

CRAMPIT CURLING FOR BEGINNERS

Each team is usually made up of 4 players. One person **throws** the Stone, two team members **sweep** the path in front & the last person is the “**Skipper/Skip**” at the target to show where to aim and who calls out when to sweep. There are 4 lanes (or **sheets**) of ice at the Dunedin Ice Rink.



PLAYING THE GAME

Each team takes turns throwing the Stones. Every player gets two Stones to play (alternating between each team) then they will swap to another position - everyone has a turn at playing. When all the Stones are at the other end, the team with the Stone closest to the bullseye wins that round (called an **End**) and the points are put on the scoreboard. You then play heading back to the other end.

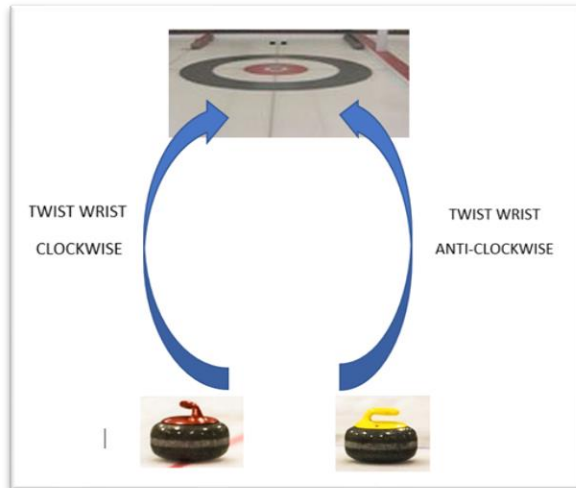
“THROWING” THE STONE

- 1) Stand on the metal grate (**Crampit**) with one foot behind and one foot forward.
- 2) Put your non-curling hand on your knee for balance.
- 3) Keep your eyes up looking up to the target at the other end.
- 4) Slide the curling Stone back and then forward & release with a push.



THE “CURLING” PART

To make the Stone CURL you can give the Stone a gentle twist when you release it. You turn your wrist only slightly in different directions depending on which side of the circle you want it to curve towards:



“SWEEPING” THE STONE

The Skipper at the end of the lane will call out “SWEEP!” or “GO” if you need to do this and “STOP” (or similar) instructions for when they want you to start / stop. It can get quite noisy... so listen carefully 😊



To **sweep**, rub the flat of the **Broom** vigorously in front of the Stone as it slides down the course. DO NOT touch the Stone with the broom.

You do not always need to sweep. The Skip will only get you to sweep in front of the Stone in a rapid movement IF:

- If it is going slow, sweeping will help it **keep up the pace**
- It also helps keep the Stone in a **straight line**

OTHER RULES

- 1) You / your Broom are not allowed to touch your teams or the oppositions Stones at all.
- 2) If the Stone touches the side of the lane – it is **OUT** and is removed from that end.
- 3) If the Stone goes past the back of the Circle – it is **OUT**.
- 4) The only time the opposition can sweep in front the other teams Stones is in the Circle... but it must be over the Circle Halfway Line



HOW TO PLAY TIPS

- 1) Listen to your Skip's instructions.
- 2) It is better to try to throw the Stone to get it to finish a little short of the Circle... and get the sweepers get it to slide into the right position.
- 3) Sometimes you want to get a bullseye and sometimes you want to block in front so the other team can't knock your best Stone out!
- 4) You can **(and should!!!)** use your Stones to strategically knock the oppositions Stones out of your way, if they have the lead position!

SCORING

You get 1 point for being the closest to the bullseye. There are no points for the other team. If the winning team has the two closest Stones, they get 2 points etc.



In the picture example – Green Team would get only 1 Point (as it has the closest Stone to the centre) and Blue gets zero points for that End. The number of ends you play varies.