

Atlantic Super Regional day two roundup

HENRICO COUNTY, VA – The weather cooperated on day two of the 2023 Atlantic Super Regional (ASR) after forecasted storms threatened the Sunday schedule.

Eleven matches were contested on Sunday at Glover Park in Glen Allen, VA in which six teams captured 2023 Atlantic Super Regional men's and women's club rugby titles.

Two-time defending national champion NOVA Women's Rugby (VA) cruised to another Atlantic title with an impressive 66-5 full time score over Raleigh Venom (NC) in the Division 1 final. The Piranhas scored a tournament high 154 combined points through their wins on Saturday and Sunday. NOVA will once again represent the Atlantic region in national 'final four' in June in St. Louis, Missouri.

In the D1 women's consolation, Boston Women's Rugby (MA) defeated the Providence women (RI) in a 27-17 extra time contest.

Women's D1 final standings:

1. NOVA (2-0)
2. Raleigh (1-1)
3. Boston (1-1)
4. Providence (0-2)

In the final match of the tournament, Boston Irish Wolfhounds (MA) grinded out another exciting victory, this time over Philadelphia-Whitemarsh Rugby (PA). Boston held a tight lead, only 7-0 at halftime, but added two tries and two penalty kicks in the second half to win 23-5 and capture the 2023 ASR men's D2 title. Boston will represent the Atlantic region in St. Louis in the national 'final four.'

The host team James River (VA) defeated last year's ASR champion Buffalo (NY), 45-29, to earn a victory in the D2 consolation match.

Men's D2 final standings:

1. Boston (2-0)
2. Philadelphia-Whitemarsh (1-1)
3. James River (1-1)
4. Buffalo (0-2)

An exciting women's D2 championship match put two returning ASR competitors against one another in Severn River (MD) and Phoenixville Unicorns (PA). Severn River was the 2022 D2 runner-up falling by only three points to the eventual national champion Providence. An exciting match from start to finish saw a number of lead changes between Severn and

Phoenixville. An intercepted pass taken back for a try with less than three minutes remaining in full time ultimately gave the Honey Badgers the final lead of the contest as they held on to win, 36-31 for the 2023 regional title. Severn River will represent the Atlantic region at the national championships in June.

Meanwhile in the consolation match, another returning team in New Haven (CT) earned a 20-5 victory over Worcester Shamrocks (MA).

Women's D2 final standings:

1. Severn River (2-0)
2. Phoenixville (1-1)
3. New Haven (1-1)
4. Worcester (0-2)

An impressive North Bay Rugby (MD) team cruised to the ASR men's D3 title with a 40-5 victory over Monmouth (NJ) in Sunday's title match. A disruptive defensive scheme held both of North Bay's opponents to a combined 22-points over two days while their fast-paced attack accumulated 102 combined points in those matches. North Bay will represent the Atlantic region at the 2023 national championships in St. Louis.

In the consolation match, Providence men (RI) defeated returning ASR team Lehigh Valley Hooligans (PA), 24-5.

Men's D3 final standings:

1. North Bay (2-0)
2. Monmouth (1-1)
3. Providence (1-1)
4. Lehigh Valley (0-2)

An impressive South Shore Sirens (MA) team raced to the ASR women's D3 title on Sunday with a 32-10 victory over a strong Union County Mudturtles (NJ) team who scored 45-points on the defending Atlantic champion on Saturday. In the consolation match, Rappahannock Womxn's Rugby (VA) overcame an early deficit to defeat South Jersey Women's Rugby (NJ), 58-5.

Women's D3 final standings:

1. South Shore (2-0)
2. Union County (1-1)
3. Rappahannock (1-1)
4. South Jersey (0-2)

In the first title match of the day, Burlington Rugby (VT) pitched the weekend's only shutout, defeating South Buffalo (NY) 47-0 for the Atlantic Regional men's D4 title.

Men's D4 final standings:

1. Burlington (1-0)
2. South Buffalo (1-1)
3. Happy Valley (0-1)

All 2023 Atlantic Super Regional champions

New York Old Blue Rugby – men's D1

NOVA Women's Rugby – women's D1

Boston Irish Wolfhounds Rugby – men's D2

Severn River Women's Rugby – women's D2

North Bay Rugby Club – men's D3

South Shore Sirens – women's D3

Burlington Rugby Club – men's D4

All 2023 ASR scores

Men's D1 championship

Old Blue 25 – Rocky Gorge 22 (extra time)

Women's D1 championship

NOVA 66 – Raleigh 5

Women's D1 consolation

Boston 27 – Providence 17 (extra time)

Women's D1 semifinals

NOVA 88 – Providence 14

Raleigh 49 – Boston 19

Men's D2 championship

Boston Irish Wolfhounds 23 – Philadelphia-Whitemarsh 5

Men's D2 consolation

James River 45 – Buffalo 29

Men's D2 semifinals

Boston 29 – Buffalo 17

Philadelphia-Whitemarsh 40 – James River 26

Women's D2 championship

Severn River 36 – Phoenixville 31

Women's D2 consolation

New Haven 20 – Worcester 5

Women's D2 semifinals

Severn River 34 – New Haven 5

Phoenixville 66 – Worcester 19

Men's D3 championship

North Bay 40 – Monmouth 5

Men's D3 consolation

Providence 24 – Lehigh Valley 5

Men's D3 semifinals

North Bay 62 – Providence 18

Monmouth 32 – Lehigh Valley 29

Women's D3 championship

South Shore Sirens 32 – Union County Mudturtles 10

Women's D3 consolation

Rappahannock 58 – South Jersey 5

Women's D3 semifinal

South Shore Sirens 46 – South Jersey 12

Union County 45 – Rappahannock 29

Men's D4 championship

Burlington 47 – South Buffalo 0

Men's D4 semifinal

South Buffalo 25 – Happy Valley 22

The 2024 Atlantic Super Regional will be hosted by the Eastern Pennsylvania Rugby Union.

Matt O'Rourke
Communications POC – Atlantic Super Regional