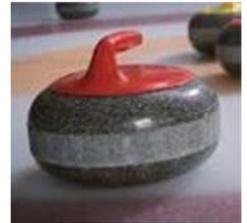


Curling Notes

Description:

A curling game is played between two teams. Each team has four players. The game involves each member of the team alternately shooting (sliding) two 42 lb. polished granite stones down a 146 ft. long sheet of ice with the opposing team. The rock is helped by the sweeping of teammates to decrease friction (polish the pebble) and control the distance and direction of the stone. Each team delivers eight rocks/stones. After the last stone comes to rest, the closest stones to the pin score points. The typical game consists of eight ends (innings).



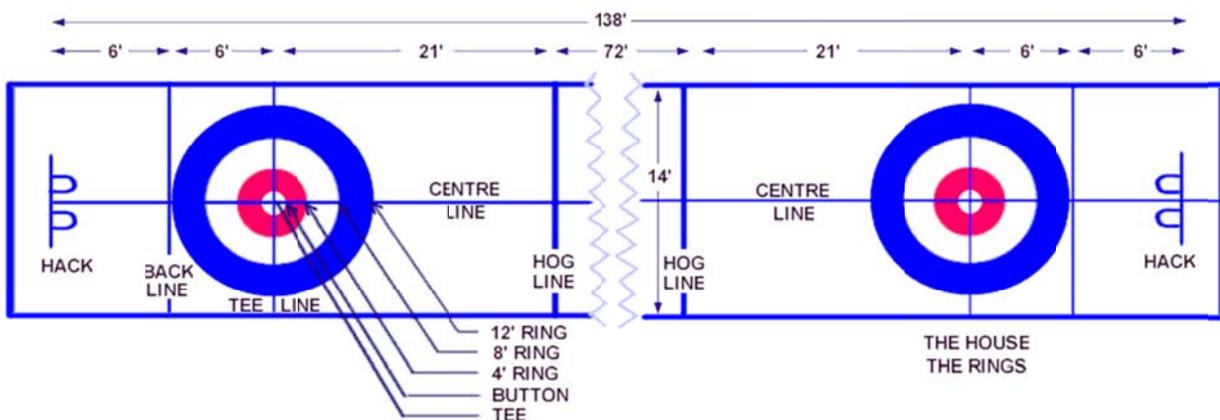
Before a curling game is started players greet each other, shake hands and exchange names. Players are courteous and friendly to their opponents and their own teammates. At the end of the game the players shall again shake hands and thank each other for the game or congratulate each other for the win or having a good game.



A game is started by the thirds tossing a coin. The winner of the toss can select last rock (hammer) or the colour of rocks. The winner usually selects last rock advantage. This means that they have last rock advantage in the first end. The other team shall have their choice of colour and will deliver the first rock to start the end.

The player positions are Lead, Second, Third or Vice-Skip, and Skip. The Skip is considered the captain of the team. The third is the skips assistant. The lead and the second are referred to as the “front end”.

Only one team can score in an end. If a team scores in an end, they will start the next end by delivering the first stone. If no points are scored (blanked end) in an end, the next end will start the same as the previous end with the same team delivering the first stone.



Equipment

Curling Shoes: one shoe has a sliding surface and the other has a gripper surface.



Curling Broom: various types are use. It's just a matter of preference.



Curling mitts: to keep the Hands warm and reduce friction.



Curling rocks: provided by the curling Club. No need to have your own!!



Comfortable clothing:



Player Positions

Lead:

- ✓ Throws the first two rocks of an end for her/his team
- ✓ Has good draw weight – usually plays a lot of guards
- ✓ Good sweeper – sweeps six rocks per end
- ✓ Judges weight – communicates weight to skip
- ✓ Works closely with the second
- ✓ Does not offer advice about strategy

Second:

- ✓ Throws the 3rd and 4th rocks of an end for her/his team
- ✓ Has good draw weight and well a variety of take-out weights
- ✓ Plays a variety of shots
- ✓ Good sweeper – sweeps six rocks per end
- ✓ Judges weight – communicates weight to skip
- ✓ Works closely with the lead

Third or Vice-skip

- ✓ Throws the 5th and 6th rocks of the end for his/her team
- ✓ Toss the coin to determine how the game is started
- ✓ Determines the score at the completion of an end with the opposing third
- ✓ Measures rock if necessary and marks the score on the scoreboard
- ✓ Great shot makers – capable of making a variety of shots
- ✓ Capable of reading the ice conditions and informing the skip about it
- ✓ Knowledgeable about strategy – works closely with the skip
- ✓ Holds the broom for the skip while the skip is throwing

Skip

- ✓ Throws the 7th and final rock of the end for his/her team
- ✓ Sweeps only in the house
- ✓ Excellent shot makers – can make any shot needed to score points in the end – has the touch!!
- ✓ Very experienced and works well under pressure
- ✓ Responsible for calling the game – strategy
- ✓ Ability to read the ice quickly and accurately
- ✓ Calles the game according to his/her teams strengths and avoids weaknesses

Delivery of a Curling Stone

http://www.youtube.com/watch?v=vGKdr_au240&feature=related

Step 1: The Setup

Begin your delivery by setting yourself up in the hack. If you are right-handed, you must push off with your right foot in the left hack, and if you are left-handed, you must do the opposite. You should place the ball of the foot in the back of the hack and drop into a comfortable and balanced squat.

The handle of the rock should be held in the delivery hand, with the pads of your fingers under the handle and your thumb on the side, touching your index finger. The handle should be turned to either the body-in(10) or body-out position (2), depending on which way you want the stone to curl. The two positions correspond roughly to the ten o'clock or two o'clock positions on a clock.



You will carry a broom in your non-delivering hand, with the head of the broom pointing forward and resting on the ice. This will help for balance. Before making the set up, look to your skip for guidance. The skip (team captain) will be positioned at the far end of the ice near the house.

He or she will use predetermined hand signals to communicate the type of shot and the weight of the desired shot.

The skip will place the end of a broom on the ice to provide a visual marker for you to aim at. At this point you are ready to begin your shot.

Step 2: The Forward Press

When you are ready, initiate the shot by sliding the rock forward approximately five inches, while staying in the crouching position and keeping the same angle on the handle. This movement initiates the pendulum movement of the delivery, and allows you to fall into rhythm.

Step 3: The Draw

As you finish your press, move immediately into the drawback. Slide both the rock and your sliding foot back towards the hack until the delivery foot is just in front of the foot in the hack.

As you do this, raise your hips up and pull them back. At the peak of the drawback, your arm will be straight.

Step 4: The Slide

The slide begins with you pushing the rock out in front of your body. Allow your body to naturally follow the rock.

As your body moves forward, allow your sliding foot to move forward to catch your body weight. As your body drops into a balanced position over the sliding foot, gently use your other leg to push yourself out of the hack. This should be a smooth movement which simply finishes the process of forward motion which the rock and your body have begun.



As you slide across the ice, all your weight should be on your sliding foot. Your other leg should be extended behind you. Balance is critical at this point ideally you should not be leaning on the broom or the rock. Try to keep your back flat, your shoulders square, and your eyes ahead of you.

Step 5: The Release and Follow Through

At this point you are sliding, with the rock's handle still cocked. As you get to within four or five feet of your release point, you must begin to straighten out your arm and turn the handle of the stone to the twelve o'clock position.

When this rotation is completed, release the stone. Make sure that you do this before the hog line! Hopefully it will sail straight up the ice toward the intended target.

After releasing the stone, stay in the slide position for a few more feet. This is called the follow-through, and it ensures that you do not shift your position too early.



Glossary of Curling Terms

BACKLINE: The line across the ice at the back of the house. Stones which are over this line are removed from play.

BITER: A stone that just touches the outer edge of the circles.

BLANK END: An end in which no points have been scored.

BONSPIEL: A curling competition or tournament.

BRUSH: A device used to sweep the ice in the path of a moving stone.

BUMPER OR BACK-BOARD WEIGHT: A stone thrown with sufficient momentum to reach the back-board.

BURNED STONE: A stone in motion touched by a member of either team, or any part of their equipment. Burned stones are removed **from play**. (the offending team must declare a burnt stone, and allow the stone to come to rest without interfering. The non-offending skip will decide what to do with the situation)

BUTTON: The circle at the centre of the house.

CHIP: To hit only a portion of a stone to move it slightly and reposition it to your advantage.

CHIP AND ROLL OR HIT AND ROLL: To hit a portion of an opposing stone and roll your shooter to another position in the house (better position).

COUNTER: Any stone in the rings or touching the rings which is a potential point.

CURL: The amount a rock bends while travelling down the sheet of ice.

DRAW WEIGHT: The momentum required for a stone to reach the house or circles at the distant end.

END: A portion of a curling game that is completed when each team has thrown eight stones and the score has been decided.

FALL: A portion of the curling ice which is sloped in the opposite direction as would seem normal.

FREEZE: The thrown rock comes to rest in a tight position close to a stationary rock already in play. The rock can be frozen on the face, or corner to the stationary rock.

FRONT RINGS: The portion of the rings of the house ahead of the tee line.

GUARD: A stone that is placed in a position so that it may protect another stone.

HACKS: The foot-holds at each end of the ice from which the stone is delivered.

HACK WEIGHT: A stone delivered with enough momentum for it to travel to the hack at the distant end.

HEAVY: A rock delivered with a greater force than necessary.

HEAVY ICE: Ice that for one of many reasons offers more than the normal amount of resistance to a curling stone in motion.

HIT: A take-out. Removal of a stone from the playing area by hitting it with another stone.

HOG LINE: A line 10 meters from the hack at each end of the ice.

HOGGED STONE: A stone that does not totally cross the far hog line. It must be removed from play.

HOUSE: The rings or circles toward which play is directed consisting of a 12-foot ring, 8-foot ring, 4-foot ring and a button.

ICE: The distance between the skips' broom and the rock or target area, determined by the amount of "curl" anticipated.

IN-TURN: The rotation applied to the handle of a stone that causes it to rotate in a clockwise direction and curl for a right-handed curler.

KEEN ICE: When the ice surface provides less than the normal amount of friction to a stone in motion.

LEAD: The first player on a team to deliver a pair of stones for his/her team in each end.

LIGHT: A stone delivered with less than the weight required to successfully complete the desired shot.

LOST HANDLE, OR DEAD HANDLE: A stone which did not maintain the original rotation applied to it upon release.

NARROW: A rock delivered inside the intended path or target which is the skips' broom at the other end.

OFF THE BROOM: A stone delivered off the target.

OUT-TURN: The rotation applied to the handle of a stone that causes it to turn and curl in a counter-clockwise direction for a right-handed curler.

PEBBLE: A fine spray of water applied to a sheet of curling ice before commencing play.

PORT: An opening between two stones that is large enough to allow passage of another stone.

RAISE: When one stone is bumped ahead by another.

RINK: A team of four curlers. Also the building in which the game is played.

ROLL: The movement of a curling stone after it has struck a stationary stone in play.

RUB: To barely touch another rock while passing it.

RUN: Small dips or hollows in the ice causing the rock to deviate from the normal path.

SECOND: The curler who delivers the second pair of stones for hi/her team in each end.

SHEET: The specific playing surface upon which a curling game is played.

SHOT ROCK: At any time during an end, the stone closest to the button.

SKIP: The player who determines the strategy, and directs play for the team. The skip delivers the last pair of stones for his/her team in each end.

SPARE: An alternate player or substitute.

SLIDER: Slippery material placed on the sole of the shoe, to make it easier to slide on the ice.

STOLEN END: An end is stolen if the team that does not have hammer scores in that end

STRAIGHT HANDLE: A rock that does not have either an in-turn or an out-turn rotation imparted on it.

SWEEPING: The action of moving a broom or brush back and forth in the path of a moving stone.

SWINGY ICE: Ice on which the rock “curls” more than normal.

TAKE OUT: Removal of a stone from the playing area by hitting it with another stone.

TEE LINE: The line that passes through the centre of the house parallel to the hog line and backline.

THIRD, VICE-SKIP OR MATE: The third player on a team to throw two stones in each end. Generally this player acts as the skip when the skip is delivering his/her stones and assists with shot selection decisions.

WEIGHT: The amount of force given to the stone during the delivery.

WIDE: To release the rock outside the target, off the imaginary line to the skips’ broom.

WRECKED SHOT: A shot that accidentally wicks off a rock in front of the house.

Scoring

The scoring system in curling is a little more difficult than in some other sports, but once you understand it, it makes a lot of sense.

The rock closest to the center of the rings (the pin) is called shot rock. This means that at the completion of the end it will count as a point for the team that is throwing that colour. If the next, second shot, is of the same colour as shot rock, that team will have an additional point and score two points. If the third rock is of the same colour, that team will score three points, etc. HOWEVER, if the second rock is of the opposite colour, it eliminates any of the other rocks from counting and the opposing team will only count one point. It doesn't matter how many rocks they have in the house. All other potential counter (rocks) will not be counted because of the second shot belonging to the opposite colour.

Any rock barely biting the outer edge of the twelve foot ring is considered a potential counting rock. To determine whether a rock is biting the house or which rock is nearer to the pin, an official measuring device is used. A measure is taken from the center of the rings to the innermost edge of the rocks being measured.



The team that scores on any end will give up last rock advantage for the next end. For example: if your team scores in the first end, your team will throw the first rock in the second end (the other team will have last rock).

The score is across the center and the ends are hung up above or below the score. In this case red scored one in the first end. Blue scored 1 in the 2nd end. Red answered back with 5 points in the 3rd, their total score is now 6. Blue scored 1 more point in the 4th, their total score is now 2. Red scored 2 more in the 5th end, their total is now eight. Blue scored 1 more point in the 6th, their total is now 3. Blue stole 3 points in the 7th, and their score is now 6. Going into the last end of play red has the hammer and the score is 8-6 for red.



1	9	5							
1	2	3	4	5	6	7	8	9	10
2	4	6	7						
5									

Etiquette and Common Courtesies

Curling is a non-contact sport. It is the Ultimate game of sportsmanship. Players are Kind and courteous towards each other. The following rules are followed without an Official.



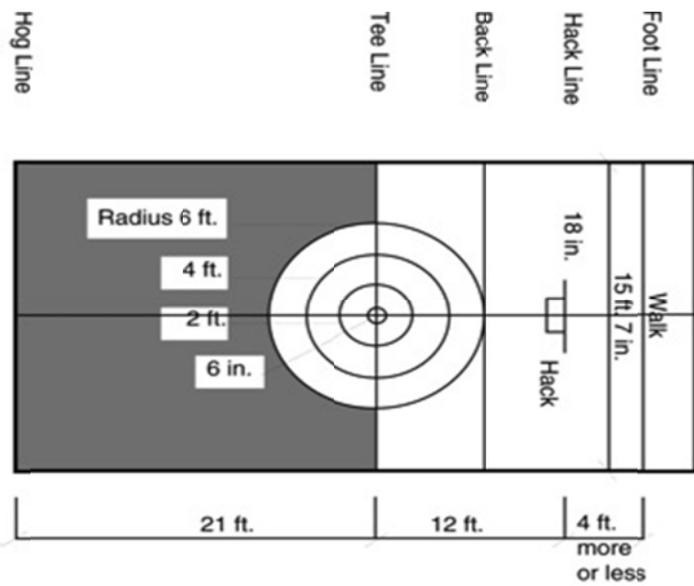
1. While your opponent is delivering a stone, stand well to the side, eliminating the possibility of interference with the delivery. Do not talk, move around or cross the ice when the person is ready to throw. If you are alternating with the thrower, stand on the backboard. If you are not, and will be sweeping your teammates rock next, stand between hog lines to the side of the sheet.
2. Don't be near the center of the ice while a stone is in motion, if you are not sweeping. Inactive players should stand along the sides of the sheet, well out of play. When finished sweeping, return to the hog line at the throwing end and stay well to the side.
3. Always be ready when it is your turn to throw, and don't dawdle in the hack.
4. Keep refreshments and food away from the ice area at all times.
5. Only skips and vice-skips are allowed in the house. They are to lift their brooms from the ice and stay still when the other team has possession of the house.
6. Never discuss curling delivery faults with a teammate or rival player during the game.
7. No foul language, loud gossiping, banging of brooms or punching of walls (just to name a few).
8. Shake hands before and after the game. Remain Friendly
9. Always think before you act. The act appropriately.
10. Wear clean footwear. Never wear street shoes. Clean curling shoes on cleaning brush. Don't walk on the tiled floor with sliders.

Free Guard Zone – The Four Rock Rule

"No rock lying in the free guard zone can be removed from play by the opposition until the first four rocks of the end have come to rest. The free guard zone shall be the area between the hog line and the tee line, excluding the house."

Note: The rule states that; no rock can be removed by the opposition; this means that you can remove your own rock from the free guard zone.

Because rocks thrown into the free guard zone cannot be initially removed, teams are forced to play with one or more rocks in front of the house. This creates a certain degree of excitement with more aggressive shots being played.



<http://www.curling.ca/start-curling/rules-of-curling-for-general-play/>

<http://www.curlingbasics.com/>