



Simsbury Trojans v. Staples

The Simsbury 3rds Team (Sophomore/Freshman) started with 2 lopsided losses against Greenwich and Xavier. For the uninitiated, Greenwich and Xavier high school rugby programs are routinely ranked nationally and don't follow the CIAC limits followed by the Trojans, which prohibit practicing and playing matches before March. Those programs routinely play during the winter and were deep into their season by the time they took the pitch against the Trojans. While we were never in contention in these matches, the goal was to get new young players as much playing time as possible. Head Coach Ed Matteo put his A-side in a competitive match in the State Championship game last year against Greenwich and knows sustained excellence will require more playing time for young players and a more developed youth program. He made headway this year by piecing together a slate of 6 games for his youngest players ensuring ample playing time for everyone on his 70+ man squad.

The 3rds team is coming off a win against Fordham Prep in an aggressive match that had the Trojans yellow carded twice, including some high tackles. Unlike in American football, tackles above the shoulder in Rugby are not allowed. The aggressive play is a positive sign, but that aggression needs to be channeled. It was a good win against Fordham Prep's more experienced all sophomore squad.

Upcoming Rugby Dates:

- Tomorrow, Sunday 4/22 Chipotle Fundraiser. Have dinner at Chipotles and SRC will receive a portion of the proceeds.
- Monday and Thursday, The Girls squad is on the road next week looking to continue their undefeated streak that included all of last year. They play Southington and Cheshire before heading to NJ for the Northeast Invitational Tournament next weekend.
- There is B-Side squad game that was just recently added with Cheshire on Tuesday.
- The A-side's next match is Saturday at Fairfield with their next home game being Senior Night against Ridgefield on May 2nd.
- The 3rd's will play again next Saturday against New Rochelle.

**A Huge Thank you to Tamie Nunez for
providing today's home cooked Team Meal!**

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.

Today's Post Game Team Meal Sponsor

Thank You

Tamie Nunez for Preparing
Today's Meal

Home Cooked

You Rock!!!!!!