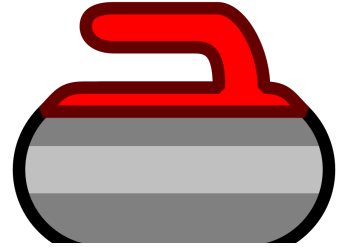




Curling Rules

Updated August 27, 2025



1. Pre-Game – Equipment, Game Time, Defaults

Spirit of the League: The primary focus of FCSSC is FUN! This league is a positive and encouraging environment that is welcoming to players of all backgrounds and playing abilities, with the goal of getting moving, meeting new people, and having fun while doing it! We look forward to an awesome season of welcoming and inclusive play.

Play that is competitive, overly aggressive, rough and/or unsportsmanlike such as pushing, shoving, elbowing, shouldering, tripping, hacking, slashing, sliding, tackling, ball blasting, chirping, name calling, threats and intimidation, is prohibited and will not be tolerated by FCSSC. FCSSC IS FIRST-AND-FOREMOST-FOR-FUN. ANY ROUGH OR PHYSICAL PLAY WILL RESULT IN IMMEDIATE EXPULSION FROM THE GAME, THE LEAGUE, THE CLUB AND/OR ALL OF THE ABOVE. All players should go out of their way to avoid contact with other players and/or eliminate actions or behaviours that could jeopardize player safety. If accidental contact occurs it is expected that players will apologize for that contact, ensure everyone is all right and stop the game to seek appropriate help as required. This rule supersedes all others!

Game Host: You will have an FCSSC Game Host on site to make sure everyone is having FUN during your game! They are responsible for a number of things like waivers, score reporting, rule clarifications etc. to help things run smoothly every week. FCSSC is a self-officiated league, so players are responsible for making calls on the field/court. Your Game Host is NOT a referee, but can act as a mediator if there are any disputes, and has authority in the gym! Please ask your Game Host if you have any questions or concerns during your game!

Equipment/Set-Up: All curling equipment will be provided (brooms, rocks, etc). All players are responsible for bringing CLEAN indoor shoes. Boots, outdoor shoes, or large chunky shoes are not acceptable – only those with proper footwear will be allowed to play.

Mixed Gender Requirements: FCSSC is committed to providing inclusive access to for-fun sport for players of all gender identities.

In this open gender league, teams are comprised of four (4) players of any gender.

Game Time/Defaults: Please arrive 15 minutes early so that you can start your games on time. Games are 90 minutes in length and 6 ends are to be played in that time. A default will occur if any team cannot field a squad by 10 minutes after the official start time. A team can play with a minimum of 3 people. Captains may agree to waive rules regarding team minimum requirements, but this should be decided before the game starts. IF IT IS AGREED THAT THE GAME COUNTS, IT COUNTS!

Alcohol: THERE IS ABSOLUTELY NO DRINKING OF ALCOHOLIC BEVERAGES PERMITTED WHILE PLAYING!! ANY OFFENDERS WILL BE ASKED TO LEAVE THE LEAGUE WITHOUT REFUND. No exceptions.

2. In Game – General Rules, Offense, Defense, Making Calls

General Rules

1. Positions alternate throwing rocks, throwing 2 rocks each team.
2. The rocks must completely cross the hog line to stay in play.
3. Throwers must release the rock before the hog line.
4. If a rock hits the sideboard or the sidelines, they are out of play.

5. Only one team can score points for any given end. The team with the closest rock to the center scores one point. This team can score additional points for each rock that is closer to the center than their opponents' closest rock.
6. A team can only begin to sweep the opposition's rock(s) once it has completely passed the T-line (the line that intersects the house). Only one sweeper can sweep past the T-line per rock.
7. All curlers **MUST** wear clean shoes on the ice, with either clear tape on the sliding shoe or a slider. People who are right-handed wear tape or a slider on their left foot and vice-versa for left-handed people. ****NEVER STEP ON THE ICE WITH YOUR SLIDER FOOT FIRST****
8. Please do not hit the ice with brooms.
9. Please do not crash the rocks on the ice
10. If a game is called due to time, the rocks that are in play will count. At least 4 rocks from each team must be for this rule to be enforced (same amount of rocks thrown by each team, ie 5 and 5). Ends should not be started with 10 or less minutes to the end time. (ie. Latest end start time of 6:45pm for 6:55pm finish)
11. **New Winter 2025: Five-Rock Rule**
Until five stones have been played, stones in the Free Guard Zone (the area between the hog line and tee line, excluding the house) are known as guard rocks and cannot be removed or hit out of play by an opponent's stone. If a guard rock is removed, they are replaced to where they were before the shot was thrown, and the opponent's stone is removed from play/can't be replayed.

3. Post-Game – Departure & Score Reporting

Score Reporting: FCSSC Game Hosts will report the score for each game. Please be sure to inform your GH of the game's score before leaving the facility! Scores and standings can be viewed through your account at www.forestcityssc.ca

Departure: Each week after your game, it is important to leave the ice in a timely manner. Teams could be playing after you and will need to get their game started on time. It is also possible that the facility could be closing upon the completion of your game and all staff and FCSSC members will need to depart the facility at that time.

4. Playoff Games

No Ringers: To play on playoff nights players must have played a minimum of 2 regular season games for that team.

Substitutes: A player is only allowed to play for one team in each playoff round. Players cannot sub in for another team during the same round, most particularly in a championship game. Exception: a player may sub for another team in the same league during the same play-off round IF the game is not a championship game (ie, title on the line) and the team needing a sub would default the game without the substitute player (resulting in both teams being unable to play).

Tiebreaker: If a playoff game ends in a tie at the end of regulation time, a tie breaker will be played to decide a winner. The tie breaker will be as follows.

A draw to the button will be used to break a tie. The team whose rock is closest to the button will be deemed winner.

Coin toss: The team winning the coin toss will decide whether they will curl first or second.

ii. Each team will decide on 4 players to take part in the tie breaker. 1 person to throw, 2 sweepers, and 1 "skip" who will direct the shot. The positions should be chosen at the time of the coin toss.

iii. The first team will throw their rock. Both teams (+ a neutral player from another team) should agree on where the rock landed. The rock is then removed from play allowing the second team to shoot at an empty house. Both teams (+ the same neutral player) will agree on where the second team's rock stopped. If possible, a winner will be determined.

iv. If no rocks land in the house, the teams will repeat step "iii" until a winner can be determined. The same order should be maintained throughout the shootout.

Playoff Matchups: For more information about playoffs (including details about how matchups are determined), please visit our policies page at www.forestcityssc.ca/page/policies