



TRIPLES CURLING



Triples Curling is an exciting new discipline that has been developed by Curling Canada. As its name suggests, curlers compete in teams of 3 when playing Triples. Each end consists of 6 shots per team, with each player throwing 2 shots per end.

Triples Rules: Unless otherwise noted, Curling Canada's Rules of Curling apply to Triples, including the 5-Rock Free Guard Zone (FGZ) and the No-Tick Rule. Please note that Page 2 of this document provides specific Age Group Modifications (i.e., for U-25, U-21/U-20, U-18, U-15, and U-12/U-9).

Pre-Game Practice: This consists of each player throwing 2 rocks up and 2 rocks back. Both teams will practice at the same time, with shots being thrown in alternating order and on each team's designated side of the sheet. A coin toss takes place immediately before practice, with the winner choosing side of sheet and practice order or rock colour.

Last Stone Draw (LSD): Immediately following pre-game practice, one player chosen by each team throws their LSD in the same throwing order that was used in practice. If both teams either cover the pin or miss the house, a different player will throw an LSD. This process is repeated until the rock can be measured. Please note that the team that wins the LSD can either accept the hammer in the first end or decline it.

Game Structure: Triples games are 6 ends in duration, with players alternating positions every 2 ends. Each team decides which player starts at each position in Ends 1 and 2. However, from that point onward the rotation of players is as follows:

Ends 1 and 2: Player 1 = Lead, Player 2 = Middle, Player 3 = Skip

Ends 3 and 4: Player 3 = Lead, Player 1 = Middle, Player 2 = Skip

Ends 5 and 6: Player 2 = Lead, Player 3 = Middle, Player 1 = Skip

Positional Duties: The Lead is required to throw the first 2 shots of the end for their team, and to sweep the next 4. The Middle is required to sweep the first 2 shots of the end, to throw the next 2, and to hold the broom for the last 2. Finally, the Skip is required to hold the broom for the first 4 shots of the end, and to throw the last 2.

Sweeping Rules: Only 1 player (i.e., the current sweeper) is allowed to sweep rocks until the far hog-line. After that point, 1 of the other curlers (i.e., broom holder or thrower) can join in.

Golden End: A unique feature of Triples Curling is that any points scored in the 6th End (also known as the 'Golden End') are doubled. Examples: if a team scores 1 point, 2 points are awarded; if a team scores 2 points, 4 points are awarded, etc. Beyond adding excitement, the Golden End helps to ensure that games go the distance, with all players having the opportunity to play 2 ends at each position.

Tied Games: If the game is tied after the Golden End, each team chooses one player to throw a measured draw to the button to decide the winner. The team that scored last, will throw first. The sweeping rules are the same as during the game, except you cannot sweep the opposition's rock behind the tee-line.

Timeouts: In Triples competitions, teams with coaches are allowed 2 timeouts per game. Coaches are asked to take no more than 60 seconds once they reach their team. When a timeout is called, both coaches can access their team. When the team that called the timeout ends their discussion, the other team must end their conversation as well.

Triples Curling has been created by Curling Canada's National Training and Development Centre.



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Age Group Rules: Triples rules apply to all age groups other than the exceptions noted below:

Coach Interactions/Timeouts: Curling Canada's specific Coaching Rules for U-25, U-21/U-20, U-18, U-15, and U-12/U-9 apply to Triples competitions within the corresponding age group.

[U-25 Coach Interaction Rules](#)

[U-20 Coach Interaction Rules](#)

[U-18 Coach Interaction Rules](#)

[U-15 Coach Interaction Rules](#)

[U-12/U-9 Coach Interaction Rules](#)

Tied Games (U-15, U-12/U-9): If a game is tied after the Golden End, a Team Shootout is used. This involves each player throwing a draw (i.e., 3 per team) alternating with the other team. The throwing order and positional duties are the same as in Ends 5 and 6, with the team that scored last now throwing first. The sweeping rules are also the same, except you cannot sweep an opposition rock behind the tee-line. The scoring system is: 5 points (touching the button), 4 points (touching the 4-foot), 3 points (touching the 8-foot), 2 points (touching the 12-foot), and 1 point (in the FGZ).

Game Structure (U-12/U-9): Because the pace of play is typically much slower when our youngest curlers are involved, U-12/U-9 Triples games are only 3 ends in duration. Therefore, positions change each end, with teams deciding which player starts at each position in End 1. However, from that point onward the rotation of players is as follows:

End 1: Player 1 = Lead, Player 2 = Middle, Player 3 = Skip

End 2: Player 3 = Lead, Player 1 = Middle, Player 2 = Skip

End 3: Player 2 = Lead, Player 3 = Middle, Player 1 = Skip