



**UND WELLNESS &  
HEALTH PROMOTION**  
UNIVERSITY OF NORTH DAKOTA

## Curling Rules

### General

The *RecSports Participant Handbook* will govern all aspects of play not considered playing rules of the sport. Participants are expected to follow the Handbook rules of conduct as well as the sport-specific rules outlined below. The Handbook is available at [und.edu/RecSports](http://und.edu/RecSports). Key Handbook items include:

- **Alcohol, Tobacco, and Illegal Drugs** – Handbook pg. 6
- **Registration & Payment** – Handbook pg. 7
- **Captain Responsibilities** – Handbook pg. 9
- **Team Name Requirements** – Handbook pg. 10
- **Playoff Requirements** – Handbook pg. 12
- **Default/Forfeit Instructions and Consequences** – Handbook pg. 14
- **Participant Eligibility/ID Requirements** – Handbook pg. 15
- **Adding Players to Roster/Participation Limits** – Handbook pg. 18
- **Appropriate Attire** – Handbook pg. 19
- **Team/Participant Conduct** – Handbook pg. 21

### Schedules

Schedules for league play are posted online through IMLeagues.

### Facility

All games will be played at Grand Forks Curling Club (near the intersection of Demers and Washington).

### Questions

Please feel free to contact RecSports with any questions or concerns.

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## Players, Rosters, and Substitutions

- A game may begin with a team having 3 players, but a full team consists of 4 players.
- Each player must throw two stones consecutively, then move to their next position in order. The positions are:
  - Skip (always in the receiving house, except when their turn to deliver)
  - Vice-skip (takes the place of the skip when it is the Skip's turn to deliver)
  - Non-skip and non-delivering players should take place to sweep.
- **Running on the ice will not be permitted.**

## Equipment

- **A second pair of shoes is recommended. Shoes MUST be completely clean of all dirt and rocks before beginning the game. Any violation can result in a forfeit.**
- Stones and brooms will be provided by the curling club; however, participants may use their own brooms if they wish.
- "Cheaters" are allowed when delivering in place of a broom.
- Participants must use caution to not make contact with the "hacks" (the push-off points) with their stones during deliveries, and the Skip will redirect any stones that may strike a hack.

## The Game

- The team that wins the coin toss decides whether to deliver first or second
- Deliveries will alternate between teams, with each player delivering two stones.
- When delivering, the stone must be released before it reaches the "hog line". Otherwise, the stone is removed.
- The stone must reach the opposite hog line to be considered successfully delivered. If it is short, it is removed.
- Sweeping players on the delivering team may sweep until the stone reaches the "tee line" (the midline of the target) at the far side.
- Behind the tee line, only one member of each team can sweep (including the non-delivering Skip).
- A stone will be removed if it crosses the sidelines at any time, or if it crosses the back line behind the tee.
- At the completion of an "end" (all stones delivered), a team scores one point for each of its own stones located in or touching the house that are closer to the "tee" (center of the target) than any stone of the opposition.
- If teams cannot agree on the closest stones, a measuring tape will be used.
- Matches will last 4 ends or 90 minutes, at which point teams will complete their current end for the final score.
  - In playoffs, if there is a tie, there will be one more end played to break the tie.
    - If neither team scores, there will be a one stone "shootout", where each team will throw one stone and the closest to the center will win the match.

## Fouls and Penalties

- If, during delivery, a stone is touched by any means other than contact with other stones:
  - Between the initial release and the far hog line: the stone is removed immediately.
  - Inside the far hog line:
    - By the delivering team: all stones are allowed to come to rest, then the non-offending team may choose to remove the touched stone and replace all stones that were displaced prior to the infraction, or leave all stones where they came to rest.
    - By the non-delivering team: all stones are allowed to come to rest, and the non-offending team placed the stones where it reasonably considers the stones would have come to rest had the stone not been touched.
- If any stationary stone is displaced by any means other than contact with other stones, the stone shall be replaced at the estimated position prior to contact.

## Miscellaneous

- **All officials' calls are final!**
- The scorekeeper's record is the official record.
- Games will be primarily self-governed; however, a supervisor will be on hand to assist with scoring and disputes.