



## About Stick Curling

Stick curling is a fast-paced game played on a regular sheet of curling ice and takes about 1 hour to play 6 ends. The game requires a reasonable degree hand-eye coordination and as with the regular curling game, it is 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 90'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 with two players on each team, match skills to score more points than the opposition. During the game, each curler delivers 18 rocks during the 1 hour period, whereas in regular curling, each player only delivers 16 rocks and is played over a 2 hour period.

The stick was invented and refined by curlers who loved the game and wanted to continue to play without using a traditional slide delivery. Sweeping the rocks are minimal, and the players stay at one end of the curling sheet. 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. The basic principles of hand delivery apply equally to stick delivery.

Sweeping of rocks is minimal during the game. Rocks can only be swept after it crosses the hog line at the skips end of the ice. There is no sweeping in the center of the ice between the two hog lines. There is no walking back and forth from one end of the ice to the other.

Teams consist of 2 stick curlers. Each curler stays at one end of the ice. During play, one of the team members is the skip, and the other delivers all the teams rocks. When the end is finished, the curlers stay at the same end and reverse positions. Our goal is to keep members active longer in the game. Stick bonspiels and competitions are rapidly expanding across the province. Our game can be enhanced by members continuing to curl, as well as utilizing their experiences to coach newer curlers and organize events.

The equipment required is simple and inexpensive.

- 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. There is a variety of different types of sticks available at the club for their curlers to try.
- Curling or regular shoes with no heels, fitted with double grippers, are a must. The delivery slide is possible, but is normally done with a walk.
- A brush is needed to sweep team-mate's rocks. Some sticks come fitted with a brush/delivery device on the same handle.
- Warm clothing, worn in layers is recommended.