



# STURLING RULES

As of 20 Dec. 2022

RULES	EXPLANATION
1 Each team is comprised of <b>two</b> players. One member of each team stays at each end of the rink.	Teams are easy to form and coordinate. Everyone is always occupied doing something interesting, either delivering or skipping.
2 The two delivering players alternately deliver <b>6 stones</b> each per end, while their teammate skips that end. The roles are then reversed, and their partners deliver the stones back.	After delivering your rock do not dilly dally around the hog-line. Return to the hack area and prepare to throw your next rock.
3 All games are <b>six</b> ends. In case of a tie, an extra end is played, with each player delivering 3 stones (skips and deliverers exchange roles at the midpoint of an extra end).	Three ends of delivery times 6 stones per end means each person delivers 18 stones per game, in about one hour. Games progress quickly and interest remains high, both for the players and spectators. The incidence and degree of lop-sided games is greatly reduced, and hardly ever does a team surrender before the end of the game.
4 <b>No</b> stone may be removed from play prior to delivery of the <b>fourth</b> stone of each end. If that should happen, the delivered stone is removed from play and all other stones are returned to their original positions.	With fewer stones used, and fewer ends, the Sturling game tends to be more defensive than the regular game. This rule creates more offense, thus more interesting for competitors and fans. In effect, this rule extends the free guard zone to include the area from the hog line to the back line.
5 Sweeping/brushing is allowed <b>only</b> from the hog line to the back of the house at the playing end.	This provides an element of fairness to those with physical limitations unable to sweep/brush. It also increases the challenge, not having the extra advantage of sweeping/brushing to affect either line or weight in the initial travel of the stone.
6 Players must remain on their end of the sheet and <b>must not</b> cross center ice. <b>One timeout</b> per game is allowed where the players are allowed to meet at center ice to confer. At all times the delivering team players are not allowed to cross the hog-line on their respective end to discuss with their teammate. If they do this, that is considered a time out.	This reduces movement up and down the ice, and increases the pace of the game. It also means responsibilities are equally shared by the two team members, and provides variety for each player.
7 The stick delivery may begin with (a) either foot in either hack, or (b) from anywhere inside the near hog-line with the stone touching the centre line. All stones must be released before reaching the hog line.	The Canadian Curling Association delivery rule (8.(1)) is overly restrictive regarding the stick delivery, and fails to address the two-handed delivery.
8 Other rules and etiquette of regular curling apply.	The good parts of the regular game are retained!

Questions? Contact: [admin@sturling.net](mailto:admin@sturling.net)