



Lanark Curling Club Information

Overview of the Sport of Curling

Curling is a team sport played on ice. The Olympic medal sport originated in the 1500's on the lakes and ponds of Northern Europe. The object of the game is for two teams of four players to slide 42-pound granite rocks down a sheet of ice 130 feet long by 15 feet wide. The rocks are *delivered* toward the centre of a 12-foot diameter target similar to an archery target. The targets are painted into the ice just below the surface at both ends of the sheet of ice, to allow the game to be played back and forth, usually eight or ten times.

Each player throws two rocks toward the target, alternating with the opponent. Rocks travelling down the ice have a tendency to curve or "curl", hence the name curling. After all sixteen rocks have been thrown the score is determined. Teams score one point for each rock **closest to the centre** of the house. In each end (similar to an inning in baseball), only one team can score.

A unique part of curling is the concept of sweeping. Players vigorously sweep, or brush, the ice in front of the rock to keep it moving. The friction caused by the sweeping polishes the ice by briefly heating the surface which in turn melts the ice, which makes the rocks travel farther and straighter.

Curling is played actively in more than twenty countries in Europe, Asia, North America, New Zealand and Australia. The majority of players live in Scotland, Canada and the United States. It is mostly played indoors at facilities housing multiple sheets of ice.

Curling awareness has increased dramatically since the 2002 Olympic games in Salt Lake City where cable television coverage was seen worldwide. Many teams recently took part in the Winter Games in Sochi, Russia, 2014. <http://www.curlingschool.com/manual>