



RULES OF PLAY

1. **RULES:** The Curling Canada Rules of Curling for OFFICIATED PLAY, including the Moratorium on Brush Head Technology, will be understood for all Optimist Division 1 play.
2. **GAME START:** First pre-game practice (coin toss prior to game to choose first/last practice or rock colour) runs from 8:50 AM to 9:00 AM and second pre-game practice runs from 9:03 to 9:13 AM. First game starts at 9:15 am with the ring of the bell by the Chief Umpire. The second game starts at 12:30 PM and there is no pre-game practice. Hammer is determined by a draw to the button as described in detail below.
3. **PRE-GAME PRACTICE:** Teams may choose to forfeit pre-game practice. Practice time will be limited to 10 minutes. Teams may only deliver their own coloured stones.
4. **HAMMER DETERMINATION:** Last stone advantage (hammer) in the first end, will be decided by a draw to the button at the end of each team's pre-game practice as follows:
 - a. Within one (1) minute following the pre-game practice, under the direction of an umpire, any player from the team will throw a stone (full brushing allowed) and the closest to the button between the two teams will receive the option of choosing last stone advantage in the first end.
 - b. The draw to the button shall be played towards the home end.
 - c. If the first team covers the button and the distance cannot be measured a distance of "0.00" will be recorded on the score sheet. If the first stone is short or through the house, a distance of 199.6 cm is recorded on the score sheet and a second player from that team will deliver a draw to the button.
 - d. If the second team records the same first delivery distance as their opposition, a second player from that team will draw to the button.
 - e. If the second team draw shot distances are the same, the team practicing first will toss a coin and the team practicing second will call. The winner of the coin toss will have the option of choosing last stone advantage in the first end.
 - f. Stones not delivered within the one (1) minute will be assigned a distance of 199.6 cm (the stone must reach the nearer tee-line before time expires.)
 - g. A draw to the button for last stone advantage that is moved by a team member prior to the measure will be assigned the distance of the next defined circle away from the button.
 - h. For the draw to the button for the second game, two rocks are taken to the far end of the sheet and played towards the home end. The first rock is a practice throw and the second rock is measured.
5. **GAME LENGTH:** Games are played to a 1-hour, 50-minute **bell** to be rung by the Chief Umpire. Complete the end you are playing plus one more end. The end will be defined as complete when the last rock of the end travels out of play or comes to rest in play. Ties are broken by playing an extra end.
6. **SMOKING:** Players will not be permitted to smoke, consume alcohol or use illicit drugs at the curling facility prior to, during or after league activities. Coaches are encouraged to role model the same.

7. **CHIEF UMPIRE:** A Chief Umpire will be appointed at the first Coaches Meeting. The Chief Umpire or Designate will be responsible for ringing the bell for pre-game practices and game starts as well as officiating time-outs.
8. **SPARES:** A maximum of two spares per team are allowed as per Curling Canada rules. Spares must play lead and, if two spares, lead and second. Only one spare per team is allowed in the final block of round robin play and on playoff day.
9. **TIME OUTS:** Two 90 second time-outs are allowed per game per team. An extra 90 second time-out is allowed in each extra end. Time-outs must be called from the ice. A simple "T" signal may be made by the Coach to the team encouraging them to call a time-out (no waiving hands, banging glass, etc.). The final decision for a time-out must come from the ice. Both teams' Coaches are allowed on the ice. The Coach for the team calling time-out may go to the away end if play is at that end. The Coach must go directly through to the back boards or may access an adjacent sheet of ice if it is empty. The non-calling team must stay at the home end of the ice. Under no circumstances is the Coach allowed to stand in the active house or outside the hogline during the time-out. After 90 seconds from the initiation of the time-out, the Chief Umpire will indicate that the time has expired and both Coaches must leave the ice area immediately. If the Coach for the team calling the time-out leaves the ice prior to completion of the 90 seconds, the non-calling team Coach must also leave the ice immediately. Coaches, please watch for play when walking behind the sheets.
10. **FAIR PLAY TIME-OUT:** Fair play time-outs may be called by the Coach or can be recommended by the Chief Umpire. The Chief Umpire will accompany the coach to the playing surface and will remain with the coach for the fair play time out. Fair play time-outs are not counted as a team time-out and are not used to discuss strategy.
11. **FOURTH END & EXTRA END BREAK:** A 5-minute fourth end break and 3-minute extra end break may be held on or off the ice, but must include only coaching staff, the team and registered fifth players (i.e. no parents, spectators, etc). Please note: food is NOT permitted on the ice or on the backboards; no exceptions.
12. **NO COACHING FROM BEHIND THE GLASS:** Absolutely no coaching is allowed from behind the glass under any circumstances. This applies also to parents and to spectators.
13. **LATE STARTS:** Permitted "Late Starts" of any game will be at the discretion of the Chief Umpire, and only with the consensus of both Coaches. Coaches are responsible for advising the Umpire of the exact start time and, if requested by the Umpire, will be expected to monitor their own bell time.
14. **CANCELLED GAMES:** If the offending team gives the opposing team 48 hours notice (by Friday - 9:00 AM), no fine will be invoked. Teams will use their best effort to make up the game. If the non-offending team gives the canceling team 3 alternative times for a make-up game, and none of these are acceptable, then the non-offending team may claim "win by default" and the score will be recorded as "6-0".
15. **ENDS:** A minimum of 6 ends must be played regardless of the score. There are no exceptions to this rule as total points for and against a team may be needed to break ties for block movement.
16. **FIVE-ROCK FREE GUARD ZONE:** Any stationary stone(s) belonging to the opposition located in the Free Guard Zone shall not be removed from play by the delivering team prior to the delivery of the sixth stone of the end. The Free Guard Zone is the area between the hog line and the tee line, excluding the house.