

Curling Canada's Coach Interaction Rules

2025 Under-20 Men & Women and Under-21 Mixed Doubles National Championships

Curling Canada, along with all our Member Associations, support opportunities for coaches and young athletes to have more communication with each other throughout a game which is an advantage in other sports. Having coaches on ice level allows coaches to better support their teams' performance and development. Coaches will be provided with more convenient and frequent access to their team while the game is being played. This begins by positioning the coach in a better physical position where they are better able to view the game, listen to their team's conversations, and interact when permitted. Not only are we expecting to see improvements in our athletes' performance on the ice, but in our coaches and their satisfaction as we empower them to be more involved in the game.

All provinces and territories will see Coach Interactions implemented again this season at our Under-20 and Under-21 National Championships. These new Coach Interactions will replace the traditional time-outs that we used in the past. The following rules will be used for games at nationals for U-20 Men and Women and Under-21 Mixed Doubles. Listed below are the rules:

- U-20 and U-21 coaches will be allowed a maximum of two (2) interactions in the first half of the game and a maximum of two (2) interactions in the second half of the game. These coach interactions can occur in the same end or in different ends.
- Teams will be given one (1) coach interaction per extra end.
- Unused interactions cannot be carried over.
- During a Coach Interaction, opposing coaches will also be allowed to interact with their respective team until the team that called the interaction has concluded their communication. Coach Interactions may last between 5-60 seconds, but not longer. If a team uses less than that amount of time, the opposition team's opportunity to communicate ends as well.
- During a Coach Interaction, coaches may meet with their team either on the backboard or behind the backline. The team calling the interaction gets priority of the position of where they want to meet.
- Interactions can be called by anyone on the team in control of the house or their coach. If the coach or a player wants an interaction, they must signal a T with their hands when their team is in control of the house. If anyone signals for an interaction, the team must use an interaction.
- Coaches are responsible for keeping track and policing the number of interactions used. Disagreements will be brought forth to the Chief Umpire.
- Time clocks will run during interactions as normal thinking time.
- Time clocks for Under-20 four-person games will add an additional two (2) minutes to their time clock for a total of forty (40) minutes. Games will be ten (10) ends.
- Time clocks for Under-21 Mixed Doubles games will add an additional two (2) minutes to their time clock for a total of twenty-four (24) minutes. Games will be eight (8) ends.
- When extra ends are required, the game clocks will be reset and given five (5) minutes for four-person games and three minutes and thirty seconds (3.5) minutes for Mixed Doubles games.
- Time between ends will be sixty (60) seconds. Coaches will be allowed up to forty-five (45) seconds of talking time with their team between ends and coaches may meet with their team either on the backboard or on the sideline between the hog lines. Coaches will then have 15 seconds of travel time to be seated before the first stone of the end is delivered. Note: Timers can implement the after clock of 10 seconds. This is done at World events and is available in Curl time.

- Coaches will also have five (5) minutes to meet with their teams at the halfway point of the game. This will occur at the 4th end break for Mixed Doubles games and the 5th end break for four-person games.
- Coaches will use the assigned seating on the backboards during the games with their chairs positioned on the same side as their team's rocks. Between ends, coaches can travel to either end respectful of games on adjacent sheets. Coaches must only travel along the sidelines, and they must wear suitable footwear to be on the ice.
- A single interaction will officially end after the coach and curlers stop talking and the coach returns and is sitting on their designated seat behind the sheet.
- If there is an alternate player, they can sit with the coach at both ends at the curling centre and the arena (if space permits). The alternate player can take part in the team talking time between ends and during the mid-game break. The alternate player cannot take part in any Coach Interactions during an end.
- There will be absolutely no talking or body language by the coach to their team unless during an interaction, opposition interaction, or between ends. Body language includes hand, body gestures, signaling or any other form of communication. Penalties to coaches include: First Offense - verbal and written warning. Second Offense - coach will sit inside with no interactions or communication for the remainder of the current game (if before mid-game break) or the entire next game (if after mid-game break). If the coach repeats the infraction again, they will be removed from play and will sit in the spectator seating for the remainder of the event. These infractions will be reported to their Member Association.
- Coaches are allowed to use their phone or tablet to record game statistics, write down notes or take photos of game scenarios, but they are not permitted to use those devices or smart watches for communication purposes. First Offense - verbal and written warning. Second Offense - coach will sit inside with no interactions or communication for the remainder of the current game (if before mid-game break) or the entire next game (if after mid-game break). If the coach repeats the infraction again, they will be removed from play and will sit in the spectator seating for the remainder of the event. These infractions will be reported to their Member Association.