

# CURLSASK

## U12 Triples | U15 Triples | U18 Fours | U20 Fours | U20 Mixed Doubles Coaching Rules

- Coaches will be allowed a **maximum of 2** interactions per end for **U12 Triples and U15 Triples**.
  - Opposing coaches will also be allowed interaction with their respective team until the interaction has concluded. The same rule applies for extra ends.
- Coaches will be allowed a **maximum of 2** interactions per end for **U18 Fours**.
  - Opposing coaches will also be allowed interaction with their respective team until the interaction has concluded. The same rule applies for extra ends.
- Coaches will be allowed a **maximum of 1** interaction per end for **U20 Fours and 1** interaction per end for **U20 MD's**
  - Opposing coaches will also be allowed interaction with their respective team until the interaction has concluded. The same rule applies for extra ends.
- Interactions can be called by the player in control of the house or the coach.
  - If the coach is calling the interaction, they can vocalize to the player in control of the house.
- Coaches are responsible for keeping track and policing the number of interactions used per end.
  - Disagreements will be brought forth to the head umpire.
  - Sheets will be available for every draw for coaches to check each end when calling an interaction to help keep track.
  - These sheets will be saved for research purposes
- In **non-timed events**, the expectation is that interactions will last **between 30-60 seconds**, but not longer.
- In **timed events** interactions **should not exceed** 90 seconds in total for all age divisions.
  - The head umpire can use discretion to ask the interaction be over if it goes beyond 90 seconds in duration.
- In **timed events**, the thinking will be as followed:
  - **U20 Fours**: 38 minutes of thinking time (10 ends)
    - Extra end: 1 minute added to the 4 minutes of thinking time for a total of 5 minutes per extra end
  - **U20 Mixed Doubles** | 28 minutes of thinking time ( 8 ends)
    - Extra end: 1 minute added to the 3 minutes of thinking time for a total of 4 minutes per extra end
  - **U18 Fours** | 30 minutes of thinking time
    - Extra end: 1 minute added to the 4 minutes of thinking time for a total of 5 minutes per extra end

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- **U12 and U15 Triples** | No thinking time
- Competition and time clocks will run during interactions as normal thinking time.
- Coaches will be allowed **1 minute** of talking time between ends.
- A mid game break will be able to be up to:
  - 4 minutes at the 5<sup>th</sup> end break (U20 Fours)
  - 4 minutes at the 4<sup>th</sup> end break (U20 Mixed Doubles)
  - 4 minutes at the 4<sup>th</sup> end break (U18)
  - No 3<sup>rd</sup> end or midway break will consist in the U12/U15 Triples
- Coaches are allowed on the backboards during the games, and can travel to either end.
  - Coaches must be respectful of games on adjacent sheets between ends.
- Coaches are to stay on the backboards or behind the backline at the ends of the sheet for all interactions.
- There will be absolutely no talking or body language to teams unless during an interaction, opposition interaction, or between ends.
  - For any offences the following penalty system is in place:
    - **Warning (1st offence)**
    - Sitting inside with no interactions for the remainder of the current game (if before mid-game break) and the entire next game (if after mid game break) (**2nd offence**)
    - Removed from play and will sit in spectator seating the remainder of the event (**3rd offence**)
- Coaches behind the glass can call interactions in much the same way by gaining their team's attention or vice versa (whether behind the glass for part of the game or its entirety).
  - Coaches should know this method will use more thinking time.
- A single interaction will end officially after being called only when the rock is set in motion by the team who called the coaches interaction.
- 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. Coaches will follow the same penalty system as above.

**\*This Coaching Rules document applies to the Saskatchewan Winter Games and Canada Winter Games Trials events.**