



# Sport & Social Club General Rules

## SCORE & SPIRIT POINT REPORTING

- Game Scores (account for 75% of total points): Team captains are responsible for reporting the scores after your game by logging into your player profile and clicking on 'My Team' tab and selecting 'Report Score/Spirit Points'. Teams have a 48 hour window to report scores after the completion of the game. Please be timely with your score reporting so league standings can remain updated for playoff positioning.
- Spirit Points (account for 25% of total points): Spirit points are awarded to a team from their opponent after each game to encourage sportsmanship, honesty, integrity and fair play. For more information and how to properly award spirit points, please see our section '[All About Spirit Points](#)'.

## STANDINGS/SCHEDULES

- Players can view league standings & schedules by logging into your player profile and clicking on 'Standings/Schedule'.

## PLAYER ELIGIBILITY

- All players must be added to the team roster by the team captain. This process confirms that all players have electronically agreed (checked the box) to our policies and online waiver.
- Substitute players are allowed, however they must be added to the roster (check the online waiver). Adding a substitute player from another team in the same league is allowed, however, regular/consistent use of a substitute player in the same league is considered unsportsmanlike and not encouraged.
- Players must play a minimum of two regular season games in a 6-10 week season, or three regular season games in an 11-14 week season to be eligible to play in a playoff game. Players can only play for one team per league/pool in playoff games.

## DEFAULTS

- For each 10 minutes the offending team does not commence play from the designated start time, the non-offending team shall be granted one point. If a team does not meet the standard eligibility requirements, team captains must confirm the outcome prior to starting the game. Captains may agree to waive the rules regarding minimum players. IF IT IS AGREED THAT THE GAME COUNTS, IT COUNTS! In the event there is a default dispute and the game was played, the SSC ruling is that the game counts.
- In the event of a missed game due to inclement weather, games will not be rescheduled. To view our foul weather policy [click here](#).

## PLAYER CONDUCT

- Any unsportsmanlike conduct may result in immediate expulsion from the league. This includes, physical or rough play, verbal abuse, damage to facility property and/or loss of facility permit. Fighting will result in immediate expulsion from the league. To view our Unsportsmanlike Conduct policy [click here](#).
- Drinking alcoholic beverages, use of drugs and smoking at your game site before, during, or after your game is strictly prohibited. Offenders will be asked to leave the league without refund. No Exceptions.

## GAME COORDINATOR (GC) ON-SITE SSC STAFF

- A GC presence is dependent on sport, season, and/or facility locations. They are not referees, as all games are self-officiated. They are on-site to be a neutral supporter of both teams, clarify rules, manage equipment, start/stop games, and to inform players of league news.
- Game Coordinators may stop a game before the full time has expired due to overly aggressive play, persistent unsportsmanlike conduct or a general violation of the rules of the game.



## SSC Official Curling Rules

<b>OBJECTIVE</b>	<ul style="list-style-type: none"> <li>The team that scores the most amount of points during the 2 hours or 8 ends, wins the match.</li> <li>Points are scored for the stones resting closest to the centre of the house (circular target marked on the ice and also known as a 'button') at the conclusion of each end, which is completed when both teams have thrown all of their stones. Each stone is worth a point.</li> </ul>
<b>GAME LENGTH</b>	<ul style="list-style-type: none"> <li>Games are 2 hours in length, and 8 ends are to be played in that time.</li> <li>Games start and end according to your online SSC schedule.</li> <li>Teams are responsible for keeping time.</li> </ul>
<b>EQUIPMENT RENTAL</b>	<ul style="list-style-type: none"> <li>Please refer to the facility information tab on the SSC website for the list of equipment provided by the club (brooms, sliders). It is the responsibility of the player to bring all other equipment not provided.</li> <li>All curlers are required to wear clean shoes on the ice.</li> <li>Players will not be allowed on the ice with outdoor footwear (very important).</li> <li>Curlers are recommended to use a slider or clear tape on the bottom of the sliding shoe. Please be careful not to step on the ice with your slider foot first!</li> </ul>
<b>PLAYERS ON COURT, GENDER RATIO AND DEFAULTS.</b>	<ul style="list-style-type: none"> <li>Teams are comprised of 4 players, however a team can play with 3 players.</li> <li>There are no gender requirements for curling and we strongly encourage teams to be co-ed.</li> <li>Team defaults: For each 10 minutes the offending team does not commence play from the designated start time, the non-offending team shall be granted one point. One end shall be considered to have been played and the non-offending team shall be given the choice of last rock or colour of handle in the first end played. After 30 minutes the non-offending team will be declared the winner.</li> </ul>
<b>GAME SET-UP</b>	<ul style="list-style-type: none"> <li>Each team has eight stones (each player will throw 2 stones per end).</li> <li>The team winning the coin toss will decide whether they will curl first or second.</li> <li>Teams with more than 4 players must wait between ends to rotate in. Only 4 curlers may play per end.</li> <li>When the curler throws the stone, 2 teammates sweep the stone with the purpose of directionally controlling the speed and path, the 4<sup>th</sup> teammate is the Skip in this scenario.</li> <li>Every player should have a broom.</li> <li>People who are right handed wear tape or a slider on their left foot and vice-versa for left handed people.</li> </ul>
<b>GENERAL GAME RULES</b>	<ul style="list-style-type: none"> <li>Teams are not required to declare a set 'lead' '2nd' '3rd' and 'skip' for the entire game. Players are allowed to rotate through the various positions, as long as each position is declared at the start of each end. However, it is expected that all teams still follow the correct order of "2,2,2,2" when throwing stones in each end. If a team has 3 players, it is expected to follow the order of "3,3,2".</li> <li>The rocks must completely cross the hog line to stay in play.</li> <li>Throwers must release the rock before the hog line.</li> <li>If a rock hits the sideboard or the sidelines, the stone is out of play.</li> <li>A team can only begin to sweep the oppositions rock(s) once it has completely passed the T-line (the line that intersects the house). Only one sweeper can sweep past the T-line per rock.</li> </ul>
<b>FREE GUARD ZONE RULE</b>	<ul style="list-style-type: none"> <li>Until four stones have been played (two from each side), stones in the <i>free guard zone</i> (those stones left in the area between the hog and tee lines, excluding the house) may not be removed by an opponent's stone (although they can be moved as long as they are not taken out of play). These are known as <i>guard rocks</i>. If the guard rocks are removed, they are replaced to where they were before the shot was thrown, and the opponent's stone is removed from play and cannot be replayed. This rule is also known as the <i>four-rock rule</i>.</li> </ul>
<b>CURLING ETIQUETTE</b>	<ul style="list-style-type: none"> <li>When your opponents are preparing for delivery, stand to the side of the sheet, single file and between the hog lines. Move only after the stone has been released.</li> <li>If you are throwing next you may stand on the backboard, but remain quiet and out of sight of the opposition thrower.</li> <li>Only skips and thirds may congregate behind the tee line. They do not move or hold their brooms on the ice while the opposition is preparing to deliver a stone.</li> <li>Be ready to go when it's your turn to deliver a stone.</li> <li>Please do not hit the ice with brooms.</li> </ul>

	<ul style="list-style-type: none"> <li>• Please do not crash the rocks on the ice.</li> <li>• Please guard the 'hack' so that rocks do not hit it and ruin the ice.</li> <li>• Curling is a win-win sport! Win - you get bragging rights... Lose - winning teams buy the beer!</li> </ul>
<p><b>PLAYOFFS</b></p>	<ul style="list-style-type: none"> <li>• If a playoff game ends in a tie at the end of regulation time, a tie breaker will be played to decide a winner. A draw to the button (one rock) will be used to break a tie. The team whose rock is closest to the button will be deemed winner. Each team will decide on 4 players to take part in the tie breaker with 1 person to throw, 2 sweepers and 1 skip.</li> <li>• The first team will throw their rock. Both teams (and a neutral player from another team) should agree on where the rock landed. The rock is then removed from play allowing the second team to shoot at an empty house. Both teams (and the same neutral player) will agree on where the second team's rock stopped. If possible, a winner will be determined.</li> <li>• If no rocks land in the house, the teams will repeat the steps above until a winner can be determined (rotating positions).</li> <li>• Team playoff position: Ties in the standings will be broken first by head-to-head play. If there are more than 2 teams that are tied, all the teams must have played each other in order for the results to go to head-to-head. Otherwise, least points against, then +/-, then most points for will determine the placement in that order.</li> <li>• The SSC office will update the playoff schedule once all scores have been submitted and after the last regular season game. Please do not assume the time/location of your playoff game until team names have been posted into the schedule.</li> </ul>

Remember... Always have fun!