



## **Intermediate Guide**

- 1. Curling Etiquette**
- 2. Glossary**
- 3. Weight Calls – House Diagram, Ferby System**
- 4. Weight Calls – Team Communication**
- 5. Weight Calls – Takeout Weight Signaling**
- 6. Weight Control Tips**

**Curling has always been known for the prevalence of good sportsmanship and the friendly courteous rivalry that exists on the ice. The courtesies suggested are practiced by curlers who understand the true spirit and tradition of the "roaring game."**

Every curling game begins with a hearty handshake of friendship and goodwill to both team mates and opponents.

Be on time. Seven other people will be depending on you.

Clean your shoes before stepping onto the ice. Clean your brush regularly during the game. It is everyone's responsibility to keep the sheet of ice clean.

Be ready to throw your stone immediately after your opponent's stone has been delivered.

In no way should you disturb a player in the hack or during delivery or until he or she watches the stone come to a stop. You should stand still on the sideline and between the hog lines when your opponent is delivering a stone.

Stay out of the way of opposing sweepers.

Sweepers should be on the sidelines, alert and ready to sweep immediately, if called upon. They should stay with the stone all the way to the house, sweeping or not.

Do not block the center of the ice, as the other skip and shooter are visually communicating to each other and you will block their view of each other.

When in the house, skips and thirds should keep their broom heads off the ground and stand still while opponents are throwing.

If you have personally touched (fouled or burned) a moving stone, you should be the first one to so declare.

If you have personally moved a stationary stone, say so immediately so that it may be replaced (put into original position) to the satisfaction of the opposing skip.

Congratulate opposing players, as well as members of your own rink, when they have made a good shot. Never, by word or deed, be guilty of any action that would embarrass a player who has missed a shot.

Every curling game ends with a hearty handshake of friendship and goodwill to both team mates and opponents.

## **General 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.

**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 center of the house.

**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.

**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.

**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 16th 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.

**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.

**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.

**PEBBLE**

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

**RAISE**

When one stone is bumped ahead by another.

**ROLL**

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

**SECOND**

The curler who delivers the second pair of stones for hi/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.

**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.

**SPARE**

An alternate player or substitute.

**SLIDER**

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

**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 LINE**

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

**THIRD, VICE-SKIP OR MATE**

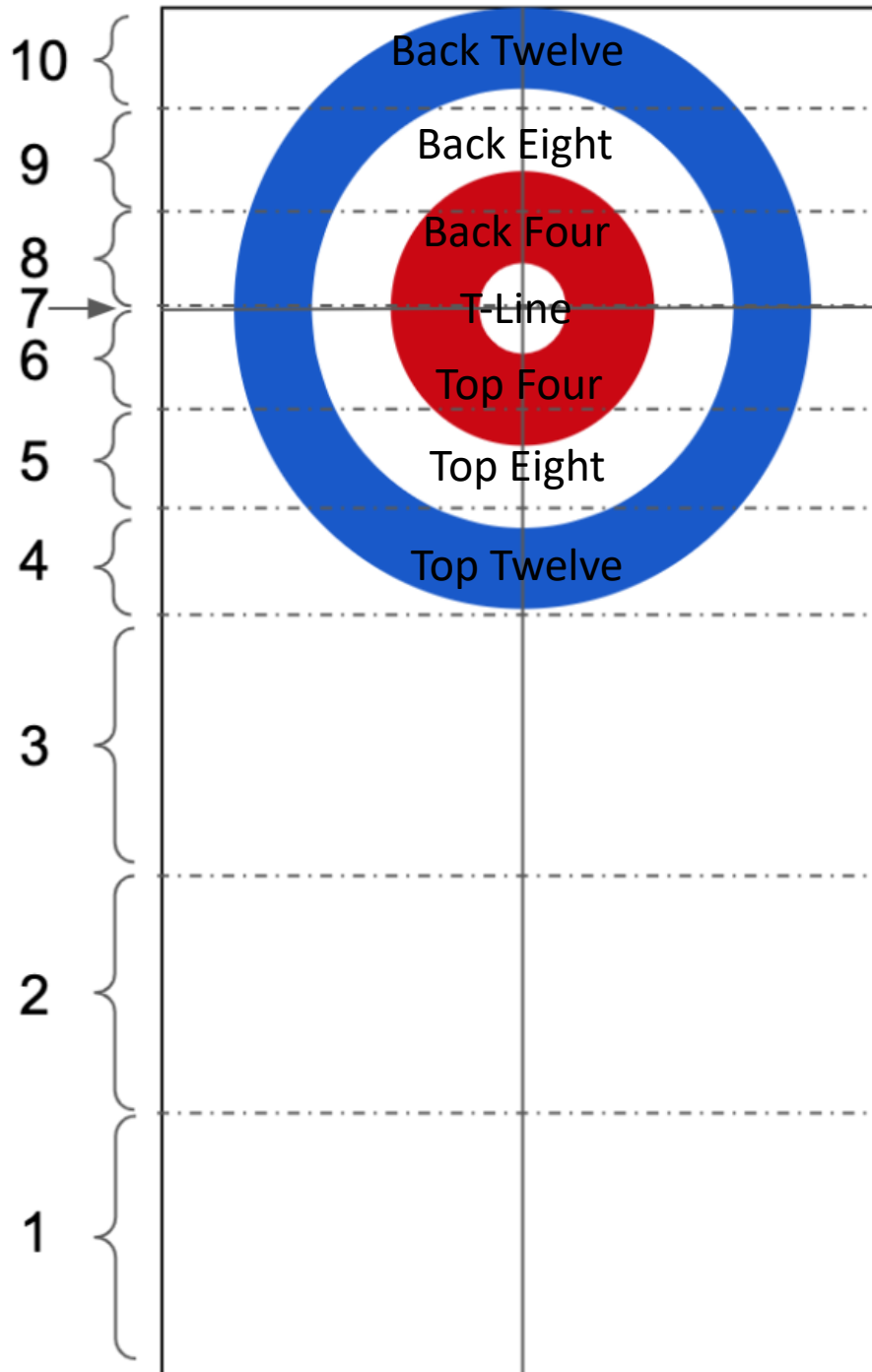
The third player on a team to throw two stones in each end. Generally this player acts as the skip when the skip is delivering his/her stones and assists with shot selection decisions.

**WEIGHT**

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

## Weight Calls

The Ferbey system can be used to describe where a desired shot should come to rest or the weight of a stone that has been delivered. The numbers on the left represent where the sweepers think the stone will fall. Calls can also be made by declaring where within the rings on the house the rock will fall, shown in the center. These are normally referred to the Twelve Foot, Eight Foot, Four Foot and T-Line respectively.



Your skip may make several different calls during your game. Some are easier to interpret than others, such as guards or draws, but varying degrees of weight could be called for when performing a take out of your opponent's rock. Not all take outs are the same! Try out some of the hand signals below, or develop your own list of reliable signals to be sure you are communicating correctly with one another.

### **Guards**

Generally, the goal is to place a stone that will come to rest between the hog line and the house. Players aim to place a stone that will ultimately be circumvented, or to protect one or more stones already well positioned. With the Free Guard Zone Rule (FGZ), this type of shot is often used at the beginning of an end.

### **Draws**

Draws are mainly used to position stones in specific areas of the playing surface. These shots are precise, they require good control and the right weight. Draws can be used for a variety of strategies including curling under cover, freezing to an opponent (or your own) stone, or depending on the distance required, promoting another rock forward.

### **Take-outs**

Take-outs are used to eliminate from play one or more stationary stones. Depending on the expected result and the layout of the stones in play, the skip will call for take-outs with different weights.

### **Signals**

The skip communicates instructions verbally and/or with signals concerning the desired shot. Generally, the signal sequence will include three steps:

1. the expected reaction of the delivered stone and of the displaced stationary stones;
2. the weight of the requested shot in the case of take-outs;
3. the line of delivery and the desired effect.

### **Expected Reaction**

The skip indicates, first with the broom, the expected reaction of the stones.

### **Draws**

With the broom, the skip indicates the area where he or she would like the stone to come to rest.

In the case of a raise, the skip will indicate, with the broom, the stone to be moved and the area where it should end up.



In the case of a freeze, the skip will place the broom beside the stationary stone on which you want to freeze.

### **Take-outs**

With the broom, the skip indicates the stone(s) to be eliminated from play and the area where the first contact should be made, as well as the expected reaction of the delivered stone after contact (stay or roll to one side or another).

### **Weight at Delivery**

The weight of the desired take-out may be communicated in different ways:

- Verbally
- For light take-outs, by pointing to certain areas of play with the broom: back line, hack, bumper, etc.
- By tapping a part of the body with your hand. The higher the body part, the higher is the weight required. Examples: the ankle for hack weight, the chest for normal weight and the head for heavy weight.

### **Line of Delivery and Desired Effect**

Ultimately, the skip positions the broom head on the ice to indicate the line of delivery and by lifting an arm, identifies which rotation to apply.

- Right arm: clockwise rotation. Left to right effect.
- Left arm: counter-clockwise rotation. Right to left effect.

It is important that all members of the team know the signals used by the skip. In case of doubt, do not hesitate to verbally confirm your understanding.

## **Communication**

### **Communication Between Players**

Communication between a team's players is vital to curling. All members of a team have an important role to play, and effective communication will facilitate decision-making and performing shots.

### **New Team**

Especially with a newly formed team, it is important for members to meet and discuss their strengths and weaknesses as well as their expectations within the team and with respect to the game of curling.

More experienced players can provide advice assisting with their teammates' development.

## **Before the Game**

Team members may wish to discuss different aspects of the game they are about to play.

- General strategy during the game
- Strengths and weaknesses of the opposing team
- Ice conditions

## **During the Game**

### **Before Delivery**

The skip communicates orally and with the help of signals, gives instructions pertaining to the required delivery. It is essential for the delivering player and the sweepers to make sure they understand these instructions. If needed, they will validate among themselves and with the skip their comprehension of the required shot.

The delivering player and the sweepers will benefit from discussing the speed of the ice, particularly for draws.

### **During Delivery**

**Once the stone is moving, constant communication should take place between the sweepers and the skip.**

**The sweepers will be responsible for judging the weight of the stone and will regularly communicate their estimation to the skip. Various codes exist to describe the weight of the stone.**

The skip is responsible for judging the stone's course and should regularly inform the sweepers of that course and their need to sweep or not.

At any time, if a player identifies an alternative shot to the one requested, the player shall tell the skip who will then decide to change the strategy or not.

### **At Any Time During the Game**

It is important for team members to communicate all through the game to assess its progress and the strategy to choose thereafter.

Members of the non-delivering team should always observe the opponents' shots and share their impressions with respect to the ice (speed and curl).

## Takeout Weight Signaling



**Hack Weight** - Indicated by tapping the foot with your hand. This weight should be just enough to get your rock to the back hack without any assistance. Typically used to gently knock out an opponent's stone while leaving your own in play.

**Bumper or Board Weight** – Indicated by a hand on your waist, this is slightly heavier than hack weight, the stone should come to rest roughly 6 feet behind the house.



**Control Weight** – Indicated by grabbing your wrist, control weight is a takeout shot that is slow enough that the sweepers still have relative control over its curl; faster than board weight, but slower than normal takeout weight.

**Normal Weight** – Indicated by grabbing to top side of your elbow, this should be your standard takeout weight, and may result in your stone not sticking around in the house. This is faster than control weight, but not as fast as a peel.



**Peel Weight** – Indicated by grabbing your bicep or shoulder, this is a takeout that removes a stone from play as well as the delivered stone. These are usually intentional, such as for blanking an end.

## Getting Started Weight Control

### Weight Control

Weight Control is how “hard” you throw the rock (how much momentum the rock has).  
There are three different types of shots –

**Guard** (rock stops in the free guard zone in front of the house).

**Draw** (rock stops in the house/rings).

**Take out /Hit shot** (rock is thrown with enough momentum to remove another stone from play).

How hard you throw the rock depends on how hard you “kick” your hack leg.  
You generate momentum by this “kick” (leg drive) **NOT by pushing the rock with throwing arm**

**Key Emphasis:** the speed of rock is proportional to kick from the hack (leg drive).

Remember the weight shift to your sliding foot? Shifting your weight from your hack foot, to your sliding foot, then back to your hack foot generates momentum.

**No weight shift between feet = no momentum**

The weight shift between your hack foot and slider foot is VERY important.  
It helps you generate leg drive, and the more leg drive, the harder you can throw a rock. BUT you need to control your body when you kick – the rock, slider foot, body and trailing leg should all be travelling in a straight line.

### Weight Control & Line of Delivery

Problem: the harder you kick, the harder it will be to keep the rock in front of your body. It must stay centered in front of your body at all times, so you can keep the right line of delivery.

How do you keep your body travelling in a straight line?

Solution: The Cadence

When you throw a rock, follow this order:

1) Rock forward 2) Slider foot forward in behind the rock 3) Body behind slider foot 4) Trailing Leg behind Body

**Rock – Slider – Body – Leg**

Sliding in a straight line and getting the Cadence and Timing right is the Hardest part of curling.  
Be patient! You have all the skills you need, it just takes practice.