



2026 CANADA GAMES TRIALS

Presented by Manitoba Pork

COMPETITOR GUIDE

Male and Female

April 16-19, 2026
Pembina Curling Club

**2027 Canada Winter Games will be in
Quebec City, Quebec**

Women's – February 27, 2027 to March 5, 2027

Men's – March 8, 2027 to March 14, 2027



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EVENT CONTACT INFORMATION

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ADMISSION

\$20/day
\$10/last draw

ELIGIBILITY

1. Each competitor must meet all eligibility conditions as established by CurlManitoba.
2. Each competitor shall adhere to the CurlManitoba residency requirements.
3. All players must be members of a Manitoba Club, which is in good standing with CurlManitoba to compete.
4. All entries are the sole responsibility of the individual who entered the team. This person is the only person authorized to alter an entry, therefore maintaining the team's eligibility.
5. All four or five competitors registered on a team must be members of the same CurlManitoba Winnipeg member club **or** members of any CurlManitoba rural member club within the same Sport Region (north, west, south or east).

AGE REQUIREMENTS

MALE/FEMALE TEAMS Under 18 as of December 31, 2026
Date of birth: January 1, 2009 or later

COACHING

1. Must be a minimum of 21 Years of Age as of December 31, 2026
2. Competition Coach Certified or higher
3. Respect in Sport Certification (Sport Manitoba on-line course)
4. Making Ethical Decisions-Introduction Competition on-line evaluation (Coaching Canada on-line course)
5. Criminal Record Check on file with CurlManitoba (valid for 5 years)
6. Child Abuse Registry Check on file with CurlManitoba (valid for 5 years)
7. Understanding the Rule of Two NCCP module Elearning
8. Screening Disclosure form

NOTE: There will be no exemptions provided

U18 TIMED EVENT ON ICE COACHING RULES 2025-2026

32 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 4th end break

1. 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.

- Player violation:

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.

- Coach or alternate violation:

First offense – the offending person will be removed from the coach bench for that game.

Second Offense – 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.

2. Coach Interactions occur when your team is the delivering team.

3. U18 coaches will be allowed a maximum of two (2) interactions in the first half of the game and two (2) interactions in the second half of the game.
4. Teams will be given one (1) coach interaction per extra end.
5. Unused interactions cannot be carried over.
6. 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.
7. During a Coach Interaction, coaches may meet with their team either on the backboard or behind the backline, within 2 feet of sideboards. The team calling the interaction gets priority of the position of where they want to meet.
8. 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.
9. Coaches are responsible for keeping track and policing the number of interactions used. Disagreements will be brought forth to the Chief Umpire.
10. Time clocks will run during interactions as normal thinking time.
11. Time between ends 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.
12. 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 8 end game.
13. 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.
 - Coaches may not move from their position during the end unless an interaction has been called. (for example – coaches cannot move to see the house or shot better)
 - If a coach leaves the ice for any reason they cannot return to their assigned seat until the final stone of the end is thrown.
 - 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.
14. 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.
15. 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 but cannot take part during their team's Coach Interactions. The alternate player may not move from their seat during an end. The alternate must be dressed in the team attire.
16. 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).

Third Offense - 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.

17. 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).

Third Offense - 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.

RULE ENFORCEMENT

Rule enforcement will operate on a complaint based system where the Umpires will not get involved unless requested by either of the two competing teams. The hog-line rule is that a stone must be clearly released BEFORE the hog-line. If you consider hog-line violations to exist and wish that it be addressed, an Umpire will be assigned to observe all players on the sheet. The Umpire will make hog-line calls for both teams and stones will be removed accordingly.

IN ALL MATTERS CONCERNING ON ICE SITUATIONS, THE FINAL DECISION WILL BE MADE BY THE HEAD UMPIRE.

IN ALL MATTERS CONCERNING OFF ICE ISSUES, THE FINAL DECISION WILL BE MADE BY THE CURLMANITOBA EVENT MANAGER and/or COORDINATOR.

FORMAT

The competition shall be round robin play advancing to a playoff.

Women will have 2 pools advancing to a page playoff.

Men will have one pool advancing to a three team playoff.

Games will be 8 ends.

The draw will be emailed to teams one week prior to the Championship.

Pre-Game practice will be 9 minutes for Men and Women.

EQUIPMENT CHECK

Equipment will be checked at registration

A default game card will be completed at registration with each player signing the card.

GAME CARDS

If a team's personnel changes from the original line up card in a subsequent game, a new line-up card must be completed and presented to the Umpire prior to the practice of that game.

PRE-GAME PRACTICE/LAST STONE DRAW

The teams listed first in the draw will practice first and will be assigned the top of the scoreboard colour. The team assigned the bottom of the scoreboard colour will have the same period of practice starting immediately following the first practice's draws for last stone advantage.

Pre-Game practice is 9 minutes with 2 different players throwing a draw (one each rotation) for LSD

Each player position is required to throw 2 Last Stone Draws, one of each rotation.

First practice will commence as per the following chart.

1. Teams will name the position of the two players delivering the last stone draws, including which turns, before the start of the first team practice. Failure to do so will result in an assigned distance of 399.20 cm. Not applicable for mixed doubles.
2. Umpires will assume that every team that wins the Last Stone Draw will want the last stone in the first end. If a team does not want the last stone in the first end regardless of the outcome of the Last Stone Draw, they must inform the Umpire before the start of their practice.
3. Coaches may NOT deliver stones in the pre-game practice.

Pre-game practice formats	
Men and Women-9 minutes	9 minute practice
Minutes before Game Time	
Coin toss for practice order/stone colour if necessary	35:00
First practice may slide	30:00
First Practice may begin	29:00
Complete LSD(s) as required for Event. The umpire will announce when LSDs can be delivered.	20:00
<i>Umpires complete measurements required for LSD and teams switch</i>	
Second practice may slide	19:00

Second practice may begin	18:00
Complete LSD(s) based on event	9:00
Teams access ice to begin game	1:00

TIE-BREAKERS

There will be no tie-breakers.

Please see TEAM RANKING section of General Guide for more information.

PLAYOFFS

The Women's will advance to a page playoff.

The Men's playoff will have three teams advancing to a sudden death playoff.

TEAM MEETING

A mandatory team meeting will be held on Thursday April 16th.

Men 11:30am

Women 3:00pm

STONE SELECTION – Women (Round Robin 2 Pools)

GAME	LAST STONE	COLOUR
Round Robin	Last stone draw will occur (Any 2 different players)	<ul style="list-style-type: none"> • Colour will be assigned with the team on the top of the draw delivering the colour that is the top of the scoreboard • The team listed on the top / first in the draw will practice first
Playoff Games 1 vs 1 2 vs 2	If a team has a better win/loss record that team will have choice of colour AND second practice. If both teams have the same win/loss record the team with the less accumulated LSD will have choice of colour OR second practice Last stone draw will occur (Any 2 different players)	<ul style="list-style-type: none"> • No stone selection • The stone on the assigned game sheet shall be used

<p>Semi-final</p> <p>Runner up 1 vs 1 game vs Winner 2 vs 2 game</p>	<p>If teams are from the same pool the team with the better win/loss record will have Last stone advantage AND colour AND first practice.</p> <p>If teams are from the same pool and have the same record the runner up of the 1 vs 1 game will have choice of Colour AND 2nd practice.</p> <p>If teams are from different pools the team with the better win/loss record will have the choice of Colour AND second practice.</p> <p>If teams are from different pools and have the same win/loss record the team with the less accumulated LSD will have choice of colour OR second practice</p> <p>A LSD will determine the last stone advantage (any 2 different players)</p>	<ul style="list-style-type: none"> • No stone selection • The stone on the assigned game sheet shall be used
<p>Final</p> <p>Winner 1 vs 1 game vs Winner Semi-final</p>	<p>The winner of the 1 vs 1 game shall be granted Last Stone Advantage AND colour AND practice first.</p>	<ul style="list-style-type: none"> • No stone selection • The stone on the assigned game sheet shall be used

STONE SELECTION – Men (Round Robin 1 pool)

GAME	LAST STONE	COLOUR
Round Robin	Last stone draw will occur (Any 2 different players)	<ul style="list-style-type: none"> • Colour will be assigned with the team on the top of the draw delivering the colour that is the top of the scoreboard • The team listed on the top / first in the draw will practice first
Playoff Games 1 vs 2 3 vs 4	<p>If a team has a better win/loss record that team will have Last Stone Advantage AND choice of Colour AND first practice.</p> <p>If both teams have the same win/loss record the higher ranked team will have choice of colour AND second practice</p> <p>A LSD will determine the last stone advantage (any 2 different players)</p>	<ul style="list-style-type: none"> • No stone selection • The stone on the assigned game sheet shall be used
Semi-Final Runner up 1 vs 2 game vs Winner 3 vs 4 game	<p>The team with the better win/loss record will have Last stone advantage AND choice of colour AND first practice.</p> <p>If teams have the same record the runner up of the 1 vs 2 game will have choice of Colour AND 2nd practice.</p> <p>A LSD will determine the last stone advantage (any 2 different players)</p>	<ul style="list-style-type: none"> • No stone selection • The stone on the assigned game sheet shall be used

<p>Final</p> <p>Winner 1 vs 2 game vs Winner Semi-final</p>	<p>The winner of the 1 vs 2 game shall be granted Last Stone Advantage AND colour AND first practice.</p>	<ul style="list-style-type: none"> • No stone selection • The stone on the assigned game sheet shall be used
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CURLMANITOBA BEHAVIOURAL GUIDELINES

All athletes at any CurlManitoba Event must show respect for the game of curling.

Inappropriate behaviour of any kind will not be tolerated during a CurlManitoba Officiated Event.

- Verbal abuse directed at anyone including teammates, opposition, volunteers or CurlManitoba representatives. Rudeness to any timers, volunteers, Umpires, spectators, other athletes or CurlManitoba representatives.
- Obscene gestures that are deemed inappropriate by an Umpire and abusive behaviour to anyone.
- Behaviour that disturbs other athletes or games.
- Extreme broom slamming or breaking.
- Disrespect toward CurlManitoba partners.

Game Expulsion/Ejection

All athletes at any CurlManitoba Event must show respect for the game of curling.

Inappropriate behaviour of any kind will not be tolerated during a CurlManitoba officiated event.

- The Umpires at all Championship events are empowered to eject/expel a player from a game for unsportsmanlike behaviour of any kind including verbal abuse directed at anyone including team mates, opposition, volunteers or CurlManitoba representatives
- There may be no warning for any infraction. Once a player or coach has been expelled the following procedures will be implemented:
 - a. The player/coach must leave the ice surface immediately. If the individual refuses to leave the team will then forfeit the game.
 - b. For the remainder of the game, the individual may not be in any public area of the facility or on the ice surface.
 - c. An ejected/expelled player will not be allowed a substitute/replacement for the remainder of the game. In mixed play where 4 players are mandatory, the game will be automatically forfeited.
 - d. In the matter of a coach being ejected/expelled, the team will forfeit their time outs.
 - e. If the player/coach is ejected/expelled for longer than the game in question, a substitute player/coach will be allowed.
- The behavioural rules will be strictly enforced by the Umpires.

- Bad behaviour at the conclusion of the event (final game) will be penalized by the athlete being ejected from the first game of the next event that they are competing in at the same level of play.
- For specific details on an appeal process contact CurlManitoba.

When a Championship is in an Arena.

- a. Coaches and athletes are expected to adhere to the policy in its entirety.

When a Championship is in a Curling Club with Bleachers on the ice.

- a. Coaches and Assistant coaches may not sit in the ice area for any games that their team is playing. If they are sitting in this area, they must be removed from the area and ejected from the game in progress as coach. The alternate coach may not be added. The team will play without a coach for the remainder of the game.
- b. Spectators at any Championship that are an issue by "coaching" from the sidelines or cheering inappropriately or using foul language will be asked to leave the ice area. The Umpires will determine unacceptable behaviour.

When a Championship is in a Curling Club with coaches behind the glass.

- a. Unacceptable behaviour behind the glass in a curling club includes banging on the glass, yelling out of the doorway, signaling from inside to the team by using hand signals, coffee cups, etc, pacing, standing up and sitting down in a demonstrative manner and all other behaviour that an Umpire deems as being an attempt to coach a team.

When a Team has completed an Event

- a. Athletes that use inappropriate behaviour in the ice area once they have been eliminated from an event will be penalized.
- b. The Umpire will present the athlete with a letter explaining the consequences of their behaviour.
- c. The athlete will be charged a donation to the Endowment Fund of \$100.00. CurlManitoba will administer this consequence. The Umpire will present the letter to the athlete.

There will be no warning or appeal process with this type of misconduct.

MEDIA

CurlManitoba is fortunate to have great support from media across the province. Every player is asked to do their part in maintaining that support by cooperating with media when requested. The presence of photographers and cameramen is a fact during a CurlManitoba Championship. While it may seem courteous to you to stop your movement while they take their picture, it is not your responsibility to do so. Your job is to be in position to sweep or make your next shot. If you must move in front of their camera to do so, do not be concerned about it.

Social Media Guidelines for Athletes and Coaches

Definitions

The following term has this meaning in these Guidelines:

“*Social media*”– The catch-all term that is applied broadly to new computer-mediated communication media such as blogs, YouTube, Facebook, X(Twitter), Instagram, Tik Tok, etc

Purpose

1. These Guidelines provide athletes and coaches with tips and suggestions for social media use. Athletes and coaches are strongly encouraged to develop their own strategy for social media use (either written down or not) and ensure that their strategy for social media use is acceptable pursuant to CurlManitoba’s *Code of Conduct, Behavioural and Discipline Policies*.
2. Given the nature of social media as a continually developing communication sphere, CurlManitoba trusts its athletes and coaches to use their best judgment when interacting with social media. These Guidelines are not hard and fast rules or behavioural laws; but rather ideas that will inform athletes’ and coaches’ best judgment.

Social Media Guidelines for Athletes

The following tips should be used by athletes to form their own strategy for social media use:

1. Set your privacy settings to restrict who can search for you and what private information other people can see.
2. Coaches, teammates, officials, or opposing competitors may all add you to Facebook or follow you on Twitter. You are not required to follow anyone or be Facebook friends with anyone.
3. If you feel harassed by someone in a social medium, report it to your coach, Umpire, or to CurlManitoba.
4. Do not feel pressure to join a fan page on Facebook or follow a Twitter feed.
5. Content posted on Twitter and Facebook, relative to your privacy settings, is considered public. In most cases, you do not have a reasonable expectation of privacy for any material that you post.
6. Avoid posting pictures of, or alluding to, participation in illegal activity such as: speeding, physical assault, harassment, drinking alcohol (if underage), and illicit drugs.
7. Model appropriate behaviour in social media befitting your status as
 - a) an elite athlete, and
 - b) a member of your club and of CurlManitoba. As a Member of CurlManitoba, you have agreed to CurlManitoba’s *Code of Conduct, Behavioural and Discipline Policies* and most follow that Code when you post material and interact with other people through social media.
8. Be aware that your public Facebook page or Twitter feed may be monitored by your club, coach, or by CurlManitoba and content or behaviour demonstrated in social media may be subject to sanction under CurlManitoba’s *Code of Conduct, Behavioural and Discipline Policies*.

Social Media Guidelines for Coaches

The following tips should be used by coaches to form their own strategy for social media use:

1. Choosing not to engage with social media is an acceptable social media strategy. But you must have good reasons for your choice and be active in other communication media.
2. Despite what Facebook says, you are not actually "friends" with athletes. Resist commenting on athletes' personal activities, status updates, or tweets on Twitter.
3. Consider monitoring or being generally aware of athletes' public social media behaviour to ensure compliance with CurlManitoba's *Code of Conduct, Behavioural and Discipline Policies*.
4. Coaches may not demand access to an athlete's private posts on Twitter or Facebook.
5. Do not "friend" athletes on Facebook unless they request the connection. Never pressure athletes to "friend" you.
6. If you accept some "friend" requests, or follow one athlete on Twitter, you should accept all friend requests and follow all the athletes. Be careful not to show favouritism on social media.
7. Consider managing your social media so that athletes do not have the option to follow you on Twitter or "friend" you on Facebook.
8. Seek permission from athletes before posting pictures or videos of the athletes on publicly available social media like a blog or on YouTube.
9. Do not use social media to 'trap' athletes if they say one thing to you in person but their social media activity reveals they were doing something different.
10. Keep selection decisions and other official team business off social media.
11. Never require athletes to join Facebook, join a Facebook group, subscribe to a Twitter feed, or join a Facebook fan page about your team or organization.
12. If you create a fan page on Facebook for your team or athlete, do not make this social media site the exclusive location for important information. Duplicate important information in more official channels (like on a website or via email).
13. Ensure that parents are aware that some coach-athlete interactions may take place on Facebook.
14. Exercise appropriate discretion when using social media for your own personal communications (with friends, colleagues, and other athletes) with the knowledge that your behaviour may be used as a model by your athletes.
15. Avoid association with Facebook groups or Twitter feeds with explicit sexual contact or viewpoints that might offend or compromise the coach-athlete relationship.
16. Never misrepresent yourself by using a fake name or fake profile.
17. Be aware that you may acquire information about an athlete that imposes an obligation of disclosure on your part (such as seeing pictures of underage athletes drinking during a trip).
18. Attempt to make communication with athletes in social media as one-sided as possible. Be available for athletes if they initiate contact via social media – athletes may wish to have this easy and quick access to you – but avoid imposing yourself into an athlete's personal social media space unless explicitly requested to do so.