



## **2026 CANADA GAMES TRIALS**

### **MIXED DOUBLES**

### **COMPETITOR GUIDE**

#### **Mixed Doubles**

#### **Dynasty U20 Mixed Doubles**

**presented by Access Credit Union**

April 9-12, 2026  
Pembina Curling Club

**2027 Canada Winter Games Mixed Doubles will  
be February 27, 2027 to March 4, 2027 in  
Quebec City, Quebec**

NOTE: Winner of the U20 Dynasty Mixed Doubles will have the opportunity to go to the East or West Qualifier for nationals in the Fall of 2026



## TABLE OF CONTENTS

Location	page 3
Event Contact Information	page 3
Admission	page 3
Eligibility	page 3
Age requirements	page 3
Coaching Requirements	page 3
Timing & On Ice Coaching	page 3
Rule Enforcement	page 4
Registration	page 4
Seeding	page 4
Replacement Players	page 4
Format	page 4
Equipment Check	page 4
Game Cards	page 4
Pre-Event Practice	page 5
Pre-Game Practice	page 5
Last Stone Draw	page 5
Playoffs	page 5
Stone Selection	page 6
Stone Placement & Rules	page 6
Behavioural Policy	page 9
Media	page 11

**LOCATION** Pembina Curling Club  
April 9-12, 2026 (Mixed Doubles)

**EVENT CONTACT INFORMATION** CurlManitoba: Jill Officer  
[jofficer@curlmanitoba.org](mailto:jofficer@curlmanitoba.org)

**OPENING CEREMONIES** Friday 8:00pm  
mandatory

**ADMISSION** \$20 day pass  
\$10 last draw of the day

### **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.

### **AGE REQUIREMENTS**

**MIXED DOUBLES TEAMS** Under 21 as of June 30, 2026  
Date of birth: July 1, 2005 or later

### **COACHING REQUIREMENTS**

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. Rule of Two Elearning
8. Screening Disclosure form

NOTE: There will be no exemptions provided

### **U20 MIXED DOUBLES TIMING & ON ICE COACHING**

8 end games  
24 minutes thinking time  
3.5 minutes extra end

1. 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.
2. Coaches are allowed one (1) interaction in the extra end.
2. These Coach Interactions can occur in the same end or in different ends.
3. When extra ends are required, the game clocks will be reset and given three minutes and thirty seconds (3.5) minutes for Mixed Doubles games.

## **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.**

## **REGISTRATION**

Equipment and Competitor Guide will be checked prior to the team's first pre-game practice. Game cards will be completed.

## **SEEDING**

Seeding will be emailed to the contacts to all team contacts by CurlManitoba with a due date.

If less than 25% of teams participate in the self-seeding process, teams will be placed in the draw using a random generator program.

## **REPLACEMENT PLAYERS/COACH**

The deadline date for naming a coach is April 2, 2026 NOON.

## **FORMAT**

The competition shall be an open entry championship.

The format will be a triple knockout with 8 qualifiers advancing to a sudden death playoff.

Games will be 8 ends.

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

Pre-Game practice will be 7 minutes for Mixed Doubles.

## **EQUIPMENT CHECK**

Equipment will be checked at registration

A default game card will be completed at registration

## **QUESTION AND ANSWER**

The question and answer period time, location and date – Thursday, April 9th 2:00 pm.

## **GAME CARDS**

A team line-up card must be completed and presented to the Umpire 35 minutes prior to their first pre-game practice of the competition. The card MUST be signed by each player.

## PRE-EVENT PRACTICE

There will be no pre-event practice.

## PRE-GAME PRACTICE/LAST STONE DRAW

A coin toss will occur for choice of practice or colour, 35 minutes prior to the game time.

First practice will commence as per the following chart.

1. First practice will throw 2 stones in the Clockwise rotation, and second practice will throw stones in the counterclockwise rotation. One stone per player.  
Failure to do so will result in an assigned distance of 399.20 cm.
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.

<b>Pre-game practice formats</b>	
	Minutes before Game Time
Coin toss for practice order/stone colour if necessary	35:00
First practice may slide	25:00
First Practice may begin	24:00
Complete LSD(s) as required for Event. The umpire will announce when LSDs can be delivered.	17:00
<i>Umpires complete measurements required for LSD and teams switch</i>	
Second practice may slide	16:00
Second practice may begin	15:00
Complete LSD(s) based on event	8:00
Teams access ice to begin game	1:00

## PLAYOFFS

The playoff will be single knockout with eight teams.

In the playoff round, the team that finished higher in the qualifying event play will have choice of Last Stone Advantage AND choice of colour.

If teams are tied (ie: qualified in the same event) for placement, the coin toss will occur for choice of practice OR colour and a LSD will occur.

If a team chooses colour instead of last stone, the other team then has the choice of last stone and first practice, or no last stone and second practice.

## STONE SELECTION

GAME	LAST STONE	COLOUR
Triple Knockout	Last stone draw  Coin toss will occur a minimum of 35 minutes prior to the game time	<ul style="list-style-type: none"><li>• Coin toss for colour or 1<sup>st</sup>/2<sup>nd</sup> practice</li></ul>
Playoff	The team that qualified in the higher event will have choice of Last stone draw AND colour AND practice first  If teams are tied (ie-qualified in the same event) for placement the coin toss will occur for choice of practice or colour A LSD will occur	<ul style="list-style-type: none"><li>• No stone selection</li><li>• The stone on the assigned game sheet shall be used</li></ul>

Note: Handles will not be changed

## STONE PLACEMENT

Two stones are designated for placement. The players will set up their own stones at the designated spots. The teams may choose from the six remaining stones which stones they will deliver in each end.

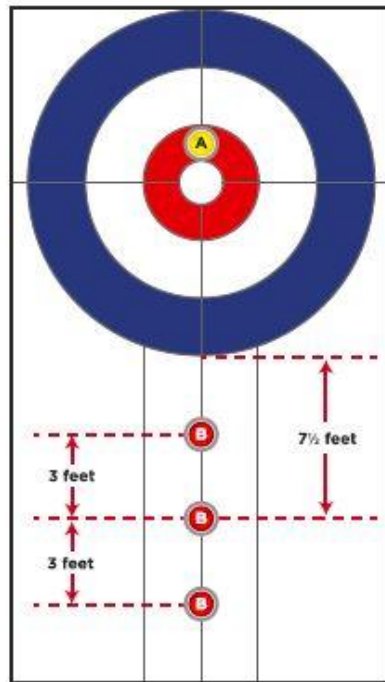
## RULES

1. A team is composed of two players, one male, and one female. Alternate players are not allowed. A team must forfeit any game(s) in which it fails to have both athletes playing for the entire game.
2. The scoring shall be the same as in a regular game of curling. The "positioned" stones that are placed before the beginning of each end are eligible to be counted in the scoring.
3. Each team shall deliver five stones per end. The player delivering his/her team's first stone of the end must also deliver his/her team's last stone of that end. The other team member shall deliver the team's second, third and fourth stones for that end. The player delivering the first stone can change from end to end.
4. Modified Free Guard Zone: no stone in play, including the "positioned" stones and those in the house, can be removed to an out-of-play position prior to the delivery of the fourth stone of an end (the fourth delivered stone is the first stone that can remove stone from play). If there is a violation without exception, the delivered stone shall be removed from play, and any displaced stone(s) shall be replaced to their original position by the non-offending team.

5. Before the start of every end (except when the Power Play option is chosen), the team with choice shall place their team's "positioned" stone at the playing end of the sheet in one of two positions, designated A or B. The opponent's "positioned" stone shall then be placed in whichever position (A or B) remains vacant.

A— Placement of the stone is placed so that the stone is bisecting the centre line and the back edge of the stone is aligned with the back edge of the 4-foot circle.

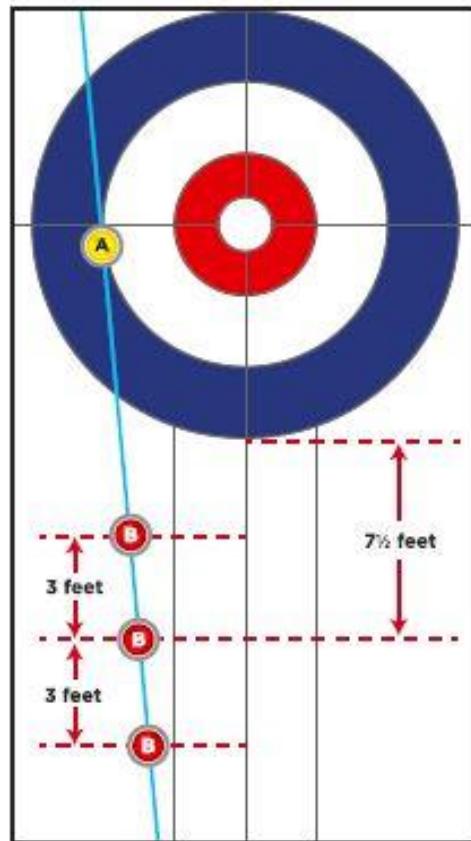
B -- Placement so that the stone is bisecting the centre line and is immediately in front or immediately behind one of the three points in the ice. Stone placement will be determined by the umpires. Rock placement points are placed on the centre line.



### THE POWER PLAY

6. Once per game, each team with last stone, has the option to place the stones in a "power play" position. The in-house stone of the team with last stone in that end is placed with the back edge of the stone on the tee line, splitting the 8 foot and the 12 foot circle.

The guard is positioned from the centre-line to a direct line between the middle of the in-house stone and the middle of the delivering hack. The in-house stone will be directly behind the guard. The team calling the power play can decide which side of the house they would like the stones placed. A "power play" cannot be called in an extra end.



7. The team having the decision on the placement of the "positioned" stone shall be:
  - Team
  - with the best LSD from the pre-game practice will have the choice in the first end.
  - Following the first end, the team that did not score shall have the decision on the placement.
8. If neither team scores in an end, the team that delivered the first stone in that end shall have the decision of placement in the next end.  
 The team whose "positioned" stone is placed in Position B in both diagrams shall deliver the first stone in that end.
9. If a player delivers a stone out of proper rotation, the delivered stone is removed and any displaced stones are returned to their original positions by the non-offending team. Should the infraction not be discovered until after the delivery of the subsequent stone, play continues as if the infraction had not occurred.

## **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.