

# RULES FOR

## MODIFIED 4-PERSON CURLING



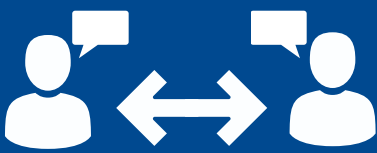
- 2m physical distancing between all curlers.



- Three curlers involved in the shot. The fourth sits out on marker.



- One sweeper only between the T-lines. Non-throwing team cannot sweep.



- Skips discuss shots with Thirds while physically distant.



- Avoid shouting when moving past other curlers.



- Wear a mask if you feel comfortable doing so. Don't forget to bring several masks because your breath and the humidity will decrease the effectiveness of your mask.

## OPTIONS FOR PLAY

### OPTION 1



**Each curler will take turns sitting out for an end.**

#### Example:

- End 1: Lead sits
- End 2: 2nd sits
- End 3: 3rd sits
- End 4: Skip sits
- Etc.

If leagues are going to 6 or 7 ends (as opposed to 8 ends) then teams should start the following week with the curler(s) who didn't sit twice the week before.

### OPTION 2



**One curler rotated out at each stone delivered. Curler sits out on designated on-ice decal or backboard space.**

#### Example:

##### Lead

Rock 1: 2nd sweeps, 3rd sits.  
Rock 2: 3rd sweeps, 2nd prepares for delivering their stone.

##### Second

Rock 1: 3rd sweeps, Lead sits.  
Rock 2: Lead sweeps, 3rd prepares for delivering their stone.

##### Third

Rock 1: Lead sweeps, 2nd sits.

Rock 2: 2nd sweeps, Lead sits.

##### Skip

Rock 1: Lead sweeps, 3rd calls line, 2nd sits.

OR 2nd sweeps, Lead calls line, 3rd sits.

OR 3rd sweeps, 2nd calls line, Lead sits.

Rock 2: 2nd sweeps, Lead calls line.

OR 3rd sweeps, 2nd calls line.

OR Lead sweeps, 3rd calls line.

### OPTION 3



**One curler - including the skip - rotates in to sweep. Curler sits out on designated on-ice decal or backboard space.**

#### Example 1:

##### Lead

Rock #1 & #2: 2nd sweeps, 3rd calls line, Skip sits.

##### Second

Rock #1 & #2: Lead sweeps, Skip calls line, 3rd sits.

##### Third

Rock #1 & #2: 2nd sweeps, Skip calls line, Lead sits.

##### Skip

Rock #1 & #2: Lead sweeps, 3rd calls line, 2nd sits.

#### Example 2:

*Lead and Second rocks same as above.*

##### Third

Rock #1: 2nd sweeps, Skip calls line, Lead sits.

Rock #2: Lead sweeps, Skip calls line, 2nd sits.

##### Skip

Rock #1: 2nd sweeps, 3rd calls line, Lead sits.

Rock #2: Lead sweeps, 3rd calls line, 2nd sits.



The above rules are in place for four-person curling while Curl BC is in Phase 2 or 3 in the Return to Curling Plan. Check [www.curlbc.ca](http://www.curlbc.ca) for the latest information.