



Market Rasen & Louth RUFC



Market Rasen & Louth Mini & Junior Section



Quick Start Guide 2026 – 2027 Season



Emerald
Green Feeds



LAND-ROVER
DUCKWORTH





Welcome to Market Rasen & Louth RUFC

Everything You Need for Your First Month

A very warm welcome to Market Rasen & Louth RUFC. Whether you are completely new to rugby or returning for another season, we are delighted to have you as part of our rugby family. Our club is built around the values of Teamwork, Respect, Enjoyment, Discipline and Sportsmanship and we pride ourselves on providing a safe, inclusive and enjoyable environment for every child.

Season

Season Starts: Sunday 6th September 2026

Arrival Time: Please arrive by 10:15am for registration and introductions.

Training Begins: 10:30am sharp.

Club Address:

Market Rasen & Louth RUFC

Willingham Road

Market Rasen

LN8 3RE

What To Bring

Under 6

- Trainers or rugby boots
- Comfortable sports clothing
- Waterproof coat (if required)
- Water bottle
- Optional club kit

Under 7 and Above

- Rugby boots
- Club shirt, white shorts and club socks (where applicable)
- Water bottle
- Waterproof and warm clothing
- Gum shield (required for contact rugby)
- Any essential medication (e.g. inhalers)
- U12 – on wards – Gum Shield

What Happens on Sundays?

Under 6

- 10:30am – 11:30am
- Fun rugby-based games and activities

Under 7 – Colts

- 10:30am – 12:00pm (approx.)
- Training or fixtures depending on the weekly schedule

Your Team Manager will communicate arrangements through WhatsApp or SPOND.

New Players

All new players are welcome to attend up to three taster sessions before deciding whether to join the club formally.

Parent & Player Essentials

Registering Your Child

All players must:

- ✓ Be registered on the RFU Game Management System (GMS)
- ✓ Complete annual affiliation
- ✓ Have an active club membership

Players who are not registered and affiliated cannot participate in matches due to RFU and insurance requirements.

Safeguarding

The welfare of all children is our highest priority.

Please ensure your child's GMS records remain up to date, particularly:

- Emergency contacts
- Medical information
- Allergies
- Asthma details
- Photography permissions

Any safeguarding concerns should be raised immediately with the Club Safeguarding Team.

Parent Expectations

We ask all parents and guardians to:

- Encourage and support all players.
- Respect coaches, referees and volunteers.
- Stay behind pitch barriers where provided.
- Avoid entering playing areas during matches or training.
- Inform coaches if your child cannot attend.
- Help create a positive and welcoming environment.
- Let coaches coach and referees referee. [\[Market Rasen...come Pack | Word\]](#)



Before You Leave Today

- ☐ Join the team WhatsApp/SPOND group
- ☐ Register or re-affiliate on GMS
- ☐ Check your child's medical information is up to date
- ☐ Meet your Team Manager
- ☐ Visit the Club Shop
- ☐ Book key dates into your diary
- ☐ Introduce yourself to other rugby families

Welcome Pack

We hope your family enjoys being part of Market Rasen & Louth RUFC and we look forward to seeing your child develop skills, confidence, friendships and a lifelong love of rugby.

For more information please either contact Dominic Barnes-Browne @ miniinrchair@rasenrugby.com or go to our comprehensive Welcome Pack at

<https://rasenrugby.rfu.club/Media/MarketRasenLouthRUFC/Mini%20Junior%20Docs/Market%20Rasen%20and%20Louth%20RUFC%20Welcome%20Pack.pdf>

Useful QR Codes

GMS Registration	Club Website	Club Shop	Volunteer With Us
Register, affiliate and make payments	Fixtures, policies and news	Kit, clothing and merchandise	Help and be part of the pack
			

Tip: Save these links to your mobile phone. Most club communications, registrations, policies, fixtures and purchases can be accessed through these QR codes.