

# PORTLAND WOMEN'S RFC

## HISTORY

Founded in 2009, the Portland Women's Rugby Football Club (PWRFC) is the newest addition to the PNRFU Women's Division. We are just completing two months of friendly fall games and preparing for our debut season in the spring. We are a developmental team and welcome all experience levels. If you want to be part of a team of women, playing the best sport on the planet, competing in the largest division in Oregon and having a blast doing it, you have come to the right place. Join us in the gym this winter or meet us at the pitch come spring!

For more info email us – [PortlandWomensRugby@gmail.com](mailto:PortlandWomensRugby@gmail.com)



## ROSTER



Adina Lepp	Hannah Summers	Kelly O'Connor
Carly Dugas	Hope VanLandingham	Laura Shrives
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Elissa Helligas	Katie LeFebvre	Mel Nelson
Elly Cartwright	Kelly Gaughan	Sandi Chiba
Fran Graham	Kelly Maynes	Sarah Bow

## SPONSORS

THANK YOU TO OUR SPONSORS!!



We are a non-profit organization actively seeking team sponsors. There are a variety of sponsorship levels available and all contributions are appreciated. Support Women's Rugby!



<b>OCT 10 2009</b>	Lady Pigs vs. Reed College @ Reed- <i>Reed forfeit</i>
<b>OCT 17 2009</b>	Lady Pigs vs. Western Oregon U. @ Monmouth- <i>Win- 17-15</i>
<b>OCT 24 2009</b>	Lady Pigs vs. Budd Bay Bandits @ Lacy, WA- <i>Loss- 57-5</i>
<b>OCT 29 2009</b>	Lady Pigs Bake Sale @ Last Thursday \$\$
<b>NOV 07 2009</b>	Lady Pigs vs. Bend @ Bend
<b>NOV 14 2009</b>	Lady Pigs vs. Eugene @ Eugene
<b>NOV 15 2009</b>	Lady Pigs Garage Sale \$\$
<b>NOV 21 2009</b>	Flamesfest Tournament @ Redmond, WA
<b>NOV 22 2009</b>	WINTER BREAK - Lady Pig Strength & Conditioning @ Giants Gym (Tues, Thurs)
<b>- FEB 02 2010</b>	
<b>DEC 20 2009</b>	50/50 Christmas Raffle Drawing \$\$
<b>FEB 06 2010</b>	Lady Pigs vs. Reed College @ Reed
<b>FEB 13 2010</b>	Friendly pick up @ Monmouth / Optional Rugby 7's Championship in Las Vegas
<b>FEB 20 2010</b>	Lady Pigs vs. Oregon State University @ Corvallis
<b>FEB 27 2010</b>	Lady Pigs vs. University of Oregon @ Eugene

## CONTACT US

Do you want to become part of the team? Do you have any questions? Ideas? Do you want to help but aren't sure how? Contact us through email:

[PortlandWomensRugby@gmail.com](mailto:PortlandWomensRugby@gmail.com)

Or you can keep up with us on Facebook:

[Facebook.com/PortlandWomensRugby](https://www.facebook.com/PortlandWomensRugby)

## RUGBY 101 - VOCABULARY

- Bind** - To grab hold of a teammate.
- Boots** - What goes on a rigger's foot OR encouraging a player to get off the wrong side of a ruck.
- Conversion** - Kick made attempted after a try is scored. Worth 2 points.
- Drop Kick** - A kick where the ball must hit the ground before contacting the kicker's foot.
- Grubber** - A kick on the ground that bounces in a predictable pattern.
- Line-Out** - A restart (similar to a throw- in) after that ball goes into touch.
- Match** - A game.
- Mark** - Call made to allow for a safe catch behind the 22.
- Maul** - A standing, moving ruck that includes the ball.
- Off Sides** - Being in front of the last foot of your ruck.
- Pitch** - What ruggers play on. Usually made of grass, dirt, and white paint.
- Poach** - To steal the ball after a tackle.
- Punt** - A clearing kick.
- Ruck** - Two players in contact over the ball.
- Rugger** - One who plays rugby.
- Scissor** - AKA switch – two players crossing paths and passing the ball.
- Scrum** - A set formation of forwards from both teams contesting the ball.
- Skip** - To pass over/past a player.
- Touch** - The boundary line.
- Try** - Awarded when the ball is touched down in the try zone. Worth 5 points

The number the player wears on their back during the start of a rugby match correlates to the position they are playing, so people often interchange the position name with the position jersey number. Numbers larger than 15 are substitution numbers and could be any position. Another thing to note about rugby is that positions are not divided into offenders and defenders because ruggers must play both offense and defense.

The most basic division of positions is between forwards and backs. Some of the differences between the forwards and the backs are that the forwards do a lot of the grunt work including scrumming, line-outs, and most of the rucking, and the backs run more with the ball in hand and run plays off of scrums and line-outs.

## - FORWARDS -

- 1 - **Prop (loose-head)** - left, front row of the scrum
- 3 - **Prop (tight-head)** - right, front row of the scrum
- 2 - **Hooker** - hooks the ball in scrums & throws ball in
- 4, 5 - **Lock** - stabilizes & powers the scrum
- 6, 7 - **Flanker** - can break off the scrum quickly
- 8 - **8-man (Flanker)** - holds the ball in the scrum

## - BACKS -

- 9 - **Scrum-half** - link between forwards and backs
- 10 - **Fly-half** - distributes the ball to the backs
- 11, 14 - **Wing** - fast, outside finishers
- 12 - **Center (inside)** - aggressive, hard hitting enforcer
- 13 - **Center (outside)** - aggressive, hard hitting enforcer
- 15 - **Fullback** - last line of defense

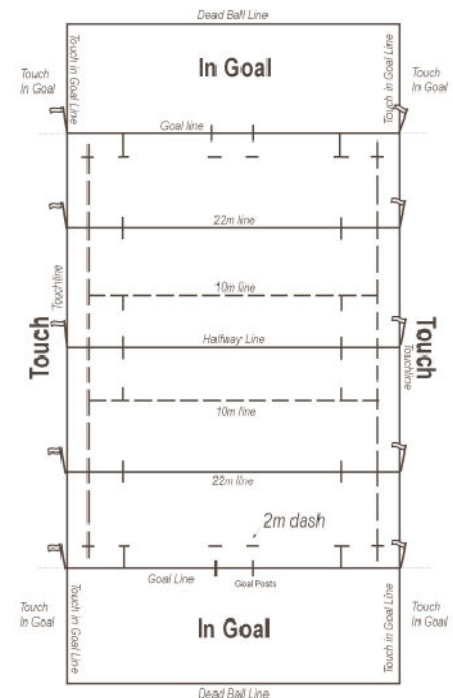
**Try Zone (In Goal)** - The ball can be touched down in this area and a try is scored (5 points).

**50 Meter (Halfway Line)** - The ball is kicked from this line to start each half and to restart after a try has been scored.

**10 meter** - The ball must pass this line during kick offs.

**22 meter** - A "safety zone" where the defending team can kick the ball directly out of bounds from behind the line and the line-out occurs where the ball went out of bounds rather than where it was kicked. Also, mark may be called behind this line.

**5 meter & 15 meter** - Line-outs must take place between these two lines.



The main objective of the game is to win by scoring more points than the opposing team. A normal match allows for 80 minutes of play time and is divided into two 40 minute halves. During the match there are 4 methods of scoring.

1. A **try** is worth **5 points**. Tries are scored by touching the ball down, under control, in the try zone at the end of the pitch.
2. A **conversion kick** is worth **2 points** and is attempted after a try is scored. The kicker may place the ball as close or far from the try line as they like, but must kick from the width at which the ball was touched down for the try. For the points to be scored, the ball must pass between the uprights.
3. A **penalty kick** is worth **3 points**. A penalty kick may be attempted any time a penalty is awarded, but the referee must be notified.
4. A **drop goal** is worth **3 points**. At anytime during regular play a player may drop kick (allow the ball to hit the ground before kicking) the ball through the uprights. This is very rare.