
Alberta 55 plus Ice Curling Rules

General Information

The rules listed in this section shall be the official rules for any **Alberta 55 plus** event. All Alberta 55 plus Rules are located on our web site at: www.alberta55plus.ca. If there is a discrepancy between any printed rules, the version available on our web site shall prevail.

Entry Procedures: Check with your Zone Activity Director for playoff information and date. Contact information is listed on our website at www.alberta55plus.ca

Game Courtesies

Rules are made to be followed by all players to make games happen. But often there are unwritten “rules” or courtesies which will make the game much better with fewer problems for all. Whether the game is a friendly recreational event among friends or part of an important tournament, participants should practice good sportsmanship and respect for their competitors.

Lines ‘thou shalt not step over’ exist to place all players on an even footing. We should have enough line judges to watch each play. Rules of the games indicate who is to lead, mark the score and where players should move to their next turn. Do not make comments or loud noises during play. Shake hands before the game commences, and at the end of the game. Leave judging and score marking to the proper persons.

Rules for many of the activities that 55 plus play are contained in rules books written by provincial, national or international governing bodies. These rules are often referred to but any adaptations to these rules will be listed within each rule.

Dress Code

Avoid the use of strong perfumes, colognes or shaving lotion to prevent an opponent sneezing, being choked up or coughing at the wrong time. To keep Alberta 55 plus activities consistent, where there is no Dress Code Rule it is expected of each participant to reflect the professionalism of themselves and their sport.

Age Groups / Events

All participants must fall within the age group indicated by December 31 of the Event year. All participants in Zone Playoffs must be Active Members.

Age	Events	Participants Advancing to Provincial Games
55+	Men	4 per Zone (1 team)
65+	Men	4 per Zone (1 team)
70+	Men	4 per Zone (1 team)
55+	Ladies	4 per Zone (1 team)
65+	Ladies	4 per Zone (1 team)
55+	Mixed (2 Ladies / 2 Men)	4 per Zone (1 team)
65+	Mixed (2 Ladies / 2 Men)	4 per Zone (1 team)
TOTAL NUMBER OF PARTICIPANTS PER ZONE = 28		

Alberta 55 plus Ice Curling Rules

1. The Alberta 55 Plus Games and all sanctioned ALBERTA 55 PLUS events will follow the rules as outlined by the Canadian Curling Association. These rules are available by searching www.curling.ca or by contacting:

Canada Curling Association
1660 Vimont Court,
Cumberland, Ontario
Canada K4A 4J4

2. General Overview

- a) All games shall be 8 ends. Should a game be tied after the regulation 8 ends, an extra end shall be played.
- b) The five-guard rock rule shall be enforced.
- c) Players may alternate positions prior to the beginning of any game, but not during a game.
- d) In the mixed category, the male, female rotation shall be maintained.
- e) Name an alternative player on the roster for men's and ladies teams. Name two alternative players on the roster of the mixed team. Any alternative would only be instated because of acceptable substitution reasons (ie. Injury, illness) An alternative player does not pay the registration fee nor attend the Games unless instated as a player.
- f) All teams are assured of four (4) games at the provincial level, two each day.
- g) Curling sticks are allowed.

3. Tie-break information

- a) If two teams are tied for a playoff position, the round robin win/loss record of those teams against each other shall be used to determine their ranking.
- b) If three or more teams are tied after the round robin, their ranking shall be determined by the results of the team skills competition.

4. Skills Competition

At the conclusion of the third game, in order to break a three-way tie between teams in the same pool, each team member of the tied teams will deliver one rock with the objective being to place said rock on, or as close as possible to, the button. The distance from the center of the button to where each individual rock stops will be measured. If the rock being delivered does not reach the house, or goes through the house, there will be a penalty of 200cm. The measurement will be recorded as 200cm. A team member may hold the broom and sweepers are allowed. Each rock is removed after the measurement.

- i. The distance from the button to where each of the four rocks delivered by a team has stopped will then be totaled.
- ii. The aforementioned skills competition will take place on the sheet each team has played the third game on.
- iii. Should this format be required to break a tie, the least accumulated distance from the pin shall establish the order in which the teams finish in a pool. The team scoring last at the completion of its third eight-end game throws first in the skills contest. The team delivering the first rock shall deliver all of its four rocks before the players from the opposing team start to deliver their rocks.