



Simsbury Trojans v. Cheshire Girls

The Girls team and their 2nd year head coach, Alycia Washington are defending State Champions and looking to get their second division win after beating North Haven in a dominating fashion. Simsbury is lead by seniors Mykayla Capeles, Stephanie Chykirda, Hailey DuBois, Katherine Dzenko, Caroline Eldridge, Johanna McIlveen, Caroline O'Connor and Sophie Schwager. The Trojans return having only lost a few veterans and have picked up some enthusiastic freshman maintaining a balanced team. Long standing rival Cheshire comes in looking for revenge after losing both regular season games against the Trojans in 2017. Both matches were won by a single Try.

Mykayla	Capeles	Senior
Stephanie	Chykirda	Senior
Hailey	DuBois	Senior
Katherine	Dzenko	Senior
Caroline	Eldridge	Senior
Johanna	McIlveen	Senior
Caroline	O'Connor	Senior
Sophie	Schwager	Senior
Bianca	Ceolin	Junior
Allison	Greiten	Junior
Bella	Livingston	Junior
Kate	McDonough	Junior
Lauren	Roderick	Junior
Brennan	Snider	Junior
Faith	Tanski	Junior
Meghan	Walsh	Junior
Emily	Whetham	Junior

Rebecca	Beauchamp	Sophomore
Abigail	Chykirda	Sophomore
Grace	Degenais	Sophomore
Jennifer	Gorowski	Sophomore
Abby	Harris	Sophomore
Sydney	Hodges	Sophomore
Alex	Morrow	Sophomore
Anna	Shellman	Sophomore
Haley	Turner	Sophomore
Anna	Wallace	Sophomore
Emma	Fitch	Freshman
Sarah	Lawry	Freshman
Abby	Mudano	Freshman
Mia	Ouellette	Freshman
Indiana	Pellegrino	Freshman
Julia	Polizzi	Freshman
Sarah	Roderick	Freshman

Thank you to our Team Meal Sponsor:

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CHINESE
RESTAURANT**

Rugby Rules

The Basics: Except for injury stoppages, Rugby is played under a running clock. High school games are typically 30 or 35 minutes halves. The object is to score (see Scoring) by advancing the ball down the field by running or kicking it forward. Blocking is not allowed. Forward passes are not allowed. Any teammate ahead of the ball carrier is considered offside which is a penalty and results in a loss of possession. If the ball carrier is brought to the ground they must release the ball immediately.

Scoring: Points can be scored in several ways. A “Try”, is scored by grounding the ball in the in-goal area, is worth 5 points and a subsequent Conversion Kick scores 2 points; a successful penalty kick or a drop goal is worth 3 points.

What’s a Knock On – A Knock-On occurs when a player loses possession of the ball and it goes forward, or when a player hits the ball forward with their hand or arm and the ball touches the ground.

What’s a Scrum: A scrum is used to restart play after a minor infringement. The 8 forwards from both teams set up in a 3-4-1 formation and face off. Once the referee initiates play, the Scrum Half (9) rolls the ball into the scrum with the goal to allow the Hooker (2) to “hook” the ball backwards using his foot to gain possession. The opposition attempts to gain possession by pushing them off the ball.



What’s a Ruck: A Ruck often ensues after a tackle as the teams battle for position in order to gain possession of the ball. Each side attempts to push the other off the ball. Specific rules apply during a Ruck. One has to join the Ruck “through the gate”, from behind the rear-most teammate. Entering from the side is a penalty (offside). Players in a Ruck must stay on their feet & cannot reach into the Ruck & pick up the ball. A Ruck ends successfully when the ball leaves the Ruck, or when the ball is on or over the goal line.



What’s a Lineout: When a ball crosses the touch line (goes out of bounds) A lineout restarts play. If your team is awarded a penalty & “kicks for touch” (purposely kicking the ball out of bounds), they get to throw the ball in. In all other cases your team only gets to throw in if the opposing team caused the lineout. The Hooker (2) usually throws the ball in.

What’s a Maul: A Maul is like a small swarm of bees pushing forward with the ball. A Maul is formed when the ball carrier is held but not brought to the ground. A Maul requires the ball carrier, a team mate and an opponent holding the ball carrier. Players must stay on their feet. Similar to a Ruck, teammates can only join the Maul from behind the rearmost teammate. Mauling is a way to advance the ball by driving your opponent backwards and advancing up the field.