

Instructional League – Week 3 Player Handout

Schedule

6:30p: Arrive & review objectives
with coaches

6:40p: On Ice

7:30p: Start game

8:05p: 2nd to last end

8:30p: Approx end time (Clean up)

8:45p: Off Ice

Team	Coach	Team	Coach	Sheet
				A
				D
				E

Tonight's Learning Objectives

- Review Balance
- Review Aiming
- Review Hand signals (Handle, Guard, Draw, Takeout)
- Review 5-rock rule
- Curling Terminology (Weight, Lead, Second, Vice (Vice-Skip, also known as Third), Skip)
- Team Play & Spirit of Curling (communication with skip - Weight calling)

Weight

- Last week you learned about three types of throwing weights - guards, draws, and takeouts. This week we will learn about judging weight as a sweeper.
- Weight refers to how hard the rock is thrown, with weight typically referred to where the rock would end up without any sweeping. Weight is generally judged by the sweepers, who time the movement of the rock either with a stopwatch or by counting "1 mississippi, 2 mississippi..." in their heads. Communicating that timing to the skip can help the skip make adjustments on the fly as to strategy with that rock. Communicating that timing to the thrower helps that person make adjustments on future throws.
- Sweepers should also communicate with the skip by yelling out where they think the rock will land (see Figure 1 Diagram)
 - Simplest complexity:
 - Heavy (eg. it's going to go through the house),
 - Light (it needs sweeping to get to where the skip needs it to go, if it makes it)

- It's all there (it's going to land where the skip wants it to stop without sweeping)
- Medium complexity
 - Guard (can say High Guard if its a guard close to the house)
 - Top of the House
 - T Line
 - Back of the House
 - Heavy (through the house)
- Most complex - Numbering System
 - 1-3 Guards from Hog to House
 - 4 - Top of 12-foot circle
 - 5 - Top of 8 foot circle
 - 6 - Top of 4 foot circle
 - 7 - T line (button)
 - 8 - Back of 4 foot circle
 - 9 - Back of 8 foot circle
 - 10 - Back of 12 foot circle
 - 11 - through the house

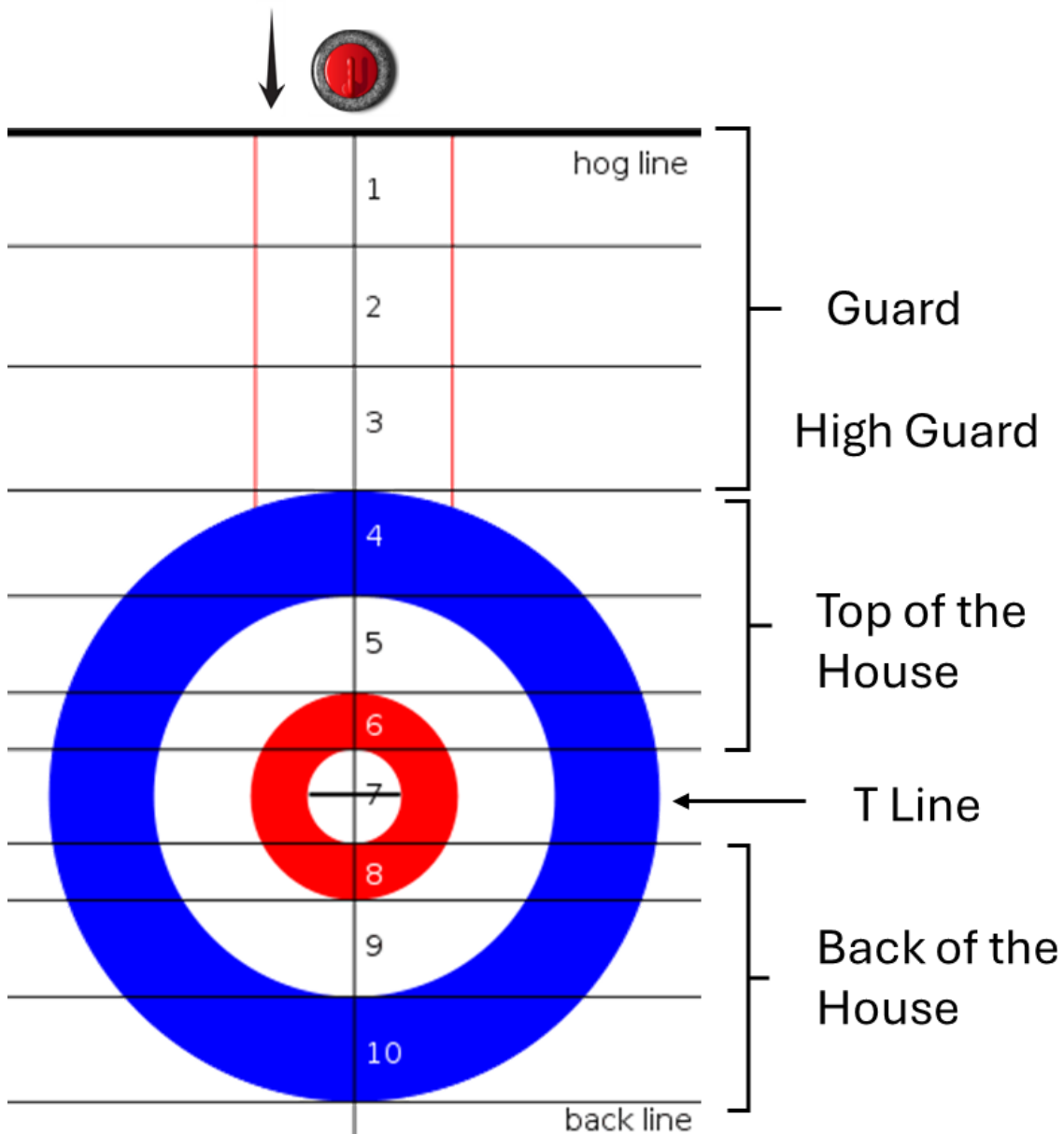


Figure 1. Weight Calls. The “play area” from hog to back line is divided into sections. Sweepers can communicate with skips by calling out where they think the rock will land without sweeping shortly after the rock is released by the thrower. If that judgement changes as the rock travels down the ice, the sweepers should call out a new position.

Curling Positions. You have already been introduced to curling positions. Here we add some information about characteristics of each position.

- **Lead.** Throws the first two stones of the end and sweeps the next six. They are often good at throwing guards and draws. They are often strong sweepers.
- **Second.** Throws the third and fourth stones and sweeps the first two and then the final four of the end. They should be strong at playing takeouts. Lead and Second are considered the “front end”.
- **Third (also known as Vice or Vice-Skip).** Throws the fifth and sixth stones, sets up shots for the skip, and helps with strategy. They are responsible for calling line to direct the sweepers when the skip is throwing stones. They are good at throwing draws and takeouts.
- **Skip.** The captain of the team, responsible for strategy, directing players. Often they throw the last two stones of the end, but can throw in a different order. Skips communicate strategy and call the line during throws. Skips are typically the most skilled player on the team and the most knowledgeable player. Skips should be communicating every play and often strategy as well. Skips are usually very good at throwing draws and takeouts.
- Note that although this is the standard order, there are some cases where the order can differ.

Team Communication

Curling requires constant communication between all players—which is why it's such a loud sport! The skip calls every shot and communicates before and during each delivery.

Prior to delivery, the skip communicates:

- **Hand signal** – indicates guard, draw, or takeout
- **Broom placement** – marks the target and release point on the ice
- **Handle direction** – shows which way the rock should curl

All players should understand the called shot before delivery. When playing with a new skip, confirm signals and commands in advance.

During delivery, the skip calls the line while sweepers judge weight (will the rock reach the target without sweeping?). Sweeping can add up to 16 feet of distance. The skip may override sweepers to adjust line or alter strategy mid-throw.

Sweeping commands:

Action	Words
Start sweeping	Sweep, Hard, Hurry Hard, Yes, Yep, Go*

Stop sweeping	Off, Whoa, No, Up
Hold the line (keep the rock moving straight)	"Line"
Let it curl (the rock needs to curl to get to the correct location)	"Curl"

Avoid pairing "Go" and "No" or "Whoa"— they sound too similar.

Roles during a shot: The skip watches the line (direction and curl); sweepers manage weight (how far the rock travels) and report it to the skip. Beginners: the skip will often call both line and weight.

Curling Etiquette

Start of game

- The two Vices flip a chip or slider. The winner chooses either **hammer** (last shot advantage) or **rock color**. The other Vice picks from what's left.
- All players shake hands or fist bump and say *"Good curling."*

Speed of play

- As soon as one player leaves the hack, the next should be setting up — even while the previous rock is still moving.
- *Why it matters:* Saving 15 seconds per shot saves ~4 minutes per end, which can mean the difference between completing 6 or 8 ends in a 2-hour session.
- Help teammates by setting up their rock, slider, and stabilizer if you're near the hack and they're not.

Scoring

- Only the two Vices discuss and agree on the score — no one else should be in the house during this time.
- Only one team scores per end: the team with the rock closest to the center.
- That team scores 1 point for each of their rocks that is closer to the center than the opponent's nearest rock.

End of game

- Shake hands or fist bump and say "*Good curling.*"
- Tradition: the winning team buys the losing team a round. So either you win the game — or you get a free drink. :)

Helpful Introductory Videos:

Learn To Curl - Tip #10 - Weight Judgment | Curl Up with Jamie (3min):

<https://youtu.be/2JpGSaw2NqA?si=RHNvSp1tpNlw2N4Q>

The Rules of Curling | Ninh Ly (General rules + burning a rock and measuring):

<https://youtu.be/TjxcZhbVSVQ?si=5GEPYD9RbC2kO6gG>