in your first aid kit.

In the event of a potentially serious injury:

- (i) If you are the First Responder Grab and go – grab the first aid kit and get on the pitch. Slow down as you approach the casualty, kneel down next to their head and check ABC – airway, breathing & circulation. Are they conscious? Proceed with first aid.
- (ii) Summon the support of a second official, if possible, if not a trustworthy parent to help you manage the situation. Their job is to: read this EAP, manage bystanders, call an ambulance if required and act as your support/witness as and when you give medical attention to a minor.
- (iii) If in doubt immediately request a 999 call. The post code for the entrance at Clijah Park is: TR15 2NQ which must be used if an ambulance is summoned.
- (iv) The defibrillator is located on the main building at Clijah.
- (v) First responder should stay with the casualty whilst the person supporting should send someone out to the road at the rear to direct the ambulance through to the ground and to check if cars need moving to provide 3m clearance and turn around for the ambulance.
- (vi) Once the casualty is safely in the ambulance or in professional medical care, contact the parents/carers to inform them of the situation.
- (vii) Once the casualty is safe, complete the accident report form and ask witnesses to prepare statements if they saw what happened. Contact the club welfare officer Becci Thomas-Uden who will support you to fulfil club requirements.

In the event of a minor injury:

- (viii) Administer first aid as required and use your professional judgement to rest or retire the player.
- (ix) If a rest/retirement is necessary, monitor them over the remaining period of the game. Re-stock the first aid kit as necessary
- (x) After the game, if you gave first aid, check the player is still feeling OK and let their parents know what happened and what treatment you gave.

16. Associate Members

This is designed to offer new players a route into the club that allows for a fair assessment of the player and enables the player and family to assess the suitability of the club for their needs.

Player Recruitment

Associate Membership (AM) makes the assumption that managers may have a full squad but often require new players for the following season, or that they need new players for the current season. New players to the club can take up AM at any time during a season.

Accessing AM

If a player enquires about joining a team, the team manager will first find out a little more about the player by speaking with the parents (or child if they are older). Who do you/have you played for? What league are they in? What position do you/can you play? Do you currently have any injuries? etc.? Clearly, if they are a keeper and that team already have a satisfactory keeper, then the conversation should end there.

If following this conversation, the player seems a good fit, the manager will inform them that they can attend two training sessions free of charge.

Following this initial 'look' the manager will either offer the player AM or inform them that they are unlikely to fit into the team for whatever playing reasons.

AM Enrolment

Parents are asked to visit the Club Hub and complete the AM enrolment process. AM members will be kept on the AM database and will have completed the full application form and will have paid the required fee. Once enrolled AM, players can train with the squad and receive club benefits such as player support, club newsletter, club socials and they are encouraged to attend matches to watch and support their colleagues. Following the initial trial session, player must not train until they are enrolled as an AM.

Mid-season changes of status

One likely scenario is that a team loses a player mid-season. In this case the manager must quickly decide if one of their AM's can take up a full registration as a replacement. If so, the player will pay a pro-rata enrolment fee (relating to duration of remaining season) minus the AM fee that they have already paid. They must also purchase the full playing kit. This person is now a full and permanent member of the squad.

AM is a non-conditional arrangement for both parties. There is no guarantee that in the new season there will be a space or that the AM will be offered a space if there is one, or that the player is obliged to enrol if he is offered a space. At the end of the season Managers must inform their AMs if they have secured a permanent place in the squad for the next season. If not, they must be notified of the reason. If there are still no spaces,

but both parties want to continue the arrangement, then the AM can opt to undertake a further season as AM, in which case a further £100 fee will apply. If an AM chooses to leave the club part way through the season, no refund will be available to them.

Each team is only allowed three AM's at any one time and Managers must strictly adhere to the AM recruitment policy.