

DEMO RUGBY CLUB SUNDAY PACK

SUNDAY 1ST FEBRUARY 2026



FIXTURES, CHANGING, FOOD + INFO

WELCOME TO DEMO RUGBY CLUB

We look forward to welcoming you to Demo Rugby Club. Ahead of your visit, please could you share the following with your coaches, spectators and players ...

Food and drink

Post-match food will be provided for all players, and food & drink are available for spectators to purchase outside at the Blindside bar and inside the main clubhouse.

RFU Core values

We expect everyone, including visitors, to uphold the Core Values of Teamwork, Respect, Enjoyment, Discipline & Sportsmanship.

Field of play

Spectators are NOT PERMITTED to enter the field of play at ANY TIME, unless invited by a primary coach or match official. All pitches are roped off in accordance with RFU regulations. Please remain in the designated spectators' area at all times.

Zero tolerance

Abuse of any kind towards players, coaches, fellow spectators or match officials WILL NOT BE TOLERATED. Any player, spectator or coach who uses abusive or derogatory language or threatening behaviour will be asked to leave the grounds and may face further DISCIPLINARY ACTION.

Above all else, we hope you all enjoy your visit and our facilities. Thanks to everyone for upholding the values of our great game.

PITCH ALLOCATIONS

Pitches and changing room allocations are as follows. Please refer to the site map at the back of this pack for pitch locations. Changing rooms CR1-6 are located in the main clubhouse; SCR1 and SCR2 are the stadium changing rooms.

Squad	From	To	Type	Opposition/pitch	Changing (H/A)	
U10	10:30	11:30	friendly	9 (OTB) Basildon Bulldogs	--	--
U14	10:30	12:00	training	10 (OTB)	--	--
U6	10:30	11:30	training		12	--
U8	10:30	11:30	friendly	5 (CP) Trent Tigers	--	--
U12	11:00	12:00	tournament	6 (CP) Burnage (Panthers)	CR 3	CR 1
U13	11:00	12:00	tournament	3 (TP), 4 (TP) Sefton	CR 4	CR 6
U16	11:00	12:30	tournament	1 (stadium), 2 (stadium) Liverpool St Helens	CR 5	CR 2
RU13-14	12	13:30	training	9 (OTB)	--	--
				RU11-12 12:00 13:00 training 10 (OTB) ---		

POST-MATCH FOOD

All teams with a fixture (not training) receive post-match food, served in the main function room. Your opposition coach will collect the food for your age group and distribute it after the game.

Squad	From	To	Home food	Away food	Total
U10	10:30	11:30	14	32	46
U8	10:30	11:30	21	24	45
U12	11:00	12:00	14	15	29
U13	11:00	12:00	15	15	30
U16	11:00	12:30	15	15	30
			79	101	180

PITCHES



FILMING OF GAMES

Please be advised that the coaching staff/club routinely records junior rugby games. The video recordings are strictly for the following purposes:

Training and Development

To provide constructive feedback to players and coaches for skill improvement, tactical analysis, and team development.

Discipline Matters

To serve as an objective record to assist the club and league officials in addressing any disciplinary issues, disputes, or safety incidents.

Usage and Distribution

Not for Public Use: These videos will not be posted, shared, or distributed on any public social media platforms (e.g., Facebook, YouTube, Instagram) or websites.

Restricted Access

Access to these recordings is strictly limited to the relevant coaching staff, club officials, and league disciplinary committees as needed. If you would like a copy of any recordings for your own training and development, please speak to your opposite coaching staff.

We appreciate your understanding and cooperation in using this technology to improve the game, ensure player development, and uphold standards of fair play and safety.

CONTACT INFORMATION



U13

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U14

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U15

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