

SHSAA Provincial Curling Championships

Warm Up Procedures:

1. Vice skips must complete a coin toss at least 20 minutes prior to game time. The winner of the toss will have the choice of first or second practice or rock colour. The opposition will have the remaining choice.
2. Once the practice time is determined, the first team will begin their 8-minute warm up. The first team will throw rocks up-and-down the length of the sheet on the same side. The second team will throw rocks on the other side of the sheet to wear pebble evenly.
3. At Regionals, each team will select one thrower to complete the last stone draw to determine "last rock advantage" in the first end. This will be completed following the 8-minute warm up.
4. At Provincials, prior to their first game of the competition, and following the 8-minute warm up, each team will select one thrower to complete the last stone draw to determine "Last Rock Advantage". For each round-robin game, a new team member will throw the LRA. The cumulative total for the SBTRS will include the distance of three draws.
5. Following the first team practice, the second team will follow the same procedure.

Time Out Procedures:

- Each team is allowed to call two timeouts of 90 seconds duration each. The request for time out, called by the athletes, may be made at any time that the team is in control of the house or during and interval of play. A time-out must be communicated to the official prior to coaches going to the ice surface.
- The time out shall begin when the coach of the team that called the timeout reaches the house in play.
- A mandatory five-minute break will be held at the conclusion of the fourth end.
- Each team will be allowed one time out in the extra end of 90 seconds duration. Any unused time outs from regulation may not be carried over. There will be an automatic two-minute time out prior to the first extra end. This time out is not charged to either team.

Rock Measurement

- If teams are unsure of the counting stones, they are to place a broom on the ice in the house to alert the official. The official will then measure the rocks in question where both vice skips have the option to observe.