

# CURLING

# spirit

*"fair play"*



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*the*  
**spirit**  
*of curling*



## **GOOD SPORTSMANSHIP AND HONORABLE CONDUCT**

Curling is a game of skill and traditions. A shot well executed is a delight to see and so, too, it is a fine thing to observe the time-honored traditions of curling being applied in the true spirit of the game. Curlers play to win but never to humble their opponents. A true curler would prefer to lose rather than win unfairly.

A good curler never attempts to distract an opponent or otherwise prevent another curler from playing his or her best.

No curler ever deliberately breaks a rule of the game or any of its traditions. But, if a curler should do so inadvertently and be aware of it, he or she is the first to divulge the breach.

While the main objective of the game is to determine the relative skills of the players, the spirit of the game demands

good sportsmanship, kindly feeling and honorable conduct. This spirit should influence both the interpretation and application of the rules of the game and also the conduct of all participants on and off the ice.



# THE UNWRITTEN RULES

## Curling Etiquette

- **Start with a handshake.** At the beginning of each game, greet the members of the opposing team with a handshake, tell them your name, and wish them "Good Curling!" Make sure everyone knows everyone else.
- **Finish with a handshake.** When the game is over, offer each player a hearty handshake and say, "Good game," regardless of the outcome. The winning curlers traditionally offer their counterparts some refreshment, with the opponents reciprocating.
- **Compliment a good shot.** One of the nicest curling traditions is that players and spectators compliment a good shot by either side while holding comment on a poor shot or a competitor's misfortune.
- **Be courteous.** Avoid distracting movements when a curler is in the hack. When your team is not shooting, keep your distance and stand quietly. Sweepers should stand off to the side between the hog lines. Never walk or run across the ice when an opponent is in the hack. Avoid gathering around the hack at either end of the ice.
- **Be ready.** Get into the hack as soon as your opponent has delivered his/her rock. Keep the game moving—delays detract from the sport.

Be prepared to sweep as soon as your teammate releases the rock.

- **Wait for the score.** Vice skips are the players who determine the score for each end. Other players should wait outside the house until the outcome is settled. Once decided, others may help clear the rocks.
- **Keep the ice clean.** The shoes you wear for curling should only be used for curling. Sand and grit from street shoes can ruin the ice surface. Change into a clean pair of flat, rubber-soled shoes that can grip the ice.
- **Practice on a different sheet.** Those who arrive early to throw a few rocks to practice or warm up are encouraged to do so. But be sure to avoid using the sheet you'll be playing on.
- **Be on time.** Get to the club in time to change and warm up before the game. When you're late, you hold up the other players. If you know you'll be unavoidably late, let your team know in advance.
- **Get a sub.** There may be times when you're not able to curl as scheduled. It's your responsibility to get a substitute. Call your skip and give the name of the curler subbing for you.



## Safety • Warm up before the game.

Stretching and warming muscles before going out onto the ice can help prevent injury.

- **Step onto the ice gripper-foot first.** Never use your slider foot to step onto the ice.
- **Always be careful when stepping off the ice.** Always put your slider foot up first.



- **Never stop a rock with your hand.** Your fingers can be crushed, especially if the rock hits another rock while you're trying to stop it. Never use your foot to stop a fast-moving rock. You could lose your balance and fall. Use your broom to stop a rock.

- **Always carry your broom,** which you can use to avoid or break a fall in case you lose your balance.
- **Watch for stray rocks** and prevent rocks from going onto another sheet.
- **Keep the rocks on the ice** at all times. Slide the rocks—never lift them.
- **Keep your feet on the ice.** Walk or slide—never hop or run.
- **If you can't keep up with a fast-moving rock while sweeping, stop.**
- **Never go onto the ice when your balance is impaired** from sickness, excessive alcohol, etc.

## Tips for Clubs

- Before and during each season, check to be sure that no water has frozen on walkways or carpets around the ice. Curlers anticipate sure footing on walkways. Icy walkways can cause falls, muscle pulls, and serious injuries.
- The entire ice surface must be flat. Never leave raised, depressed or otherwise irregular patches of ice anywhere on the sheet.
- All walkways must be sturdy, especially where curlers step onto the ice.

## GLOSSARY OF

## CURLING TERMS

**BONSPIELS** – curling tournaments.

**BROOM** – the instrument used to sweep the ice. Brooms with brush heads are most common.

**CURL** – a turn of the rock's handle upon release makes the rock curl, or curve, as it travels down the ice. The rock curls in the direction of the turn.

**DELIVERY** – the body motion of a curler as the rock is being shot.

**DRAW** – a rock that stops in front of or in the house.

**END** – One end is complete when all 16 rocks (eight per team) have been thrown to one end. A game is usually eight ends, or about two hours. Championship games are 10 ends, or about 2 1/2 hours. After each end, the score is determined.

**FREEZE** – a draw that finishes in front of and next to another rock.

**GUARD** – a rock between the hog line and the house used to prevent the opposition from hitting a rock in the house.

**HACK** – a rubber foothold from which curlers deliver the rock. It is about 125 feet from the scoring area.

**HAMMER** – the last rock of each end.

**HEAVY ICE** – when the ice is "slow" and the rocks have to be thrown harder.

**HOG LINES** – located 21 feet from each tee. A rock must be released before the near hog line, and travel beyond the far hog line, or it is removed from play.

**HOUSE** – the round scoring area, 12 feet in diameter, with concentric circles of four and eight feet in diameter inside.

**HURRY** – a command shouted by the skip to tell the sweepers to sweep.

**KEEN ICE** – when the ice is "fast" and less

momentum is needed on the rock.

**LEAD** – the player who delivers the first two rocks of each end, alternating with the opponent's lead.

**NARROW** – a rock delivered inside the intended line of delivery.

**RAISE** – a draw that raises another rock into the house.

**RINK** – a curling team, which consists of four players: the skip, third (vice-skip), second, and lead. Players are involved in every shot, with one shooting, two sweeping, and one calling strategy. Two rinks play against each other.

**ROCKS** – also known as stones, are made of rare, dense, polished granite. Each rock weighs 42 pounds.

**SCORING** – only one rink scores each end—the rink with the closest rock(s) to the center of the house. The team with the highest score at the end of a game wins.

The maximum score in each end is eight, which is very rare. Typically, one to three points are scored per end.

**SECOND** – the player who delivers the second two rocks of each end, alternating with the opponent's second.

**SHEET** – the 146-foot-long ice playing area. The sheet's design allows play in both directions.

**SKIP** – the player who holds the broom as a target for shots by the other three players. Skips are team strategists and must study, or read, the ice; judge the amount of curl; and select the shots. Skips usually throw the last two rocks of each end.

**SLIDER** – worn on the sliding foot, in the delivery of a stone to allow for long, smooth motion and follow through.

**STRAIGHT ICE** – when the ice is not curling much.

**SWEEPING** – players sweep to make the rock travel farther or keep it from curling too much. Good sweepers can increase the distance a stone travels by more than 10 feet. Sweeping creates friction with the ice that allows the stone to glide more easily.

**TWO PLAYERS** – ready to sweep each shot.

**"SWINGY" ICE** – when the ice is curling a lot.

**TAKEOUT** – a rock that removes another rock from play.

**TEE** – center of the house.

**THIRD** – the player who delivers the third two rocks of each end, alternating with the opponent's third. The player who holds broom for the skip, and who assists the skip with game strategy. Also known as a vice skip.

**WEIGHT** – the speed of a rock as it travels down the ice.

**WIDE** – a rock delivered outside the line of delivery.