



RULES READY, GAME ON!

A GUIDE TO PROVINCIAL QUALIFYING AND CHAMPIONSHIP PLAY

The Cheat Sheet

There is a lot in this guide that will be useful for anyone participating in Curling Ontario events, and we hope you read it start to finish, but if you need a short list of the need-to-know info, here it is:

- Make sure your [broom is legal](#).
- Know where to find the rules for the event - both the rules for curling and the rules for Ontario competitions. **Hint:** [Check the links in Appendix A](#).
- Arrive early, make sure you go to the [Team Meeting](#).
- Understand the practice and last shot draw formats. **Hint:** [They're in the Competitor Guide](#).
- Know what's next if you qualify, or win the Provincial. **Hint:** [It's in the Competition Summary](#).
- Keep your fans in the know with our [live scoreboard](#)!

When viewing digitally click or tap any section heading above to jump to that event. Click on section headings below to return to this page.

[Online users can click here for a version of this file you can download or print.](#)

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How Does it All Work?

Curling Ontario offers many different Provincial Championships and chances are you will find one to suit your skill and experience level. There are events designed for first timers, like the Best Western Challenge Tier 2 event, to events for the most elite level competitors aiming to compete at the Scotties or Brier National Championships, World Championships or even the Olympics; and everything in between. If you're not sure if an event is for you, get in touch! We're happy to help you find the right fit for your team. You can also check out the summary of events we offer in [Appendix B](#) of this document.

The Curling Ontario team, in consultation with all of our competitors, works hard each year to slot all of the events we offer into dates that don't conflict. We do our best to ensure that events that may have the same curlers competing in them do not conflict with each other, like Seniors and Senior Mixed, while also meeting entry deadlines set out by the events our winners qualify into. For example, we must host the Runback Brewing Club Championships by the beginning of October so that we can declare our champions to Curling Canada in time for them to go to the National Championships at the end of November.

The [competition calendar](#) can sometimes look a bit confusing, but if you take a moment to look it over the pieces begin to sort themselves into a set of qualifying dates and locations followed by the Provincial dates. For most provincial championships you will enter a qualifying round of your choice by [registering online](#). You can choose based on what's closest to the majority of your team members, or pick one at a facility you've never been to, or maybe pick the furthest one because you are making it a mini-vacation with friends! (**Exception:** For the Runback Brewing Club Championships you need to register for the one closest to your club.) When you go to [register online](#) you will see hundreds of events listed. You can filter the list to find the one you want by clicking on the box next to the competition you are looking for.

In some cases, such as the Two-Person Stick, or Wheelchair events, we do not have qualifiers. For those events you would register directly into the Provincial.

On the registration page for the event you will see all kinds of information to help you make sure you are not only registering for the right event, but also that your team qualifies for the event. Please read that information carefully - if you register for the wrong event you can withdraw

before the entry deadline, but you will lose 10% as a cancellation fee. If you have questions, get in touch! We're happy to help you with the registration process. You will need the names and email addresses for all of the members of your team to complete your registration.

Once your team is registered, and the entry deadline has passed, everyone on your team will receive an email from Curling Ontario with information about the event, the facility you are competing at and instructions for other tasks your team may need to complete prior to the competition. Depending on the event this email will also contain the draw schedule, or tell you when to expect it.

You may receive one or two additional emails prior to competition, but once you've completed the tasks listed in that email, you're pretty much set to compete! You could stop there, but if you want to do everything you can to ensure success at your competition, keep reading!

So Many Rules, So Little Time

Competition Summary

The [Competition Summary](#), created by Curling Ontario, is often the first place teams will look for details about the competitions they are thinking about entering. It's not the rules of play, but rather information summarizing each Provincial.

In this document you will find the qualifying and championship formats, how the draw is seeded and how many teams will qualify for provincials from each qualifier. It also includes a summary of the eligibility requirements around age and gender for each event, if there are any, as well as what awards the winners will receive and if they move onto another level of competition.

Rules for Officiated Play

These are the basic rules of curling for when you are playing in a competition. In short, the [Curling Canada rule book](#) that all curlers play by. If you haven't read it recently, or ever, it might be good to review it as it covers everything from newer rules like the free guard zone and no tick rule to rules you may not know were rules like where to stand when your team isn't throwing and which hack you're allowed to use.

Competitor Guide

The [Competitor Guide](#), created by Curling Ontario, is the rules of the competition outside of what happens during a game. This document is primarily used for the qualifying rounds prior to the Provincial Championship. See the Event Supplement section below for more about the specific rules for Provincials. Most questions curlers have about competitions are answered in this document, including these common topics:

- Alternates (5th Player), Substitutes, and Replacements
- Pre-Game Practice Format
- Last Shot Draw Format
- Game Duration and Pace of Play regulations - See event supplement (more below) for the rules around timed games

If you have questions about the competition you can contact our [Competitions team](#) and we will usually get back to you within one business day; but if you don't want to wait, check out the Competitor Guide to see if you can find the information you're looking for!

Event Supplement

The Event Supplement, created by Curling Ontario for each Provincial Championship, is a companion to the Competitor Guide with specific rules for the Provincial round. This document will be distributed to teams that qualify for the provincials, but can also be found, as they become available, in an online directory linked in the Competition Summary. Check out the [2025-2026 Event Supplements](#) for examples of what information these documents contain.

Timed Games

Unlike qualifying events, most Provincial Championships are timed just like the events you see on TV. The events that are not timed are the Wheelchair events, Grandmasters, Best Western Challenge, Two-Person Stick, Four-Person Stick, and the Silver Tankard.

Each game has a volunteer operating a computer monitoring each team's "thinking time". If you run out of time on your clock your opponent can continue to throw rocks, assuming they still have time on theirs.

To understand how your game will be timed, please review the Event Supplement for your Provincial carefully and well in advance so that you have time to pose questions to Curling Ontario staff, or to the Head Umpire leading the Team Meeting. It is important to note that your team will not get a warning from umpires when your time is running out. It is wise to assign one of your team members to monitor your clock so you know when to pick up the pace.

As you prepare for your competition consider whether or not your team tends to play slow in league games or spiels. If so, it would be very wise to determine where you can speed up your game and address this before competition. The stress of a time-constrained game can lead to missed shots and poor strategy. Remember, the clock only runs during your "thinking time," not while the rock is traveling down the ice.

The Unwritten Rules, in Writing

Chances are, if you are entering a Provincial competition, you probably have some experience competing in league play and bonspiels and you are aware of etiquette and pace of play practices for our sport. Competitors in provincial competition still abide by these unwritten rules, which may be intimidating if you're in your first provincial competition. It can also be tricky as different clubs may have different etiquette. Generally, curlers in provincial competition are going to expect all curlers to be aware of the following:

- Greet your opponents and introduce yourself before the game with a hand shake, wave or elbow bump - wish them a good game!
- When your team is not in possession of the house, sweepers and the next thrower should be standing single file, at the sidelines and between the hog lines.
- All players should be still when the opposition is in the hack, or in the motion of throwing.
- Do not cross the ice in front of a moving rock.
- Once rocks have come to rest, sweepers should leave the house quickly to the sidelines between the hotlines, to allow the opposition to decide on their next shot.
- Only the skip and vice-skip may be positioned inside the hog line at the playing end.
- Place stones in the hack for your own teammates to speed up the game, but do not set rocks for your opposition.
- Keep it classy - no broom slamming and refrain from using obscenities.
- Only the one person for each team should be in the house when measuring rocks.
- Keep hand and knee contact with the ice to a minimum to prevent damaging the ice surface or leaving debris.
- Prevent stones from exiting onto other sheets and from colliding with the hacks, stones on the back boards and rink edges.
- Keep your water bottle away from the ice surface. A full water bottle dropped on the ice can do serious damage.
- Thank your opponents at the end of the game with a hand shake, wave or elbow bump - wish them good luck for the rest of the event!

Feel free to ask the umpire if you're concerned about etiquette you might not be aware of, but remember - if it's not in the rule book it's a courtesy, not a requirement.

Avoiding a Personal Broomgate, and other pitfalls

Brush Specifications

It's tough to be a curler and not be aware that there are strict rules around brushes used at the National and International level, but what many curlers do not know is that these rules are also in effect for most Provincial competitions - this includes both the qualifier and championship rounds! Ignore these rules at your own peril - one violation will disqualify you from an event IMMEDIATELY.

For detailed information you can read the full [World Curling Specifications for Brushes in Elite Curling](#). On that site you can see a full list of approved equipment including handles, heads, fabric and foam, but we're here to give you the basic, need to know stuff! Specifically:

- Your brush cover must be WCF approved with a WCF code on it. All approved fabrics are a mustard yellow colour and have an approval number on them somewhere. Example:



- Like your fabric, your foam must comply with the World Curling regulations. The new regulation is in effect at all competitions and you will be disqualified for any violations.
- Your head, fabric and foam (if applicable) must all be from the SAME manufacturer. You cannot combine a Balance Plus head with a Goldline cover.
- You can combine different manufacturer handles and brush heads assemblies (head, fabric and foam).
- You must use the same brush for the entire game. You cannot switch with a teammate and you cannot replace it if you break it, unless given permission by the umpire.

- If you leave the ice to use the washroom you must leave the brush in the rink. If you leave the game and a substitute comes in they must use your broom. Note - this is for sweeping only - a substitute may use their own broom for a balance device during delivery.
- If you violate these rules your team **forfeits** the game and you are **disqualified** from the rest of the event. If two people on the same team violate these rules it could mean your team is **disqualified** from the event.

In-Game Rules Violations

Curling is self officiated and in most cases that is the same at the Provincial competition level. You are expected to follow the rules and report to your opponents if you inadvertently violate the rules. The umpire is there to handle any disputes between the teams, or resolve any ties or differences in interpretation. If you suspect a violation and the opponent does not report it themselves you can bring in the umpire for a ruling. To do so indicate to the timer that you need a technical time out. If the umpire is in the ice shed a member of your team can flag them down. If the umpire is inside the timer will let them know that you have requested a technical time out. If your game is not being timed and the umpire is inside you can usually indicate to spectators that you need the umpire and they will convey the message. Once the umpire arrives at your sheet they will work with both teams to resolve the issue.

We've listed the more common violations that come up below and included a bit more information on each so you are better prepared to deal with them, with or without the aid of an umpire.

Brushes

- If you suspect a brush violation you must report it to the umpire immediately. Brush violations reported after the conclusion of a game will not be reviewed.

Sweeping

- Sweepers must end on an away motion from the rock so as not to "dump" any debris in the path of the rock to intentionally impact its trajectory. If you suspect the opposition of this violation it is very difficult to call them on it. Your best course of action is to ask the umpire to monitor the sweeping on your sheet.

Burned/Touched Rocks

- There are very specific resolutions for burned (also called touched) rocks depending on the situation.
- If a rock is burned between the hoglines you remove the rock from play immediately and do not allow it to affect any rocks that are in play.
- If a rock is burned after the far hogline, allow the rocks to come to rest. It is then up to the opposing team to decide if they want to leave the rocks as they are, re-set the rocks as they were prior to the burned rock, or place all stones where it reasonably considers they would have come to rest.
- If you are not confident of the correct action to take, leave the rocks where they have come to rest and seek guidance from the umpire.

Hog Lines

- Rocks must be released before they touch the near side of the hogline. If you believe your opponent is routinely breaching this rule you can ask the umpire to monitor the releases on your sheet for both teams.

Free Guard Zone

- This rule has evolved several times in recent years. We recommend you ensure you know the most current iteration by reviewing the [Rules for Officiated play](#), but remember - a team can remove their own guards!

Measures

Teams are responsible for their own measures, be it to determine the score or if a rock is touching the centreline, backline, or in the free guard zone. If the two teams cannot agree on the outcome of a measure they can call a technical time out and ask the umpire to rule on it.

Team Registration

When it's time to register your team, **only one person should complete the registration form**. If multiple people on the same team register, you'll be charged a 10% withdrawal fee for each duplicate entry. To avoid this, coordinate with your teammates and decide who will be the

designated registrar. That person will need to have the full names and email addresses for everyone on the team ready to input. Before submitting, double-check all the information on the registration page to ensure your team qualifies for the event and that you're registering for the correct one.

Participant Registration

As clubs now pay a per-sheet fee instead of a per member fee, any person competing in a Curling Ontario event, including athletes AND coaches, is required to register as a participant and pay the prescribed fee. This must be completed by 9:30am on the Monday prior to the beginning of the competition the person is registered to compete in, unless the player in question is added to the team after the registration deadline. For further details see the eligibility section in the Competitor Guide, which is [linked in Appendix A](#) below. Visit on.curling.io/en/products to complete your registration.

When you complete your participant registration you should realize that you aren't just signing up for a competition—you're also agreeing to abide by a set of rules and policies. It's critical that you and your team familiarize yourselves with these before registering, as your participation is contingent on your adherence to them. This includes all [Curling Ontario policies](#), including the Code of Conduct, Harassment and Ethics Policy, all other event-specific policies as well as the [Universal Code of Conduct to Prevent and Address Maltreatment in Sport \(UCCMS\)](#). By completing the registration process, you are confirming that you have read, understand, and agree to follow all of these guidelines. Violating them can result in penalties, disqualification, or even suspension, so please take the time to read through all of the linked documents carefully.

Should you witness or be subject to a violation of the UCCMS or other policies, it's important to know the proper channels for reporting. The safety and integrity of the sport depend on all participants taking an active role in maintaining a respectful environment.

Curling Ontario has established an Independent Third Party mechanism to accept and process all complaints involving our events or participants of those events/programs. All complaints should be made in writing to [ITP Sport and Recreation](#) through the following link: <https://app.integritycounts.ca/org/itpsport>. ITP Sport and Recreation will apply the Curling Ontario's Policies at an arm's length from the organization. This ensures that all reports are handled through a confidential, independent process, allowing for appropriate investigation and resolution.

Safe Sport Training

All participants for all events leading to a Curling Canada sanctioned Canadian Championship, including coaches, must complete the safe sport module within three years of the date that the National Championship ends. Those completing the training for the first time, or renewing it, must complete it by the Monday prior to the beginning of the qualifying competition or the player will be ineligible, unless the player in question is added to the team after the registration deadline. For further details see the eligibility section in the Competitor Guide, which is [linked in Appendix A](#) below. You can [learn more about Safe Sport training at Coach.ca](#) or [review our directions on how to complete the module](#). To determine if your event is a Curling Canada sanctioned event please review our [summary of events in Appendix B](#).

Coaches

Coaches are not required for most Curling Ontario events, but they can add skill and expertise to any team. If you would like to add a coach to your roster you can do so during the registration process, or afterwards by contacting our [Competitions Team](#). Review the Coaches section of the competitor guide to ensure your chosen coach meets the criteria required for your level of competition. A link to the guide can be found in [Appendix A](#) below.

Know Before You Go

Draw Schedule

The draw schedule will be emailed to you as soon as it is available. In some cases this might be on the same day as the entry deadline, in others it might take us a few days to create all of the draws. Unfortunately this is not work that we can do before the entry deadline as the number of teams in a qualifier significantly impacts the draw and teams often wait until the last minute to register.

The Runback Brewing Club Championships, for example, often has well over 100 teams entered. That is a lot of scheduling and it takes time. Please be aware that we know that teams may need to book time off work, arrange for accommodations, or make plans for other aspects of their personal life. We will get it to you as soon as we can and appreciate your patience while we do our work.

Seeding

To find out how an event will be seeded, check out the Competitions Summary - you can find a link in [Appendix A](#) below. You will see that we refer to “self-seeding” for a few different events on that document. When an event is a round robin we do not seed it. Every team plays all of the other teams, so the ranking of teams is less important. In a double or triple elimination tournament seeding becomes very important, but Curling Ontario does not always know the teams participating well enough to determine a fair ranking of teams. In this situation, if we believe most participating teams know the others well enough we will ask them to self-seed by completing a survey. We will use the data collected in these surveys to rank the teams and set the draw.

In the case of an event where seeding can have a significant impact on the draw, but we do not believe the teams are likely to know the others well enough to rank them, we will seed the draw using a random number generator.

If you are participating in an event with self seeding you should be aware that you are not likely to receive the completed draw until the Friday following the registration deadline as we need extra time to distribute seeding surveys and receive responses back.

Host Facility

Included in the email you receive from Curling Ontario will be information about the venue. This will cover various aspects of the host that will help you plan your event and hopefully make it easy to find your way around when you get there. Details may include information on:

- Parking
- Locker rooms and locker use
- Host hotel
- Dress code
- Food and beverage amenities
- Accessibility
- Local attractions
- Local Sponsors

Uniforms

Teams entering qualifiers are not required to have matching uniforms, but if you do qualify for Provincials you will be required to have matching on-ice uniform tops and they are to be worn when you are on the ice (this includes practices, games and all ceremonies). These can be jackets, sweaters, or shirts. Note, matching uniforms are not required for Grandmasters Provincials.

Please ensure that your footwear is clean at all times and in good condition. Worn rubber and dirt are no one's friend.

The Beginning

Arrive Early

As it is mandatory for at least one person from each team to attend the team meeting please give yourself lots of time to get to the rink, particularly if going there for the first time. You must consider that you might make a wrong turn or two, or have difficulty with weather or finding parking. Set yourself up for success by planning to be there early and leaving room for these types of minor challenges.

Weather

It is rare that weather is significant enough to impact one of our events, but not unheard of. Please monitor the weather and if there is an expectation of severe weather where you will be playing please also monitor your email. If we have cause to postpone games we will communicate as early as possible via email to all teams.

Team Meeting

At least one team meeting is held for every qualifier and Provincial championship. An umpire leads the meeting and highlights the most important information teams need to be aware of. It's also your opportunity to ask any questions you might have before the event starts. The umpire is available throughout the event, but it is always good to be clear on everything before the games begin to avoid unpleasant surprises or confusion. It is mandatory that at least one person from each team attends the team meeting, but all are welcome. If you are attending your first event we strongly recommend that you attend the team meeting.

Practice

Before the Event

While it would be very beneficial for your team to get some practice time at the host facility in advance of your event you should be aware that teams are not permitted to practice less than 24

hours before the first draw of the entire event - not your team's first draw. There is an exception for curlers who are playing in a regularly scheduled game for a league that they are a member of.

If you are interested in booking practice before the event starts you will need to contact the host facility directly to make arrangements. The host facility is responsible for setting the rental rates and it is likely to change from one club to another.

Pre-Game

Before every qualifier or provincial draw both teams will have an opportunity to practice. You are not required to do so, but it is highly recommended! Your team will have a chance to cool your sliders and slide once or twice before your seven minute practice starts, after which your practice time begins. At timed events one time clock will show the countdown for the time left in practice. At all events the umpire will call when there is one minute left in practice. We advise you to assign one member of your team to monitor your time as it can be difficult to hear the umpire - watch for the visual cue of the umpire coming out onto the ice and watch your clock!

Before your practice begins, we recommend that your team discusses how you want to use your seven minutes so you can optimize your time. Some teams may choose to focus on throwing the rocks down certain paths of the ice to see if there are any straight or curly spots. Other teams may focus on getting a sense of draw weight.

Note, alternate players and coaches can participate in pre-game practice, but not the last shot draw. If they do choose to participate in practice they must have legal brooms that conform to the standards discussed in the "Broomgate" section above.

Last Shot Draw

Gone are the days when teams flip a coin to win the choice of delivering first or second to start the game. Now your team has to earn it by throwing a draw at the end of your pre-game practice. The umpire will announce when your practice is over and that you will have one minute to throw your last stone draw with the predetermined rotation. Typically, first practice will throw the clockwise rotation and the second practice will throw the counter-clockwise rotation. You can confirm which direction you must throw by reviewing the Competitor's Guide (linked in Appendix A below) or Event Supplement (emailed to competing teams), or by confirming with the umpire.

There are several factors that might change which players can throw the last stone draw depending on the event. You'll find those details in the Competitor Guide and Event Supplement.

What doesn't change, and can be confusing, is having to throw a second stone when your first one covers the pin, or goes through the house. It seems counterintuitive that both situations require a back up throw, but if your opposition is practicing after you and does the exact same thing you will need a second measure to break the tie and determine who wins the right to first hammer. If in the extremely rare case there is still a tie after both teams have thrown twice a coin flip will determine the last rock advantage.

While there are cases where you may not need the umpire to measure your rock, but until you have the experience of a few events under your belt please leave the stone where it comes to rest so it can be measured by the umpire. Displacement of the stone prior to measurement, will be assigned the distance of the next defined circle away from the button. Best to wait for an umpire to verify you can move the delivered stone. You don't want to throw the perfect draw only to inadvertently disqualify it!

The Middle

Ceremonies and Meals

If you are among the fortunate that get to participate in a Provincial Championship there may be an Opening Ceremonies for the event. If there is, rest assured we do our best to schedule it at a time that is convenient for all teams that will not impact their ability to prepare for an upcoming game.

There is also a banquet dinner, luncheon or cocktail reception held for teams at Provincial Championships. The Competition Summary has information on which of the three will be at the Provincial you hope to attend.

Information on the time and location of any ceremonies and meals will be included in the Event Supplement, which is emailed to qualifying teams well in advance of the event. Please note that it is mandatory for teams to participate in these functions..

Between Games

We are proud of the decades-long tradition in Ontario of teams gathering for a post-game social to build camaraderie. The most important expectation is to take the time to socialize with your opponents after the game and continue the friendly spirit off the field.

We recognize that the custom of teams buying a drink for their opponents is a deeply rooted tradition for many. However, we also know that this practice is not universally followed and, at times, can unintentionally create awkward or exclusionary situations for various reasons, including personal preference, drink choice, or budget.

To ensure that every team and player feels comfortable, respected, and included in the post-game social experience, we ask all participants to observe the following guidelines:

- Focus on the Social Connection: Prioritize and encourage the opportunity to simply socialize, meet your opponents, and talk about the game. This is the essence of the tradition.

- **Respectful Participation:** While the custom of offering a drink may be continued by some, it is not an expectation or requirement of this competition. Teams should feel completely comfortable and supported in politely declining a drink offer or not participating in the custom.

Let's maintain the competitive excellence on the field and foster strong camaraderie off of it!

Once you're finished your post-game social with your opposition you probably need to figure out how to fuel up and try to get some rest before your next game, but if you do have extra time there are a few things you can do like visit the local sponsors, play cards in the lounge, or watch other games.

Post-game reviews matter, so after each game—win or lose—take time for a debrief with your team. This is a chance to honestly and specifically discuss what went well and what you learned that you can apply to the next game. Always aim for a solution-focused conversation.

The End

Tie Breaking

If your team is tied with one or more teams at the end of regulation play you may be required to participate in a tie breaker draw. If that's the case you will be asked to meet with the umpire and the other teams involved following the last draw of regulation at which time the umpire will explain the tie breaking procedure and advise you of when your tie breaker will be held.

If your team is not involved in the last draw, but it is possible you will be tied at the end of regulation play, be sure to check in with the umpire prior to leaving the building after your last game to find out your next steps if there is a tie.

Tie breaking procedures can be found in the Event Supplement, which is emailed to qualifying teams well in advance of the event.

Playoffs

If you make it to the playoff round at a qualifier or Provincial, take a moment to congratulate yourself! That alone is a significant achievement in Ontario - we are a province full of talented curlers!

Details on the playoff format and procedure are different depending on the event you are attending. In all cases, if your team qualifies for the playoff round you'll want to check in with the umpire after regulation play is complete. They will be able to tell you when you play next, who will have the last rock to start the game and any other information you will need.

Post-Event

After your last game, whether you make it to the finals or not, please take a moment to thank volunteers, including the umpires, and the ice team members present. Our events could not happen without the time and effort put in by these generous people. Curling Ontario often sends survey invitations after an event inviting you to provide feedback, but you are always invited to contact us at competitions@curlingontario.ca

Advancing to Provincials

If you have qualified for a provincial event you will receive more information about the Provincial on the next business day, though we do try to include the draft draw schedule and event supplements in emails to all teams participating in the qualifier so they can review the material before the qualifier even begins.

Winning Provincials

If you make it this far, congratulations! You have a lot to be proud of! The first thing to do is celebrate achieving what so many covet - a banner to hang in your home facility! You will also need to see the umpire, or Curling Ontario staff, to participate in your banner and awards ceremony and have your formal winners photo taken.

Next, depending on the event, you will need to begin preparing for the next level of competition. This may include meeting with Curling Ontario staff to register for a national event; using our

Team Ontario jacket sizing kit so we can order your custom jacket; and receiving competition guides for the next event.

If you do earn a Team Ontario jacket, in some cases you are permitted to include sponsor logos on your uniform, but you will likely only have 24 hours to advise us of which logo(s) you want to include and provide the artwork. If your team has sponsors consider deciding in advance which one will take the spots available on your Ontario uniform. Typically we will need your logo in a vector format artwork in order to properly display logos, graphics, and patterns on your apparel. Most commonly (ai, eps, svg, pdf) file types. To learn more about vector formats check out this helpful blog post from our Runback: [What is a vector file and why your curling team needs one](#).

Curling Ontario will be in touch in the days and weeks coming with information about finalizing your custom winner's banner to ensure everything is spelled correctly. Once the banner is ready for delivery we will be in touch to make arrangements to get it to you.

For the Fans

In the Stands

Most events are free to attend and spectators are welcome! Keep in mind that it can sometimes be hard to see the ice from the lounge if there are a lot of people watching, but it's definitely fun to sit with a group to watch a game and we have a lot of great games at our events! Make sure your fans know that at many facilities they will be asked to remove their winter boots upon entry.

While we do encourage clapping and cheering behind the glass, please remind your family and friends not to make any distracting movements while the other team is throwing their rock. They may also need to be reminded not to make any gestures about strategy, as coaching from behind the glass is against the rules.

If you are attending the U18, U20 or the Men's and Women's Provincials, the latter being held in an arena, you will need to purchase tickets to watch in person. These are typically available in advance and on-site and offered as single draw tickets, full event packages, or day passes. Ticket information will be available at CurlingOntario.ca.

Live Scoreboard

If your fans can't make it to the game they can watch the [scoreboard live online](#) to monitor your games from afar. It's not as good as being there, but it's a close second. Remember to post scores in a timely fashion during your game so we can make sure the scoreboard is up to date!

Streaming

Whenever possible, we live stream our provincial events. Unfortunately, often it is not financially viable, but when it is we will let you know so that you can share the link to the live stream with your friends and family.

Other Considerations

Where to Stay

Teams are responsible for arranging their own accommodations and for the related costs. Some events do secure a host hotel and reserve a block of rooms to help teams receive a better rate, and in some cases, in exchange for funding for the event. If there is a host hotel Curling Ontario will include those details in our communications with teams. Please consider supporting the host with your business.

For events that do not have a designated host hotel, please consider supporting Curling Ontario's partner Best Western by using our [exclusive discount link](#) to take advantage of reduced room rates!

What to Bring

Think about everything you might need with you to be prepared for success! This might include:

- Extra socks
- Extra layers for cold rinks
- Water bottle
- Snacks
- Extra shoe laces
- Spare batteries for stop watches
- First aid kit that includes pain relievers

Mental & Physical Preparation

When a competition is on the horizon, many athletes focus on what they need to do to succeed on the ice, but it's also important to be ready both physically and mentally. This preparation looks different for everyone, and there's no one-size-fits-all approach. By taking care of your body and mind, aligning on goals, and supporting each other, you'll create a meaningful team experience no matter the scoreboard.

Mental Readiness for Competition

Competition weekends can be intense, with long days, shared spaces, and emotional highs and lows. This is why keeping your team dynamic healthy is just as important as your on-ice performance.

Before a big event, it's a good idea to set a clear goal. Having a goal helps guide your focus and manage expectations. This doesn't have to be about winning; choose what's most meaningful for your team. You might want to focus on winning a game, scoring multiple points in a single end, or simply enjoying the experience and having fun.

A great way to get on the same page is to have a team discussion ahead of time. Talk about your goals and expectations and address any individual concerns or priorities.

When you're spending extended time together, it can be mentally and emotionally tiring. Respecting personal space by allowing time for teammates to recharge, both physically and mentally, is crucial. A bit of alone time can help reset energy and maintain team harmony. Remember that communication is key to staying focused and supporting each other through wins and losses.

Physical Readiness for Competition

Physical readiness is just as important as mental readiness, and what works for one teammate might not work for another. If you normally play two or three games a week, remember to consider how you will prepare to play two or three games a day for two or three days in a row at a qualifier or provincial competition. If you qualify for provincials, you may need to play two or more games a day for four days in a row!

Tournaments are physically demanding, so being prepared will help you perform consistently and avoid injury. You know best what your body needs, whether it's stretching more, listening to music, or eating something specific before you play. There's no single right way—just the right way for you.

To help you perform at your best, remember to:

- Warm up properly before each game to activate muscles and get moving.
- Recover between games by eating, hydrating, resting, and mentally resetting.

Part of being physically prepared is also knowing how you'll fuel your body. Think about how often you'll need to eat and what types of food will give you the energy and stamina you need. It's also important to know where you'll get food. Find out if you can purchase food at the facility and if you can bring your own food. This information is typically provided a few weeks before the event starts, giving you time to plan.

Taking care of your body is just as important as preparing your strategy.

Support the Sponsors

Our host facilities, in partnership with Curling Ontario, work hard to present high quality and memorable events. We couldn't do that without the support of Provincial and local sponsors. Please look for opportunities to support the sponsors and make sure they know why you're supporting them!

Questions?

Curling Ontario is always available to our curlers to help with any questions you may have. Whether it is about the rules of a competition, the administrative requirements, or something else; please reach out to our team at competitions@curlingontario.ca or call 905-831-1757.

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- Patricia Bandurka
- Erin Cook
- Jordan Keon
- Sherry Middaugh
- Gary Winslow

Appendix A: Summary of Links

- [Curl I/O](#) - Curling Ontario competition registration site.
- [Rules for Officiated Play](#) - the rules of the game
- [Competitor Guide](#) - additional rules that apply to all Curling Ontario competitions. The primary rules and formats for all qualifying events.
- [Event Supplements](#) - specific rules and information tailored for each Provincial Championship - this link will take you to the 2025-2026 Event Supplement Online Directory.
- [Competition Summary](#) - information summarizing each Provincial, including eligibility requirements and awards for winning.
- [World Curling Federation Brush Specifications](#) - rules governing the approved equipment and how to tell if a broom is legal for use during officiated play.
- [Live Scores](#) - check results when you're not at the event

Appendix B: Summary of Curling Ontario Events

Event	Gender(s)		Qualifiers	National	World
Club Championships	Men, Mixed, Women		✓		✗
Two Person Stick	Men, Mixed, Women		✗	✓	✗
Masters	Men, Women		✓	✓	✗
U18	Men, Women		✓		✗
Wheelchair Doubles	Open		✗	✗	✗
Provincials	Men, Women		✓		✓
U20	Men, Women		✓		✓
Four Person Stick	Open		✗	✗	✗
Mixed Doubles	Mixed		✓		✓
Best Western Challenge	Men, Women		✓	✗	✗
Seniors	Men, Women		✓		✓
Wheelchair	Open		✗		✗
Grandmasters	Open		✓	✗	✗
Mixed	Mixed		✓		✓
Senior Mixed			✓	✗	✗
U12/U15 Festival	Open		✗	✗	✗
Silver Tankard	Teams of 8: 4 men and 4 women		✓	✗	✗



Indicates Curling Canada Sanctioned Championship Note: Stick delivery can be used at any event that does not lead to a Curling Canada sanctioned Canadian Championship, and at the Runback Brewing Club Championships.

Appendix C: Glossary of Terms

Challenge Round: A “last chance” for teams to qualify for a Provincial Championship, usually held between the qualifying event and the Provincials.

Curling Canada Sanctioned: An event organized and managed by Curling Canada, such as the Scotties or Senior Canadian Championships.

Curling Ontario: A Curling Canada Member Association responsible for governing the sport of Curling in a southern portion of Ontario including the municipalities of Parry Sound, Huntsville and Pembroke, but not including Sudbury or North Bay, which are part of the Northern Ontario Curling Association (NOCA). NOCA is also a Curling Canada Member Association.

Member Association (MA): A Curling Canada affiliated organization representing curling for a Province or Territory in Canada, such as Curling Ontario or Curl Manitoba.

Member Facility: A curling facility, such as a club, that is a Curling Ontario Member Facility. All members of a team entering a Provincial must be members in good standing of a Curling Ontario Member Facility to be eligible to play in Curling Ontario events. For most events only one team member must belong to the facility the team is representing.

National: A National Championship event, which may or may not be Curling Canada Sanctioned.

Northern Ontario Curling Association (NOCA): A Curling Canada Member Association responsible for governing the sport of Curling in the northern portion of Ontario including Sudbury and North Bay, but not the municipalities of Parry Sound, Huntsville and Pembroke, or those found south of that imaginary border.

Ontario Curling Council (OCC): Curling Ontario’s partner organization, recognized by the Ontario Government as the governing body for curling in Ontario, and responsible for Coaching, Officiating, and Ice Technician Education, along with other governing responsibilities. The Northern Ontario Curling Association is the OCC’s other partner organization.

Open Qualifier: A qualifier open to any team regardless of what Member Facility they represent.

Playdowns: The process or rounds involved in qualifying for a Provincial Championship. In the past this would have included Zones, Regionals and Provincials. Some events also included a “Last Chance” or Challenge round. In current practice a playdown includes a qualifying round followed by the Provincial Championship.

Provincial: The final round of Provincial qualifying, usually only including 8 or 10 teams. The winner of a Provincial is considered that year’s champion.

Qualifier: The initial round of Provincial qualifying. Depending on the event, the top two or more teams often qualify to move on to compete at the Provincial. Not all Provincials include a qualifying round, but those that do will have a minimum of two different locations teams can register to play in. Depending on the event teams may be allowed to enter any qualifier of their choice, or they may be restricted to a specific one based on the Member Facility they are representing.

Regional: A level of competition that is no longer in use, but sometimes referred to. In the past a team would have to win their “Zone” to qualify to play in a Regional qualifying event. Their region was a geographic area defined by the Member Facility the team represented and usually included two or three zones. Typically, winning your regional event would qualify a team for the Provincials.

Restricted (Qualifier): A qualifying event that has restricted entry, typically based on the location of the Member Facility that a team is representing. Most qualifiers are “unrestricted” or “open”. The Runback Brewing Club Championships is an example of an event with restricted qualifiers.

Technical Time Out: A technical time out is used when the time clocks must be stopped to resolve a technical issue such as a damaged hack or stone or if teams need an umpire’s ruling. The time out is called by showing the timer for your sheet a large ‘X’ with your arms. Technical time outs are not needed in games that are not timed.

Unrestricted (Qualifier): A qualifier open to any team regardless of what Member Facility they represent.

Zones: Curling Ontario represents a large geographic area with over 170 Member Facilities. These facilities are separated into “Zones” for the purposes of geographic grouping. This was a particularly important designation when teams had to “win their zone” before they could proceed to a Regional. If you are entering a qualifier that is restricted by zone you will need to know what zone the facility you represent belongs to. [Click to review which facility is in which zone.](#)