



## Winter Sport Rules

# Curling

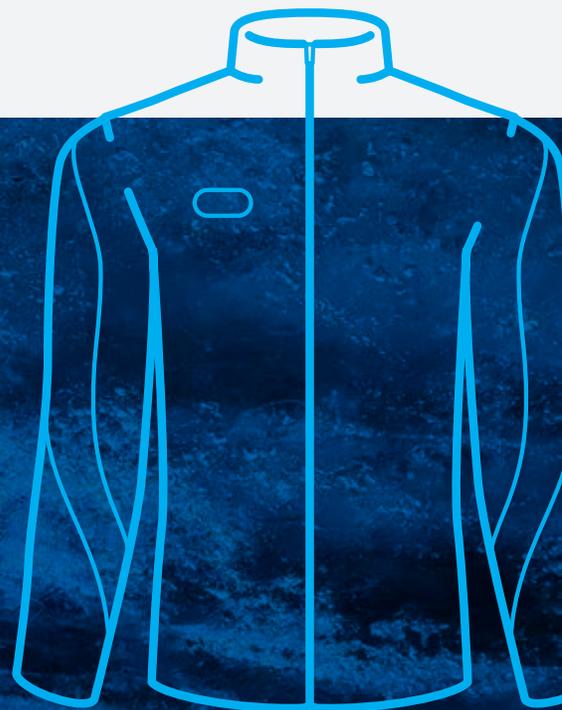


**The Special Olympics  
Canada (SOC) Official Sports  
Rules shall govern all SOC  
curling competitions.**

As a national sports program, Curling Canada rules for curling competitions and general play shall be employed except when they are in conflict with the SOC Official Sports Rules. In such cases, the following SOC official curling sport rules shall apply.

## SECTION A - Official Events

4 Person Team Curling (Open/Co-Ed)



# SECTION B - Rules of Competition

- I. A divisioning round shall be conducted to place teams in a division.
- II. In the divisioning round, each team shall play a minimum of three (3) games of two (2) ends. Each team shall be required to play all curlers whose names appear on the final team roster in each game of the divisioning round. Curlers must play in the position (s) during the divisioning round that they shall play in during regulation play. If a curler plays more than one position they must play in each position during the divisioning round.
- III. Team formation is not subject to a given male/female ratio. A team may also consist of exclusively males or females.
- IV. A *final team roster* is a complete list of all curlers and coaches registered with a team. The final team roster shall consist of two (2) coaches and a minimum of four (4) / maximum of five (5) curlers. All curlers whose names appear on the final team roster must play during each game of the competition. Curlers shall be exempt from playing only due to injury or illness.
  - a. Every team shall be composed of a minimum of four (4) curlers. In the case of injury or illness, the minimum number of curlers required to start or continue a game is three (3).
  - b. In the event a team is unable to complete a game as a result of dropping below the minimum number of curlers (3), the non-offending team shall be awarded the win.
  - c. Teams that drop below the minimum number of curlers for two consecutive games shall be declared ineligible to continue in the competition. For each scheduled game, the opponent of the ineligible team shall be awarded the win.

Ineligible teams would only be able to play in an exhibition division of the Games and would not qualify for awards or placement points in the competition, and therefore are ineligible to advance to a higher level competition.

2 coaches



4–5 curlers



3 curlers in case of injury/illness



- V.** One re-entry per player will be permitted to accommodate the requirement to utilize the alternate. Should any of the players on the ice be injured or become ill, the player sitting out may re-enter the games to play in the position vacated. In such cases, the player replaced may not re-enter the game.

For other than extenuating circumstances (e.g. injury, sickness) substitution is permitted only between ends. If the games umpire determines substitution is required, during an end of play, the substitute enters the delivery position of the player being substituted. Players may then re-order themselves to start the next end.

- VI.** Each team and all curlers on the final team roster must take part in the draw to the button. All four (4) scores shall be counted for a team comprised of four (4) curlers. For a team comprised of five (5) curlers, only the top four (4) scores shall be counted.

- VII.** A regulation game shall consist of 6 full ends plus any extra ends to break the tie if necessary (some competition format may not require to break a tie). No end shall be started after 1 hour and 20 minutes stop time (clock is stopped for time outs) unless an extra end was required to break the tie. Time between ends will be sixty (60) seconds. Coaches will be allowed up to forty-five (45) seconds of talking time with their team between ends and coaches may meet with their team either on the backboard or on the sideline between the hog lines. Coaches will then have 15 seconds of travel time to be seated before the first stone of the end is delivered.

Each team shall be permitted one (1) interaction per end or extra end. Unused interactions cannot be carried over. During a Coach Interaction, opposing coaches will also be allowed to interact with their respective team until the team that called the interaction has concluded their communication.

Coach Interactions may last between 5-60 seconds, but not longer. If a team uses less than that amount of time, the opposition team's opportunity to communicate ends as well. Interactions can be called by anyone on the team in control of the house or their coach. If the coach or a player wants an interaction, they must signal a T with their hands when their team is in control of the house. If anyone signals for an interaction, the team must use an interaction. During a Coach Interaction, coaches may meet with their team either on the backboard or behind the back line. The team calling the interaction gets priority of the position of where they want to meet. A single interaction will officially end after the coach and curlers stop talking and the coach returns and is sitting on their designated seat behind the sheet. If there is an alternate player, they can sit with the coach at both ends at the curling center and the arena (if space permits). The alternate player can take part in the team talking time between ends and during the mid-game break. The alternate player cannot take part in any Coach Interactions during an end.

- VIII.** Each team shall be permitted to call two (2) time outs per game and one (1) time out for each extra end. Each time out shall be a maximum of sixty (60) seconds in length plus any designated travel time for the coach (or alternate) to access the field of play. Time outs may be called by either a coach or a curler. The coach must not disrupt the curlers on the ice when calling a time out. During time outs, only one coach or alternate may meet with their team.

The team requesting the time out must advise the official-in-charge prior to entering the playing area. Only the team in control of the house may call a time out during an end. Only the team delivering the first rock of the next end is permitted to call a time out between ends.

Coaches may not step onto the ice surface during time outs.

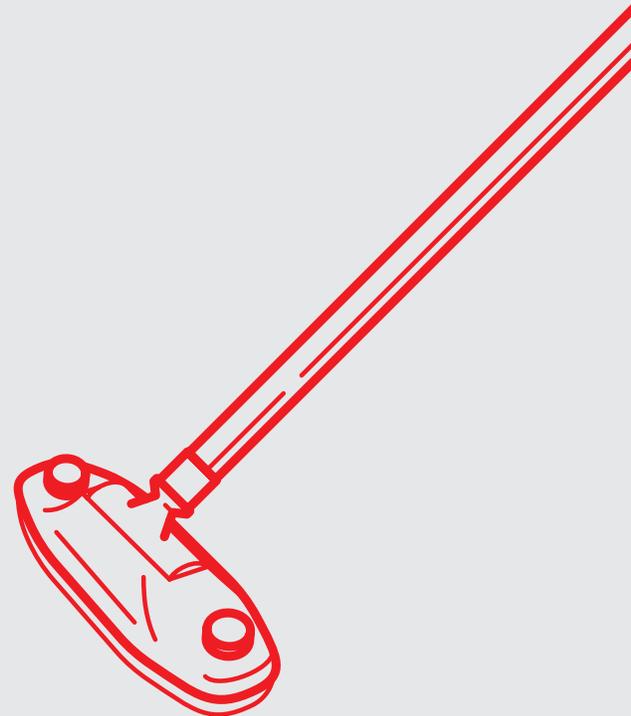
Fair Play Time Outs may be called by a coach (with the approval of the official-in-charge) or recommended by the official-in-charge. Only the coach of the team for which the time out has been called (accompanied by the official-in-charge) may go to the home (i.e., glass) end of the playing area to speak with the athlete(s) involved. Interaction between the coach and the athlete(s) is limited to the athlete(s) involved and to the issue for which the Fair Play Time Out was called (e.g., issues of respect, code of conduct, attitude) and may not include strategy or technical discussions.

The purpose of the Fair Play Time Out is to provide a coach with the opportunity to diffuse a potentially negative situation regarding an athlete's on-ice demeanour before the situation escalates, or to counsel an athlete relative to adhering to the rules of the game.

- IX.** A mandatory break of five (5) minutes shall take place after 3 ends or at the end of 45 minutes of play whichever comes first. The break shall only be taken in between ends. A maximum three (3) minute break, which excludes the time required for all stones to be moved to the far (visiting) end of the rink, may take place at the completion of the sixth end and the start of any extra ends.
- X.** Coaches will use the assigned seating on the backboards during the games with their chairs positioned on the same side as their team's rocks. Between ends, coaches can travel to either end respectful of games on adjacent sheets. Coaches must only travel along the sidelines, and they must wear suitable footwear to be on the ice. Coaches are only permitted on the playing surface in the case of player injury and with the permission of the game umpire. There will be absolutely no talking or body language by the coach to their team unless during an interaction, opposition interaction, or between ends. Body language includes hand, body gestures, signaling or any other form of communication. Penalties to coaches include:

First Offense - verbal and written warning.  
Second Offense - coach will sit inside with no interactions or communication for the remainder of the current game (if before mid-game break) or the entire next game (if after mid-game break). If the coach repeats the infraction again, they will be removed from play and will sit in the spectator seating for the remainder of the event.

Coaches are allowed to use their phone or tablet to record game statistics, write down notes or take photos of game scenarios, but they are not permitted to use those devices or smart watches for communication purposes.  
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## SECTION C - Equipment and Safety Requirements

- I. Individual curlers on the respective team must have matching on-ice apparel. Such apparel may include matching pants, jacket and golf shirt. Teams are not required to wear their provincial/territorial colours as noted in **The Rules of Curling for General Play**, of Curling Canada.
- II. The use of a curling aid commonly referred to as a delivery stick which enables the player to deliver a stone without placing a hand on the handle is considered acceptable for Special Olympics Competition.
- III. All curling brushes are acceptable.
- IV. Persons who are considered visually impaired may make use of aids such as flashlights, lighted brooms, monocular or binoculars anywhere on the sheet of ice to assist in guiding. Laser pointers and strobe lights (of any colour) are not permitted.

