

# CURLING

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## Pre-Season

- First 2 sessions are instructional clinics. Teachers will be asked to assist with on-ice coaching of students with the instructors.
- Session will go from 4:15pm – 5:15pm

## Regular Season

- Derrick games begin at 4:15 p.m. and go to approximately 5:45 p.m.
  - Derrick Golf & Winter Club: 3500 – 119 St.
- Thistle games begin at 3:45 p.m. – 4:00 p.m. and finish 5:15 – 5:30pm.
  - Thistle Curling Club: 6920 – 114 Ave.
- Schools are responsible for ensuring clean footwear, and providing sliders and brooms for their teams. Please remind curlers not to wear any form of clothing that may drag on the ice. Students should dress comfortably for activity. Change of footwear for use on ice will be mandatory.
- Winning Schools are responsible for reporting scores to:
  - Thistle Games: Catherine.Smith@ecsd.net
  - Derrick Games: John.Ioannides@epsb.ca

## Rules

- We stress our leagues are mixed and would like to see 2 girls/2 boys, but teams may be of any ratio of girls/ boys. Some schools will be playing with various combinations - your understanding is appreciated.
- Late Arrival
  - 10 Minutes late – Forfeit 1 point. Game begins in second end with the team that was on time for match with the “Hammer”
  - 20 minutes late – Forfeit Match – a score of 1-0 will be recorded.
- It is clearly the intent of our league that the players officiate themselves and adult interference is avoided no matter how well intended.
  - Coaches are not allowed to be on ice and coaching during games. No coaching from behind the glass using hands signals etc. – allow players to strategize and pick shots for themselves.
  - No coaches should be involved in the determination of scoring. Allow players to decide on close rocks situations for scoring. If the students are unable to make the determination the rocks are “a wash” – no further points awarded in that end.
  - Adult “Stewards” will be allowed on-ice for 5 weeks of play.

- **Adult On-Ice Assistance – Adult “Stewards”**

Our curling league encourages students to build independence and leadership through independent strategy and decision making. While recognizing this, we also strive to assist student-athletes to grow in sporting behavior, curling skills, and knowledge of curling rules and etiquette. To balance both of these goals, and respect the general principle that curling does not typically have coaches on the ice, the ECSD and EPSB combined curling league has adopted the following policy:

- Adult “Stewards” will be permitted to be on the ice and offer assistance to athletes for 5 weeks of the curling season.
  - These will be the first 4 weeks of the season, and the first week back in January (This may be 5 consecutive weeks, depending on league schedule)
  - There are no requirements for any team to provide any on-ice adult personnel, this is opened as an opportunity, not a necessity
  - There can be up to 1 adult assistant/ice sheet – please have discussions with coaches involved in the day’s play to arrange as necessary
- **Adult stewards:**
    - May be a coach, or an adult assistant coach designated by the team coach.
    - are to be non-partisan, assisting students from any school, as necessary
    - are to coach skills, curling etiquette and sporting behaviour, but should leave strategic decisions up to the players
    - should offer assistance to players only when the player’s team does not have control of play and ensure they are not a distraction to any of the participants
    - should be located on the “throwing” end of the ice surface
  - 1 – two-minute timeout per match. In this instance coaches may enter the rink to talk to players, but may not step onto the ice.
  - We strive for 4-5 end games.
  - Playing Rules will be those used by Curling Canada – with the following modifications:
    - 4 Rock rule in place for regular season and Championship Bonspiel.
  - There are **NO TIES ALLOWED**. Conduct a draw to the button by skips if tied after the final end. Sweeping is allowed only on your own team rock.