

***NEW* Curling Canada's Coach Interaction Rules**

2026 Under-18 and Under-20 Men's & Women's 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. This season we will pilot new Coach Interaction rules adjusting to World Curling's new rules of allowing more communication between players and their coach when a team is the "**non-delivering team**". After this season is over, the Podium Pathway Council, consisting of High-Performance Directors across Canada, will review feedback from athletes and coaches and will make future recommendations to these rules based on our pilots this season.

Having coaches on ice level allows coaches to better support their teams' performance and development. Coaches are provided with more convenient and frequent access to their team while the game is being played and are positioned in a better physical position where they are better able to view the game, listen to their team's conversations, and interact when permitted. Over the past few years of implementing Coach Interactions, we have seen improvements in our athletes' performance and empowered our coaches to be more involved in the game.

All provinces and territories will see these new Coach Interactions implemented this season at our Under-18 and Under-20 National Championships. Member Associations may use these rules or alter for your own competitions.

- **While a game is in progress, the coach (and alternate player) may communicate with their team from their position in the Coach Bench area. This only applies when a team is the "NON-DELIVERING TEAM".** Yelling is not allowed. The non-delivering team must not distract the delivering team and must be aware of their player positions.
 - The position of the members of the non-delivering team:
 - (a) Only the skip or vice-skip, and one other player may be positioned inside the hog line at the playing end. They shall position themselves behind the back line when the delivering team is in the process of delivery. Both players shall be motionless with their brooms positioned in a manner not to interfere with or distract the attention of the player who is in the process of delivery.
 - (b) The player who is next to deliver may take a stationary position to the side of the sheet behind the hacks at the delivery end. The player shall remain silent and motionless when the delivering team player is in the process of delivery.
 - (c) The players not taking positions (a) or (b) shall position themselves between the hog lines and to the extreme sides of the sheet when the delivering team's time clock is running. The players positioned in this area shall remain in single file when the delivering team player is in the process of delivery.
 - (d) The non-delivering team members shall not take any position or cause such motion that would obstruct, interfere with, or distract any member of the delivering team.
 - If a violation occurs, the umpire shall allow all stones to come to rest and provide the nonoffending team with the option of: allowing the play to stand; or recommencing the delivery of the stone; or replacing all affected stones as close as possible to their original position and redelivering the stone.
 - For any violation by the coach or alternate, the offending person will be removed from the Coach Bench for that game. Any further violation will result in the team no longer having anyone on the Coach Bench for the remainder of the event.
 - **An additional rule is that players must stop talking with their coach before the opposition rock crosses the first hog line to prevent over coaching.**
- **COACH INTERACTIONS** can occur when your team is the "DELIVERING TEAM".
 - **Under-18 coaches** will be allowed a maximum of two (2) Coach Interactions in the first half of the game and a maximum of two (2) Coach Interactions in the second half of the game.
 - **Under-20 coaches** will be allowed a maximum of one (1) Coach Interaction in the first half of the game and a maximum of one (1) Coach Interaction in the second half of the game.
 - Teams will be given one (1) Coach Interaction per extra end.
- Unused Coach Interactions cannot be carried over.
- Coach Interactions may last between 5-60 seconds, but not longer.
- During a Coach Interaction, coaches may meet with their team either on the backboard or behind the backline.

- Coach 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 Coach Interactions used. Disagreements will be brought forth to the Chief Umpire.
- A single Coach Interaction will officially end after the coach and players stop talking and the coach returns and is sitting on their designated seat behind the sheet.
- Time clocks will run during Coach Interactions as normal thinking time.
- Time clocks for Under-18 and Under-20 four-person games will add an additional two (2) minutes to their time clock for a total of thirty-two (32) minutes of thinking time. Games will be eight (8) ends.
- When extra ends are required, the game clocks will be reset, and each team will be given five (5) minutes.
- 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 four-person games.
- Coaches may sit or stand in their assigned position/seat on the same side as their team's rocks.
 - Coaches may not move from their position/seat during the end unless their team has called a Coach Interaction. For example, coaches cannot move to see the house or shot better.
 - 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.
 - Note: Member Associations may adjust the coach's position if venues cannot accommodate seating for coaches in the ice shed.
- 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 but cannot take part during their team's Coach Interaction. The alternate player may not move from their seat during an end. Note: Member Associations may adjust the alternate's position if venues cannot accommodate seating for alternates in the ice shed.
- There will be no talking or body language by the coach to their team when you are the delivering team and have control of the house unless during a Coach 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 Coach 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, tablet or computer 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 Coach 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.