

Curling Canada's Under-25 Coaching Rules

2024 Under-25 NextGen Classic and 2025 U Sports / CCAA 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.

Coach Interactions have been implemented over the past few seasons at our U-18 and U-21 National Championships. To extend the opportunity for learning, we have created age and stage appropriate rules for Under-25 events run by Curling Canada this season.

The following rules will be used for games at our U-25 NextGen Classic and U Sports / CCAA National Championships. Listed below are the rules:

- U-25 teams will be allowed a maximum of two (2) sixty second (60) time outs per game.
- Teams will be given one (1) time out per extra end.
- During a time out, opposing coaches will also be allowed to interact with their respective team until the team that called the time out has concluded their communication. Time outs may last up to 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 time out, coaches may meet with their team either on the backboard or behind the backline. The team calling the time out gets priority of the position of where they want to meet.
- Time outs can be called by anyone on the team in control of the house or their coach. If the coach wants a time out, they must signal a T with their hands when their team is in control of the house. If the coach or a player signal for a time out, the team must use a time out.
- All games will be eight (8) end games.
- When time clocks are used, time clocks will stop during time outs.
- Four-person team games will have a total time of thirty (30) minutes. Mixed Doubles games will have a total of twenty-two (22) minutes.
- When extra ends are required, the game clocks will be reset and given four (4) minutes and thirty (30) seconds for four-person games and three (3) 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.

- 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.
- 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 time out during an end.
- There will be absolutely no talking or body language by the coach to their team unless during a time out, opposition time out, 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 time outs 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.