



# **Silicon Valley Rugby Football Club**

## **Sunnyvale, California**

### **What is Rugby?**

In 1823, during a soccer match at Rugby School in England, William Webb Ellis, showing a complete disregard for the rules, picked up the ball and ran with it. This innovation caught on and was played in England and several other countries. Modern Rugby is a game of speed and finesse allowing for a healthy amount of contact. Rugby can best be described to the layman as a cross between American Football and Soccer, but Rugby is much more than that. It is a game all its own.

Rugby is played by two teams of 15 players on a pitch (field) 100m (110 yards) long and 69m (75 yards) wide. Most teams at this level use a standard football or soccer field. The rugby ball is an oval ball, blunter than an American football made of rubber or other synthetic material. The object of the game is to score as many points as possible. Either by kicking the ball through the posts, scoring 3 points or by placing the ball on the ground with downward pressure in the opposition's try zone, scoring 5 points. After scoring a try, the scoring team attempts to kick the ball through the posts, scoring 2 points.

A rugger's uniform consists of a collared jersey, shorts, knee socks, and cleats. Players wear no pads except for mouthpieces and the occasional shin guard or scrumcap. Games consist of two 35 minute halves.

### **A Brief Summary of the Rules**

The game starts with a kickoff at the halfway line. This is either a place kick or a drop kick. A drop kick is not a punt, the kicker actually drops the ball on the ground and kicks it shortly after it touches. The kick is a free ball but has to go at least 10 meters.

Once a team has possession of the ball they move it towards their opponent's goal line. They usually do this by taking the ball and running with it. A player rarely makes it by himself because the defense is allowed to tackle him as long as they attempt to wrap him up with their arms and do not make contact with his head or neck. Blocking or any willful contact with a player not carrying the ball is illegal. Players are allowed to pass, throw, or knock the ball to their teammates as long as it does not go forward. Players may kick the ball in any direction, usually forwards. There are no loss on downs as in American football, so a team can keep the ball as long as it can maintain possession.

A player is tackled when he is brought to the ground and is being held there by an opposing player. If a player slips, dives on the ball, or is on the ground at any time and is not held, it is not a tackle. After a player is tackled he must immediately release the ball. A player who is on his feet from either team may pick up the ball after a tackle.

## **Frequently Asked Questions**

### **Why do you want me?**

Each year old players move on to college and we need players, lots of them. We do have a number of returning players, but we also need some fresh talent to replace our graduating seniors and to spice up our backline. Also, we are altruistic and would like as many new people to experience the game as possible. So come join us and be part of the best team sport in America. Give it a try.

### **What makes Rugby so great anyway?**

Rugby is a very diverse game. It involves running, passing, kicking, lifting, etc. Because Rugby involves so much action there are concepts from every sport that apply to Rugby. Its a real blend of athleticism.

Also Rugby is a sport where everyone can play. Rugby is for the most part based on natural movements. Its not like diving or gymnastics where you have to get all contorted. The basic rules are very simple to learn once practice starts and anybody who wants to can become a great Rugby player. No body type is favored over any other.

Rugby really is the ultimate team sport. You and 14 mates all work together for a common purpose. Every situation in the game requires the support of other players. When you have the ball, your mates are there to pass to, bind to, ruck for you. It's not you against the defense. One superstar does not carry the team and with kicking for points excluded, there is no situation where it is up to just one man to get the job done.

Rugby also allows for more future opportunities than any other. Since not a lot of young people play Rugby, joining our team gives you an edge over 90% of your age group. There is a better chance of playing in college and you are eligible to tryout for Regional and National U19 teams. Also, Rugby has extensive division I and II men's teams all over the country. When people get into Rugby, they find its one of the funnest sports they've played in a long time and stay with it for many years. Former players have gone on to play for Cal (National Champions), UCSD, San Jose State, San Diego State, Santa Clara, Arizona, St. Mary's, Humbolt, etc. and the USA National Team.

### **Do you really mean each type of build?**

Yes we do. There are positions out there for literally everybody.

*What if I'm over 225lbs?* Then you belong in the tight 5.

*What if I'm only 5'2"?* Then a scrum-half is probably more up your alley.

*What if I'm really bony?* You can be a valuable back, especially out on the wings.

### **What if I've never played before and/or don't know how?**

No problem. We will teach you. SVRFC is eagerly recruiting first year players. Each year about half of our starting team are rookies. If you make every practice, you will know how to play Rugby very well.

**Join us for a practice and give Rugby a try**

**Tuesday & Thursdays - 4 p.m. until dark - At Ortega Park in Sunnyvale**

**Starting Nov. 24, 2007**

**For more information:**

**<http://www.siliconvalleyrugby.org>  
Coach Norm Boccone – 408-209-1918**