

New Horizons Seniors' Curling League

The Rules for the League

Eligibility:

The requirements of the New Horizons Seniors' Curling League are very simple.
You must be 50 years of age or over.

Equipment:

- * A curling broom
- * A pair of curling shoes.
(or clean running shoes and a slip-on slider)
- * A warm sweater or jacket.
- * A pair of gloves or mitts.

If you need equipment, it is available at the "Mac"

Teams:

Teams are made up at random.

You should arrive at the rink at least 15 minutes before game time.

When you pay your daily curling fee (\$5.00), the person in charge of making up the draw will add your name on a list.

At approximately 5 minutes before game time,
the names of the players are called out in order of:

Skips, Vices, Seconds and Leads.

The position of the players on the team is determined by seniority in the league.

When first joining the league, you will be rated as a Lead regardless of your curling experience.

When your name is called, you will be asked to select a tag with a number.

The number indicates what team you will be on for that day.

Curlers having the same number will be your team-mates.

Teams with consecutive numbers will oppose each other.

Example: teams 1 and 2 will play on Ice No. 1

teams 3 and 4 will play on Ice No. 2 and so on.

Teams are made up of **four players**.

Each player throws two rocks, alternating with the opponent.

The first player is known as the **Lead** and throws the first two rocks.

The second player is known as the **Second** and throws the second two.

The third player is known as the **Vice Skip** and throws the third two rocks.

The fourth player is known as the **Skip** (team captain) and throws the last two rocks.

The Game:

Prior to the start of the game, the two Vice Skips will toss a coin in order to determine which team will deliver the first rock.

When a player is not delivering a rock, he/she will sweep rocks delivered by their team as per the Skip's direction.

The skip controls the game by determining all of the shots and developing the game strategy.

Since the rocks curl as they travel down the ice, the throwers must aim at a point other than the intended resting point.

The skip is responsible for providing an aiming point.

The skip places his broom upright, directly over the desired aiming point.

The skip is also responsible for determining whether sweeping is necessary and communicating this to the sweepers

REMEMBER, PRACTICE MAKES PERFECT !