

Coach Interactions Change in the U-20 and U-18 Categories

Curling Alberta has been active and progressive in the advancement of coach involvement in youth curling over the past 5 years. This year Curling Alberta, in partnership with Curling Canada and its Member Associations, has decided to match Curling Canada's new Coach Interactions Rules. These rules have been changed partly due to coaching rules changes at the World Curling level.

What has changed?

More Involvement as the Non-Delivering Team

Moving forward for the 2025-26 season, coaches will be able to communicate with their team when their team is the "non-delivering team". Coaches may have discussion with team members **from the time their own rock comes to rest to the time the opposition stone crosses the first hog line.**

It is emphasized that these interactions shouldn't distract your opposition, and yelling is not allowed.

What stays the same?

Number of Coach Interactions as 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.

Movement Between Ends

- 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.
- 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.



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What role does an alternate play in these interactions?

Alternates can sit with their coach and participate in non-delivering team discussions.
Alternates cannot take part in coach interactions.

How does this impact the Under-15 category?

For now, the Under-15 category Coach Interactions remain unchanged from 2024-25.
Coaches are given two (2) Coach Interactions per end, and cannot talk to their team as the non-delivering team.

Please click [HERE](#) for the full U-18 and U-20 Coach Interactions.