



Simsbury Trojans v. Boston College HS

The Simsbury Trojans started the year out with a win against non-conference Bishop Hendricken HS but lost to Aspetuck and Staples before beating The Harvey School in a non-conference match. Today's game is the last chance for a non-conference tune-up before competing against the rest of the difficult Division 1 Conference teams (Fairfield, Greenwich and Fairfield Prep). They will need to get back on track if they want any chance of returning to the state championship match. The Senior Night game will be 5/2nd against Ridgefield, a Division 2 team.

4/4/18 Boys A side at Staples -Simsbury played a very competitive match against a skilled Staples team. The Trojans had a slow start getting behind 10-0 after a penalty kick (3) and Try w/conversion (7). We bounced back to cut the deficit to 10-7 after Jackson King scored and Owen Jahne kicked the conversion. Staples kicked a 2nd penalty kick (3) but a break away run by Rafael Nieves gave SHS the halftime lead at 14-13. The 2nd half was an evenly played back and forth defensive affair. Noteworthy was Staples ability to repeatedly poach the ball after Simsbury was inconsistent with their rucking. Staples took the lead at 18-14 and Simsbury was unable to respond despite an exciting conclusion where Simsbury maintained possession for most of the final 5 minutes.

4/7/18 Weekend Games: The Trojans A-Side played well against a very physical team from The Harvey School. Despite getting off the line quickly, having a few sustained drives and showing improved tackling; they ultimately took the loss. The Freshman / Sophomore team played Fordham Prep and also showed good tackling. It was an aggressive game with two yellow cards for high tackling. Arjun Bhamidipati and Mohammed Haroon were stand-outs in the win.

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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.

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