
STICK CURLING RULES

All participants must be at least 55 years of age by December 31 of the year of the games.

AGE CATEGORIES / EVENTS:

AGE	EVENTS	NUMBER OF PARTICIPANTS PER PROVINCE/TERRITORY
55+	Open Teams (4)	8
70+	Open Teams (4)	8
TOTAL NUMBER OF PARTICIPANTS PER PROVINCE/TERRITORY = 16		

RULES:

Canadian Curling Association Rules and etiquette will apply.

1. Each team is comprised of **two** curlers.
2. Teams may consist of two men, two women or one of each.
3. One member of each team stays at each end of the rink, and **must not** cross center ice (except as provided for in Rule 9).
4. Sweeping/brushing is allowed by the delivering team **only** from the hog line to the back line **or** by the opposition team from the tee line to the back line at the playing end.
5. Each stone **must** be delivered with a curling / delivery stick, from a standing or sitting (in a wheelchair) position. The stone must be released **before** the stone reaches the hog line.
6. Except for wheelchair curlers, each delivery must begin with the right foot in the left hack, for right-handed curlers, or with the left foot in the right hack, for left-handed curlers. All stones must be released before reaching the hog line, and with some part of the stone within 2 feet of the center line.
7. The two delivering curlers alternately deliver **six stones** each per end, while their teammates skip that end. Then roles are reversed.
- 8. The first three stones delivered in an end** may not be removed from play before delivery of the **fourth** stone of that end. If that happens, the delivered stone is removed from play and all other stones are returned to their original position.
9. Each team may call a maximum of two one-minute time outs (and meet at center ice) during a game. During an extra end, one additional time out is allowed. When a time out is called, the opposing team may consult near center ice at the same time.
10. All games are **six** ends. In case of a tie, an extra end is played, with each player delivering 3 stones (skips and deliverers exchange roles at the midpoint of an extra end without moving the delivered stones).

NOTE:

It is not a rule, but participants should be advised that one hour is sufficient to play the game. In addition, it should be confirmed whether the allocated time of one hour will include the time taken for time outs.