

*Tim Hortons*

# Getting Started in Curling

Workbook

**YOUR FIRST END**



*Tim Hortons*

This resource is a collaboration of the National Coaching Certification Program and the Canadian Curling Association.  
The Getting Started in Curling Teaching Manual is a component of Tim Hortons' Kids Curl and the Canadian Curling Association's Your First End programs.



National  
Coaching  
Certification  
Program



club coach youth

CANADIAN  
CURLING  
ASSOCIATION  
CANADIENNE  
DE CURLING



CANADIAN CURLING ASSOCIATION  
ASSOCIATION CANADIENNE DE CURLING

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Welcome!

You may not have tried curling before but, once you do, you'll find that it's an exciting sport. Curling is a great way to hang out with friends while having fun and being active.

Curling is also a competitive sport, with tournaments that can bring you across Canada, around the world—even to the Olympics. But, first you'll have to learn some of the skills and strategies to help you play the game.

So enjoy the program your teacher is going to present to you. You'll be shown all you need to know about curling, including how to correctly throw and sweep a rock!

If you like the sport of curling, ask your family to call your local curling club, where you can play regularly. Your whole family can enjoy the sport with you, or it can be something just for you and your crew!

Have fun and welcome to the sport of curling!

Dear Parent(s),

This program introduces young students to the exciting sport of curling. Your school believes that the students will benefit from the physical activity, strategic thinking and team building aspects of this sport.

Should you wish to share any feedback regarding this program, please do so at [www.curling.ca/survey/gettingstarted](http://www.curling.ca/survey/gettingstarted).

The Canadian Curling Association



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# THE ORIGINS: A BRIEF HISTORY OF CURLING



Originating with either the Scottish or the Europeans, curling dates back a long ways, with its earliest known stones (called “kuting stones”) coming from the 16th century. In fact, the stone that most agree is the oldest in existence has the year 1511 carved into its side (along with the name of its owner, St. J.B. Sterling). These early kuting stones were as small as 2 kg and as large as 10 kg. Usually, instead of handles, they had small niches scraped into them for the fingers to grip and hold on to – picture a modern-day bowling ball with a flat bottom and that’s a lot more awkward to throw!

Around the mid 17th century, curling stones with handles began to appear, and they came in all shapes—ovals, squares, hexagons, even cones! They varied in weight too, with one stone weighing 47 kg. You guys are lucky because today’s stones are granite and round, which makes them easier to control, and they only weigh 18 kg.—just enough to get the impressive bicep, but not so much that you also get the hernia.

Scottish settlers and General Wolfe’s soldiers brought the game to Canada around 1760. They had a problem though, since they couldn’t very well traipse off to the tiny Scottish island of Ailsa Craig (where all curling stone granite was mined up until the early 20th century) every time they needed a curling stone! Instead, these determined curlers used the only resources available to them - they melted cannonballs to make their stones (or “irons” as they were called). In Ontario, this same inventiveness led to the development of a curling stone made out of a hardwood block with an iron ring around its middle, termed the striking band.

Attempting to propel a large granite stone down a slippery ice surface creates some challenges for a curler’s footing. In the early days, holes or footholds were hacked into the ice. Later, metal cleats called crampits came into use; however they caused too much damage to the playing surface. Metal footholds, or trackers, were then attached to the ice, which led to the modern rubber hack— now used throughout the world.

The sport has been historically popular in Canada, with the oldest curling club, the Royal Montreal Club, established in 1807. The first club in Ontario was formed in 1820 in Kingston, and the third oldest club in Canada was formed in Halifax, Nova Scotia in 1824. But the greatest growth in the sport of curling happened as the game moved west of the Great Lakes. In 1876, Winnipeg formed its first curling club, in 1880 Alberta and Saskatchewan formed clubs, and in 1895 curling reached British Columbia. Today, over two-thirds of the country’s curling clubs are located in the four western provinces.

The game faced its single biggest change when Canada’s harsh winters inspired the creation of indoor curling facilities. This improvement in playing conditions and the development of “artificial ice” resulted in an extended playing season, a growth in the number of clubs, and more people participating in the sport. In the late 1950’s, Canada had over 1,500 curling clubs, many of which were in small rural communities throughout the country. Today, there are over 1,200 clubs throughout every province and territory in the country, with over 1.5 million Canadians using them to curl each winter.

Canada runs several curling competitions, including: the Canadian Men’s Curling Championship, or Brier, which has been held every year since 1927 (except 1943-1945), the Canadian Women’s Championship, which began in 1961, and the Canadian Junior Curling Championships, which started in 1950 for men and 1971 for women. Internationally, Canada has won more world titles than any other nation, including twenty-three men’s championships, eight women’s world titles, seven world junior men’s and four world junior women’s championships.

In July 1992, the International Olympic Committee formally approved curling as a sport to be included in the Winter Olympic program and, since 1998, the sport has had full medal status. With this platform, Canadians have been able to demonstrate their shining curling skills to a world audience, winning gold and silver medals in the 1998 Games and silver and bronze medals in the 2002 games. Most recently, in the 2006 Torino, Italy Winter Games, Canada brought home both a bronze and a gold. This sport, which is so exciting to play and to watch, is only becoming more competitive as its popularity rages across the world. Even with so many talented competitors, Canada continues to win Olympic medals, making it clear – Canadians just love to curl!

*Hey Mister DeeJay!  
Pretend that you are the sports  
announcer for a radio station called  
WCRL. Speak clearly as you read the  
text above using inflection and tone to  
make it sound exciting.*

# USE YOUR NEW KNOWLEDGE

Thought you could avoid it? Nope!

Use the information in "The Origins: A Brief History of Curling" to complete the following sentences.

- a) In the 16th century, curling stones were referred to as \_\_\_\_\_ stones.
- b) The oldest curling stone belonged to \_\_\_\_\_ and was dated \_\_\_\_\_.
- c) Curling stones are most commonly made from granite mined from the Scottish island named \_\_\_\_\_.
- d) Scottish settlers and General Wolfe's soldiers brought the game to Canada in the year \_\_\_\_\_, approximately.
- e) The oldest curling club in Canada is the \_\_\_\_\_, which was formed in the year \_\_\_\_\_.
- f) Canada has over \_\_\_\_\_ million curlers.
- g) \_\_\_\_\_ is the country that has won the most world curling titles.
- h) The Canadian Men's Curling Championship is called the \_\_\_\_\_.
- i) Curling became a full medal Olympic sport in the year \_\_\_\_\_.
- j) In 1998, Canada won \_\_\_\_\_ and \_\_\_\_\_ medals at the Olympics in Nagano, Japan.



# CURLING GLOSSARY

A glossary is a list of words and their meanings that can be used to help you understand a new subject. This glossary explains some curling terms. Whenever you come across a word in this workbook that is written in italics, you can find its meaning here. (You'll even find answers to some of the questions!)

Note: The sport of curling generally uses Imperial measurements for length. As such, some curling terms are commonly acknowledged by an Imperial reference (4 foot etc.). Where this is the case, you will see Imperial terminology alone. Any other measurements, however, are listed in the common curling format (Imperial) as well as in Metric.

- BACKLINE** The line across the ice at the back of the house. Stones that go completely over this line are removed from play.
- BITER** A stone that just touches the outer edge of the circles.
- BLANK END** An end during which no points have been scored.
- BONSPIEL** A curling competition or tournament.
- BRIER** The name of the Canadian Men's Curling Championship.
- BRUSH/BROOM** A device used to sweep the ice that is in the path of a moving stone. It is also used as a balance device during the curling delivery, with the fabric side facing up.
- BURNED STONE** A stone in motion that has been touched by a member of either team, or any part of their equipment. Burned stones are removed from play.
- BUTTON** The circle at the centre of the house.
- CLOCKWISE TURN** The rotation given to the handle of a stone that makes the stone turn in a clockwise direction and "curl."
- COUNTER** Any stone in the rings or touching the rings (a position that can count as a point).
- COUNTER-CLOCKWISE TURN** The rotation given to the handle of a stone that makes the stone turn in counter-clockwise direction and "curl".
- CENTRE LINE** A line running down the middle of the ice, from one hack to the other.
- CURL** The amount a rock's path "bends" while traveling down the sheet of ice.
- DOUBLE TAKE-OUT** A take-out shot that removes two of the opponents' stones at one time.
- DRAW-WEIGHT** The momentum required for a stone to reach the house (or circles) at the distant end of the sheet of ice. A skip who wants this kind of shot will often tap the ice where they want the shot to go.
- END** A portion of a curling game that has been completed when each team has thrown eight stones and the score has been decided.
- FREE GUARD ZONE** The area, not including the house, between the hog line and the tee line.

<b>FREEZE</b>	A precise, draw-weight shot that makes the delivered (thrown) stone come to rest right up against a stopped (stationary) stone.
<b>GUARD</b>	A stone that is placed in a specific position so as to protect another stone.
<b>HACKS</b>	The footholds at each end of the ice from which the stones are thrown in a balanced, flatfoot delivery.
<b>HAMMER</b>	The term used to identify which team gets to throw the last stone of an end - a status that is generally considered to be an advantage.
<b>HEAVY</b>	A stone delivered with greater force than necessary.
<b>HIT</b>	See take-out.
<b>HOG LINE</b>	A line 33 feet (10 metres) from the hack at each end of the ice. Delivered stones must either touch a stone that is in play or be completely over this line in order to remain in play.
<b>HOUSE</b>	Also called the target, it is made up of four, coloured, concentric circles, which are referred to as: button, 4 foot, 8 foot and 12 foot.
<b>LEAD</b>	The first player to deliver a rock for his or her team.
<b>LIGHT</b>	A stone delivered with less weight than was required to successfully complete a shot.
<b>PEBBLE</b>	A fine spray of water applied to a sheet of curling ice before play starts. It creates small bumps on the ice, making it easier for curling rocks to glide down the ice.
<b>RINGS</b>	The circles in the house towards which play is directed.
<b>SECOND</b>	The curler who delivers the second pair of stones for his/her team in each end.
<b>SHEET</b>	The playing surface that a curling game takes place on.
<b>SHOT ROCK</b>	At any time during an end, this is the stone closest to the button.
<b>SIDE LINE</b>	The line that is the boundary of the curling rink. Rocks touching this line are "out of play".
<b>SKIP</b>	The player who determines the strategy and directs the play for his/her team. The skip also delivers the last pair of stones for his/her team in each end.
<b>SLIDER</b>	Slippery material that is glued to the bottom of a shoe, or else slipped on over the sole of the shoe, to make it easier to slide on the ice. If players don't have one, they can use tape instead.
<b>SLIDING FOOT</b>	The foot the curler uses to slide when they are throwing the stone (curling delivery). The left foot is the sliding foot for a right-handed person and the right foot is the sliding foot for a left-handed person.
<b>SPARE</b>	An alternate or substitute player.
<b>STEALING AN END</b>	Scoring during an end in which your team did not have the advantage of hammer.

**STRATEGY** Knowing all of the different kinds of curling shots and when to play them.

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

**TAKE-OUT** Knocking a stone out of play by hitting it with another stone.

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

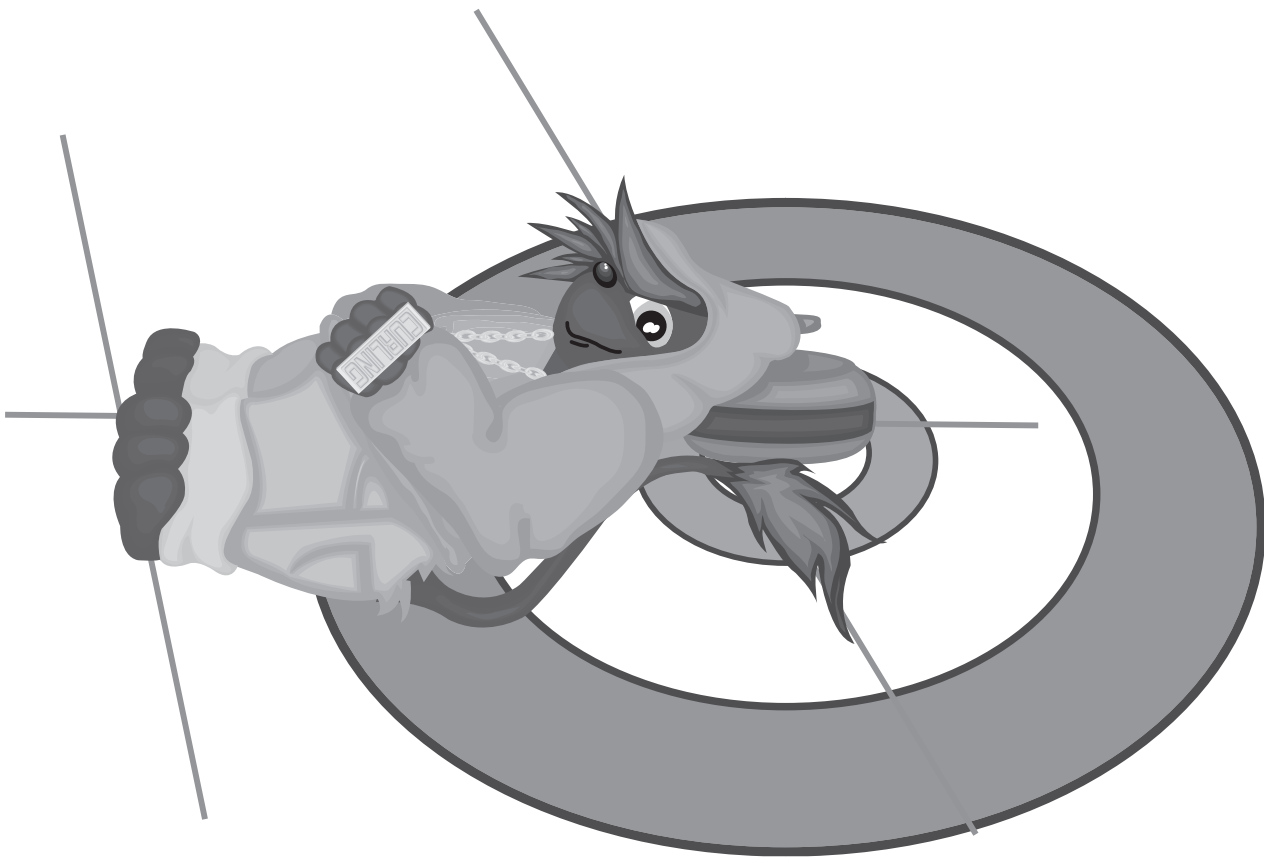
**THIRD, VICE-SKIP OR MATE** The third player on a team to throw their stones (two per end). Generally, this player acts as the skip when the skip is delivering his/her stones and assists with strategy decisions. For this reason, this player is sometimes called the Vice-Skip.

**TOURNAMENT OF HEARTS** The name of the Canadian Women's Curling Championships.

**TURN** The way the rock is rotated just before the release. This will start it "bending" in one direction or the other as it travels down the ice.

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

*Note: A complete glossary of curling terms can be found at [www.curling.ca](http://www.curling.ca).*





# SAY WHAT?!

Match the terms in the left column with their best fit in the right column.

Blank End

Protector

House

Competition

Bonspiel

Third player

Vice-Skip

Force

Brush

No points

Take-out

Playing surface

Sheet

Closest

Guard

Sweeping

Weight

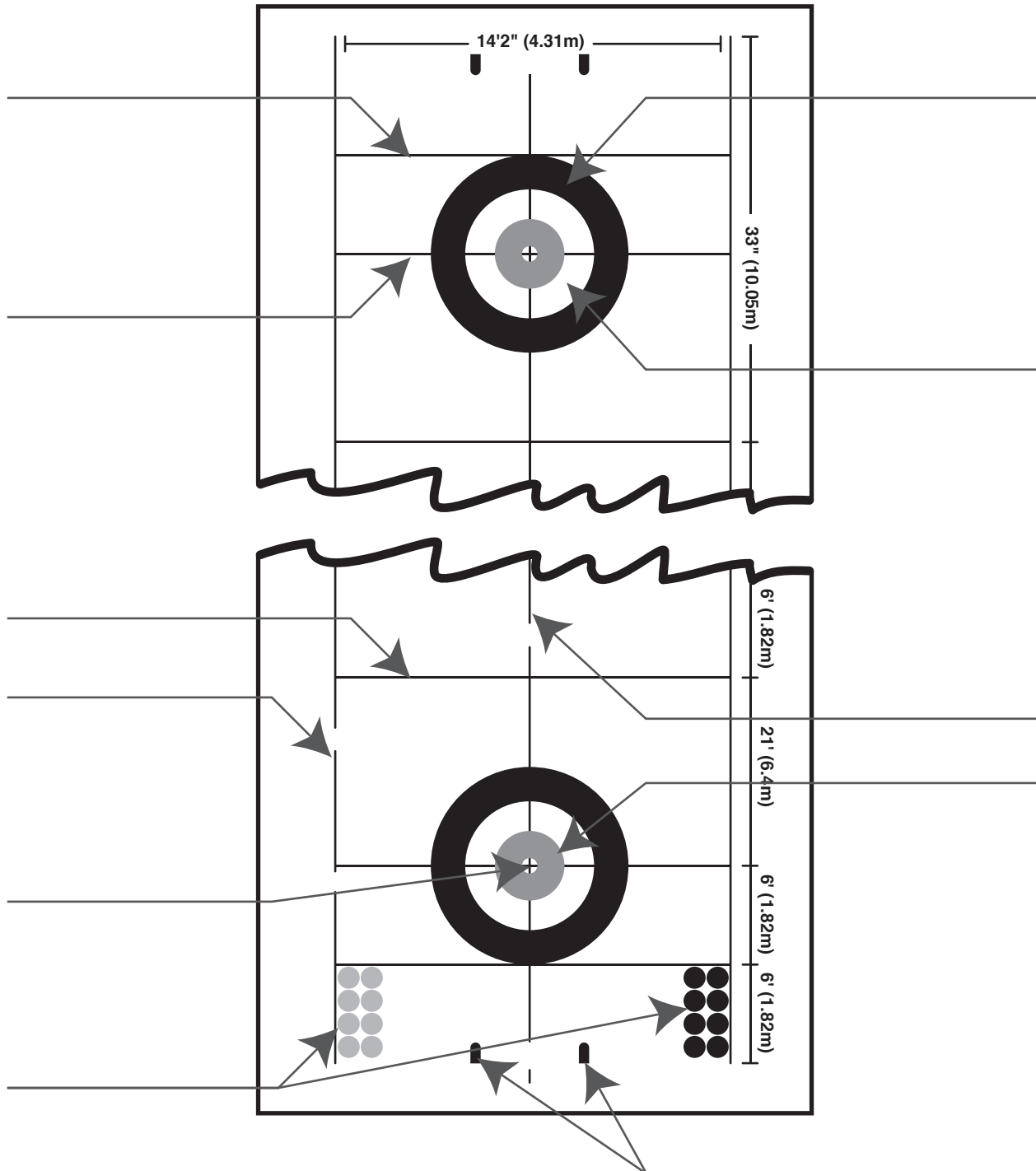
Target

Shot Rock

Eliminate

# WHAT'S THAT?!

Use the terms and definitions in the glossary to label this illustration of a sheet of curling ice.



# EVERYONE HAS A POSITION

There are four members on a curling team and each delivers two stones, in this order:

- 1) lead
- 2) second
- 3) third (also called the vice-skip)
- 4) skip

The *skip* is responsible for the strategy, and calls the shots for all the players. She/he stands in the *house* at the end opposite to the delivering end (where curlers throw their shots from) and directs the play. When it is her/his turn to deliver, the *third* (*vice-skip*) takes over skipping duties. The two teams competing against each other take turns delivering stones until all 16 stones have been thrown. The *lead* and the *second* are responsible for *sweeping* stones delivered by their teammates, and they can either sweep on opposite sides or the same side of the stone. The *third* takes over one of the *sweeping* positions when the *lead* or *second* is delivering his/her stones.

*Sweeping/Brushing*, is an important skill that is used to clean the ice of frost, dirt and debris. Clearing this away reduces the friction between the stone and the ice surface, which allows the stone to continue its forward movement (momentum) for longer and to curl less.



# LADIES AND GENTLEMEN,.. PLACES, PLEASE

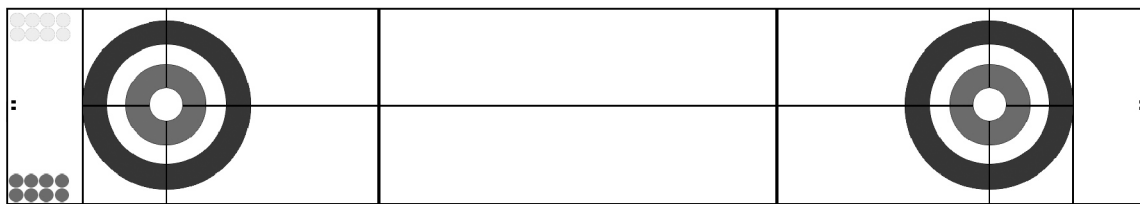
For the scenarios outlined below, indicate where each of the players would be positioned on the ice.

Use (1) to indicate the lead, (2) to indicate the second, (3) to indicate the third (or vice-skip), and (4) to indicate the skip.

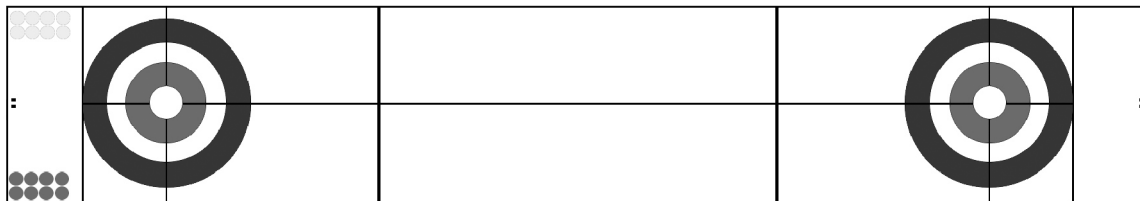
Example: It is your team's first rock of the end, where does everyone belong?



a) It is your team's 2<sup>nd</sup> rock of the end, where does everyone belong?



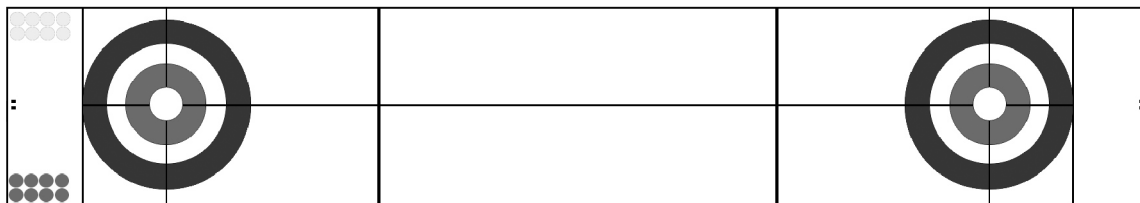
b) It is your team's 3<sup>rd</sup> rock of the end, where does everyone belong?



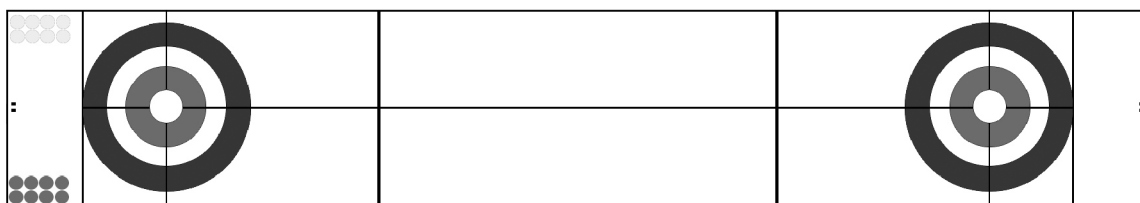
c) It is your team's 6<sup>th</sup> rock of the end, where does everyone belong?



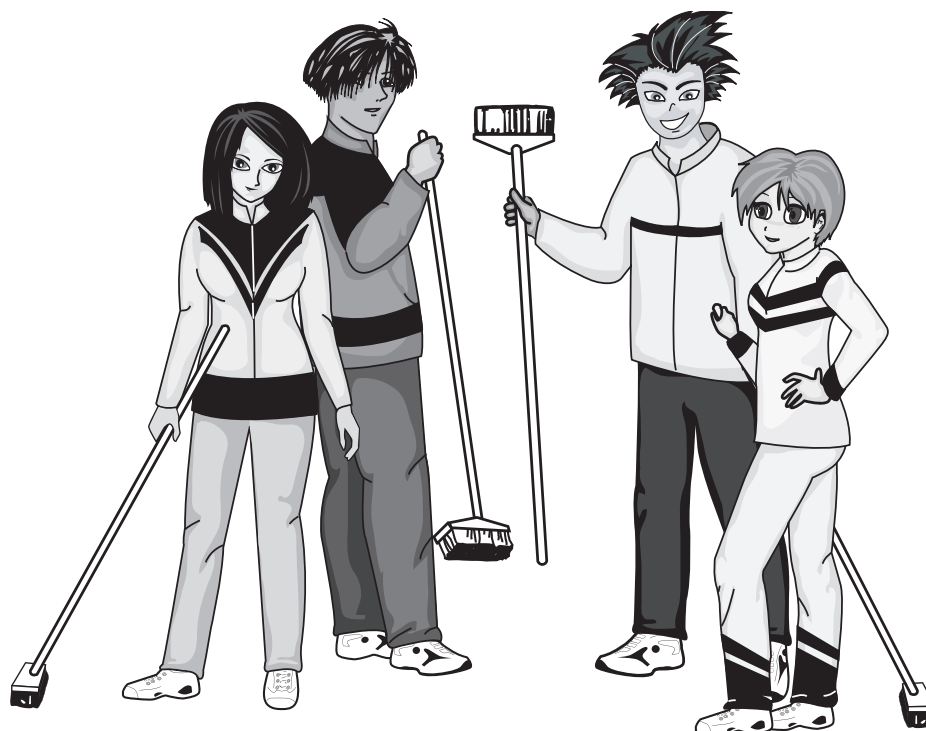
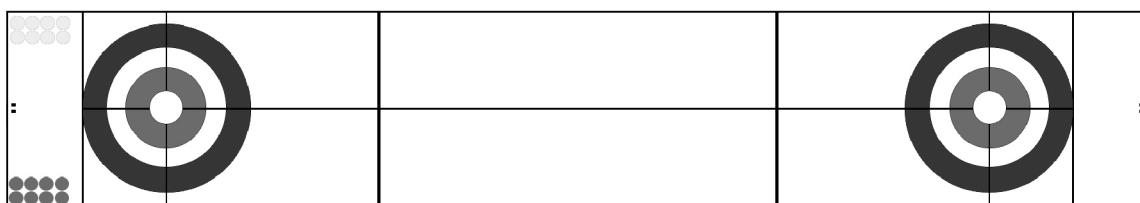
d) It is your team's 8th rock of the end where does everyone belong?



e) The opposition is throwing their 5th rock of the end, where does your team stand during their shot?



f) The opposition is throwing their 8th rock of the end, where does your team stand during their shot?





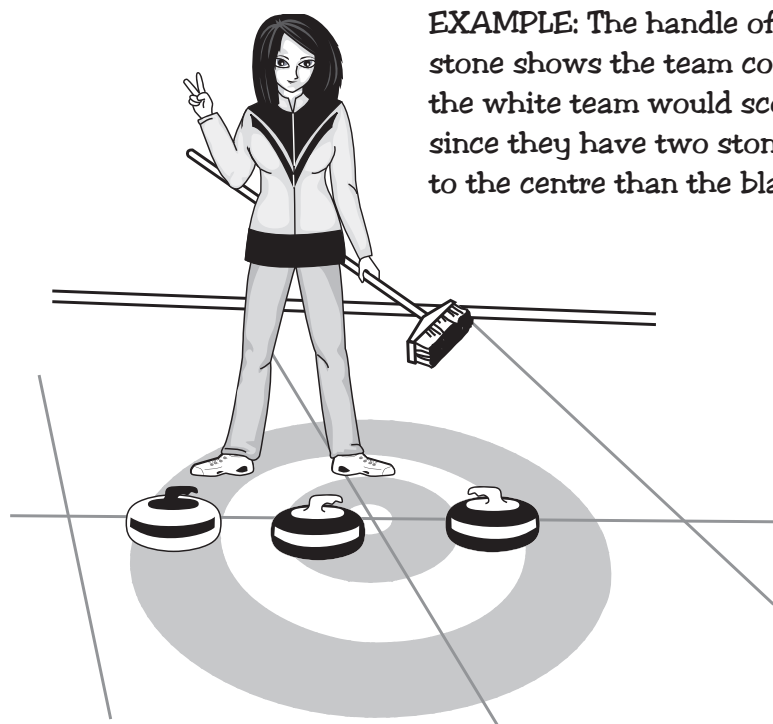
# GAME OBJECTIVES & SCORING

A full-length game is usually 10 *ends*, but young curlers often play games of four, six or eight. The teams take turns delivering their stones; each player throws two stones during an *end*. The *objective* is to complete each *end* with one or more of your stones closer to the centre of the rings than your opponent's stones.

In each *end*, one team or the other will have *hammer*. Generally considered to be an advantage, *hammer* refers to the team that will be throwing the last stone of an *end*—in other words, the team that will have the last chance. At the beginning of the game, *hammer* is determined by winning a coin toss. Throughout the game, it goes to whichever team did not score in the last *end*. If no team scores (i.e. there is a *blank end*), the team that had *hammer* in the *blank end* will keep *hammer* in the next *end*. Because having *hammer* is supposed to be an advantage, if the team that does not have it scores in an *end*, then it is considered to be very well-done and called *stealing an end*.

Once all the stones have been delivered in an *end*, the *thirds* determine which teams' *rocks* are closest to the centre of the *rings*. A stone must be in, or touching, the *rings* in order to count. One point is scored for every stone that is closer to the centre than any opposition stone. So, only one team scores in any *end*—the one team closest to the button! If there are no *rocks* counting, then no points are awarded and that is called a *blank end*.

A team would be doing well if they were able to score two or three points on any *end* but, on some rare occasions, a team will get all eight of their *rocks* inside the house and closer than any of the opponent's *rocks*. When this happens, it is called an *eight-ender*, and the team scores eight points!



**EXAMPLE:** The handle of the curling stone shows the team colour. Here, the white team would score two since they have two stones closer to the centre than the black team.

The score board used in most curling clubs has three rows with numbers. The middle row shows the score, while the top and bottom rows show the end in which the scoring occurred. To find out how many points your team has, read the number above/below the last end played.

When neither team scores in an end (a blank end), this is indicated by hanging that end's number in a designated area of the scoreboard (the area will say blank end) or over the score "15". The number "15" is used because it is impossible to score 15 points in one end, so it is obvious that a number hung there refers to a blank end. The number should be hung on the line of the team that had hammer in that end (i.e. the team that threw the last stone).



# A QUIZ TO PROVE YOU WERE READING

Yellow			4	5										1	
SCORE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Red	2	3			6										

- If you count both teams, how many stones are thrown in an *end*?
- If you count both teams, how many stones would be thrown in an eight *end* game?
- Can both teams get points in one *end*?
- What does a stone have to be touching in order to count?
- What is the *button*?
- How many points did Yellow score in the fourth *end*?
- Which of the ends played resulted in no points (was a *blank end*)?
- The tag for the *first end* (1) is hanging on the Yellow team's line. What does this tell you about who had *hammer* in the *first end*?
- Who won the game, Yellow or Red? What was the final score?



# COUNT 'EM UP

Outlined below are the results of some ends that have been played. Use this information to fill in the scoreboard with the events that occurred in each end.

a) After the coin toss, the yellow team has hammer in the first end.

End #1 - Yellow team scores one point.

End #2 - Red team scores two points.

End #3 - Yellow team scores two points.

End #4 - Yellow team scores one point.

End #5 - Red team scores three points.

End #6 - Neither team scores any points.

End #7 - Yellow team scores two points.

End #8 - Red team scores two points.

Yellow															
SCORE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Red															

- i. Which team won the game? \_\_\_\_\_
- ii. Which end did the yellow team steal? \_\_\_\_\_
- iii. Which team has hammer after the blank end? \_\_\_\_\_

b) After the coin toss, the red team has hammer in the first end.

End #1 - Red team scores three points.

End #2 - Yellow team scores two points.

End #3 - Yellow team scores one point.

End #4 - Red team scores two points.

End #5 - Red team scores one point.

End #6 - Yellow team scores two points.

End #7 - Red team scores one point.

End #8 - Red team scores one point.

Yellow															
SCORE	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Red															

- i. Which team won the game? \_\_\_\_\_
- ii. How many points did the red team steal? \_\_\_\_\_
- iii. Which team had hammer in the 3rd end? \_\_\_\_\_





c) After the coin toss, the yellow team has hammer in the first end.

End #1 - Red team scores one point.

End #2 - Yellow team scores three points.

End #3 - Neither team scores any points.

End #4 - Red team scores two points.

End #5 - Yellow team scores one point.

End #6 - Red team scores two points.

End #7 - Yellow team scores four points.

End #8 - Red team scores one point.

Yellow															
SCORE	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Red															

i. Which team lost the game? \_\_\_\_\_

ii. What is the maximum number of points a team can score in one end? \_\_\_\_\_

iii. Which team had hammer in the 7th end? \_\_\_\_\_



# CAN YOU FIND THESE WORDS?

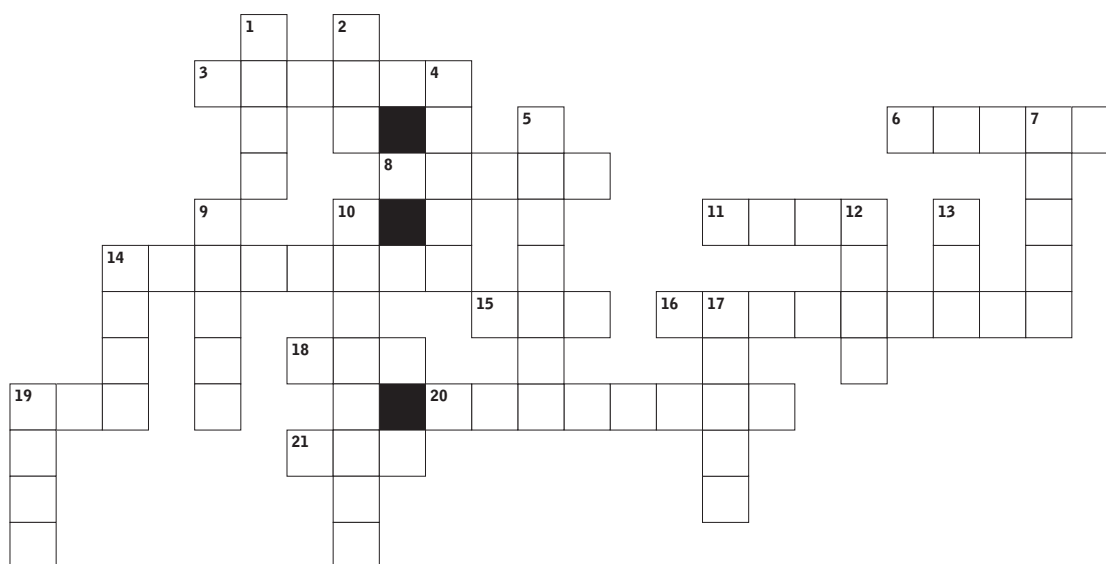
Find the listed words in the puzzle below.  
Words can be written forwards, backwards, vertically and diagonally.

e	l	y	p	b	d	w	b	p	k	t	e	d	w	a
c	z	i	v	n	o	r	a	c	d	o	l	e	b	b
i	k	e	o	a	u	n	a	r	k	h	b	l	r	s
s	c	c	e	s	e	h	s	j	d	s	b	i	o	p
x	e	e	h	r	i	h	k	p	z	u	e	v	o	a
s	t	e	a	m	f	t	v	v	i	c	p	e	m	r
e	q	u	i	p	m	e	n	t	u	e	b	r	t	e
n	o	t	t	u	b	e	q	r	t	s	l	y	i	y
s	h	e	e	t	y	q	l	i	d	u	l	e	a	d
b	p	e	e	w	s	i	h	k	c	o	r	i	s	s
e	r	q	j	t	n	w	e	i	g	h	t	s	d	g
m	k	i	o	g	p	l	r	l	b	d	g	u	r	e
a	h	n	e	i	l	a	i	w	u	n	n	i	r	f
g	e	r	d	r	a	u	g	n	i	r	n	e	c	n
q	h	o	g	e	y	b	b	r	e	k	e	c	i	v

- |          |           |       |        |       |        |
|----------|-----------|-------|--------|-------|--------|
| Bonspiel | Draw      | Heavy | Pebble | Sheet | Team   |
| Brier    | End       | Hit   | Play   | Shot  | Tee    |
| Broom    | Equipment | Hog   | Rings  | Slide | Turn   |
| Brush    | Freeze    | House | Rink   | Spare | Vice   |
| Button   | Game      | Ice   | Rock   | Skip  | Weight |
| Curling  | Guard     | Lead  | Rule   | Stone |        |
| Delivery | Hack      | Line  | Second | Sweep |        |

# WHAT'S WITH THE EMPTY BOXES? FILL 'EM UP!

Use the clues to complete this puzzle.



## ACROSS

3. The person who throws rocks after the lead.
6. The target or circles.
8. This is what the sweeper uses.
11. Several of these make up a game. Once all eight have been played, sixteen rocks will have been thrown.
14. What the skip uses to try and outsmart the opponents.
15. The opposite of HERS is \_\_\_\_\_.
16. Having good \_\_\_\_\_ is the same thing as having good manners on the ice.
18. If your team has more points, you \_\_\_\_\_!
19. When your skip wants a draw shot, he will often \_\_\_\_\_ the ice, where he would like the shot to stop.
20. The skip holds the broom in the house. One player is delivering a rock. The other two players are called the \_\_\_\_\_.
21. This is the name of the line that runs across the ice in the middle of the house.

## DOWN

1. One penny is also called a \_\_\_\_\_.
2. If a rock doesn't go over the hog line, it is called a \_\_\_\_\_.
4. When the ice is not clean, it is \_\_\_\_\_.
5. If rocks don't cross this line, they are removed from play.
7. After an end, two red stones are closest to the button. The red team would get a \_\_\_\_\_ of two.
9. Rocks that are thrown with just enough weight to reach the house are called \_\_\_\_\_.
10. When you throw a rock from the hack, it is called a balanced, flatfoot \_\_\_\_\_.
12. You eat it out of a bowl, and crackers go with it.
13. A kind of shot that knocks the opposition's rocks out of the house.
14. This person is the team leader.
17. These are what make the rocks curl.
19. What you put on the bottom of your sliding foot, if you don't have a slider.

# PULLING IT ALL TOGETHER

Test your overall knowledge of the game; answer the following true or false questions.  
Information on the inside of the back cover might come in handy, as well.

a) The skip is the team leader. He/she directs the play.	true	false
b) It is not good etiquette to distract the opposition while they are delivering.	true	false
c) The third delivers the first two stones in each end.	true	false
d) Each player delivers three stones in each end.	true	false
e) Right handed people must use the left hack, and left handed people must use the right hack.	true	false
f) When there is no score in an end it is called a blank end.	true	false
g) Curling rocks do not travel in straight lines, but bend to the right or left, depending on which turn is applied.	true	false
h) When delivering a stone, the fabric side of your brush is down.	true	false
i) Curling ice is different from skating or hockey ice because of the pebbled surface.	true	false
j) It is not a rule violation if you accidentally touch your own stone while sweeping it.	true	false
k) The sweepers should be standing near the sidelines and close to the tee line while waiting for their teammate to deliver his/her stone.	true	false
l) The third is responsible for measuring stones, if necessary, and for marking up the score.	true	false
m) If your team wins the toss you must deliver the first stone.	true	false
n) A rock cannot be removed from the Free Guard Zone until the 5th rock of the end.	true	false
o) A rock is out of play if it touches the backline.	true	false
p) If a stone is touched while it is moving, the brushers should stop it immediately.	true	false
q) It is okay to celebrate loudly when your opponent misses.	true	false
r) A rock is out of play if it touches the sideline.	true	false
s) A team can score a maximum of 9 points in an end.	true	false
t) A skip is responsible for hanging the score.	true	false
u) Brushers should stand between the hog lines while the opposition is throwing.	true	false
v) A coin toss usually determines who has hammer in the first end.	true	false
w) The skip throws the last two stones of the end.	true	false
x) A thrower must release the stone before the back edge of the stone crosses the far edge of the hog line.	true	false
y) A team that scores in one end has the hammer in the next end.	true	false

# BASIC RULES EVERY CURLER SHOULD KNOW

Test your overall knowledge of the game; answer the following true or false questions.  
Information on the inside of the back cover might come in handy, as well.

- A coin is tossed by one individual on each team. This decides which team will deliver the last stone in the first end.
- Curlers should stand along the sides of the playing area when not involved in delivering or brushing.
- After brushing, curlers should walk along the sides of the sheet to return to the delivering end.
- Leads and seconds should position themselves between the hog lines and well to the side of the playing surface when their team is not delivering. Only skips and thirds are allowed to stand in the house area.
- All curlers should remain outside the house area until the thirds have agreed on the score.
- The scoring team's third is responsible for posting the score.
- Teams may not remove an opposition stone if it is in the Free Guard Zone until the fifth stone of the end.
- The team who scores in one end delivers the first stone of the next end.
- If a stone is touched by a brusher while it is moving, that brusher must alert everyone of the infraction when the stone has come to rest.
- A skip can only brush an opposition's stone once it has crossed the tee line of the playing end.
- When throwing a stone, the curler must clearly release it before it entirely passes the hog line closest to the throwing end.
- To be considered as "in play", all stones must be over the hog line at the playing end of the ice (\*consult rule book for exceptions).
- A stone is out of play if it touches the sideline, or if it completely crosses the back line at the playing end.

## Curler's Code of Ethics

I will play the game with a spirit of sportsmanship.

I will conduct myself in an honorable manner, both on and off the ice.

I will never knowingly break a rule but, if I do, I will divulge the breach.

I will take no action that could be interpreted as an attempt to intimidate or demean my opponents, teammates or officials.

I will interpret the rules in an impartial manner, always keeping in mind that the purpose of the rules is to ensure that the game is played in an orderly and fair manner.

If I am found in violation of the code of ethics or rules of the game, I will humbly accept any penalty that the governing body of curling, at any level, deems appropriate.



# OLYMPIAN ADVENTURES

## MAKE IT MY MOTTO!

The Olympics originated in the region of Olympia, Greece in 776 BC and were held every 4 years for nearly 1200 years. Although the games stopped for a period of time, they returned in 1896 as the Modern Olympics. The words "Faster, higher, stronger," established as the official Olympic motto, convey the goals of the best athletes in the world.

A motto is a short phrase that can express an aim or purpose. In sports, it can be a rallying cry to inspire an individual or a group.

Create a curling related motto. \_\_\_\_\_

Incorporate these words into an icon using images that represent you or your group.

A creed represents ideas and beliefs. The Olympic creed is as follows:

"The most important thing in life is not the triumph, but the fight;  
the essential thing is not to have won, but to have fought well."

Create a curling related creed. \_\_\_\_\_

## AROUND THE WORLD...

The Olympics are one of the most internationally recognized events. Athletes and visitors from all over the world gather in what is known as the "host" city.

Unscramble the following host cities and their countries:

TS MZTOIR, NDRLWSIEATZ \_\_\_\_\_

EKLA CLDPIA, UDTINE EATTSS \_\_\_\_\_

YLACGAR, DCNAAA \_\_\_\_\_

ONNAAG, PNAJA \_\_\_\_\_

LSTA KELA ITCY, ETNUID SATSTE \_\_\_\_\_

NRIUT, LTYAI \_\_\_\_\_

NUREVCOAV, AANDAC \_\_\_\_\_

Research the following:

Which city hosted the first Winter Games? \_\_\_\_\_

Which city hosted the first full medal Olympic Curling event? \_\_\_\_\_

Discuss: What does a city have to provide to host the Games and why would some cities want to do so?



## WINTER OLYMPIC SPORTS

The Winter Games were held separately from the Summer Games as of 1924 and include approximately 86 events in 15 sports. Winter sports are categorized as ice sports, alpine, skiing and snowboarding or nordic.

Use the list of sports below to categorize them under the appropriate heading:

Alpine, biathlon, bobsled, cross country skiing, curling, figure skating, freestyle, ice hockey, luge, nordic combined short track speed skating, skeleton, ski jumping, snowboarding and speed skating.

### Ice sports

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

### Alpine, skiing and snowboarding sports:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Nordic sports:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## CLASSROOM OLYMPICS

**Blindfolded Curling:** this activity will test your powers of communication!

This game can be played either indoors or outdoors! For interior play, use brooms/floor hockey sticks and a tissue box for a curling rock. Use masking tape or chalk to create circles on the classroom floor to represent a curling rink. In the school yard, use chalk to draw a curling rink and brooms/floor hockey sticks and a football instead of a curling rock.

Divide the class into teams of three. Blindfold all participants. The skip will throw their "rock," then remove their blindfold. They will then instruct their blindfolded team members how to sweep their "rock" into the circle. The objective is to try and get the "rock" into the circle as quickly as possible, so good communicating and listening skills are very important. Hints: yelling doesn't help; use control, not power when "sweeping."

### Game variations:

Have teams compete against each other on the same "rink."

Limit the number of instructions that can be given by the skip to his/her fellow teammates.

\* Where available, call a local curling club and ask for a few old brooms.

They'll be happy to help out!



# SWEEP IT UP!

Take one letter group from the left and one letter group from the right to put these 22 Olympic words back together again!

example:	events	
count	_____	ling
fl	_____	iber
ven	_____	ch
tor	_____	dal
cal	_____	ag ry
awa	_____	ional
—eve—	_____	rd
win	_____	—nts—
compe	_____	lic
ri	_____	ter
pod	_____	ngs
fi	_____	ium
hist	_____	nals
excel	_____	tition
an	_____	rid
wo	_____	lence
cur	_____	uit
nat	_____	mpic
me	_____	oric
symbo	_____	them
oly	_____	cial
purs	_____	ue
offi	_____	

Do you know what the five interlocking rings on the Olympic flag represent?



## THE PARALYMPICS

Paralympics offer the highest level of competition for disabled athletes with approximately 4,000 athletes during the Summer Games and about 600 competitors in the Winter Games. Athletes are categorized by disability (Amputee, Spinal cord injury, Cerebral Palsy, Visual Impairments, or Les Autres: MS, MD, Polio, SB) then by the degree of function presented by their disability. This is done so that athletes can compete fairly on similar levels. Sports can sometimes be adapted to accommodate an athlete. For instance, a blind downhill skier gets sound cues from a helper as he or she skis.

There are five winter sports: alpine skiing, biathlon, cross-country skiing, sledge hockey and wheelchair curling. Pick one of these sports to research. On a separate piece of paper write a paragraph about the sport, what equipment is used and how it is similar or different from the non-disabled version.

For class discussion:

Compare the personal qualities that would be essential to be a competitive athlete, disabled or not.

Do you think disabled athletes are treated the same as able athletes by the media and the general population? Why or why not? (Consider media coverage, talent, fame, respect, wealth, success)

Debate the following:

"Competition is an essential part of athleticism."

Did you know?

The Paralympics are so named because they run "parallel" to the Olympics; they are held shortly after each Olympics in the same location. They are completely separate from the Special Olympics, which are for athletes with intellectual challenges. Curling is also a part of the Special Olympics.





National  
Coaching  
Certification  
Program

