



CURLING 101

For Our Junior Curlers' Grown-ups

ROYAL CITY CURLING CLUB
2026-27 SEASON



CURLING 101

For Our Junior Curlers' Grown-ups

So... what is Curling?
And what do I do as a grown-up?



What Is Curling?

— Curling? That sport with brooms?

It's helpful if you understand the game. You do not need to know everything about the sport, but there are some helpful things to learn

We have three governing bodies for our sport, World Curling Federation (WCF), Curling Canada and Curl BC, between them they have some great resources:

- [Basics of Curling from Curling Canada](#)
- [What is Curling from WCF](#)
- [Youth Curling in Canada](#)
- [Youth Curling in BC](#)





Now what?



What is my role in this?



Your Role

- Financial: You're paying the bills!
- Transportation: You will need to get them to/from the rink
- Cheerleader: You are cheering your curler on... but there is an etiquette to curling (more on that later)
- Counsellor: Your curler will want to talk about curling... so it might help you learn something about the sport (for a list of curling terms see the end of this presentation)
- Liaison Officer: You will be interacting with coaches and other grown-ups to make sure your curler is getting their needs met



NOT YOUR ROLE

Coach

- You can provide constructive feedback to the coach, but please leave the coaching to those who are trained
- Remember that most of us are not getting paid to coach your kids... and without coaches, our curlers will not be able to play.
- If you are interested in becoming a coach, please come talk to me.



What Else Do We Need From You?

- As a grown-up, you know your curler better than we do.

So... we need to know what needs your curler may have.

Everything from food allergies, learning and behavioral needs, friends they may want to curl with, issues around environmental stimuli... whatever it may be, the more we know, the more we can make our sport more enjoyable for your curler.

Please LET US KNOW what your curler may need! We will always try to accommodate your needs, and we are happy to discuss the best way to do so.



SAFETY IN CURLING

- We require all coaches in our sport to provide current Criminal Records checks.
- Coaches in our junior programs have completed at least the Club Coach training, with most having completed the Competition Coach training.
- Coaches taking teams into competition must have completed and been certified as Competition Coaches through Curl BC / Curling Canada.



SAFETY IN CURLING

Understanding Safe Sport

<https://coach.ca/sport-safety/safe-sport-training>

We encourage everyone, including kiddos' grown-ups, to take the free Safe Sport training.



SAFETY IN CURLING

Understanding the Rule of Two

<https://coach.ca/sport-safety/responsible-coaching-movement/rule-two>

All coaches, staff and volunteers follow the Rule of Two.
We also encourage you to take the free Rule of Two training.



ETIQUETTE

— Curling Etiquette is Unique

- Players are responsible for calling their own fouls. Umpires are there to assist but are generally not there to intervene unless asked by the curlers (and occasionally the coach in junior curling).
 - We do not complain about rules infractions as grown-ups. If you have a concern, talk to your coach.
- We **NEVER** cheer for missed shots from our opponents. We **ONLY** cheer for made shots from both teams.



ETIQUETTE

We always show sportsmanship on and off the ice.

- U20/U18 and younger games we have something called a “Fair Play Timeout” - a special 1-minute break called by a coach or recommended by an official to calm a negative situation, address player behavior, or handle a code of conduct issue on the ice.
- How we act on and off the ice is important, and we expect grown-ups and coaches to be role models to our curlers.
- We want people to have fun, and to always be respectful and kind to each other.



Where Does Your Curler Fit Into The Curling Community?

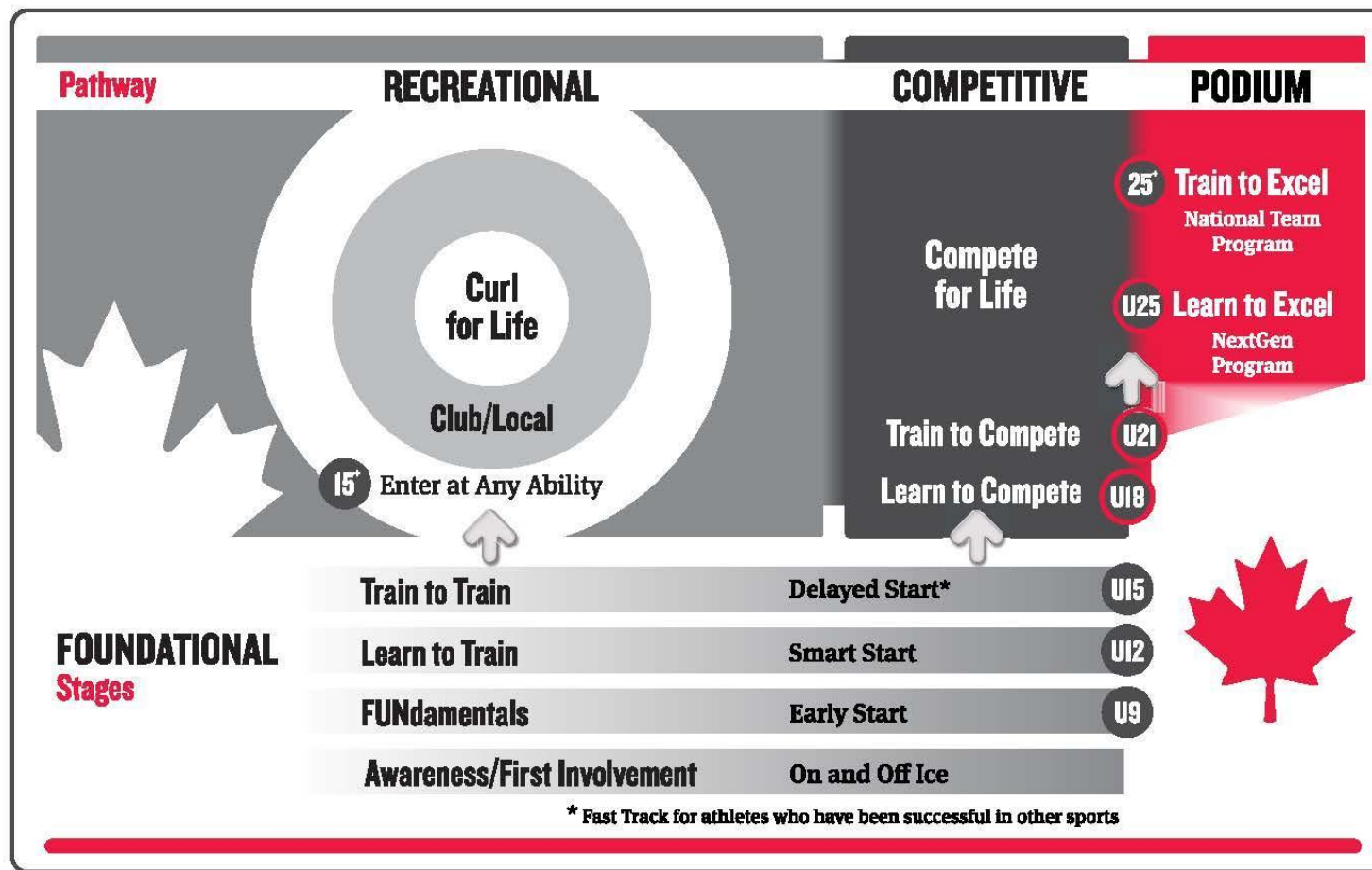
To answer and understand this question we use the “Long Term Curler Development Model” or LTCD





**CURLING
CANADA**

Long-Term Curler Development



TRAVEL

Travel is part of the sport

- Even at the recreational level in their second or third year, curlers are sometimes required to travel to different clubs for games/events.
- As curlers move into competitive curling, even more travel is needed to play in events (anywhere from 3 to 8 bonspiels (tournaments) per season)
- If you want to be competitive at the National Level, you will need to consider competing in events outside of BC.



TRAVEL

Travel is part of the sport

- We do try to minimize travel for our newer curlers, but even at our more recreational regional junior league, we will travel to other local clubs for games.
- If you do not want to travel, then our Little Rock / Junior Programs are where you want to be... but your curler will miss out on some of the best parts of our sport by not playing games against curlers from other clubs.



ASK QUESTIONS!

— Talk to your Coaches!

- We are always happy to discuss curling. Please reach out and ask questions if you do not understand anything related to our sport and your curler.
- If a coach cannot answer a question, they will refer you to someone who can... we do talk and share information all the time!





Still have questions?
Just Ask!



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Curling Glossary

The following provide some curling terms that are helpful to know



CURLING GLOSSARY

GRIPPER

A rubber sole worn on the non-sliding foot to provide traction on the ice.

GUARD

A stone that is placed in a position so that it may protect another stone.

HACKS

The foot-holds at each end of the ice from which the stone is delivered.

HAMMER

The team with the last stone in any given end of play. The final delivered stone in any end is called the "Hammer".

HEAVY

A rock delivered with a greater force than necessary.

HIT

A take-out. Removal of a stone from the playing area by hitting it with another stone.

HIT AND ROLL

A take-out in which the delivered stone "rolls" to a new position after striking another stone.

HOG LINE

A line 10 meters from the hack at each end of the ice.

HOGGED STONE

A stone that does not reach the far hog line. It must be removed from play.

HOUSE

The rings or circles toward which play is directed consisting of a 12-foot ring, 8-foot ring, 4-foot ring and a button.

IN-TURN

The rotation applied to the handle of a stone that causes it to rotate in a clockwise direction and curl for a right-handed curler (opposite for a left-handed curler).

LEAD

The first player on a team to deliver a pair of stones for his/her team in each end.

OUT-TURN

The rotation applied to the handle of a stone that causes it to turn and curl in a counter-clockwise direction for a right-handed curler (opposite for a left-handed curler).

PEBBLE

A fine spray of water applied to a sheet of curling ice before commencing play.

PEEL

A take-out that removes a guard while rolling the shooter out of play.

PORT

A gap between two stones wide enough for another stone to pass through.

RAISE

When one stone is bumped ahead by another.

RINK

A team of four curlers; also, the facility or sheet on which the game is played.



CURLING GLOSSARY

ROLL

The movement of a curling stone after it has struck a stationary stone in play.

RUNBACK

A shot that drives one stone back into another to remove it from play.

SECOND

The curler who delivers the second pair of stones for his/her team in each end.

SHEET (or Ice)

The specific playing surface upon which a curling game is played. Size is minimum 14'2" wide and 146' long.

SHOT ROCK

At any time during an end, the stone closest to the button.

SKINS

A game format in which each end is assigned a set value that a team must win outright to claim.

SKIP

The player who determines the strategy, and directs play for the team. The skip delivers the last pair of stones for his/her team in each end.

SLIDER

Slippery material placed on the sole of the shoe, to make it easier to slide on the ice.

SPARE

An alternate player or substitute.

SPLIT

A shot that promotes one stone while the shooter rolls to a second scoring position.

STONE (or Rock)

The polished granite implement used in play, weighing approximately 44 pounds (20 kg).

SWEEPING

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

TAKE OUT

Removal of a stone from the playing area by hitting it with another stone.

TEE

The exact centre of the house, where the tee line and centre line intersect.

TEE LINE

The line that passes through the centre of the house parallel to the hog line and backline.

THIRD, VICE-SKIP OR MATE

The third player on a team to throw two stones in each end. Generally this player acts as the skip when the skip is delivering his/her stones and assists with shot selection decisions.

WEIGHT

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

WICK

A shot that lightly grazes a stationary stone, slightly altering its path.



CURLING GLOSSARY

BACKLINE

The line across the ice at the back of the house. Stones which are over this line are removed from play.

BITER

A stone that just touches the outer edge of the circles.

BLANK END

An end in which no points have been scored.

BONSPIEL

A curling competition or tournament.

BROOM

The brush used to sweep the ice ahead of a moving stone; the skip also holds it as a target for the shooter.

BRUSH

A device used to sweep the ice in the path of a moving stone.

BURNED STONE

A stone in motion 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.

COME-AROUND

A shot that curls around a guard and comes to rest behind it.

COUNTER

Any stone in the rings or touching the rings which is a potential point.

CURL

The amount a rock “bends” while travelling down the sheet of ice.

DELIVERY

The act of throwing a stone down the sheet toward the house.

DOUBLE

A take-out that removes two of the opponent's stones with a single shot.

DRAW

A shot thrown with just enough weight to come to rest in the house.

DRAW WEIGHT

The momentum required for a stone to reach the house or circles at the distant end.

END

A portion of a curling game that is completed when each team has thrown eight stones and the score has been decided.

FREE GUARD ZONE

The area between the hog line and the house where an opponent's stones cannot be removed until the first four stones of an end have been played.

FREEZE

A draw that comes to rest touching a stationary stone without moving it.

