

U21 JUNIOR TIMED EVENT ON ICE COACHING RULES 2024-2025

40 minutes thinking time

5 minutes extra end

60 seconds between ends (45 seconds for interaction, 15 seconds travel time to be seated prior to delivery of first stone)

5 minute 5th end break

1. U21 coaches will be allowed a maximum of two (2) interactions in the first half of the game and a maximum of two (2) interactions in the second half of the game. These coach interactions can occur in the same end or in different ends.
2. Teams will be given one (1) coach interaction per extra end.
3. Unused interactions cannot be carried over.
4. 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.
5. 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.
6. 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.
7. Coaches are responsible for keeping track and policing the number of interactions used. Disagreements will be brought forth to the Chief Umpire.
8. Time clocks will run during interactions as normal thinking time.
9. Time between end is 60 seconds. Coaches will be allowed up to forty-five (45) seconds of talking time with their team between ends. Coaches may meet with their team either on the backboard or on the sideline between the hog lines. Coaches will have 15 seconds of travel time to be seated before the first stone of the end is delivered.
10. Coaches will also have five (5) minutes to meet with their teams at the halfway point of the game. This will occur at the 5th end break for 10 end games.
11. 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.

12. A single interaction will officially end after the coach and curlers stop talking and the coach returns and is sitting on their designated seat behind the sheet.
13. If there is an alternate player, they can sit with the coach at both ends if space permits. The alternate can take part in the team talking time between ends and during the mid-game break. The alternate cannot take part in the interactions during an end. The alternate must be dressed in team attire.
14. There will be absolutely no talking or body language by the coach and alternate to their team unless during an interaction, opposition 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 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.
15. 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 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.