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KICK OFF TOURNAMENT XXXI

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January 3, 2015

RE: 2015 Kick-Off Tournament

It gives me great pleasure to be writing a letter in support of the 31st Annual Sacramento Valley Kick-off Tournament at Cordova High School, a shining example of the impact that rugby can bring to a community.

Just a few years ago I enjoyed visiting the Tournament and seeing so many young players, all ages and abilities, boys and girls having a wonderful time and reminding us all of the unique spirit in which the game is played and the values that we promote.

Last summer when the Eagles beat Canada in Sacramento, I remember speaking to the ball runners before the game, all aged 12 and under and all had been playing the game for a number of years. This is great news for the future of the game in America and I congratulate you on the progress that is being achieved growing the game in Northern California

This would not be possible without your outstanding Organizing Committee, The Sacramento Valley Rugby Foundation lead by Jerry Ahlin, Ray Thompson and their cadre of dedicated volunteers; players, coaches, referees, field marshals and supportive friends and parents who come together each year to pull off this fantastic occasion - a huge team effort on and off the field!

I wish you all well for your 2015 KOT and thank you for your contribution that has helped to make rugby ' the fastest growing team sport in America'.

Best Wishes,

A handwritten signature in black ink, appearing to read "Nigel Melville".

Nigel Melville
CEO
USA Rugby

KOT Greetings from Sacramento Valley Youth Rugby Organization (SVYRO)

Welcome to the 31st annual Kick Off Tournament (KOT)! This tournament signifies the beginning of the new rugby season.

For those seasoned KOT campaigners we must sound like a broken record when writing about the rapid growth of rugby every year in this program. Those new to the KOT need look no further than the adjacent page, where the NCYRA President and Executive Director outline this growth.

SVYRO represents the Sacramento Valley youth, middle school, and boys and girls high school programs. We roll up to the NCYRA, which includes the same groups of players in the Bay Area. SVYRO identifies potential All Star players for further development up the chain to NCYRA All Stars and then, hopefully, for USA rugby national recognition. This process, including communication, has recently improved and become more streamlined. And it is important to note that colleges, primarily on the East Coast, including Ivy League, are now offering assistance to girl rugby players.

KOT attendees will no doubt witness some brilliant rugby during this two day tournament. You may also see some pretty average rugby (by SVYRO standards), owing to the fact most teams have been practicing for only a few weeks. But come watch these same teams towards the end of the season and note the dramatic improvement, resulting from many months of hard work by coaches, volunteers, and the players themselves. It is this discipline, combined with sheer love of the game and quality opposition, that in my opinion drives our success in All Star matches against regional opponents.

Please enjoy the KOT atmosphere. Drink in the enthusiasm emanating from the players. Acknowledge the volunteers, referees and coaches, without whom this great juggernaut called rugby would not exist.

Thank you for your support!

Richard Boyer
SVYRO President





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Greetings!

On behalf of the City of Rancho Cordova, I am truly pleased to welcome you to the 31st Annual Sacramento Valley Rugby Foundation's Kick-Off Tournament at Cordova High School and Mills Middle School.

We invite you to get a Fresh Take on Rancho Cordova in 2015! Rancho Cordova is an adventure each time you visit. Discover fresh air and pristine scenery in our outdoor adventure areas. Such as our 10-mile stretch of the American River Parkway that is only a short walk from the tournament location.

The Sacramento Valley Rugby Foundation hosts the tournament and is a tax-exempt public charity that promotes the growth of rugby throughout the region. The 31st Annual Kick-Off Tournament will benefit construction of a state of the art four pitch rugby facility as part of the 90-acre California Rugby-Soccer Complex at Mather Regional Park. This complex will accommodate regional, state, national and international events, as well as support the growth of emerging youth and ongoing high school programs. Now that's a fresh take on fun!

While this tournament is all about rugby and youth sports, I hope that you will explore our City while you are here. Rancho Cordova features entertainment such as Granite Arch Climbing Center, Mather Golf Course, and Karaoke Gangnam Style, international cuisine offered at dining establishments such as KP International Market, and impressive business parks home to over 46,000 business professionals.

Thank you for participating in this event, and best wishes for an enjoyable and memorable weekend.

Sincerely,



Robert J. McGarvey
Mayor, City of Rancho Cordova

Robert J. McGarvey
Mayor

David M. Sander
Vice Mayor

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Council Member

Linda Budge
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Sacramento Valley Rugby Foundation

set to host the 31st Annual “Kick Off Tournament” at Rancho Cordova High, January 24 & 25

by Ray Schwartz (ray@geremiapools.com)

What started from humble beginnings, as an opportunity to get pre-season playing time for lots of young high school rugby squads, has blossomed into the largest Youth and High School Rugby Tournament in the United States (and likely the entire Western Hemisphere!).

The Kick Off Tournament, affectionately called the KOT, is still run today by some of the pioneers who first took this on in 1984, when 7 high school clubs were featured. Jerry Ahlin, Ray Thompson, Pete Deterding, Bob Luttrell, Joe Cavallaro, and a posse of their finest friends, come together in a massive volunteer effort to pull off quite a show, each and every year. They do so for the love of the game, and for the kids who love to play!

Many of the finest players, coaches and clubs in rugby in America have been featured over the years, including Jesuit High, now National Champions, many times over. Other top local clubs to have begun their season at the KOT, and gone on to compete that Spring at the National Championships include Cougars (Del Campo), Islanders (Burbank), Vacaville, Christian Brothers, and most recently Dixon, Granite Bay and Sierra Foothills.

By 2005, the event had grown to 30 clubs, playing on three fields at Granite Park. But the popularity of youth and high school rugby was beginning to explode at that time, not simply locally, but across the Bay Area and indeed America. And the KOT was uniquely positioned to help foster this growth. 2006 saw the additional of Girls play, 2007 saw the event expand to two days and include a free Middle School clinic. For the past three years, now at Cordova High, 7 to 9 fields have seen play all day, both Saturday and Sunday, featuring an average of 130 sides playing a staggering 205 30-minute matches!

Clubs have visited the KOT in the recent past, seeking some warm California sun, and the chance to compete with the likes of the Jesuit Marauders, clubs from across the Bay Area (Santa Rosa to Morgan Hill), but also from as far away as Oregon, Utah, Colorado, Washington, SoCal, and even several from Alberta, Canada.

Referees visit from even further, with several coming each year from Canada, but also Pittsburg, New York, Massachusetts, Hanover, Germany and Durban, South

Africa! In fact, in order for the KOT to grow, and to continue to provide quality matches, the word went out across USA Rugby, “Send us your refs!” Four brave souls answered the call in 2006, and more and more refs have come every year since.

As the KOT grew, the need to help produce and develop our own crop of local refs came with the territory. So the KOT has leveraged our wealth of sunshine and matches needing officials, to offer a unique Referee Development Program. The KOT RDP features a free day of referee training Friday at Sac State, and two full days of valuable referee coaching throughout the event. Our own Raley’s College Greens (as coordinated through Ref Mom extraordinaire Thais Armenta) donates all the food for the ref tent!

As richly rewarding as hosting young stars of the game can be (many ruggers who’ve played at past KOTs have gone on to play for, and even Captain our USA National teams), there’s no greater joy than watching U-8s and U-10s blossom into feisty U-12s and eventually become skillful, competitive Middle Schoolers!

It is at these Junior levels that the popularity of rugby has finally taken off. Today, top high school rugby players have often learned to compete over 6 or 8 seasons, and in some cases, played under the same coach or program the entire time. The quality at the top keeps growing finer each and every year.

So why rugby?

To some rugby is a muscular ballet with mud and blood, while to others it just looks like a brawl. A violent contact sport with no padding? In this day and age of heightened concerns over sports concussions? But to those who take the time to peel back the veneer and take a closer look, they see adults mentoring children, who carefully teach players to respect themselves, their opponents and the game itself.

With top notch coaching, confidence and skills grow over time. Fitness reigns supreme. The head and neck must never be a part of the rugby tackle. Speed and power, choreographed teamwork, brilliant ball handling

and precision kicking is often on display. But look closer still and you'll notice there are no timeouts. The coach, who runs practices, has little to no input once the match has started. The coach elects a Captain, who is the only conduit to the Ref. The Ref, in turn, tries to manage a fair contest between two sides through the Captains.

Rugby is certainly an interesting contradiction. Though the players seems to be trying to tear each other's heads off, they help each other up off the ground, cheer each other (and meet to shake hands) after every match, and they always refer to the referee as "Sir". While the ref is just trying to keep heads from being torn off, a good ref can bring a competitive match up to a boil, while never allowing it spill over. All players contribute, all get to handle the ball, and all shapes and sizes of players are welcome. Passion created from this game is measureable.

Why Sacramento Rugby?

Students of sports history know the oldest sport offered at Cal is rugby, which started playing in the 1880s. Other local rivals, St. Mary's, Santa Clara and Stanford, all share long, rich rugby traditions as well, with St. Mary's having just won their first National Championship last May at Stanford (featuring many local ruggers)!

As the first World War concluded, the Olympics embraced rugby, offering a Gold Medal (won by the USA) in both 1920 and '24. Graduates of these Universities combined, with rugby players from San Francisco's Olympic Club, to train and travel and win these medals. Captaining the '24 team was Colby "Babe" Slater from Woodland. But after the Gold Medal match in Paris, where unruly French fans nearly rioted as USA beat France, rugby was dropped from the Olympic program.

The tradition of rugby lingered across Northern California. Though college and then pro football took over, 1953 saw a small rebirth of rugby when the first Monterey Rugby Classic was held. Clubs and tournaments popped up everywhere throughout the 1960s (UC Davis and Sac State have both recently celebrated their 50th year of rugby). In 1982, a sturdy group of Sacramento sportsmen travelled to Europe on a rugby tour as players, only to return, however, with a newfound desire to teach the game they grew to love, and so high school rugby began in Sacramento.

Most years, weather permitting, Sacramento offers a long winter/spring playing season, and local clubs draw upon a wealth of coaches and referees and administrators to help develop young players and squads to enjoy the game, the same game played in Olympics of old. The size and depth of the local competition here remains

unrivalled across American rugby's landscape. It is no coincidence that as soon as Sacramento built a top notch soccer facility, USA Rugby scheduled an International match here.

USA beat Canada in front of a soldout crowd, when over 8,000 made it out to Bonney Field this past June. The blazing Sacramento sunshine proved a valuable advantage. When USA played the mighty New Zealand All Blacks at sold out Soldier Field in Chicago, November 1st, three Jesuit grads suited up for USA (Lou Stanfill, Eric Fry & Blaine Sculley) while another three players came from Bay Area high school programs.

An abbreviated brand of the game of rugby called "Sevens" has traditionally been played locally, though only in the summers, but is now introduced to the Olympics, with the first Gold Medals, Men's and Women's, on offer in 2016 in Rio de Janeiro. With USA Women presently ranked 5th, and the Men ranked 9th (and rising!) in the World Sevens circuit, we can certainly expect to see Americans, and hopefully some Sacramentans, competing in the Medal rounds in Rio!

So, to get your rugby knowledge and appreciation flowing, plan to attend the 31st Annual KOT at Cordova High January 24 & 25! Matches kick off early both days!

WE LOVE RUGBY

David W. Yancey
President

GOOD LUCK RUGGERS!

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Colin Hawley:

Veteran of Rugby World Cups in 7s and 15s, and 4 Kickoff Tournaments!

Commuting an hour from East Nicolaus, a small town of 200, Sacramento was the “big city.” Standing 5’ 4”, I was one of the three smallest kids in my freshman class at Jesuit High School in Carmichael. I make this point because, no matter where you come from, or how big and strong you are currently, you never know what the future may hold: especially with rugby.

Though my father Lorne had been a great rugby player in his day (Cal Hall of Fame), prior to my attending Jesuit, I had never played rugby. I fancied myself a soccer and basketball player. My dreams of being a legendary soccer player, however, quickly faded after being cut from Jesuit soccer, in my first tryout! It was my first athletic experience at Jesuit. Without a doubt, being cut was a sobering experience. Standing face to face with my limitations as

an athlete, not the way I had drawn it up!

Still, I maintained my desire to be an athlete, playing football, basketball and finally rugby in my first year at Jesuit. It was the first rugby practice, when fended in the chest and thrown to the ground by an upperclassman, that I fell in love with this awesome sport. The freedom, physicality and athletic expression in the sport had hooked me. And has yet to let go.

That first year of rugby at Jesuit, everything about the game was new and fun. We trained as a club, getting ready for the season of competition ahead, starting with something called the “Kick Off Tournament.” The day of my first KOT started out as just an important team day, but proved to be something of a coming out party. It was fun to be surrounded by so many like-minded friends and rivals. Each year the KOT seemed to improve in its scope and quality of play, and so did our game grow with it.

Though never the biggest, never the fastest, and never the strongest in high school, I enjoyed one distinct advantage: I was a student of the game. Rugby is unique in the sense that there is no one calling plays for you on the field. Playing the game involves perception, reaction and creativity at its finest. Coupled with the ability to communicate what you see and what you want to do on the field to your fellow teammates, and you can be a formidable rugby athlete. Our coaches at Jesuit were great at helping us to see, read, communicate and exploit opportunities. But I enjoyed one further advantage.

One of the main points I would like to cover for my progression in high school is after every game, my father and I would review what my perceptions on the field, and how I reacted to take advantage of scenarios presented throughout the match. We would talk and discuss the moments of the game and create a clear unbiased picture of my performance. Even if I had three tries, I would still be rated on ball retention, passing completion and accuracy, kicking precision, etc. The ability to properly evaluate a rugby game, determine what I did well and where I needed improvement, was the absolute best tool I have ever learned to use in my athletic career.

My love of rugby directed me to attend the Cal Rugby Camps every summer and I, thankfully, was tagged by the program to continue my growth as a rugby player and



Colin and Zach Reed at Jesuit. Both would attend Cal and play rugby under Jack Clark

student. Coming into college, I had grown vertically quite a bit, but at 6'1" and 160 lbs., there was some definite work to be done on my physical development as well. Being a part of a program like Cal Rugby exposed me to the type of athletic structure I desperately needed to continue my career. Cal Rugby's doctrines of "high performance", "grateful for everything; entitled to nothing" and "constant performance improvement" are just a few of the concepts; the cornerstones of my mindset that would be the driving factor in my success on the rugby pitch.

During my tenure at Cal, I had been named All-American 4 times, National Collegiate Championship Most Valuable Player, 4-time National Champion and I began my journey into the International arena with my first USA 15's match against Claremont Auvergne in South Carolina, and the USA 7's in the World Games in Taiwan. Each game had become a massive learning experience and being exposed to a higher level of play that early in my career had given me a direction to head towards and a level of play to aspire to.

Most of my post collegiate rugby career has been spent sharing time between the two national rugby teams of 7's and 15's. The highlights of these would most notably be playing in the Rugby World Cup for 15's in 2011 in New Zealand and the Rugby World Cup for Sevens in 2013 in Moscow, but one of my most treasured possessions from a rugby victory is the bronze medal our 7's team won in Guadalajara at the Pan-American Games in 2011. Being able to stand on the podium and wave our countries flag and receive that medal was an amazing feeling and one I hope many more US rugby athletes come to share.

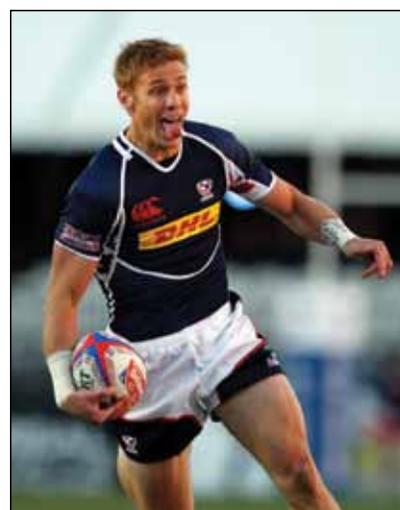
Rugby is now an Olympic Sport. I am proud to say that I was a member of the first group of American players to be contracted by USA Rugby and the United States Olympic Committee (USOC) to train towards an Olympic Gold Medal for 7's Rugby while using the HSBC 7's World Series Circuit as our regular season. The landscape of

rugby in America is changing and the opportunities for American Rugby Players are currently astounding.

The end of this article is for the young men and women at the Kickoff Tournament. The future of rugby in America is in your hands. First and foremost, be a student of the game. Make sure that you are growing your game personally, and the larger game as a whole, in all the right directions. To the hard working volunteers who help pull this transcendent event together each and every year, please do so knowing your efforts are making a real difference in our many lives. Thank you.



"Colin and father Lorne embrace after winning the National Championship MVP award in 2007"



"Colin breaking for a try against Canada at the USA Sevens in Las Vegas"



"Colin, Zack Test (left) and fellow Jesuit/Cal/USA teammate Blaine Scully after winning Bronze at the Pan-Am Games"



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2015 KOT Venue Guide



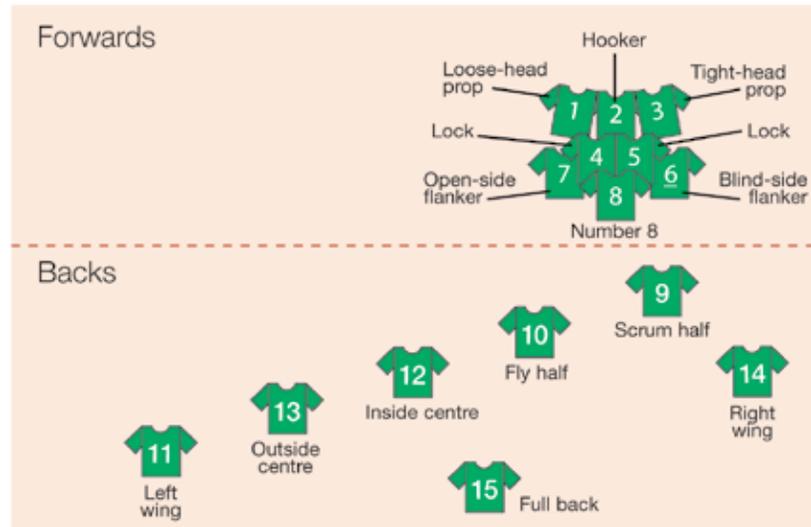


The positions

Rugby Union has always been characterised by the notion that it is a game for all shapes and sizes.

Uniquely, each position requires a different set of physical and technical attributes and it is this diversity which makes the game so accessible to all.

From the power of the forwards to the speed of the backs, there's a place in a Rugby team for anyone who wants a slice of the action.



The names of positions given here are the most commonly used across the Rugby world. However, some regional variations may exist.



Props



What they do: Their primary role is to anchor the scrummage and provide lifting strength and support for the lineup jumpers. Also pivotal in rucks & mauls.
What they need: Upper-body strength to provide stability in the scrum, endurance, mobility and safe hands to maintain continuity of play.



Hooker



What they do: The hooker has two unique roles on the pitch as the player who wins possession in the scrum and usually throws the ball in to the lineup.
What they need: Great strength to withstand the physicality of the front row coupled with speed to get around the pitch and good throwing technique.



Locks



What they do: Locks win ball from lineouts and restarts. They drive forward momentum in the scrum, rucks and mauls providing a platform for attack.
What they need: The key characteristic is height. The locks are the giants of the team and combine their physicality with great catching skills and mobility.



Flankers



What they do: Their key objective is to win possession through turn-overs, using physicality in the tackle and speed to the breakdown.
What they need: An insatiable desire for big tackles and a no-fear approach to winning the ball. A combination of speed, strength, endurance and handling.



Number 8



What they do: The Number 8 must secure possession at the base of the scrum, carry the ball in open play, provide the link between the forwards and backs in attacking phases and defend aggressively.

What they need: Good handling skills are essential, as is a great awareness of space. Power and pace over short distances is crucial - gaining territory and field position for a quick release to the backs in attack.



Scrum half



What they do: Provides the link between forwards and backs at the scrum and lineouts. A true decision-maker, the 9 will judge whether to distribute quick ball to the backs or keep it close to the forwards.

What they need: A multi-faceted position, the scrum half must be powerful, have explosive speed, all-round handling and kicking skills. The great 9s are highly confident players, with excellent game understanding.



Fly half



What they do: As the player who orchestrates the team's performance, the 10 will receive the ball from the 9 and choose to kick, pass or make a break based upon split-second interpretation of the phase of play.

What they need: The ability to kick well out of hand, ideally on either foot, deft handling skills, pace, vision, creativity, communication skills, tactical awareness and the ability to perform under pressure.



Centres



What they do: The centres are key in both defence and attack. In defence they will attempt to tackle attacking players whilst in attack they will use their speed, power and creative flair to breach defences.

What they need: The modern-day centre is lean, strong and extremely quick. The position demands great attacking prowess, coupled with an intensity in contact to either retain or steal possession.



Wings



What they do: The wings are on the pitch to provide the injection of out-and-out pace needed to outrun an opponent and score a try. Also important to be solid in defence.

What they need: Pace. Wings will often find themselves in open space, when their number one priority is to press the accelerator and run for the line. Strength and good handling are an advantage too.



Full back



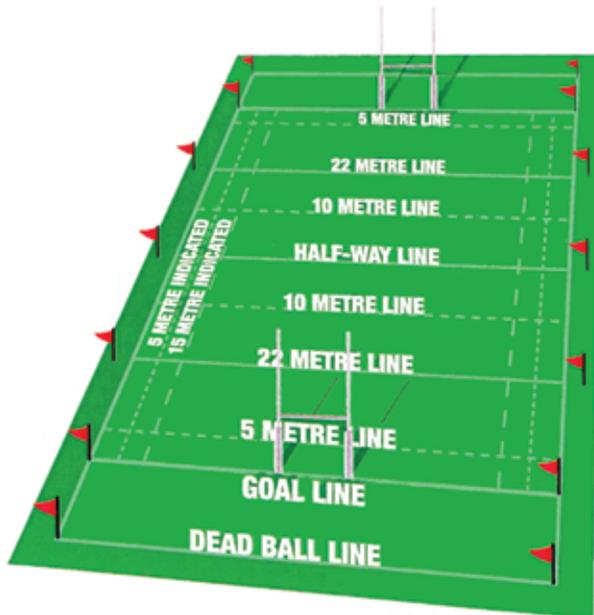
What they do: Generally perceived as the last line of defence, the full back must be confident under a high ball, have a good boot to clear the lines and enjoy the physicality required to make try-saving tackles.

What they need: Great handling skills, pace in attack and power in defence. An ability to join the line at pace to create an overlap and try-scoring opportunities for the winger. Tactical skill and flair.

FIELD OF PLAY

Rugby is played on a pitch, longer and wider than a football field, more like a soccer field. Additionally, there are try zones, 10 to 22 meters deep, called the in-goal area. Goalposts are slightly narrower than American football goalposts.

The goal line and posts are considered in-goal, but the corner flags are in touch. There is a 5-meter safety zone required around the outside of all rugby pitches.



THE BALL

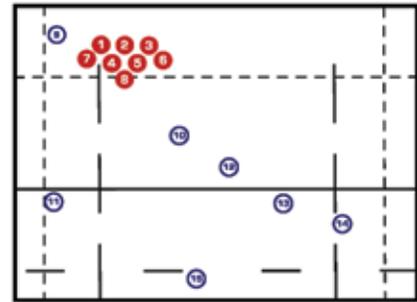
A rugby ball is made of leather or other similar synthetic material. It's easy to grip and has no laces. Rugby balls are made in varying sizes (three, four or five) for both youth and adult players. Like footballs, rugby balls are oval in shape, but are rounder and less pointed than footballs to minimize erratic bounces.

PLAYERS & POSITIONS

Rugby has 15 players on each team (or side). Everyone on the pitch plays offense and defense, and the number of each player signifies that player's specific position. Jersey numbers above 15 are worn by substitute players.

Players numbered one through eight are forwards, typically the larger, stronger players of the team whose main job is to win possession of the ball. They would be the equivalent to American football linebackers and lineman. Players numbered nine-fifteen are backs, and often the smaller, faster and more agile players. Their main role is to exploit possession of the ball won by the forwards. Backs may be equated to running backs, wide receivers and quarterbacks in American football.

- Forwards**
- 1 Loose Head Prop
- 2 Hooker
- 3 Tight Head Prop
- 4 Lock
- 5 Lock
- 6 Flanker
- 7 Flanker
- 8 Number Eight
- Backs**
- 9 Scrumhalf
- 10 Flyhalf
- 11 Wing
- 12 Inside Center
- 13 Outside Center
- 14 Wing
- 15 Full Back



STARTING THE GAME

Just as in American football, rugby begins with a kick off to the opponent from mid-field. Provided the ball travels beyond the 10-meter line, any player from either team may gain possession of the ball. The receiving team can play the ball before it travels 10. You may occasionally see players lift each other to gain advantage here. It is dangerous play (subject to penalty) to initiate a tackle on a player off his feet.

MOVING THE BALL

Rugby is team invasion game like football, but continuous like soccer. The player with possession of the ball leads the attack. One cannot take part in play from in front of a teammate carrying the ball, hence blocking is illegal in Rugby. There are several ways to move the ball. Any player may carry, pass or kick the ball. Play continues should the ball hit the ground, or when a player is tackled.

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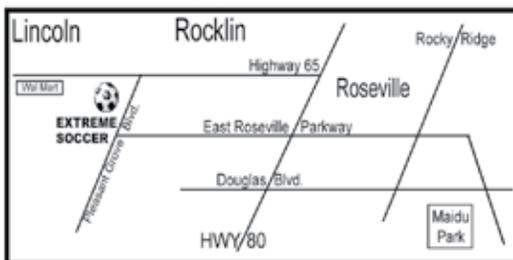
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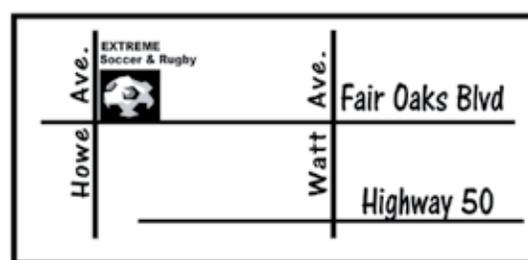


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- **Running:** When running the ball, players may continue to run until they are tackled, step into touch, or run beyond the dead ball line. Players run the ball to advance toward the opponent's goal line.
- **Passing:** The ball may be passed to any player. However, it may only be passed laterally or backward, never forward. Players pass the ball to an open teammate to keep it in play and further advance it. Two hands are almost always used to catch and pass a rugby ball.
- **Kicking:** Any player may kick the ball forward at any time. Once the ball is kicked, players of either team, regardless of whether or not the ball hits the ground, may gain possession. Players typically kick the ball to a teammate (or to one's self) in an effort to advance it, or to the opposing team to obtain relief from poor field position. Once a ball is kicked, the kicker may not be tackled, and only those teammates beside or behind the kicker can advance. Those in front are temporarily caught offside, and are put onside when passed by a legally advancing teammate.

SCORING There are four ways to score points in rugby:

- **Try:** Five points may be awarded when the referee observes a player grounding the ball in the opponent's try zone (in-goal area). This is much like a touchdown in American football, but requires the ball actually be grounded. A try must be in clear view of the referee to be awarded. And so, if the ref is well behind the play, one must "sell" it to the crowd, in order to have the try awarded. However, there is never any boastfulness or showmanship in rugby. The Terrell Owens' of rugby would be quickly asked to find another sport to play. Even upon scoring a hard earned try, one always shows respect to the opponent.
- **Conversion:** Following a try, two points are awarded for a successful kick through the goal posts. The attempt is taken on a line perpendicular to the goal line from the point where the ball was grounded. A conversion is similar to an extra point in American football, but without the hash marks. Of historical interest, back in the early days, no points came directly from a "touch down," but the opportunity to "try" a conversion was awarded. Just one point was given for the earliest successfully converted tries!
- **Penalty Kick:** Following a major law violation, the non-offending team, if in range, may elect to "kick for points." Three points are awarded for a successful penalty kick. The kick may be taken from a tee or be dropped, and must be from the point of the penalty, or anywhere on a line straight behind that point. The ball is "live" should the kick fail.
- **Drop Goal:** Three points are awarded for a successful drop kick, which may be taken from anywhere, and at anytime, during play. Again, the ball is still in play should the kick fail. Doug Flutie ended his NFL career as quarterback for the San Diego Chargers, by striking a drop goal on his very last play from scrumage ever. The best rugby defense can be gutted from surgically precise drop kicks.

ADVANTAGE

After an infringement is observed, if the referee thinks the non-offending team might benefit by playing on, they may play "advantage." A good referee will call, "Advantage, Blue!" (to identify verbally which side has the advantage opportunity), as well as hold an arm out parallel to the touch lines, to visually show which side has the opportunity. How much territory (or opportunity) is needed before advantage is gained depends on the nature of the offense – more for a penalty than for a scrum advantage. Skillful use of the advantage law can minimize stoppages and provide for a more free flowing game.

TACKLES, RUCKS AND MAULS

A ball carrier may be tackled, or simply have the ball ripped from their arms; the defending team always being in a struggle to dispossess their opponent of the ball. Rugby players are diligently coached on safe tackling. A rugby tackle must not involve leading with the head or shoulder, but requires keeping the head up, to the outside of the runner's body, and includes wrapping both arms combined with a leg drive. Leading with the head, a shoulder charge, or a failure to wrap are examples of dangerous tackles, and are to be dealt with severely. Players may not be tackled from the line of the shoulders or higher, as a tackle from the collarbone up is also considered dangerous. Similarly, a runner cannot lead with a stiff-arm or closed fist, and may not deliver a blow to the head or neck of the would-be tackler. The tackle is the most likely place for an injury to occur in Rugby. Coaches must coach to the spirit and the letter of the law. The Referee must deal strictly with any and all infringements in the tackle. The Ref is the sole judge of determining if a tackle is dangerous. Once a player is tackled, play does not stop as in football.

At the tackle, the tackler must roll away, as the ball carrier must make the ball available immediately. The ball carrier may play the ball in one smooth movement in any direction. A ruck is formed as arriving players from both teams (if at least one from each team) converge over the ball, engaging one another in an attempt to drive their opponent back off the ball, in a manner similar to a scrum. Thus, a tackle can quickly convert to a ruck.

Arriving players entering a ruck must do so from behind the ball, and going forward toward their opponent's try line. Players may not enter from the side, and are taught to "drive, not dive." The ball may not be picked up from a ruck. The ruck is won by some combination of driving the opponent off the ball, and/or raking, or 'rucking' the ball back to the scrum-half. The ball can be played as it finds daylight emerging from the ruck, or if the Referee has determined that one team has dominantly driven the other from the ball. In such a case, the scrum-half may reach in, pluck the ball out, and send it into the hands of an awaiting teammate. As a ruck ends, the ball moves out into space, and play continues.

A maul is formed with a similar gathering of players, except the player in possession of the ball is simply held up, and not tackled. A maul ends successfully when the ball emerges. A maul cannot be collapsed, doing so being considered dangerous play. All players not bound in a ruck or maul must retreat beyond their teammates hindmost last foot, which defines the offside line.

RESTARTING PLAY

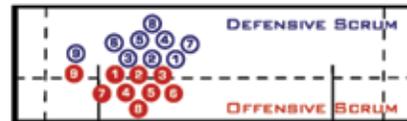
There are two methods of restarting play (set pieces) following a stoppage caused by either the ball traveling into touch, or because of an infraction of the laws.

Line Out



- **Line-Out:** When the ball travels into touch, play is restarted from a line-out. Both teams form a line perpendicular to the touch line, and one-meter (three feet) apart from one another. A player of the non-offending team calls a play. The ball is then thrown in a straight line between the two lines. Players of each team may be supported (lifted) by their teammates, in an effort to gain possession of the ball.

Scrum



- **Scrum:** Rugby's signature formation, the forerunner of the American football line of scrimmage, is used to restart play after the referee has whistled a minor law violation. At that point, the non-offending team is awarded a scrum, at the referee's mark. Eight forwards from each team bind up and "Crouch, Touch, Pause, Engage," in this specific order to form a "tunnel." After the initial hit, the non-offending team's scrum-half puts the ball in, and each team drives forward until one player is able to hook the ball with their feet and push it to the back row players. The scrum-half (or a loose forward) then retrieves the ball from the scrum and puts it into play.

OFFSIDE

One of the more challenging aspects about rugby for a first time rugby observer is the offside law. Similar to soccer, the offside line is continually moving up and down the pitch. In most instances the ball creates the offside line. Players are not permitted to participate in play when on the opposing team's side of the ball. Simply being offside is not a penalty, but attempting to participate in the game from an offside position is. All players not bound in a scrum, ruck or maul must be behind their teammate's hindmost last foot (the scrum-half is exempt). All players not involved in a lineout must be back ten meters, so at a lineout, opposing back lines are at least 20 meters away from each other, thus we can see set pieces help create extra space for the game to be played. The offside lines, when properly enforced by a referee, provide space, and help ensure a flowing match can be played.

The advertisement features the 'Round Table PIZZA' logo in a green and white banner at the top. Below the logo is the slogan 'The Last Honest Pizza.' To the right is a silhouette of a rugby player in a dynamic running pose. At the bottom, the text reads 'Proud Supporter of Sacramento Rugby Programs'.

Meet the Teams

The SAY Rugby Kickoff Tournament is the largest youth rugby tournament in the Western Hemisphere. Dozens of teams in several different divisions and age groups will compete this weekend in Rancho Cordova. Here's a look at some of the teams who will be playing this weekend.



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Why did the whistle blow?

For anyone who is not familiar with the finer points of the Laws of Rugby it can sometimes be hard to tell why the referee has stopped play for an infringement. Here we look at some of the most common reasons why the whistle may have blown. Alongside is the signal you'll see the referee make when each circumstance occurs during play. The signals for penalty and free kick are shown on page 9.

Advantage being played

Advantage can be applied to either minor infringements (e.g. knock-on), or offences which would result in a penalty (e.g. offside). The decision has to be made by the referee as to whether there may be more benefit to the non-offending team if play continues. If no advantage occurs, the referee will blow the whistle and bring play back to the place of the original infringement which occurred prior to advantage being played.



Forward pass or knock on

Sometimes an attack which seems to be heading towards the try line will be stopped by the referee's whistle.



If a pass has gone forwards, or a handling error has resulted in a knock-on, a scrum will have been awarded to the non-offending team.

Failure to release player or ball

After a tackle, the tackler must immediately release the ball carrier, and the ball carrier must immediately release the ball.



Failure to release player Failure to release ball

Failure on either of these counts limits a fair contest for possession. If release does not occur within a reasonable time frame, the referee will award a penalty to the non-offending team.

Failure to roll away

Any players on the ground when a ruck or maul is formed must immediately roll away from the ball, so as to allow continuity of play for the team in possession.



Failure to do so will result in the award of a penalty to the non-offending team.

Joining ruck/maul from the side

When joining a ruck or maul, all players must do so from behind the hindmost foot of their hindmost team mate.



If they join from the side, they are in an offside position and taking part in the game, and this will immediately be penalised with the award of a penalty to the opposing team.

Unplayable ball at ruck or maul

If the ball becomes unplayable in a ruck or maul, e.g., underneath players who are on the



Unplayable at ruck Unplayable at maul

ground, but neither team is at fault, the referee will award a scrum to the team who was in possession before the ruck or maul was formed.

Anthony Nguyen: From young player, straight into Referee!

One could have easily chosen a common sport like football, soccer, basketball, or any of the familiar variety we experience in our everyday American culture. But no, we took that extra step into something unknown, far beyond the common knowledge of NFL or MLB fans today. You probably heard one or two things about rugby, or saw some brutal gameplay on the TV that resembled something of a wild brawl. But, being curious about a Gold Medal sport (soon to be contested in the 2016 Olympics) gave you the extra motivation to give it a try.

This is exactly what happened to me. There was something about the finesse of rugby, accompanied by the raw physicality required to withstand its tough demands. I saw it as a challenge, to go well beyond my comfort zone and explore a sport not exceptionally familiar with friends or family. Turns out, the decision to take on this endeavor changed my life. Little did I know, rugby would become a resounding aspect of my person. This is my story...

Rugby came into my life just as I began high school. I was a freshman at Jesuit High School, already a successful powerhouse of the sport. I knew that I wanted to try a sport that would challenge me in the highest possible way. There were two choices: rugby and lacrosse. Lacrosse already demanded experience that I didn't have, requiring previous playing years. Rugby advertised the acceptance and willingness to teach new players. Seeing this as an environment for me to effectively challenge myself, I decided to sign up.

I vividly remember the first days of my rugby exposure. Some 100 other guys came to the practices, many much larger than me. I was only 5'5", weighing a 110lbs. The coaching staff was concerned for my safety, and wondered if I was physically able to take the contact. Despite the odds against me, I kept the promise to challenge myself and pursued on. The first time I was tackled was described by on-lookers as easily one of the most brutal hits ever seen. I must have been fueled by adrenaline because I got right back up, only to receive another equally devastating hit. Again, I got back up. I endured the first two weeks of hard-hitting contact, deciding this was the sport that would help me grow.

And grew I did. Four years later, I've become a stronger and fitter individual. I played games regularly, mastering the sport strategically, confidentially putting myself forward to execute what I have been taught. I listened to what my coaches had to say, trusting their vast and impressive experience in order to develop fully as a player. From JV year, coaches Steve Seifert and Rick Sardon instilled the core principles on how to successfully play the game. Varsity level, strategists Fred Khasigian, John Shorey, and Andrew Acosta taught me the tactical gameplay that would not only make a team great, but win championships on an annual basis.

From the beginning of my playing career, I picked up the whistle and tried refereeing as well. This additional compo-



nent opened my perspective on how to play rugby.

When I first stepped onto the pitch as a referee, I was only 14 years old and with only my first season of play under my belt. I don't know why, but refereeing appealed to me. My instruction began through the NCYRA, with folks like Dave Williamson introducing me to the world of officiating. The first real taste of refereeing was at the KOT Tournament, three years ago. I attended the Referee Development Program's class beforehand, which equipped participants with the basics to officiate safe and fair rugby. Upon receiving my first assignment that Saturday morning, I was ecstatic. I recall it being a U12 game, and loved every minute, being out there facilitating safe play to young kids starting out the sport, like me. I can safely say the KOT and its programs helped establish my foundation for officiating.

With the basics underway, I began my officiating career. I went on to ref some of California's best rugby levels, including high school and college playoffs. Mentors grew over the next years, offering their own advice, with much absorbed to build my own mental portfolio. Paul Bretz instilled in me the steps to high-performance officiating, Bruce Carter answering the various technical questions I had, while so many other referee coaches and evaluators offered their insight to me. Despite my progression moving forward, I still honor the KOT and the Referee Development Program by coming back to referee.

Alas, life continues. For me, that meant college. While I loved my experience in California, I felt a calling in Denver, CO. The rugby experience in California was not in vain. I use every aspect learned to this day for refereeing in a new environment, utilizing my officiating style to build a new reputation for a new area and new faces. For me, the journey continues, and will continue for a long time.

Reach Anthony, now at Regis University in Denver, CO at NguyenA-ref@gmx.us

USA Rugby **Knows about us** **and our little preseason tournament**

I am so proud of what we have been able to accomplish with your support in 2014.

From seeing a sold out stadium in Chicago supporting our Men's National Team as it faced off with New Zealand, to watching our Women's National Team compete in the World Cup, this has been a memorable year of growth for rugby in the United States, and we couldn't have done it without you and all our supporters.

As we look ahead, 2015 will prove to be an even bigger year. Not only will the Men's XV's team compete in the World Cup and the Men's and Women's 7s teams compete in their Olympic qualifiers, USA Rugby is also celebrating its 40th anniversary. We've come a long way since 1975. Today rugby is the fastest growing sport in America and will once again be part of the Olympics after a more than 90 year absence at the games. Will you help us start this important year off right with a tax-deductible donation to the USA Rugby Trust?

While our national teams are preparing for these important international events it is the work we are doing with youth, thanks to supporters like you, that has me most excited.



Rugby is growing at an incredible pace in this country and with your support we can continue to introduce a new generation to the sport through our Rookie Rugby and Try-on Rugby programs. Just last month we announced a new Women's High School All American Team, which will join six other USA Rugby age-grade All-American sides, including the Boys High School All-Americans, to help identify talented young players and take them to the next level.

Your donations go directly to supporting our teams and our efforts to bring up the next generation of rugby fans and players. For our 40th anniversary year please consider pledging \$40 a month (choose "recurring" on the donation drop down menu), as a tax-deductible donation, to help make rugby even more accessible and popular in our 40th year. Or make a one-time donation in the last days of 2014 so we may start off this important year with momentum.

Thank you for your support and have a happy New Year.

Nigel Melville
Chief Executive Officer
USA Rugby





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Igniting a passion in America for a sport loved around the world

When USA Rugby began in 1975, the game it represented was relatively unknown in the U.S. Nearly 40 years later, rugby has a loyal American following, with 115,000 active members on more than 3,000 teams across the country. Rugby itself has also experienced explosive growth in the U.S., as participation in the sport increased by 350 percent between 2004 and 2011.

Bringing rugby into the American spotlight is now the job of Nigel Melville, USA Rugby's executive director. But getting Americans excited about rugby couldn't be done without funding and support. Melville noted that local Boulder, Colo.-area bankers from JPMorgan Chase & Co. have recognized the value in growing rugby's domestic appeal and regularly offer the financial support necessary to expand the sport's popularity.

"They know that if we grow the game and increase our media and broadcast presence, we will attract more fans, sponsors and more revenues to continue developing the game," Melville said.

Support from JPMorgan Chase has also helped USA Rugby to expand its grant program, enabling state rugby organizations to hire youth development staff. This year, USA Rugby has awarded 10 grants, up from three in 2010. The grant program's budget has also increased, growing from \$100,000 to \$250,000. Then, when the organization experienced financial instability a few years ago, Chase helped by extending its line of credit.

"We understand that helping rugby grow means standing with the organization during both good and lean times. That's what it means to be part of this sport's community," Chase Market Manager Joe C. said.

But the company's support for rugby isn't just limited to financial services. Senior executives often serve as league coaches in programs coordinated by USA Rugby. The bank has also sponsored premiership rugby in England, and J.P. Morgan club teams have long competed in financial sector rugby tournaments in England and Hong Kong.

Melville acknowledges that the game isn't as familiar to most Americans as it is to its fans at JPMorgan Chase. But he expects the exposure it will get as an Olympic sport will raise awareness among Americans, whose women's national team is among the top five in the world. (The U.S. men are ranked in the top 13.)

Through careful planning and a commitment to growth, USA Rugby is poised to bring rugby back to the forefront of the American sports world. With help from thousands of loyal fans – including those at JPMorgan Chase – and their participation in the 2015 Rugby World Cup and the 2016 Olympics, rugby may just be the next big thing in American sports.

Dec 18, 2014, 9:58am MST at <http://www.bizjournals.com/denver/feature/business-of/jpmc/2014/12/igniting-a-passion-in-america-for-rugby.html>



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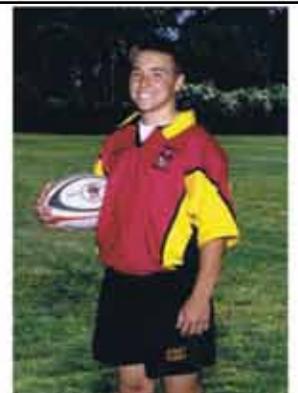


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To all of you who supported us in our effort to continue the necessary and noble service of protecting the citizens and visitors of Solano County, we offer you our gratitude. Support for your EMS system is important. We are all part of the chain of life.

Thank you to the reviewers, elected and appointed officials, the fire services, law enforcement, the physicians, nurses and healthcare administrators, and our fellow EMS responders. We will continue to provide the quality service you've come to expect from Medic Ambulance



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2014 Rugby Today Awards - Match of the Year

By Pat Clifton | 12.30.14

This was a no-brainer. It had everything - the game itself was significant, it had a picturesque setting, the underdog won, the hometown kid was the most valuable player, an unsung hero came out of nowhere to make a game-changing play, there were comebacks by both teams, and it was a photo finish.

The significance of the game can't be understated. Canada had owned the United States coming into the 2014 Pacific Nations Cup clash, winning 16 of the last 20 meetings and seven in a row dating back to 2009. A loss would have tied the Eagles' longest losing streak to any opponent - Ireland and Argentina have beaten the USA eight times in a row. Head coach Mike Tolkin was winless against the Canadians, and only five current Eagles had ever beaten the Maple Leafs up until June 21.

The match was played in front of a packed Bonney Field, which had just opened days before. The announced attendance of 7,804 left just a couple of hundred seats empty in the 8,000-seat stadium. It was the first test in some time for Northern California, considered by many the hotbed of American rugby, and numerous NorCal natives showed up big.

But none had a better day than Blaine Scully, a Sacramentan. The 26-year-old went to high school at Sacramento Jesuit and played college rugby a couple of hours down the road in Berkeley. He scored twice against Canada, including the try right on 60 minutes that sparked the USA's 17-point game-winning run. It was Scully's second huge game in a row, as he scored a hat-trick against Japan a week prior, putting an exclamation point on his breakthrough year as an Eagle.

The unsung hero? Tom Coolican made his international debut in 2014, and he had just a handful of appearances under his belt before coming on as a reserve against Canada. But he made arguably the play of the game. Down, 35-31, with just over 10 minutes to play, the short, round hooker charged down a Canadian kick, recovered the loose ball well inside the attacking 22 and spun it wide, giving the Eagles the possession from which they'd score the game winner.

First the Eagles led, 6-0, then Canada went up, 7-6. The USA ripped off back-to-back tries and held an 18-7 lead with five minutes to go in the first half. Canada stole the lead back and seemed to sap all momentum from the home team with a 28-point, eight-minute run on either side of halftime to go up 35-18. Then Scully scored, Coolican's play set up a Wyles try, and Brett Thompson touched down the game winner.



Mike Petri charging forward. Abel Barrientes photo

The drama wasn't over at that point, though. Canada charged to within the USA's five-meter in extra time, and it took Scully ripping the ball from a Canadian ball carrier to secure the win.

There was no more exciting game in 2014 than the USA's 38-35 win over Canada at Bonney Field in Sacramento, Calif. June, 21.

See more at: <http://www.rugbytoday.com/elite/2014-rugby-today-awards-match-year#sthash.y2eVhyH4.dpuf>

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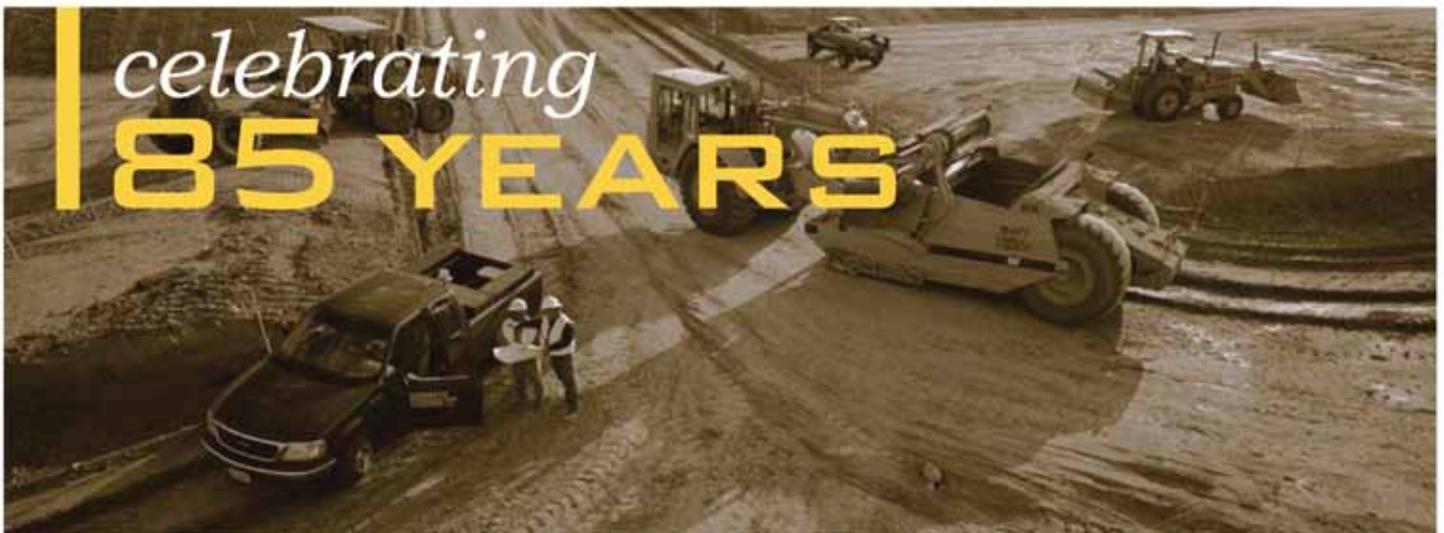
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Steve Hiatt	Vacaville Black Dogs	wing, fullback	1993-98
Ray Lehner	Ashton/Jesuit	prop	1995-2000
Kirk Khasigian	Ashton/Jesuit	hooker	1998-2003
Chris Miller	Jesuit	prop, flanker	2002
Kort Schubert	Jesuit	flanker, #8, Captain	2001 to 2007
Lou Stanfill*	Jesuit	lock, flanker	2005 to present
Thretton Palamo**	Davis Devils	wing, center	2007 to present
Joe Welch, Jr.	Jesuit	hooker	2008 to present
Colin Hawley	Jesuit	fullback/center /wing	2008 to present
Eric Fry	Jesuit	prop/lock	2010 to present

* Lou Stanfill scored two tries in the recent Rugby World Cup.

** Thretton Palamo was the youngest competitor ever (19 years old) to have played in the World Cup.

Collegiate All-Americans:

Steve Hiatt, wing, 1990	Chris King, flanker, 1990-92
Josh Martin, flanker, 1990-92	Ray Lehner, prop, 1991-93
Mark Launey, flanker, 1995	Kort Schubert, flanker, 1998-2003
Kirk Khasigian, hooker, 1996/99	Chris Miller, prop, 1998/99, 2000/01
John Knauer, flanker, 1998	Crispin Cooke, fullback, 1999
Jeff Reiman, center, 2001/02	Tyler Pierce, flanker, 2002
Kyle Khasigian, flyhalf, 2002/03	Jacob Stanfill, lock, 2003-05
Damon Doykos, prop, 2005	Chris Williams, fullback, 2005/06
Louis Stanfill, lock, 2006-08	Andrew Lindsey, #8, 2005/06
Ben Mateialona, back, 2007/08/10	Paul Jesseman, lock/flanker, 2008/09
Eric Fry, prop/lock 2008-10	Ryan Taylor, wing, 2008
Matt Leatherby, halfback, 2008	Pierce Cooley, halfback, 2009
Jamie Purcell, halfback, 2009	Tyler Harrison, halfback, 2009/10
Colin Hawley, center/fullback, 2009/10	Sean Gallinger, Center, 2010
Brendan Purcell, Prop, 2009/1	Thretton Palamo, Center, 2010
Jeremy Deterding, Prop. 2011	Garrett Brewer- stand off 2014
Kyle Peterson- flanker 2014	

Others

Dozens of our area's most promising players have been recognized as U19 Junior Eagles. Of special note: 9 SVHSRC players were standouts on the highly successful 2005 U19 Eagles. This team surprised Canada to qualify for the U19 World Juniors played in Durban, South Africa.

Several area ruggers were in the 2008 National Junior Eagles U18 player pool including returning National team players Jake Wroble (Rio Linda) and Jamie Borup (Christian Brothers), and newcomers Tyler Colin, Jason Fry, and Brandon Kraft (all from Jesuit). Tyler and Brandon were in the Junior Eagles U20 player pool in 2010.

High School All-Americans, a new category of National Age Grade All Star selections in 2010, featured Sacramento Valley players Nick Salaber (Dixon), Pat Barrientes, Michael Bush and Matt Chipman (all from Jesuit) and Christian Castro (River City, formerly Davis).

Continued



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Top Performers Continued

DeWon Reed, formerly of the Burbank Islanders, has been named to the USA Eagles 7s Pool, and was MVP for the Glendale (CO) Raptors RFC in 2007. He has been actively playing Men's Club Rugby since leaving high school. DeWon faced his former Islander teammate, Ben Mateialona, playing for Life College, in the Men's Division I National Championship. Life won the title, June, 2008. Ben is now an Eagle "A" halfback. Their former Islanders Captain, Johnny Folua, Jr., scored 4 tries in his first game for the U19 Junior Eagles, but tragically lost his life in 2007.

Two current Eagles where recently high school students in Sacramento, but started playing rugby only upon reaching college. Kevin Swiryn, (Casa Robles High, St. Mary's College) and Blaine Sculley (Jesuit, Cal) were outstanding football players who quickly converted to dominant wings in both the 7s and 15s game. Both have been Collegiate All-Americans. Sculley is not yet capped in 15s. Swiryn plays professionally in France (Agen).

Coaches

Though never having played high school rugby in the Sacramento Valley, many of our regions coaches enjoyed high performance success as players in their day, and so are worth noting here. Jesuit's Fred Khasigian was the USA Rugby's very first Eagle hooker, playing vs. Australia, January 31st 1975! NCYRA President Rob Salaber was a Collegiate All-American fullback in 1987, long before taking UC Davis to the Collegiate Final Four as Head Coach in 1997, and starting youth rugby in Dixon 7 years later. Sac Valley Conference President Jay Hanson first slipped on the Eagle's #2 jersey in 1977, proudly wearing until 1983. It was hard getting it back off Jay!

Diminutive Steve Gray enjoyed a long, successful run as an Eagle, first playing #10 vs. France in 1976. Steve went on to Captain the Eagles in 15s (vs. Wales and New Zealand), and served as player, coach and captain of the Eagles 7s program until 1986. Steve's assistant coach at River City, Mike Purcell, formerly head coach at Davis for 5 years, was named to the All-World First XV in 1986. At the first Rugby World Cup in New Zealand (1987) Mike scored tries vs. England and Japan. Steve "found" Mike on the football practice field at Goldenwest College (Costa Mesa) back in 1972.

Referees

The long list referees who have tirelessly worked to help develop our game locally include Donal Walsh, currently Director of the UC Davis School of Veterinary Medicine. Donal used his extraordinary ability to bring bits of information together to help order and understanding to the game. Donal wrote the first ever Rugby Lawbook,

which quickly got adopted worldwide by the www.irb.com. Granite Bay's Skip Niebauer reffed for years, but long before that Skip was the Eagles first ever open side flanker, and Captain of the legendary BATS!

Also of special note is Joe Androvich, who, by all accounts Joe was a wonderful player and teammate while at Jesuit and Cal. Joe's continued to follow his rugby passion after ending his playing days and beginning Law School. Though never a threat to make an All Star squad, Joe has found a High Performance Pathway as a referee. He first picked up the whistle at the 2006 Kick Off Tournament, and in just a short time has reached the USA Rugby Referee National Panel Focus Group (one step below International Referee), has reffed several Super League matches, as well as the Utah v BYU match played in the Real Salt Lake MLS Stadium at Rio Tinto last year before 20,000 fans!

Teams

An astonishing 5 different Conference teams have played in the National High School Championships, a competition unique to rugby. The teams are: Cougar RFC; Islanders RFC; Jesuit HRC; Vacaville RFC, and Christian Brothers. Usually in any one region around the country there is only one, or perhaps two strong teams. In the Sacramento Valley, our entire Conference is strong and deep.

A 6th area team to have reached for greatness, and well worth noting, the always strong Sacramento Amazons, after finishing 3rd two years in a row, won the USA Rugby Girl's U19 National Championship last May! Well done ladies!

Jesuit won the National Championship in 1999, 2004, and 2006, and in 2008, the inaugural Single School Championship. Vacaville won the Tier II championship in 2006. In May, 2009, Jesuit and Christian Brothers beat all comers in Pittsburg, PA, to both reach the National Finals, where Jesuit prevailed, as the underdog Christian Brothers impressed.

For 2010, Jesuit fell short at the Nationals losing in the semifinals, falling to runner-up Gonzaga (Wash. D.C.), who then lost to champions Xavier (NY City). The quality and popularity of rugby is clearly growing across America. The Sacramento Valley High School Rugby Conference faces an enormous challenge in the years ahead if we are to stay on top!

The Conference would like to improve the accuracy and completeness of this information, as well as the continued collection of the names of former players who are recognized for their play as above. Please help us to collect such information and eliminate inaccuracies. Email Ray Thompson at raythompson3@surewest.net.



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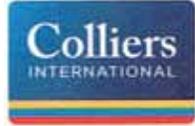
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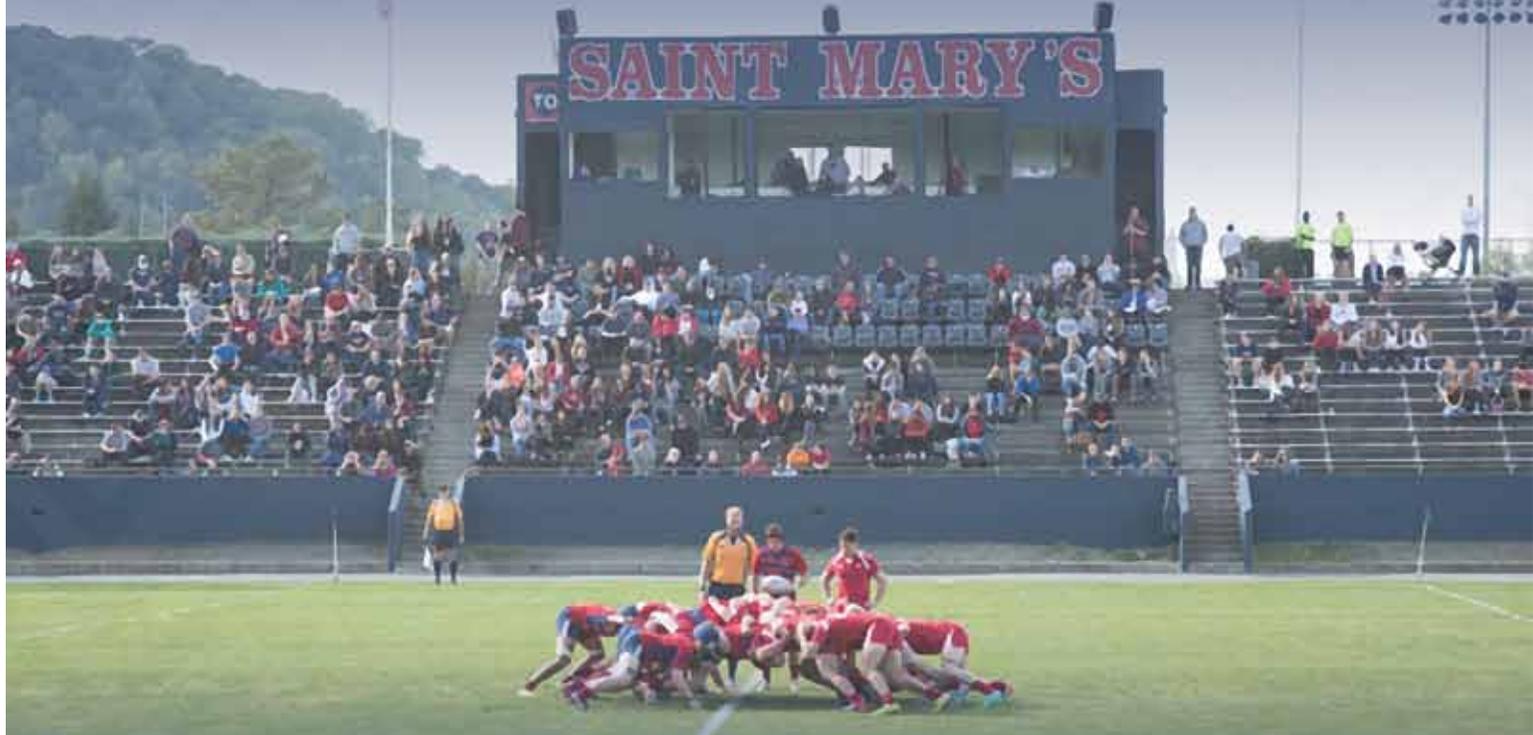
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