

INSTRUCTION

Stance:

After cleaning the rock, position it in front of the appropriate hack, and on the LOD from the centre of the hack to the skip's brush.

Step into the hack from the back, and line up your foot and hack knee to the LOD. Square your shoulders to this line. Place the sleeve of the stick over the rock handle and set the turn to the appropriate position, depending on which turn is required.

Hold the stick on the mid-line of the body with the arm relaxed. The sight line is straight down the stick to the target.

Delivery:

Push off from the hack and start walking or sliding forward towards the hog line. The decision to walk or to slide is a matter of comfort and confidence; either method can successfully achieve the same results. The distance travelled will depend on each individual, but consistency is the key here.



Turns/Release:

At the release point, rotate the stick with your wrist to the 12 o'clock position as you simultaneously extend your arm towards the target. Continue to follow through with a few additional steps.

Weight:

The main difference between draw and take-out weight is the speed at which the curler is walking or sliding.

STICK WITH IT!



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STICK CURLING stick with it!



Stick with it!

The stick was invented and refined by curlers who loved the game and wanted to continue to play without using a traditional slide delivery.

Curlers with cranky knees, sore backs, aging or other problems can continue to enjoy the greatest game on ice using the stick.

The stick is a term used to identify a device that enables a curler to deliver a rock from a standing position. The stick extends from a curler's hand and attaches to the rock handle. A good curling delivery with a stick requires proper set up, correct aim and weight control just as in the slide delivery.

Teams may include any number of stick curlers. They may play any or all positions on the team.

Curl Ontario's goal is to keep Seniors active longer in the game. Stick bonspiels and competitions are rapidly expanding across the province.

Our game can be enhanced by Seniors continuing to curl, as well as utilizing their experiences to coach newer curlers and organize events.

CURLING
STICKING

What is Stick Curling?

Stick curling is a game played on ice requiring hand-eye coordination. A game of skill, strategy and some luck but above all, it's a game of fun.



It's a game that's played by people of both genders and all ages, well into their 80's. It can be recreational or competitive depending on how much time you want to devote to the sport.

The game involves delivering a 44 lb. curling rock the length of a sheet of ice (146 ft.) using a stick. Two teams of four players each, match skills to score more points than the opposition.

Rules of Stick Curling

The rock must be clearly released prior to it reaching the near hog line. The body and stick may cross the hog line in a follow-through motion after the rock is released.

The curler must initiate the delivery from the appropriate hack and then advance directly by sliding or walking towards the skip's broom. The delivery and release of a rock are intended to occur within a reasonable proximity to the centre line. Any attempt to change the angle of the delivery/release does not maintain the integrity of our sport.

A curler using a stick must deliver all their rocks with the same device during any particular game.

EQUIPMENT

The equipment required is simple and inexpensive.

1. There are several different sticks available at varying costs (\$40.-\$70.) Some are better than others but it's up to the individual to decide which works best for him/her.

As the result of a government grant, most clubs in Ontario received a delivery stick from Curl Ontario for their curlers to try.



2. Curling or regular shoes with no heels, fitted with double grippers, are a must.

3. A brush is needed to sweep team-mates rocks.

4. Warm clothing, worn in layers is recommended.

THE SKILL

There are three essential parts to the delivery of the rock. These are: line of delivery (LOD), weight and turn/release.

Line of Delivery (LOD)

Delivering the rock on the line of delivery is more important than any other factor in determining whether the shot will be made.

Weight

Perhaps the most difficult element in curling is judging how much weight to put on the rock and then, to be consistent with that weight. Throwing consistent draw weight is a skill that may take much time and effort.

Turn/Release

Putting the correct turn on in a smooth, consistent release is necessary for success. Following through will assist in maintaining the rock on the LOD.

**Call your local club today
to see how you can
Get Started!**