

STURLING



What Is It?

- Sturling is a variant of curling for teams of 2 players, that brings together stick, sliding and wheelchair curlers. It originated in Canada.
- The name was chosen to represent **S**tick or sliding delivery, **T**wo-person team, **cURLING**'.

Format

- Teams of 2, one player at each end of the sheet.
- The two delivering players alternately deliver 6 stones each per end while their teammate skips. The roles are then reversed for the following end as the stones are played back.
- Sweeping is only allowed only from the hog line at the scoring end.
- Teams have one timeout per game where they can meet in the centre to confer. At all other times players must remain behind the hog line at their end of the sheet.
- Scoring is the same as in a regular game of curling.

Rules

- All games are six ends or the bell at 50 minutes. In the case of a tie, an extra end is played, with each player delivering 3 stones (exchanging roles halfway through).
- If an end is blanked the hammer is retained.
- No stone may be removed from play prior to delivery of the 4th stone of an end. In this case, the delivered stone is removed and other stones are returned to their original positions
- The stick delivery may begin with either foot in either hack, or from anywhere inside the near hog line with the stone touching the centre line. All stones must be released before the hog line.