

## Mixed Doubles - Week 1 – The Fundamentals

### What is different from traditional curling?

Mixed doubles is a dynamic game. Play tends to be faster than the traditional game, involving more physical action and more rocks in play. As well there is lots of scoring!

### The Basics

	MIXED DOUBLES	TRADITIONAL
Players	2 One male, one female	4 In Mixed: two male, two female
Duration	1 hour	2 hours
Ends	6	8
Rocks per team, per end	6 5 thrown, 1 pre-positioned	8
Free Guard Zone	No rock - thrown, pre-positioned, in the Free Guard Zone or in the House - can be removed prior to the delivery of the 4 <sup>th</sup> rock	Opponent's rock in the Free Guard Zone cannot be removed prior to the delivery of the 6 <sup>th</sup> rock

Remaining the same is:

- Scoring (Pre-positioned rocks are included in the scoring).
- Sweeping - Players may sweep their delivered rock but just one sweeper after the Tee Line. Also players may sweep any of their other rocks set in motion ahead of the tee line.

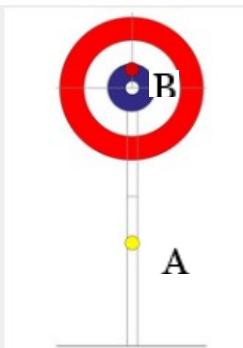
### The Unique Aspects

#### Pre-Positioned Rocks

- Each end, one rock from each team will be placed in, or in front of, the house prior to any rocks being thrown. The rock in front of the house is A. The rock in the house is B.
- The coin spin determines the team who will have the placement decision at the start of the game (ie which team's rock is in the house and which is in front).
- The team who did not score in an end will have the placement decision for the next end.
- If an end is blanked, the team that threw the first rock for that end will have the placement decision for the next end.

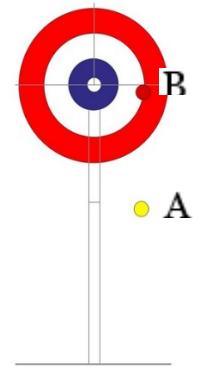
## Standard Positioning

- The decision-making team chooses the A or B position for their rock.
- B Position: In the house, sitting on the back of the 4-foot ring with the edge of the rock touching the outer edge of the ring, over the center line.
- A Position: In front of the house, over the center line, immediately in front or behind one of three positions between the hog line and the 12-foot ring, guarding rock B. The three positions are indicated with coloured dots in the ice. Teams will agree upon the position selection for rock A. For our Mixed League games, just one dot will be used.



## Power Play Positioning (Optional)

- Once per game, the team who did not score may elect to position the rocks in the Power Play position.
- B Position: The rock belonging to the team who did not score is positioned in the house, with the back edge of the rock touching the Tee Line, half of the rock on the 12-foot ring and half on the 8-foot ring. The rock can be positioned on either side of the house.
- A Position: In front of the house, fully guarding rock B (as per the line from the hack to the B rock), immediately in front or behind one of the three positions between the hog line and the 12-foot ring. Again, the coloured dots in the ice indicate the positions. The team that did not score will select the position for rock A. For our Mixed League games, just one dot will be used.



## Throwing Sequence

- The team whose rock is in Position A throws the first rock of the end.
- One player will deliver the 1<sup>st</sup> and 5<sup>th</sup> rock.
- The other player on the team will deliver the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> rocks.
- Players may choose to change throwing positions from end to end.

## Sweeping

- One or both players may sweep their delivered rock.

## Player Position on the Ice – Delivering Team

- The non-throwing player may be anywhere on the ice.
- It is optional to have the non-throwing player hold the broom.

## Mixed Doubles - **Lesson 2 – Strategy Tips**

Note to skips: You may want to do the lesson on the ice and demonstrate the rock positioning to refresh players understanding.

### First, a recap of how to play

Let's recall some of the key aspects of the Doubles game

- Positioned Rocks

- o What is the standard positioning?

*One rock in the house, one the centerline, touching the back of the 4-foot ring. One of the other team's rocks in front of the house, over the center line, immediately in front or behind the middle of the 3 dots in the ice, guarding the rock in the house.*

- o Do you recall the Power Play positioning (used once per game, per team)?

*The rock belonging to the team who did not score is positioned in the house, with the back edge of the rock touching the Tee Line, half of the rock on the 12-foot ring and half on the 8-foot ring, on either side of the house. The opponent's rock is immediately in front or behind the middle of the 3 dots in the ice, guarding the rock in the house.*

- o Who decides on the rock position?

*For the first end, the team who won the coin spin. Thereafter, the team that lost the end.*

- What is different about the throwing sequence?

*One player throws the first and fifth rock. The other team member throws the second, third and fourth rocks.*

*Players can change their throwing order each end.*

- How does the Free-Guard Zone work?

*No rock can be taken out of play – yours or theirs, in or outside of the house - prior to the fourth thrown rock.*

### A few tips for a winning game

It's a game of draws, taps, and light-weight come-arounds: Having your weight, reading the ice and sweeping when required will be a big part of your success.

Because of the Modified Free Guard Zone, there will be a lot of rocks in play. Your choice of initial shots will determine your opportunities to take the end. Basic opening strategies are:

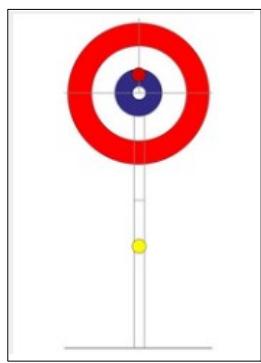
- Freeze to the positioned rock in the house and occupy the button
- Draw to the top of the 4-foot or top of the button to control the access to the button

#### Position of the non-throwing teammate

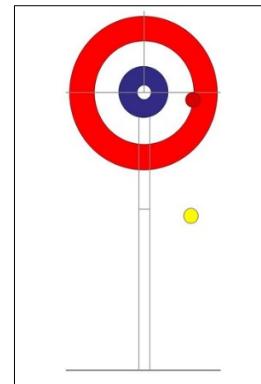
- A. Teammate joins the shooter at the delivery end and sweeps
    - *Advantages:* stones can be swept immediately; able to judge the weight more accurately.
    - *Disadvantages:* shooter must choose the appropriate target line.
  - B. Teammate holds the broom and sweeps the latter portion of the throw
    - *Advantages:* shooter gets a clear view of the line; speeds up play.
    - *Disadvantages:* less able to judge weight.
- Note, in both situations, the shooter must call the line; reading the ice is more difficult.
  - A third option is for the shooter to sweep their own rock. This works well if the shooter can sweep with a slider and uses their broom, rather than a stabilizer, when throwing. Please put your safety first when on the ice!

Note to skips: As a reference for you, here is the rock positioning:

*Standard Positioning*



*Power Play Positioning*



Note: Rocks can be positioned on either side of the house

## Mixed Doubles – **Lesson 3 – Managing Time**

*Do the following quick quiz with the group. Keep track of how many they get right without your help.*

**Mixed doubles is a fun, dynamic game so here's a quick quiz to get you warmed up:**

**Q** How many rocks are thrown each end?  
**A** 10 (5 per team)

**Q** At what point in the end, can a rock be taken out?  
**A** With the delivery of the 4th rock of the end.  
(No rock, thrown, pre-positioned, in the Free Guard Zone or in the House, can be removed from play prior to the delivery of the 4th rock.)

**Q** In the power play, what is different in the rock positioning vs the standard positioning?  
**A** Rocks are positioned on either side of the house (vs on the center line)

**Q** What year were Mixed Doubles introduced at the Olympics?  
**A** 2018

*Congratulate the group and give them their ‘score’ (the number they got right without your help).*

**Because Mixed Doubles is a fast-paced game, here are some tips to help you manage the time.**

**Tip 1:** Which teammate throws rocks 1 and 5?

If you debate this each end, you'll lose a lot of time.

A good approach for club-level games is for one player to always throw rocks 1 and 5 going down the ice and the other team member to always throw rocks 1 and 5 coming back.

The time savings results from the person delivering the first rock always being at the correct end of the ice because they were at that end, holding the broom, for your last rock of the prior end.

You do not loose time walking (because running is not safe! ) to the other end of the ice nor in discussion of who throws first.

**Tip 2:** Arrange the rocks you'll be throwing, setting aside the rocks not used in the game.

Separating the five rocks you'll be throwing saves the time of finding the correct rocks and provides a quick visual reminder of where you are in the end, for both players, from either end of the ice.

For example, align the two rocks not being used on the outside of the sheet, and the five rocks being played in a second or inside row. *You may want to hold up the graphic to help the group see the idea.*

