

Curling Canada's Coach Interaction Rules

2026-2027 Under-12, Under-15 – Triples and Fours

Curling Canada, along with all our Member Associations, support opportunities for coaches and young athletes to have communication with each other throughout a game. Having coaches at ice level allows them to better support their teams' performance and we are seeing improvements in their skill development as a result.

The following rules will be used for U-12 and U-15 Triples and Fours 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".**
 - Up to 2 members of the non-delivering team can communicate with the coach. Yelling is not permitted. The non-delivering team must not distract the delivering team and must be aware of their player positions and pace of play.
 - Players must stop talking with their coach when the opposition rock crosses the delivering end T-line.
- **COACH INTERACTIONS can occur when your team is the "DELIVERING TEAM".**
 - **Under-12 and Under-15 coaches** will be allowed a maximum of one (1) interaction per end.
 - Teams will be given one (1) coach interaction per extra end.
- 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.
- A single interaction will officially end after the coach and curlers stop talking and the coach returns to one of their designated positions.
- **Coach Positioning/Seating**
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.
- **Signaling Interactions**
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.
- **Tracking Interactions**
Coaches are responsible for keeping track and policing the number of interactions used. Disagreements will be brought forth to the league or event coordinator.
- **Time between ends**
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.

- **Mid-game Break**

As determined by the league or event coordinator, there may be time allocated for coaches to meet with their teams partway through the game.

- **Under-12:** This will occur at the 2nd End break in Fours (4 ends), or after End 2 in Triples (3 ends).
- **Under-15:** This will occur at the half-time (i.e., 3rd End break) in Fours (6 ends) and Triples (6 ends).

- **Alternates**

If there is an alternate player, they can stand or sit with the coach. 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 their own teams Coach Interaction during an end.

- **Dress Code**

Appropriate footwear is required (curling shoes or clean shoes).

- **Penalties**

For the following infractions, please note the penalties listed below:

- a) There will be absolutely no talking or body language by the coach to their team unless between when they transfer control of the house until the other team's rock crosses the far hog-line, during an interaction, opposition interaction, or between ends. Body language includes hand, body gestures, signaling or any other form of communication.
- b) Coaches are allowed to use their phone or tablet to 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).
 - Third Offense – The coach 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.