MIXED DOUBLES HAS A NEW RULE

Here's the easy version!

If you're new to curling, here's what you need to know.

HOW MIXED DOUBLES STARTS

Every end starts with

TWO ROCKS

already in play.

One team places a rock **in the house** (in the back 4-foot).

The other team places a rock **out front as a guard**. (Nobody throws these rocks.)

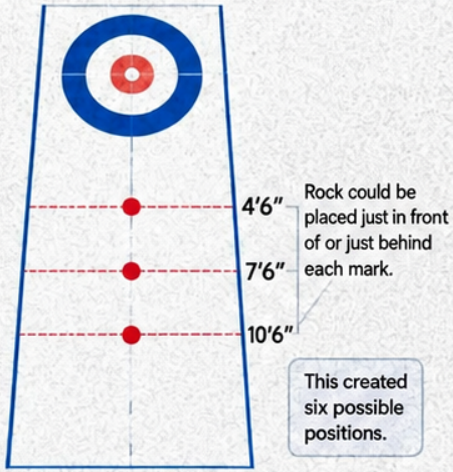
Then the teams take turns throwing their five rocks each to score points.

WHAT CHANGED?

The rule change is about where the starting guard can be placed.

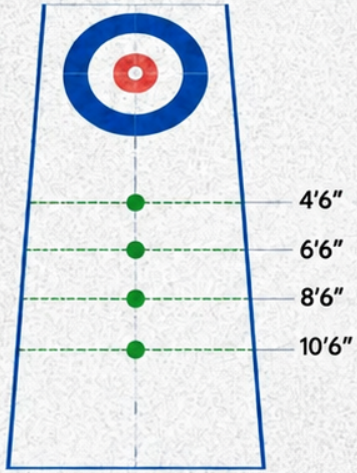
BEFORE (through 2025–26)

3 marked locations
(6 possible spots)



NOW (starting 2026–27)

4 marked locations
(8 possible spots)



Standard setup shown; Power Play differs.

Officials choose the guard position before practice.

Without officials, teams agree.

Keep it for the game.

Distances are measured from the front outer edge of the house.

The closest and farthest spots are the same.
The middle is now split into two options for more control.

WHY DID THEY CHANGE IT?

Curling ice can be different from rink to rink, and even from day to day.

More choices for the starting guard helps teams find a position that works better with the ice they're playing on.

THAT'S IT!

Mixed doubles still starts with two rocks already in play.

The new rule simply gives teams **more options** for where the **starting guard goes.**

Same game. Same fun. More choices!

Curling is a game of strategy, teamwork, and adapting to the ice. *Have fun out there!*

World Curling Rules 2026, R17(f). Rulebook dated 1 September 2026; current version checked 10 October 2026.
Diagrams not to scale. Confirm local adoption. Official rules: worldcurling.org/rules/
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