



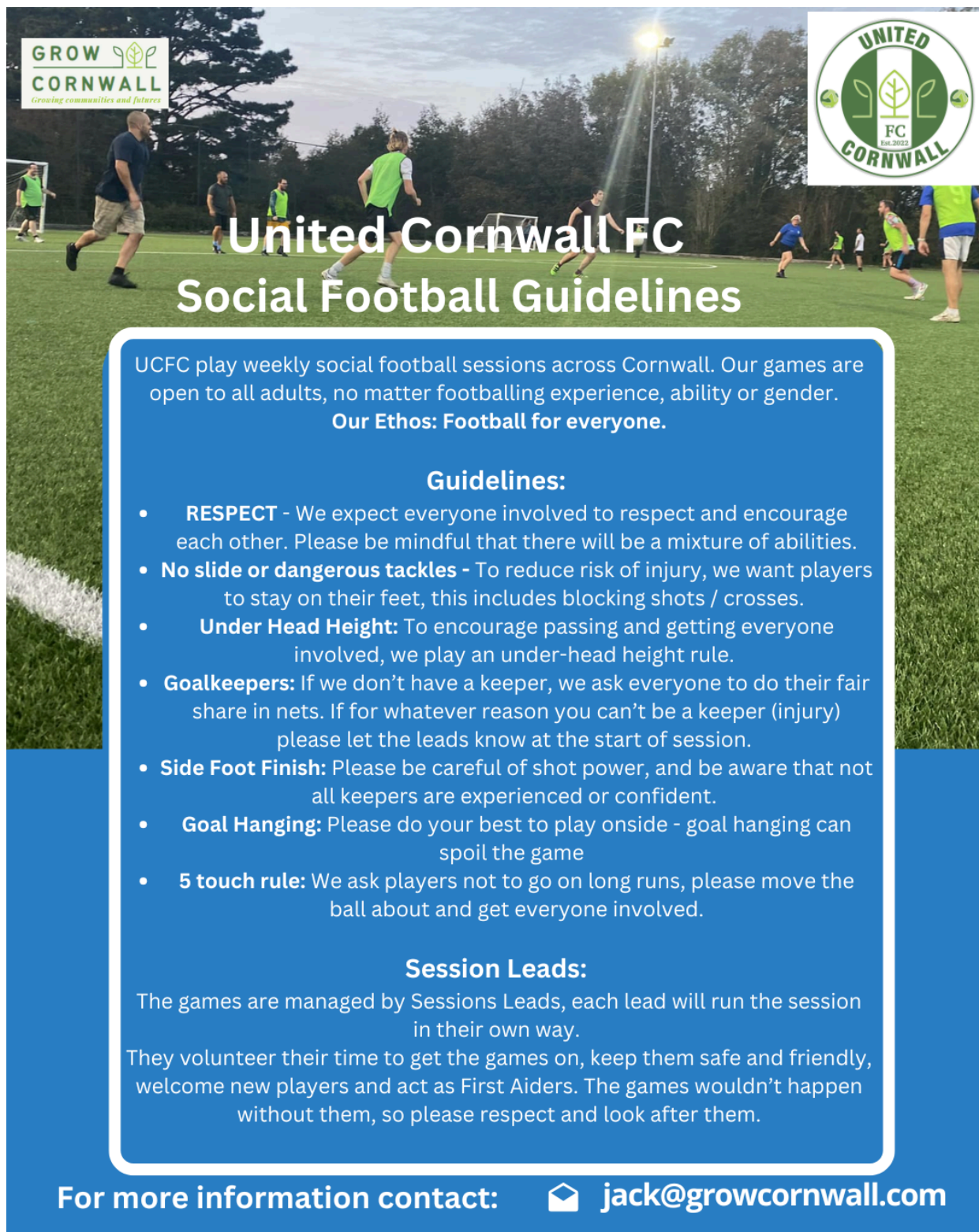
# United Cornwall FC

Player Expectations

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**GROW CORNWALL**  
Growing communities and futures

**UNITED CORNWALL FC**  
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## United Cornwall FC Social Football Guidelines

UCFC play weekly social football sessions across Cornwall. Our games are open to all adults, no matter footballing experience, ability or gender.

**Our Ethos: Football for everyone.**


**Guidelines:**

- **RESPECT** - We expect everyone involved to respect and encourage each other. Please be mindful that there will be a mixture of abilities.
- **No slide or dangerous tackles** - To reduce risk of injury, we want players to stay on their feet, this includes blocking shots / crosses.
- **Under Head Height:** To encourage passing and getting everyone involved, we play an under-head height rule.
- **Goalkeepers:** If we don't have a keeper, we ask everyone to do their fair share in nets. If for whatever reason you can't be a keeper (injury) please let the leads know at the start of session.
- **Side Foot Finish:** Please be careful of shot power, and be aware that not all keepers are experienced or confident.
- **Goal Hanging:** Please do your best to play inside - goal hanging can spoil the game
- **5 touch rule:** We ask players not to go on long runs, please move the ball about and get everyone involved.

**Session Leads:**

The games are managed by Sessions Leads, each lead will run the session in their own way.

They volunteer their time to get the games on, keep them safe and friendly, welcome new players and act as First Aiders. The games wouldn't happen without them, so please respect and look after them.

**For more information contact:**  [jack@growcornwall.com](mailto:jack@growcornwall.com)

## Why are we here?

United Cornwall FC was set up to use social football as a way of building resilient and healthy communities. A weekly space where players can come to blow off steam, whilst creating social networks that will go on to support them off the pitch. Our sessions are mixed age, gender and ability, and are open to anyone who wants to play weekly football.

We strive to create spaces for those who may not get the opportunity to play weekly football elsewhere. This could be due to stopping playing competitive football due to injury or family reasons, or that they just haven't had the opportunity to play much football in the past.

## Our Ethos

### Football for everyone.

United Cornwall FC provides safe and welcoming social football sessions, no matter age, gender or experience.

## Our Expectations

### I. Match Guidelines

The weekly sessions are not refereed, and it works best when games are managed between the players. A Lead will be on hand to make sure the sessions run smoothly.

We ask our weekly sessions to be played under the following guidelines, and will let players know if these change.

- **Underhead Height** - We ask players to keep the ball underhead height. This promotes short passing, getting more players involved. If the ball unintentionally goes over head height (through deflection or save) the game may continue. This lends itself to a safer game where players see more of the ball.
- **Side Foot Finishes** - We ask players when finishing to use the side of their foot, and keep the power down when shooting. This is to promote safer play and a more enjoyable experience for the goalkeeper (who may not be very experienced). This is not a challenge to see how hard you can side foot it.

- **5 touch maximum** - We ask players to think about how many touches they are taking. We want games where the ball is passed between players, rather than individuals going on big runs. Please try and keep touches to a maximum of 5, it creates some lovely footballing games.
- **Goalkeeper turns** - We will regularly change goalkeepers throughout the game. If for whatever reason you are unable to play in nets, please let the Session Lead know. If you want to go in goal for more than your go, please also let the Session Lead know, and we will try and accommodate when possible.
- **Offsides / Goal Hanging** - We do not have the capacity to manage offsides, however, we do ask players not to goal hang and move where possible with the last defender.

\*the guidelines above are there to create a more welcoming and enjoyable experience for all involved. The lead is experienced in making the game as enjoyable as possible, and will make decisions based on the game. Respect the lead's decision and just enjoy the game.

If no advantage is gained (from an overhead height for example) the lead may just let the game continue.

## II. Respect for each other

Players should be aware that we have a mix of abilities and backgrounds when it comes to football with United Cornwall FC. We ask people to be mindful of this, and during the games we ask that you are positive, encouraging and inclusive of all that choose to attend.

To help us create the best experience for all involved, we expect our players to:

- **Encourage each other after a mistake:** Remember, we have a mix of abilities playing, some may not have the experience of yourself. If a player does make a mistake, encourage them.
- **Speak to a lead if you think things are not working:** Leads are there to help make the game run smoothly. If you feel you are not getting the ball off someone, or things are not working, speak up. They may act there and then, or they may feedback to other leads and management.
- **Refrain from dangerous banter:** We don't want to ban banter, as laughing with each other is thoroughly encouraged. Just please think about what you are laughing about, who you are laughing with and who is around you prior to communicating.

## The Session Leads Role

Our Session Leads are all volunteers, so please remember this. Each session lead will manage a game differently, and that is the beauty of it. We are not trained referees, and we will not get every decision correct. Their main role is:

- **Act as Session First Aider:** All Session Leads are First Aid trained. In case of an incident please speak to them
- **Pick teams:** The session lead will split the groups up into teams. This is a difficult job, and sometimes teams may not work. If this is the case the lead may change players mid-game or at half-time.
- **Make sure equipment is at the session:** Leads will make sure that each session has all the equipment required to get a game on.
- **To pass on information:** Leads will be asked to pass information on from UCFC Management. This might include upcoming socials and training opportunities or changes to expectations.
- **To feedback information:** Leads will be asked to feedback how sessions have gone to UCFC Management. Please feel free to speak to them about the session, so they can pass this information on.
- **Manage breaks and Keeper Changes:** Leads will call half-time, alongside asking teams to change keepers.

## How to Feedback to UCFC.

If you do have any feedback on the sessions then there are lots of ways to do this:

- **Informally on the night** - Speak to one of our Session Leads to let them know how it went.
- **Via Email** to [jack@growcornwall.com](mailto:jack@growcornwall.com) - this can be to suggest improvements, but it is also lovely to hear what is going well
- **Bi-Annual Feedback** - Every 6 months we offer formal feedback opportunities through a questionnaire. This can be done anonymously.

## Policies and Procedures

Our Policies and Procedures are in place so everyone is aware of how to act in specific circumstances. These include Behaviour Policy, Safeguarding Adults Policy and UCFC Risk Assessment.

They are found on our websites here:

<https://www.growcornwallcic.co.uk/policies-and-procedures>

[www.unitedfc.org.uk](http://www.unitedfc.org.uk)