

Playing in a Competition Guidance for New Curlers

Before the Competition

1. Arrival Time

- Arrive at least 45–60 minutes early. This gives you time to check in, stretch, get changed, and participate in team warm-ups or pre-game strategy discussions.
- If you're not sure of the draw schedule, check with your skip or the event organiser in advance.

2. What to Bring

- Clean curling shoes or grippers – Ensure your footwear is free of dirt and debris before stepping on the ice.
- Slider and broom – If your competition is at another ice rink, you may need to check in advance which equipment they will have available. Alternatively, consider bringing your equipment from your own ice rink.
- Comfortable, layered clothing – Ice rinks are cold, but you'll warm up as you play.
- Water bottle and snacks – Stay hydrated and energised between games.
- Spirit of the game – Come with a positive attitude and a willingness to learn and support your team.



Interacting with Other Teams

1. Pre-Game Courtesy

- Greet the opposing team with a friendly handshake or fist bump and introductions.
- Confirm team names and roles with the opposing skip and third (vice-skip).

2. Post-Game Sportsmanship

- Shake hands and thank the opposing team for the game, regardless of outcome.
- Congratulate good play, avoid gloating, and be gracious in both victory and defeat.
- Have a drink with the other team following the game in the bar/café. It is customary for the winning team to buy a drink for the other team.

Behaviour on the Ice

1. Ice Etiquette

- Stay off the ice until your sheet is ready.
- Do not walk across other sheets during play.
- No brush banging
- Do not take food or drink onto the ice
- Avoid dragging debris onto the ice – clean your shoes before stepping on.
- Keep your hands, knees, and equipment off the playing surface unless delivering or sweeping.

2. During the Game

- Stand still and stay quiet when another player is delivering a stone.
- Only sweep your team's stones unless asked by the skip to assist.
- Do not distract other players during their delivery or strategy discussions.
- Be ready to throw when it's your turn – pace of play matters.

3. Respect the Officials and Volunteers

- Follow any directions from event staff or officials.
- Be patient and courteous, especially in larger tournaments where delays can happen.

General Tips

- Learn the basic rules and scoring system beforehand.
- Ask your skip or teammates if you're unsure about strategy or expectations.
- Win or lose, enjoy the game – curling is about competition, camaraderie, and fun!