

CURLING COACHING LIBRARY



Basic Etiquette (the 10-12 commandments)

1. Don't be late!

When you are late you are holding up seven other curlers.

2. Don't disturb a curler in the hack

- Do not cross the ice when a player is in the hack.
- Keep your distance.
- Keep quiet.

3. Be ready to shoot

- Don't delay the game.
- Get ready as soon as your opponent has delivered his/her stone.
- Be ready to shoot as soon as the opposition clears the far house.

4. Sweepers stay between the hog lines

- Stand off to the side and between the hog lines when it's not your team's turn to throw.
- Skips / Vices ONLY behind the Tee Line.

5. Don't obstruct the opposing team

- Keep clear of the opposing sweepers.
- Stay off to the sidelines when walking back and forth.

6. Be ready to sweep

- Be ready to sweep immediately after your team mate releases a rock.
- Don't be in a position of having to run to catch up with the rock.

7. Stand still when in the house

- Anyone allowed in the house (Skip/Vice) should remain perfectly still when a player is about to deliver a rock.

8. Keep alert

- Pay attention to every shot being played.
- Keep chit-chat until after the game.

9. Inform your skip if:

- you touch a rock while it was in motion.
- you touch a stationary rock in the house.

10. Be a good sport

- Don't make any disparaging remarks.
- Always compliment shots well made.
- Don't express joy at a player's misfortune.

11. Measuring

- Only the players in charge of the house can perform measurements.
- When measuring is taking place all other players must stay outside of the house.

12. Set up

To maintain the momentum of the game, front end players should set up the Skip's rocks ready to play.

