

## STURLING – the latest rage!

What is STURLING? Basically, it's the two-person team form of curling that offers multiple advantages (see [Benefits of Sturling](#)). It's a relatively new game, based on curling, using the same facilities and equipment. The main differences, besides the two-person team, are a few [rule changes](#) that result in a much faster moving, shorter game, that is less demanding on the body and easier and quicker to learn.

### Want to get involved in a faster moving, fun form of curling?

Sturling involves delivering about the same number of stones in a game for each player as in a regular curling game, but each game lasts only about an hour. There is very little standing around waiting, as players do not move up and down the ice. There is continuous, moderate activity throughout the game, and everyone has the opportunity to deliver rocks and to skip, on an equal basis.



### Want to try curling without spending hours, days, and weeks learning and perfecting technique?

In sturling, each player can choose to deliver their rocks using either the slide delivery, or using a delivery stick. The stick delivery is much simpler and easier and quicker to learn and to perfect than the slide delivery. Beginners can concentrate on the game objectives and strategy much sooner.

### Want to continue to curl, even though the body is rebelling?

Using the stick delivery in sturling allows many people with medical problems, or just advancing years, to easily take part. This is enhanced by the greatly reduced need for sweeping. It is an excellent game even for those in wheelchairs. On the other hand, sturling has many advantages and plenty of challenge for the young and physically fit.

### Want to bonspiel, but not commit large blocks of time and travel back and forth?

Since sturling games take only an hour, and playing three, or even four, games in a day is no problem, the one day bonspiel is an attractive option. It removes the need to commit several

days and to travel repeatedly to enter the spiel. Also, you need find only one compatible partner to form a team, and to mesh schedules with.

### Want to interact with your parents or kids or grandkids doing something together you both enjoy?

Sturling is an ideal family game. Since each person can choose the delivery method they prefer, and there are no gender or age restrictions, curling with spouses or across generations is a natural.

### Want to increase membership at your curling club?

If your curling club has unused ice time, you can fill it with sturling events and leagues. Besides the bonus of extra fees, more members translate into a more vibrant club. There are more people using all of the facilities, and more volunteers. In addition, you'll be doing the whole community a favor by providing a social outing as well as exercise for many.

For more information about sturling, go to [www.sturling.net](http://www.sturling.net).

