

# CURLING FAQ's: Adults

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## CURLING INFORMATION

### **What is Curling?**

Curling is one of the oldest team sports, played on ice, similar to shuffleboard. The game dates back to medieval Scotland where competitors slid common stones of various sizes across frozen lochs. Today the stones are standardized, composed of 42 lbs of granite with plastic handles bolted into the rocks. Curling gets its name from the spin placed on the stone once it is released. It has seen a rise in popularity since becoming a medal sport in the 1998 Winter Olympics. It will be one of the participating events in this year's Sochi 2014 Winter Olympic Games.

### **How do you play?**

- A game is played between two 4-person teams.
- Each team has eight stones to push across the ice toward a circular target area, or house, the very center of which is called the button; the center of the button is the tee.
- Once a stone is released, two teammates use brooms to fervently sweep a premeditated path that will place their stone closest to the button. The team leader, or skip, decides the best path for sweeping that will impact the trajectory or curl of the stone.
- The object of the game is to position your stones closest to the button at each end, which is much like an inning in baseball, and is completed once all 16 stones have been played. A game may have 8-10 ends.
- A point is scored for every stone nearer to the tee than any of the competitor stones.
- Plays may include finesse shots which glide perfectly to their marks (draws), knocking out oppositional stones currently in the house (take-outs), or deliberately placing stones in the path of a perfectly placed stone (guarding) to prevent a take-out of your own stone.

### **Do I need to know how to skate to curl?**

Not at all! Curling is played with rubber-soled shoes. Clean sneakers with decent tread are suitable for curling. Please bring a clean pair to change into.

### **Can anyone curl?**

Yes. Although it is a sport, curling is a game of strategy. You need to be able to push a 42 lb. stone across the ice. Sweeping is probably the most strenuous, but if you are able to sweep your house, you're good to go. Ages can vary from children to seniors.

### **How long are the games?**

The games are 2 hours long.

### **How many games can be played on the ice at any given time?**

Games are played on a sheet of ice about 138 feet long and 14 feet wide. A standard arena can fit four sheets side by side, allowing 4 games to run at the same time.

### **How is the ice surface prepped for curling?**

Pebbling is the process completed by the ice arena to prepare the ice for curling. Water droplets are sprayed and freeze on the ice's surface to allow the stones to glide down the sheet of ice toward their marks. Without this pebbling, friction would hinder the lateral movement of the stone.

## **LEAGUE AND ACTIVITY INFORMATION**

### **How can I learn to play?**

Join us for a Learn to Curl Open House. Any player who would like to join the Plymouth Rocks Adult League is required to attend one 2 hour Learn to Curl session. These training sessions are part of our Open Houses and will be free of charge. Donations will be accepted to help defray the cost of instructors. If you have previous curling experience, you are not required to participate in one of the training sessions. To be excluded from these sessions, please contact the arena at [info-icearena@plymouth.edu](mailto:icearena@plymouth.edu)

### **When are the Training Sessions?**

The Summer 2014 Learn to Curl Open House will be held on Thursday, July 10<sup>th</sup> from 6-8:00pm.

- July 10<sup>th</sup> will focus on the focus on the fundamentals of the game, including how to deliver a stone and how to sweep.
- Please e-mail Marly Solebello at [marlanas@plymouth.edu](mailto:marlanas@plymouth.edu) with any additional questions.

### **When does the Plymouth Rocks Adult League start and what is the schedule?**

- The Plymouth Rocks Adult League starts Monday, July 7<sup>th</sup> and will end on August 25<sup>th</sup>.
- Playoffs will begin August 11<sup>th</sup>.
- The first 8 teams will play on Mondays from 6-8:00pm for a total of 8 games.
- If there is enough interest, additional teams may be added on Thursdays from 6-8:00pm.

### **How many people on a team?**

You will need a minimum of 4 people on a team. You may have 2 substitute players on your roster, but they must participate in one of the training sessions or have previous curling experience in order to be eligible to play.

### **What is the cost of the league?**

The cost per team will be \$300.00.

### **Can I be placed on a team if I don't have 4 people?**

Of course! Players are welcome to form their own 4 person team of men, women or any combination thereof. Individuals who sign up will be assigned to a team.

### **Can I try curling without joining a league?**

Absolutely, for those who don't want to commit to a league, check out our Drop-in Curling schedule

- The drop-in charge will be \$10 per person.
- Curlers will be divided into two 4-person teams for each game.
- Four games can be played at one time.
- Depending on the number of registered teams, there may be open sheets of ice available during league play for drop-in curling.

### **What equipment do I need?**

The Arena will provide all the equipment you will need to curl. Since the game can be addicting, players may choose to purchase their own brooms, shoes (sliders) and grippers. These are available on-line through many different retailers.

### **What should I wear?**

The arena stays a cool 40°F. We recommend players:

- layer-up with moisture-wicking synthetic materials or wool;
- cotton is not great for keeping people warm;
- wool socks are best to keep your feet warm;
- hats and gloves are optional;
- sneakers with decent tread are suitable for curling; please bring a clean pair to change into so dirt and debris don't ruin the ice surface.

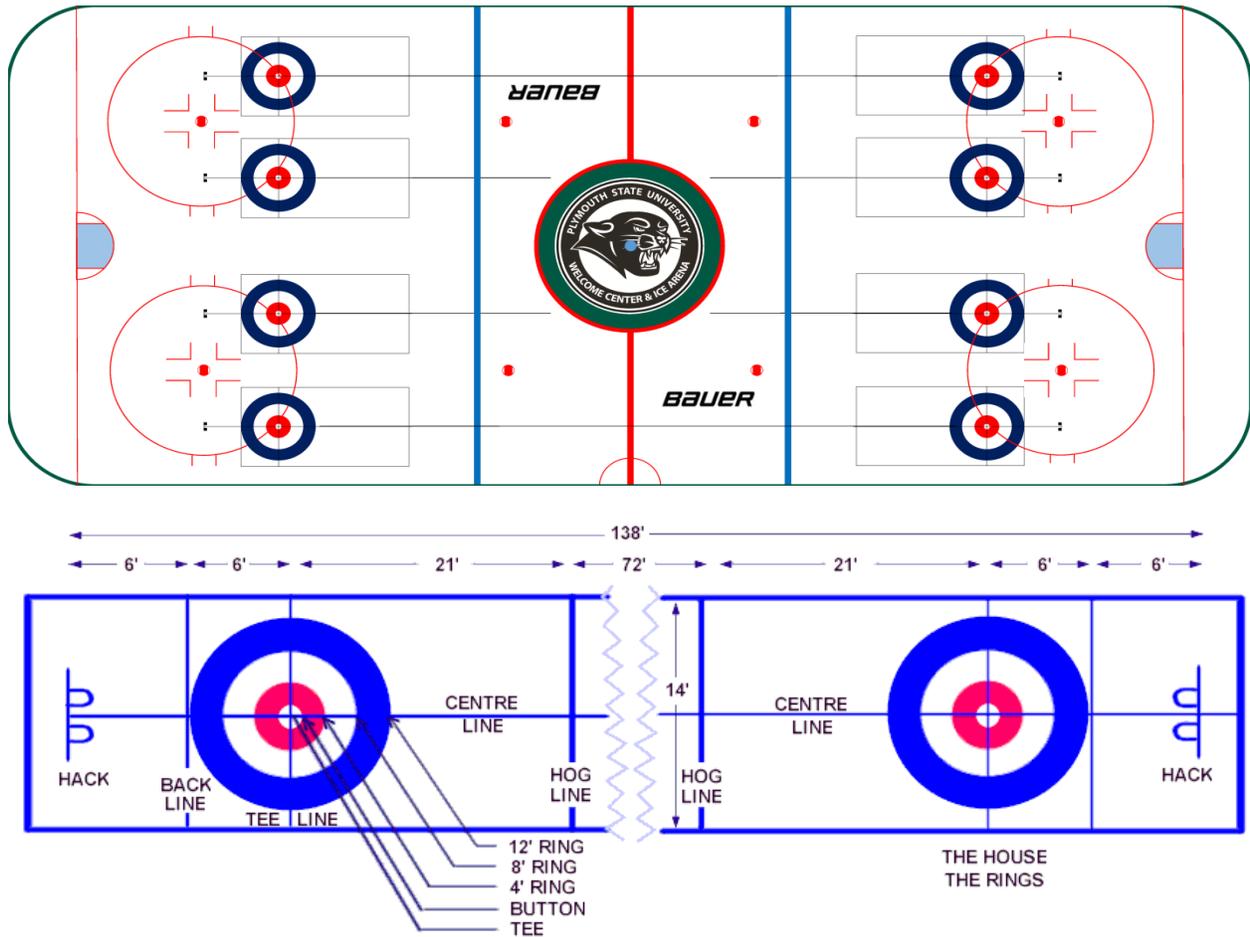
### **What is the expected etiquette for curling?**

Curling is a social game. Therefore, name tags will be provided for all players to help promote a friendly and engaging atmosphere. It is customary to shake hands before and after a game and to wish the opposing team, "Good Curling." The *Spirit of Curling* promotes good sportsmanship. Unlike other sporting events, slander is not encouraged during a game of curling.

### **Can I have a private curling party?**

Yes. Private rentals are available for special events, birthday parties, etc. The rental fee is \$200 for 8 people. The cost is \$25 a head for additional people. This includes all the equipment needed to curl and an instructor.

## CURLING ICE SPECIFICATIONS



### **Interested in learning more?**

The internet and YouTube are a wonderful resource for the sport of curling. Here are a few links that we have found to be very helpful to obtain vital information on the sport of curling:

The ever popular Wikipedia:

<http://en.wikipedia.org/wiki/Curling>

Curling Cheat Sheet:

<http://www.dummies.com/how-to/content/curling-for-dummies-cheat-sheet.html>

Glossary of Curling Terms:

[http://www.curlingschool.com/manual/curling\\_lingo.html](http://www.curlingschool.com/manual/curling_lingo.html)

Discover Curling:

<http://www.youtube.com/watch?v=cROXAFs970M>

The Mount Washington Curling Club and the Upper Valley curling Clubs have been very helpful throughout our learning process. Links to their respective clubs:

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

<http://www.uppervalleycurling.org/>