



General Rules for Competition

The Curling Canada 2022-2026 General Rules of Curling, with the following exceptions, are in effect during all ARCM competitions leading to a provincial championship.

1. Please arrive AT LEAST thirty (30) minutes before your scheduled game time. A coin flip will be held prior to each game to determine the choice of 1) first or second practice or 2) stone color. Any team not ready to begin practice fifteen (15) minutes before the scheduled start time of its game will have its practice rights and the advantage of the last stone denied.
2. After the coin flip, each team will have a practice period. This includes two warm-up slides, and each team member will throw a practice stone back and forth. Teams may brush the last practice stone only. A player designated by the team will then make a draw to the button (with brushers), which will be measured. The distance will be used to determine which team gets the hammer first. The team practicing first will perform its draw with clockwise rotation (in-turn for right-handers) at the end of its warm-up period. The team practising second will then use the counter-clockwise rotation (out-turn for right-handers) for its draw. In the event of a tie in distance from the button, a coin flip will determine which team has the advantage of the last stone.
3. All matches consist of eight (8) ends. The skip trailing in score may concede the game at any time during the match.
4. The five (5) rock free guard zone is in effect.
5. The No-Tick Shot rule is in effect.
6. Curling Canada's moratorium on brushing is in effect. Thus, only brush heads/covers approved by the World Curling Federation are allowed during play. A team found to be using non-compliant equipment will automatically lose the game in progress.
7. All matches must start on time. A team arriving 1 to 15 minutes late without a valid reason will be penalised by one (1) point, one (1) end and the hammer. A team arriving between 16 and 30 minutes late will be penalised by two (2) points, two (2) ends and the hammer. After thirty (30) minutes, the team present will be declared the winner.
8. Substitutes may play in any position, but only for one team during the competition.
9. A team may play with only three (3) players. In this case, the first two (2) players shall deliver three (3) stones each to each end. For the mixed competition, the gender alternate must be respected (man-woman-man or woman-man-woman).
10. No foul language, throwing or breaking of equipment will be tolerated. Offenders may be suspended or expelled.
11. During the measuring of a stone, only thirds (or designated vice-skips) are permitted in the house. In most cases, unless requested by the players on the ice, the vice-skips will perform the measurements. If no agreement can be reached, please ask an official for assistance.
12. If the game is tied after the scheduled number of ends, an extra end will be played.





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The General Rules of Curling 2022-2026 are available on the Curling Canada website at the following address: <https://www.curling.ca/about-curling/getting-started-in-curling/rules-of-curling-for-general-play/>

Specific rules for the club championship:

A team of 4 or 5 curlers registered in the regional/provincial is allowed only one spare, to be the same one, during the whole regional.

The spare must be a member of good standing of the same curling club as his or her team. The spare must play at the lead position (throwing and sweeping). He can only spare for the same team during the regional.

The ARCM rep(s) for the club where the regional qualifier is being played, in conjunction with the ARCM board as necessary, are charged with the application of these rules.

Curlers' Code of Ethics

- I will play the game with a spirit of good sportsmanship.
- I will conduct myself in an honourable manner both on and off the ice.
- I will never knowingly break a rule, but if I do, I will divulge the breach.
- I will take no action that could be interpreted as an attempt to intimidate or demean my opponents, teammates, or umpires.
- I will interpret the rules in an impartial manner, always keeping in mind that the purpose of the rules is to ensure that the game is played in an orderly and fair manner.
- I will humbly accept any penalty that the governing body at any level of curling deems appropriate if I am found in violation of the Code of Ethics or rules of the game.

Fair Play

- Fair Play begins with the strict observance of the written rule; however, in most cases, Fair Play involves something more than even unfailing observance of the written rule. The observance of the spirit of the rules, whether written or unwritten, is important.
- Fair Play results from measuring up to one's own moral standards while engaged in competition.
- Fair Play is consistent demonstration of respect for teammates and opponents, whether they are winning or losing.
- Fair Play is consistent demonstration of respect for umpires, an acceptance of their decisions and a steadfast spirit of collaboration with them.
- Sportsmanlike behaviour should be demonstrated both on and off the ice. This includes modesty in victory and composure in defeat.

