

## NORTH GEORGIA YOUTH FOOTBALL LEAGUE

***“THIS YOUTH FOOTBALL LEAGUE IS NOT ORGANIZED FOR THE PURPOSE OF “WINNING AT ALL COSTS”. THIS LEAGUE SHOULD BE USED AS A MEANS TO TEACH THE YOUNG PEOPLE INVOLVED THE VALUES OF BASIC FUNDAMENTALS, SPORTSMANSHIP, TEAMWORK, AND FAIR PLAY! WE CALL UPON YOU AS COACHES TO BE IN THIS FOR THE RIGHT REASONS. THANK YOU.”***

### ORGANIZATIONAL GUIDELINES FOR THE 2019 SEASON:

1. Team Rosters and a \$150.00 per team League assessment fee must be turned in to the Catoosa County Recreation Department by the deadline of **Monday, August 19<sup>th</sup>, 2019**.
  - a. Blank team rosters can be downloaded via [www.catoosarec.com](http://www.catoosarec.com). Rosters should include the names of each team’s Head Coach plus his four (4) assistant coaches. Rosters are open record information for all League Commissioners and Coaches for viewing at any time.
  - b. All teams must keep a folder on the sideline at each game that includes the team roster, birth certificates and heads up concussion certificates which may be randomly checked by NGYFL staff. Failure to do so will result in suspension. Each coach will receive a pass for free admission to league games. Coaches' passes are limited to five (5) per team and will be handed out with the league schedule.

Cheerleading sponsors will receive three (3) passes for free admission to league games. Each Association or cheerleading sponsor must turn in the names of their three (3) Cheerleading sponsors to the Catoosa County Recreation Department.

2. The **JAMBOREE** is scheduled for **Saturday, August 24<sup>th</sup>, 2019**, and will be hosted at two locations:

The 5/6, 7U & 8U Age Groups will be hosted by *Trion Recreation Department*.

The 9U, 10U & 11/12 Age Groups will be hosted by *Rock Spring Athletic Association*.

3. The 2019 season will start on **Saturday, September 1<sup>st</sup>, 2019**. All games on the League Schedule shall be played. Inclement weather is the only reason a game should be cancelled. If cancelled by inclement weather, agencies/associations must agree on a make-up date. If a coach/team refuses to play a scheduled League game, they will not be allowed to participate in the Championship Playoffs.
4. Each Coach **MUST CONTACT**, or have a designated person to contact, the North Georgia Youth Football League **the day following each game** in order to turn in the scores of their games so that results can tallied and posted to Tournery Machine. Contact Information:
  - a. Caitlin Conduff – 706- 891-4199; [caitlin.conduff@catoosa.com](mailto:caitlin.conduff@catoosa.com)
5. Admission to League games will be:
 

Adults:	\$4.00
Students (6-18) / Seniors (60+)	\$2.00
Children 5 yrs. & under:	Free
6. Each Home or hosting Association **MUST PAY** the Officials by halftime of the final game. Three (3) Officials will be assigned to each tackle game at the rate of **\$35.00 per Official per game**. Also, it is imperative that each 'Home Field' Association make sure their field is properly lined-off, the grass cut, and have qualified workers (16 years of age and older) available to handle the chains, down markers and game clock. Chain crews should report to the visiting sidelines and remain unbiased for the duration of the game or be subject to removal by the game officials.
7. Age Control Date: Age prior to **MAY 1st** of the current year.

**ORGANIZATIONAL GUIDELINES FOR THE 2018 SEASON: - (continued)**

8. All players participating in the North Georgia Youth Football League must meet the following eligibility requirements:
- a) New Players may participate with any agency in the NGYFL; however, a family must physically change their permanent residence and show proof in order for player(s) to participate with a different agency in the NGYFL from one year to the next. Proof of permanent residence change should be a current utility bill that lists the player's guardian(s) first and last name along with the new permanent residence address. If a player signs up and participates with a different agency in the NGYFL from one year to the next AND the parents / legal guardian(s) HAVE NOT physically changed their permanent residence, the football commissioner / director of the recreation agency the player participated with the prior year must file a grievance before the NGYFL Jamboree. If the grievance is upheld, the protesting agency / association must allow the player in violation to return to their organization that season at normal registration cost.
- \*RESIDE shall mean the permanent residence of a participant.
- NOTE:** The construction of a home or dwelling, in anticipation of moving from one residence to another, or the signature of a lease in anticipation of moving from one residence to another, DOES NOT constitute eligibility. The actual date of occupancy shall constitute the completion of a move. Ownership of land, buildings, property, dwellings, or the possession of a post office box in more than one city / county, DOES NOT constitute eligibility.
- b) New players (players that have never participated in the NGYFL) may participate with any agency / association in the NGYFL their first year, but would be subject to Rule 8-a listed above should he / she wish to move agencies / associations in the future.
- c) Players must be eligible by age to participate in the age group he / she signs up for. Please note the age control date when signing up for the NGYFL.
- d) Players may be release from a team by completing a North Georgia Football League Player Release Form. This form must be signed by the Football Coordinator of the league releasing the player and the player's parent. This form is located on the Catoosa County webpage.
9. Each association must make certain their teams/players are covered by accident insurance. This responsibility is solely on the Associations.
10. NO player(s) can be added to the team roster after the first league game **September 1<sup>st</sup>, 2019**. The only exception is when a team is close to forfeiting games due to a lack of players. If this situation exists, a team must have LESS than 15 of their original roster players active and playing before seeking to add players. Players who are inactive or no longer playing with a team must be dropped from the team roster before any 'new' players can be added. Any players dropped from a team's roster will become ineligible from that point on. All coaches must go through their Football Commissioner in order to add any players. Following the guidelines stated above, a team can add up to but no more than 15 players.
11. Sign-Ups: All members of the NGYFL must accept ALL player sign-ups through August 14<sup>th</sup>. No player shall be turned away from signing up prior to the league mandated date of August 14<sup>th</sup>.
12. The mandatory coaches meeting is: **Wednesday, August 14<sup>th</sup> 6:00pm @ Woodstation Gym.**

## NORTH GEORGIA YOUTH FOOTBALL LEAGUE

### **PRACTICE POLICY**

The NGYFL has adopted a practice policy to use as a guideline relating to scheduled team practices, players missing a scheduled team practice, and communication requirements between Head Coaches and parents / legal guardians of players who miss scheduled team practices.

1 – Head Coaches (HCs) **MUST** communicate scheduled team practices in advance and on a consistent and routine basis so that parents / legal guardians can make necessary arrangements. Ideally, HCs should communicate the schedule for practicing a week in advance especially if the practice days each week varies from week to week (i.e. Week 1 practice = Mon, Thurs, Week 2 practice = Tues, Wed, etc...)

2 – The HC will set the team's practice schedule and attendance requirements. Once set, it is the HC's sole responsibility to ensure all players regardless of playing ability are held to the exact same practice and attendance requirement standards. HCs are subject to NGYFL disciplinary action if allowing double standards in relation to their own practice schedule and attendance requirements.

3 – If a player is going to miss a scheduled team practice, it is the responsibility of the parent / legal guardian to notify the **HC** before the scheduled practice occurs. In rare cases or emergency situations where the **HC** can not be notified in advance of the scheduled practice, the parent / legal guardian should notify the **HC** by the end of the day in which the practice was scheduled. These communication requirements begin with the very 1<sup>st</sup> scheduled team practice and remain in effect until the last scheduled team practice.

4 - **Parents / Legal Guardians:** The NGYFL expects players to make and participate in scheduled practices in order to gain privilege to the NGYFL's player participation rule. Player's safety, knowledge of plays both offensively and defensively, being in the right physical shape, etc...are all jeopardized when practice is missed. Failure to meet your team's practice attendance requirement or failure to communicate to your HC when your child has to miss practice **WILL RESULT** in the player losing privilege to the player participation rule.

5 – **Head Coaches:** You **MUST** discuss with your recreation agency Football Commissioner or City Recreation Department Football Coordinator any and all situations concerning players missing practice on a **WEEK-TO-WEEK** basis. The parent / legal guardian should be communicated with as well. If a player is to lose his/her privilege to the NGYFL player participation rule for the next scheduled game, the Agency Football Commissioner or City Recreation Department Football Coordinator must inform the NGYFL League Office, not the HEAD COACH.

## NORTH GEORGIA YOUTH FOOTBALL LEAGUE

### **HB 284 The Return to Play Act of 2013**

1. The Georgia Legislature passed HB 284 “The Return to Play Act of 2013” to bring awareness to concussions in youth sports and educate parents, coaches, officials and administrators of the symptoms related to this type of head injury. This bill became law effective January 1<sup>st</sup>, 2014.
2. What is the law?
  - a. Prior to the beginning of each athletic season, an information sheet that informs parents or legal guardians of the risk of concussions must be provided. The parent / legal guardian must sign an acknowledgment of receipt.
  - b. If a youth athlete (age 7 to 18) participating in a youth athletic activity exhibits signs or symptoms of a concussion, he must be removed from play and evaluated by a healthcare provider.
  - c. Before a youth athlete can return to play, he must be cleared by a healthcare provider trained in the management of concussions.
3. The NGYFL requires all football commissioners as well as all five (5) coaches from each team to complete an annual concussion education recognition course. Once the course has been completed, the coach will be issued a certificate which shall be printed off and kept in the team folder that includes birth certificates and the team roster and be present at each game.
4. The Centers for Disease Control and Prevention developed “The *Heads Up: Concussion in Youth Sports*” initiative to offer information about concussions to coaches, parents, and athletes involved in youth sports. “The *Heads Up*” initiative provides important information on preventing, recognizing, and responding to a concussion. For more information, please visit their website: <https://www.cdc.gov/headsup/youthsports/training/index.html>

### **COACHES DRESS CODE**

The NGYFL strongly enforces the following coaches dress code:

- a. Coaches must be dressed in a Rec / Team logo t-shirt or polo shirt
- b. The team logo shall be on the front of the shirt. Nothing is allowed on the back of the shirt
- c. Shorts or pants are acceptable; however, they must be worn appropriately around the waist
- d. Coaches must always wear their coach’s pass around their neck on the field

## NORTH GEORGIA YOUTH FOOTBALL LEAGUE

### **DRAFTING GUIDELINES**

1. Any association or agency that has 30 or more players sign up in single or combined age groups must split into two (2) or more teams and draft players **EQUALLY** to each team **by each year of age**.

**Example:**

An association or agency has 31 youth sign up for the 11-12 year age division. Obviously, there will be two (2) teams created in this age group. The breakdown of sign-ups for this age group is as follows:

15 (11-year olds)  
16 (12-year olds)

According to these drafting rules, each team must consist of an **EQUAL** number of 11-year olds and an **EQUAL** number of 12-year olds. In the example listed above and after the draft is conducted, each team must be comprised of the following:

<p><b>Team 1:</b> 7 (11-year olds) 8 (12-year olds) ---- <b>15 total players</b></p>	<p><b>Team 2:</b> 8 (11-year olds) 8 (12-year olds) ---- <b>16 total players</b></p>
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2. In addition to equally drafting the players by year of age, each association or agency should organize an evaluation and draft each year of age as evenly as possible by talent.

3. Any associations having two (2) or more teams in an age group must set up a draft through the Catoosa County Recreation Department. A staff member of the CCRD will supervise the draft proceedings and will sign off on the rosters after the draft.

4. **NO ROSTER** will be accepted (or included in the League schedule) from an agency or association that has two (2) or more teams in an age group without the attendance and verified signature of the North Georgia Youth Football League staff member.

**\* NOTES OF IMPORTANCE \***

The NGYFL recommends a maximum roster limit (22 per team). Under this rule, all players will have a starting position on either offense or defense. The recommended roster limit of 22 players with the requirement of each player having a starting position on either offense or defense promotes participation, increased coach to player teaching during practice, and reduces the possibility of youth quitting the sport of football. **Players are not allowed to play both ways during the first half of the game unless the team is fielding less than 22 players.**

**EXCEPTION:** Teams may have more than 22 but less than 30 players in some cases so that players can continue to sign up for the sport of football and not be turned away. Under this scenario, subs can run in and out of the game in the first half for starters; however, any starter on offense cannot run back in the game on defense and defensive starters cannot run back in the game on offense in the first half. The NGYFL mandates creating two teams with 30 + sign ups.

The current NGYFL age groups for are: 5/6 combined, 7U single, 8U single, 9U single, 10U single and 11/12 combined.

## NORTH GEORGIA YOUTH FOOTBALL LEAGUE

### **WEIGHT LIMIT RULES AND GUIDELINES**

- Weight limits are in effect for any players who fall under the following positions/situations:

#### **OFFENSE:**

Quarterbacks  
 Running Backs  
 Wide/Slot Receivers (Cannot Line Up as a Receiver Unless Weight Eligible)  
 Tight Ends (Advancing the Ball or Receiving a Pass)  
 Any Player Lining Up in the Back Field or 'Off' the Line of Scrimmage  
 Any Player Going in Motion

#### **SPECIAL TEAMS:**

Players Advancing the Ball on Kickoff Receiving Must Be Eligible by Weight  
 Players Advancing the Ball on Punt Returns Must Be Eligible by Weight (12-Under Only)  
 Punters conducting a "Fake" Punt (Run or Pass) Must be Eligible by Weight (12-Under Only)  
 Players Advancing the Ball on a "Fake" Field Goal Must Be Eligible by Weight

- All players must be weighed!!!** Each player will only be allowed to weigh in **ONE TIME** at either the Saturday or Thursday Weigh-In. Once a player weighs on the "Official Scales" they may not weigh again. A set of "Unofficial Scales" will no longer be provided during weigh-ins.
  - To be eligible to advance the ball and all other situations listed in # 1 above, players' official weight must be **LESS THAN** the limit for that age division. If a player's official weight is **AT or ABOVE** the limit for that age division, the player is not eligible to advance the ball or any other situations listed in # 1 above. Once the weigh-ins have been conducted, players will be deemed eligible or ineligible and this status will be in effect for the entirety of the playing season, including League Playoffs. **NO WEIGH-INS WILL BE CONDUCTED ANY WHERE BESIDES THE LOCATIONS / TIMES LISTED BELOW!**
    - Weight limits are:

<b>6-Under Division - 70 pounds</b>	<b>9-Under Division – 105 pounds</b>
<b>7-Under Division – 80 pounds</b>	<b>10-Under Division – 115 pounds</b>
<b>8-Under Division – 90 pounds</b>	<b>12-Under Division – 145 pounds</b>

- Scheduled Weigh-ins:
  - Saturday, August 17<sup>th</sup>/ Poplar Springs Voting Precinct/Time: Each Agency has an assigned time
  - Thursday, August 23<sup>rd</sup>/ LaFayette Park and Recreation Department/Time: 6pm – 8 pm (all agencies)

Each agency will have an assigned time for their players to weigh-in on Saturday, August 17th. A copy of this weigh-in schedule is available from each football commissioner for each agency or at the Catoosa County Recreation Department. Each Agency's weigh-in is open for viewing by ANY coach or agency. It is strongly recommended that a Coach or Team Representative from every team be present at other agency's weigh-ins to witness weights of players that anyone perceives as questionable. Remember, perception of a player's size or weight by the naked eye is NEVER the determining factor on whether he/she made weight.

## **WEIGHT LIMIT RULES AND GUIDELINES (Continued):**

4. All players exceeding the weight limit must have the mandatory, League-approved decal on the front and back portion of their helmet. The approved decal is an oval sticker with the lettering “NGYFL” in the center.
5. If a player exceeding the weight limit (wearing the approved decal) advances the ball or any other situation listed in # 1 above, the play will be blown dead and the down will count. Deliberate and repeated attempts to violate this rule by coaches will result in ejection from the game, and, consequently, a suspension.
6. Fumbles and interceptions ***can be*** advanced by **ANY** Defensive player per GA High School rules.
7. The North Georgia Youth Football League disfavors weight loss by a child in order to make weight eligibility. Any weight loss by a child should be under a physician’s supervision only.
8. After the official weigh-ins and after game jerseys are given out, each team must create a roster by name and number by downloading the official NGYFL roster via the [www.catoosarec.com](http://www.catoosarec.com) website and email it to [caitlin.conduff@catoosa.com](mailto:caitlin.conduff@catoosa.com) .
  - a. Numerical rosters must be turned in before Saturday, August 24<sup>th</sup> (Jamboree). After numerical rosters have been turned in, a player cannot change jersey numbers unless authorized by the North Georgia Youth Football League. Rosters will be available to all coaches by the first League game on **SATURDAY, SEPTEMBER 1<sup>st</sup>, 2019**.
9. On Game Day, if a jersey has been lost, forgotten, or damaged and it is not present at the field, the Head Coach must communicate this situation with the opposing coach before the game starts. If this procedure is not followed, the team in violation will risk forfeiting the game.

## **SHORT-HANDED RULES AND GUIDELINES:**

If a team shows up on game day with less than 11 players (short-handed), the following guidelines will be implemented:

- A. Teams may play with 9 or 10 players, but the game will be ruled a forfeit with 8 or less.
- B. The opposing team will need to drop down and play the same number of players as the short-handed team. Example: Short-handed team has 10; Opposing team plays with 10.
- C. Short-Handed team must notify the opposing team and the officials immediately.
- D. The short-handed rule is only for emergency situations and should never be used as a strategy to win a game.

## NORTH GEORGIA YOUTH FOOTBALL LEAGUE

### 6-Under DIVISION - AGE SPECIFIC RULES:

1. This Division is governed by Georgia High School Rules & Regulations other than what is specified hereafter. This League will play eight (8) minute regular quarters & teams must exchange lineup cards before each game.
2. The recommended roster limit is 22. All players must have a starting position on either offense or defense & all starters must play the entire 1<sup>st</sup> & 2<sup>nd</sup> qtrs. Exception: Teams with 23–29 players shall list 22 players with a starting position & all subs must still play a minimum of 2 qtrs. Coaches who do not adhere to this “participation rule” may be suspended & forfeit the game. A player must play on 1 team only & cannot be on 2 rosters within the NGYFL.
3. The offense and defense can have two (2) coaches on the field of play to instruct players. However, once the offensive team breaks their huddle, both coaches must retreat to a spot 10 yards behind the deepest offensive player and deepest defensive player. Coaches can continue to instruct players verbally after they have retreated 10 yards. The penalty for not adhering to this rule is 15 yards. Coaches in the 6-Under Division are allowed to be on the field throughout the entire season including playoffs.
4. This Division WILL NOT PHYSICALLY KICKOFF OR PUNT. Instead of a kickoff, the team receiving the ball will put the ball in play on the 35-yard line. If choosing to punt on 4th down, the Officials will mark off 25 yards. The Game Clock will run as the officials are marking off the punt and will stop once the ball has been spotted. If a team decides to punt from the 35-yard line or inside the 35-yard line, the ball will automatically be put in play at the 10-yard line for the receiving team. No team shall start an offensive series inside the 10-yard line from the result of a punt.
5. The time allowed for snapping the ball after it has been declared ready for play is 45 seconds.
6. Each team will have two (2) timeouts in the 1<sup>st</sup> half, and three (3) timeouts in the 2<sup>nd</sup> half. Timeouts cannot be carried over from the 1st half to the 2nd half. Halftime shall be a minimum of 5 minutes long.
7. SAFETY RULE: If a safety is recorded, the defensive team will be awarded the 2 points and will then receive the ball on the 50-yard line to start their offensive series. If a penalty resulting in a safety occurs on the last timed down of a period, the period is not extended.
8. Points after TD: Successful Run conversions = 1 point; Successful conversions by a legal forward pass = 2 points.
9. MERCY RULE: the 1<sup>st</sup> & 2<sup>nd</sup> quarters will run as ‘Regular Quarters’. If at the start of the 3<sup>rd</sup> quarter a team is behind by 30 + points, the team losing will have the option to finish the game with a running clock. If at the start of the 4<sup>th</sup> quarter or at any point during the 4<sup>th</sup> quarter a team has a 20-point or more lead, the clock will run continuously except for an officials’ timeout. Timeouts WILL NOT be granted to teams with a 20-point or more lead in the 4<sup>th</sup> quarter until the lead decreases to 19 points or less. If a team who is behind by 20 points or more in the 4<sup>th</sup> quarter scores to make the deficit 19 points or less, the clock will go back to the ‘Regular Quarter’ format.
10. TIE GAMES: The Overtime rules below will be used to break tie games for League games:
  - \*Each team gets equal opportunity to score from the 15-yard line
  - \*Each team will have one (1) timeout per overtime frame
  - \*Teams are entitled to a First Down if the necessary 10 yards have been gained
  - \* Penalties that result in an automatic 1<sup>st</sup> down are in effect
  - \*The maximum number of overtimes for league games is two (2)
11. If a player or coach is ejected from a Jamboree, Exhibition, League or Playoff game, he/she must sit out the remainder of that game plus their next scheduled game that is played out. (This includes any Playoff games).
12. HORSE-COLLAR TACKLE – It is illegal to grasp the inside back or side opening of the collar of the jersey or shoulder pads of the runner and subsequently pull the runner to the ground. The grip area for a horse collar tackle have been expanded to include the name plate area which is the area directly below the back collar. Please emphasize this rule and teach your players the correct way to tackle.
13. Any defensive player that lines up across from the center must be lined up 2 yards off the line of scrimmage when across from the center or in the gaps between the center and the offensive guards.

## NORTH GEORGIA YOUTH FOOTBALL LEAGUE

### 7-Under DIVISION - AGE SPECIFIC RULES:

1. This Division is governed by Georgia High School Rules & Regulations other than what is specified hereafter. This League will play eight (8) minute regular quarters & teams must exchange lineup cards before each game.
2. The recommended roster limit is 22. All players must have a starting position on either offense or defense & all starters must play the entire 1<sup>st</sup> & 2<sup>nd</sup> qtrs. Exception: Teams with 23–29 players shall list 22 players with a starting position & all subs must still play a minimum of 2 qtrs. Coaches who do not adhere to this “participation rule” may be suspended & forfeit the game. A player must play on 1 team only & cannot be on 2 rosters within the NGYFL.
3. The offense and defense can have two (2) coaches on the field of play to instruct players. However, once the offensive team breaks their huddle, both coaches must retreat to a spot 10 yards behind the deepest offensive player and deepest defensive player. Coaches can continue to instruct players verbally after they have retreated 10 yards. The penalty for not adhering to this rule is 15 yards. Coaches in the 7-Under Division are allowed to be on the field throughout the entire season including playoffs.
4. This Division WILL NOT PHYSICALLY KICKOFF OR PUNT. Instead of a kickoff, the team receiving the ball will put the ball in play on the 35-yard line. If choosing to punt on 4th down, the Officials will mark off 25 yards. The Game Clock will run as the officials are marking off the punt and will stop once the ball has been spotted. If a team decides to punt from the 35-yard line or inside the 35-yard line, the ball will automatically be put in play at the 10-yard line for the receiving team. No team shall start an offensive series inside the 10-yard line from the result of a punt.
5. The time allowed for snapping the ball after it has been declared ready for play is 45 seconds.
6. Each team will have two (2) timeouts in the 1<sup>st</sup> half, and three (3) timeouts in the 2<sup>nd</sup> half. Timeouts cannot be carried over from the 1st half to the 2nd half. Halftime shall be a minimum of 5 minutes long.
7. SAFETY RULE: If a safety is recorded, the defensive team will be awarded the 2 points and will then receive the ball on the 50-yard line to start their offensive series. If a penalty resulting in a safety occurs on the last timed down of a period, the period is not extended.
8. Points after TD: Successful Run conversions = 1 point; Successful conversions by a legal forward pass = 2 points.
9. MERCY RULE: the 1<sup>st</sup> & 2<sup>nd</sup> quarters will run as ‘Regular Quarters’. If at the start of the 3<sup>rd</sup> quarter a team is behind by 30 + points, the team losing will have the option to finish the game with a running clock. If at the start of the 4<sup>th</sup> quarter or at any point during the 4<sup>th</sup> quarter a team has a 20-point or more lead, the clock will run continuously except for an officials’ timeout. Timeouts WILL NOT be granted to teams with a 20-point or more lead in the 4<sup>th</sup> quarter until the lead decreases to 19 points or less. If a team who is behind by 20 points or more in the 4<sup>th</sup> quarter scores to make the deficit 19 points or less, the clock will go back to the ‘Regular Quarter’ format.
10. TIE GAMES: The Overtime rules below will be used to break tie games for League games:
  - \*Each team gets equal opportunity to score from the 15-yard line
  - \*Each team will have one (1) timeout per overtime frame
  - \*Teams are entitled to a First Down if the necessary 10 yards have been gained
  - \* Penalties that result in an automatic 1<sup>st</sup> down are in effect
  - \*The maximum number of overtimes for league games is two (2)
11. If a player or coach is ejected from a Jamboree, Exhibition, League or Playoff game, he/she must sit out the remainder of that game plus their next scheduled game that is played out. (This includes any Playoff games).
12. HORSE-COLLAR TACKLE – It is illegal to grasp the inside back or side opening of the collar of the jersey or shoulder pads of the runner and subsequently pull the runner to the ground. The grip area for a horse collar tackle have been expanded to include the name plate area which is the area directly below the back collar. Please emphasize this rule and teach your players the correct way to tackle.
13. Any defensive player that lines up across from the center must be lined up 1 yard off the line of scrimmage when across from the center or in the gaps between the center and the offensive guards.  
Please see last page of this packet to view RECENT RULE CHANGES for 2019

## NORTH GEORGIA YOUTH FOOTBALL LEAGUE

### 8-Under DIVISION - AGE SPECIFIC RULES:

1. This Division is governed by Georgia High School Rules & Regulations other than what is specified hereafter. This League will play eight (8) minute regular quarters & teams must exchange lineup cards before each game.
2. The recommended roster limit is 22. All players must have a starting position on either offense or defense & all starters must play the entire 1<sup>st</sup> & 2<sup>nd</sup> qtrs. Exception: Teams with 23–29 players shall list 22 players with a starting position & all subs must still play a minimum of 2 qtrs. Coaches who do not adhere to this “participation rule” may be suspended & forfeit the game. A player must play on 1 team only & cannot be on 2 rosters within the NGYFL.
3. The offense and defense can have one (1) coach on the field of play to instruct players. However, once the offensive team breaks their huddle, both coaches must retreat to a spot 10 yards behind the deepest offensive player and deepest defensive player. Coaches can continue to instruct players verbally after they have retreated 10 yards. The penalty for not adhering to this rule is 15 yards. Coaches in the 8-Under Division are allowed to be on the field throughout the entire season including playoffs.
4. This Division WILL PHYSICALLY KICK-OFF from the 40-yard line, but WILL NOT PHYSICALLY PUNT. If choosing to punt on 4th down, the Officials will mark off 25 yards. The Game Clock will run as the officials are marking off the punt and will stop once the ball has been spotted. If a team decides to punt from the 35-yard line or inside the 35-yard line, the ball will automatically be put in play at the 10-yard line for the receiving team. No team shall start an offensive series inside the 10-yard line from the result of a punt. Coaches are allowed on the field to help line up players on ALL kickoffs. Once the players are in place, the coaches MOVE OFF the field of play and the official will sound the ‘ready for play’ whistle.
5. The time allowed for snapping the ball after it has been declared ready for play is 30 seconds.
6. Each team will have two (2) timeouts in the 1<sup>st</sup> half, and three (3) timeouts in the 2<sup>nd</sup> half. Timeouts cannot be carried over from the 1st half to the 2nd half. Halftime shall be a minimum of 5 minutes long.
7. SAFETY RULE: If a safety is recorded, the defensive team will be awarded the 2 points and will then receive the ball on the 50-yard line to start their offensive series. If a penalty resulting in a safety occurs on the last timed down of a period, the period is not extended.
8. Points after TD: Successful Run conversions = 1 point; Successful conversions by a legal forward pass = 2 points. Any points after TD ‘kicked’ are worth 1 point.
9. MERCY RULE: the 1<sup>st</sup> & 2<sup>nd</sup> quarters will run as ‘Regular Quarters’. If at the start of the 3<sup>rd</sup> quarter a team is behind by 30 + points, the team losing will have the option to finish the game with a running clock. If at the start of the 4<sup>th</sup> quarter or at any point during the 4<sup>th</sup> quarter a team has a 20-point or more lead, the clock will run continuously except for an officials’ timeout. Timeouts WILL NOT be granted to teams with a 20-point or more lead in the 4<sup>th</sup> quarter until the lead decreases to 19 points or less. If a team who is behind by 20 points or more in the 4<sup>th</sup> quarter scores to make the deficit 19 points or less, the clock will go back to the ‘Regular Quarter’ format.
10. TIE GAMES: The Overtime rules below will be used to break tie games for League games:
  - \*Each team gets equal opportunity to score from the 15-yard line
  - \*Each team will have one (1) timeout per overtime frame
  - \*Teams are entitled to a First Down if the necessary 10 yards have been gained
  - \* Penalties that result in an automatic 1<sup>st</sup> down are in effect
  - \*The maximum number of overtimes for league games is two (2)
11. If a player or coach is ejected from a Jamboree, Exhibition, League or Playoff game, he/she must sit out the remainder of that game plus their next scheduled game that is played out. (This includes any Playoff games).
12. HORSE-COLLAR TACKLE – It is illegal to grasp the inside back or side opening of the collar of the jersey or shoulder pads of the runner and subsequently pull the runner to the ground. The grip area for a horse collar tackle have been expanded to include the name plate area which is the area directly below the back collar. Please emphasize this rule and teach your players the correct way to tackle.

Please see last page of this packet to view RECENT RULE CHANGES for 2019

## NORTH GEORGIA YOUTH FOOTBALL LEAGUE

### 9-Under DIVISION - AGE SPECIFIC RULES:

1. This Division is governed by Georgia High School Rules & Regulations other than what is specified hereafter. This League will play eight (8) minute regular quarters & teams must exchange lineup cards before each game.
2. The recommended roster limit is 22. All players must have a starting position on either offense or defense & all starters must play the entire 1<sup>st</sup> & 2<sup>nd</sup> qtrs. Exception: Teams with 23–29 players shall list 22 players with a starting position & all subs must still play a minimum of 2 qtrs. Coaches who do not adhere to this “participation rule” may be suspended & forfeit the game. A player must play on 1 team only & cannot be on 2 rosters within the NGYFL.
3. The offense and defense can have one (1) coach on the field of play to instruct players. However, once the offensive team breaks their huddle, both coaches must retreat to a spot 10 yards behind the deepest offensive player and deepest defensive player. Coaches can continue to instruct players verbally after they have retreated 10 yards. The penalty for not adhering to this rule is 15 yards. Coaches in the 9-Under Division are allowed to be on the field throughout the entire season including playoffs.
4. This Division WILL PHYSICALLY KICK-OFF from the 40-yard line, but WILL NOT PHYSICALLY PUNT. If choosing to punt on 4th down, the Officials will mark off 25 yards. The Game Clock will run as the officials are marking off the punt and will stop once the ball has been spotted. If a team decides to punt from the 35-yard line or inside the 35-yard line, the ball will automatically be put in play at the 10-yard line for the receiving team. No team shall start an offensive series inside the 10-yard line from the result of a punt. Coaches are allowed on the field to help line up players on ALL kickoffs. Once the players are in place, the coaches MOVE OFF the field of play and the official will sound the ‘ready for play’ whistle.
5. The time allowed for snapping the ball after it has been declared ready for play is 30 seconds.
6. Each team will have two (2) timeouts in the 1<sup>st</sup> half, and three (3) timeouts in the 2<sup>nd</sup> half. Timeouts cannot be carried over from the 1st half to the 2nd half. Halftime shall be a minimum of 5 minutes long.
7. SAFETY RULE: If a safety is recorded, the defensive team will be awarded the 2 points and will then receive the ball on the 50-yard line to start their offensive series. If a penalty resulting in a safety occurs on the last timed down of a period, the period is not extended.
8. Points after TD: Successful Run conversions = 1 point; Successful conversions by a legal forward pass = 2 points. Any points after TD ‘kicked’ are worth 1 point.
9. MERCY RULE: the 1<sup>st</sup> & 2<sup>nd</sup> quarters will run as ‘Regular Quarters’. If at the start of the 3<sup>rd</sup> quarter a team is behind by 30 + points, the team losing will have the option to finish the game with a running clock. If at the start of the 4<sup>th</sup> quarter or at any point during the 4<sup>th</sup> quarter a team has a 20-point or more lead, the clock will run continuously except for an officials’ timeout. Timeouts WILL NOT be granted to teams with a 20-point or more lead in the 4<sup>th</sup> quarter until the lead decreases to 19 points or less. If a team who is behind by 20 points or more in the 4<sup>th</sup> quarter scores to make the deficit 19 points or less, the clock will go back to the ‘Regular Quarter’ format.
10. TIE GAMES: The Overtime rules below will be used to break tie games for League games:
  - \*Each team gets equal opportunity to score from the 15-yard line
  - \*Each team will have one (1) timeout per overtime frame
  - \*Teams are entitled to a First Down if the necessary 10 yards have been gained
  - \* Penalties that result in an automatic 1<sup>st</sup> down are in effect
  - \*The maximum number of overtimes for league games is two (2)
11. If a player or coach is ejected from a Jamboree, Exhibition, League or Playoff game, he/she must sit out the remainder of that game plus their next scheduled game that is played out. (This includes any Playoff games).
12. HORSE-COLLAR TACKLE – It is illegal to grasp the inside back or side opening of the collar of the jersey or shoulder pads of the runner and subsequently pull the runner to the ground. The grip area for a horse collar tackle have been expanded to include the name plate area which is the area directly below the back collar. Please emphasize this rule and teach your players the correct way to tackle.

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## NORTH GEORGIA YOUTH FOOTBALL LEAGUE

### 10-Under DIVISION - AGE SPECIFIC RULES:

1. This Division is governed by Georgia High School Rules & Regulations other than what is specified hereafter. This League will play eight (8) minute regular quarters & teams must exchange lineup cards before each game.
2. The recommended roster limit is 22. All players must have a starting position on either offense or defense & all starters must play the entire 1<sup>st</sup> & 2<sup>nd</sup> qtrs. Exception: Teams with 23–29 players shall list 22 players with a starting position & all subs must still play a minimum of 2 qtrs. Coaches who do not adhere to this “participation rule” may be suspended & forfeit the game. A player must play on 1 team only & cannot be on 2 rosters within the NGYFL.
3. Coaches **ARE NOT ALLOWED** on the field of play to instruct players. Coaches should remain in the confines of the ‘coaches area or box’ on the sidelines unless beckoned on to the field by the Officials.
4. This Division **WILL PHYSICALLY KICK-OFF** from the 40-yard line, but **WILL NOT PHYSICALLY PUNT**. If choosing to punt on 4th down, the Officials will mark off 25 yards. The Game Clock will run as the officials are marking off the punt and will stop once the ball has been spotted. If a team decides to punt from the 35-yard line or inside the 35-yard line, the ball will automatically be put in play at the 10-yard line for the receiving team. No team shall start an offensive series inside the 10-yard line from the result of a punt. Coaches are allowed on the field to help line up players on ALL kickoffs. Once the players are in place, the coaches **MOVE OFF** the field of play and the official will sound the ‘ready for play’ whistle.
5. The time allowed for snapping the ball after it has been declared ready for play is 30 seconds.
6. Each team will have two (2) timeouts in the 1<sup>st</sup> half, and three (3) timeouts in the 2<sup>nd</sup> half. Timeouts **cannot** be carried over from the 1st half to the 2nd half. Halftime shall be a minimum of 5 minutes long.
7. **SAFETY RULE:** If a safety is recorded, the defensive team will be awarded the 2 points and will then receive the ball on the 50-yard line to start their offensive series. If a penalty resulting in a safety occurs on the last timed down of a period, the period is not extended.
8. **Points after TD:** Successful Run conversions = 1 point; Successful conversions by a legal forward pass = 2 points. Any points after TD ‘kicked’ are worth 1 point.
9. **MERCY RULE:** the 1<sup>st</sup> & 2<sup>nd</sup> quarters will run as ‘Regular Quarters’. If at the start of the 3<sup>rd</sup> quarter a team is behind by 30 + points, the team losing will have the option to finish the game with a running clock. If at the start of the 4<sup>th</sup> quarter or at any point during the 4<sup>th</sup> quarter a team has a 20-point or more lead, the clock will run continuously except for an officials’ timeout. Timeouts **WILL NOT** be granted to teams with a 20-point or more lead in the 4<sup>th</sup> quarter until the lead decreases to 19 points or less. If a team who is behind by 20 points or more in the 4<sup>th</sup> quarter scores to make the deficit 19 points or less, the clock will go back to the ‘Regular Quarter’ format.
10. **TIE GAMES:** The Overtime rules below will be used to break tie games for League games:
  - \*Each team gets equal opportunity to score from the 15-yard line
  - \*Each team will have one (1) timeout per overtime frame
  - \*Teams are entitled to a First Down if the necessary 10 yards have been gained
  - \* Penalties that result in an automatic 1<sup>st</sup> down are in effect
  - \*The maximum number of overtimes for league games is two (2)
11. If a player or coach is ejected from a Jamboree, Exhibition, League or Playoff game, he/she must sit out the remainder of that game plus their next scheduled game that is played out. (This includes any Playoff games).
12. **HORSE-COLLAR TACKLE** – It is illegal to grasp the inside back or side opening of the collar of the jersey or shoulder pads of the runner and subsequently pull the runner to the ground. The grip area for a horse collar tackle have been expanded to include the name plate area which is the area directly below the back collar. Please emphasize this rule and teach your players the correct way to tackle.

Please see last page of this packet to view RECENT RULE CHANGES for 2019

## NORTH GEORGIA YOUTH FOOTBALL LEAGUE

### 12-Under DIVISION - AGE SPECIFIC RULES:

1. This Division is governed by Georgia High School Rules & Regulations other than what is specified hereafter. This League will play eight (8) minute regular quarters & teams must exchange lineup cards before each game.
2. Any player that was 11 or 12 years old on April 30<sup>th</sup> of the current year is eligible to play 11/12 rec football. Players **MUST** play in at least four (4) regular season games to be eligible for the playoffs.
3. The recommended roster limit is 22. All players must have a starting position on either offense or defense & all starters must play the entire 1<sup>st</sup> & 2<sup>nd</sup> qtrs. Exception: Teams with 23–29 players shall list 22 players with a starting position & all subs must still play a minimum of 2 qtrs. Coaches who do not adhere to this “participation rule” may be suspended & forfeit the game. A player must play on 1 team only & cannot be on 2 rosters within the NGYFL.
4. Coaches **ARE NOT ALLOWED** on the field of play to instruct players. Coaches should remain in the confines of the ‘coaches area or box’ on the sidelines unless beckoned on to the field by the Officials.
5. This Division **WILL PHYSICALLY KICKOFF** from the 40-yard line & **WILL CARRY OUT THE PHYSICAL ACT OF PUNTING** when choosing to punt. There are no special punting rules for the 11-Under division.
6. The time allowed for snapping the ball after it has been declared ready for play is 30 seconds.
7. Each team will have two (2) timeouts in the 1<sup>st</sup> half, and three (3) timeouts in the 2<sup>nd</sup> half. Timeouts cannot be carried over from the 1st half to the 2nd half. Halftime shall be a minimum of 5 minutes long.
8. **SAFETY RULE:** If a safety is recorded in the 12-Under age division, the defensive team will be awarded the 2 points and will then line up to receive the ensuing scrimmage kick. The kicking team will kickoff from the 20-yard line and may choose any legal kicking method (GA High School Rule applies). If a penalty resulting in a safety occurs on the last timed down of a period, the period is not extended.
9. **Points after TD:** Successful Run conversions = 1 point; Successful conversions by a legal forward pass = 2 points. Any points after TD ‘kicked’ are worth 1 point.
10. **MERCY RULE:** the 1<sup>st</sup> & 2<sup>nd</sup> quarters will run as ‘Regular Quarters’. If at the start of the 3<sup>rd</sup> quarter a team is behind by 30 + points, the team losing will have the option to finish the game with a running clock. If at the start of the 4<sup>th</sup> quarter or at any point during the 4<sup>th</sup> quarter a team has a 20-point or more lead, the clock will run continuously except for an officials’ timeout. Timeouts **WILL NOT** be granted to teams with a 20-point or more lead in the 4<sup>th</sup> quarter until the lead decreases to 19 points or less. If a team who is behind by 20 points or more in the 4<sup>th</sup> quarter scores to make the deficit 19 points or less, the clock will go back to the ‘Regular Quarter’ format.
11. **TIE GAMES:** The Overtime rules below will be used to break tie games for League games:
  - \*Each team gets equal opportunity to score from the 15-yard line
  - \*Each team will have one (1) timeout per overtime frame
  - \*Teams are entitled to a First Down if the necessary 10 yards have been gained
  - \* Penalties that result in an automatic 1<sup>st</sup> down are in effect
  - \*The maximum number of overtimes for league games is two (2)
12. **HORSE-COLLAR TACKLE** – It is illegal to grasp the inside back or side opening of the collar of the jersey or shoulder pads of the runner and subsequently pull the runner to the ground. The grip area for a horse collar tackle have been expanded to include the name plate area which is the area directly below the back collar. Please emphasize this rule and teach your players the correct way to tackle.
13. If a player or coach is ejected from a Jamboree, Exhibition, League or Playoff game, he/she must sit out the remainder of that game plus their next scheduled game that is played out. (This includes any Playoff games).

Please see last page of this packet to view RECENT RULE CHANGES for 2019



Listed are the **ONLY** approved youth-size footballs to be used in the North Georgia Youth Football League:

*\*Teams must have one of these brands of footballs for all League and Playoff games:*

**(A) Wilson K2 - to be used in 5/6, 7U, 8U, & 9U Divisions.**

**Wilson TDJ - to be used in the 10U and 11/12 Divisions.**

**(B) Nike 1000K or Spiral Tech - to be used in 5/6, 7U, 8U, & 9U Divisions.**

**Nike 1000J or Aero Threat - to be used in the 10U and 11/12 Divisions.**

**(C) Under Armour Pee Wee 495 - to be used in 5/6, 7U, 8U, & 9U Divisions.**

**Under Armour Junior 495 - to be used in the 10U and 11/12 Divisions.**

**\*\* NOTE: Footballs must be the adequate size as listed for each age group. Also, footballs must have enough air in them as to satisfy the game officials only. Officials may determine a ball does not have sufficient air and toss it out of the game and ask for a replacement.**

## NORTH GEORGIA YOUTH FOOTBALL LEAGUE

### PLAYOFFS and SUPER BOWL: Rules and Guidelines

1. The Playoffs will begin around Saturday, November 2<sup>nd</sup>.
2. The Super Bowl for each age division will be played on Saturday, November 16<sup>th</sup> at Ridgeland High School.
3. The format of the playoffs is single elimination. Teams will be seeded according to their final regular season record. Tie Breakers will be broken accordingly:
  - a. Head-to-Head Match Up
  - b. Points Allowed
  - c. Points Scored
  - d. Point Differential (Points Scored – Points Allowed)

### PLAYOFFS and SUPER BOWL: Hosting Playoffs and Responsibilities

1. Hosting of Playoffs will rotate through any and all Agencies or Associations that submit to host. Each age group shall be hosted by a different Agency or Association during the current season. Playoff hosts will also rotate from season to season.
2. The following responsibilities and guidelines are MANDATORY for an Agency or Association to be approved as a Playoff Host:
  - a) access to an adequate football field or stadium with lighting if choosing to play at night.
  - b) visible and operational scoreboards at field site.
  - c) a minimum number of competent adults to work gate, chains, scoreboard, etc... workers should be at least 16 years of age or older and must be familiar with proper football procedures.
  - d) a PA system with an acceptable adult announcer for the duration of the Playoffs.
  - e) medical or EMT staff on site for injuries and emergencies.
  - f) area to display tournament brackets showing dates, pairings, times.
  - g) minimum 3-man crew of certified officials for each game. Championship games should have a 4-man crew assigned.
  - h) suitable seating for spectators, restroom facilities, and open concessions.
  - i) publicity releases to area media and newspaper chains detailing event and Playoff results.

## **SPECIAL RULES GOVERNING LEAGUE DISCIPLINARY ACTION AND BY-LAWS**

Presidents and Football Commissioners of each Association are required to discuss these rules with their coaches, parents, players, and fans. We expect fair play and good sportsmanship from everyone involved in this League. These rules were discussed and voted on by officers of each Association at the organizational meeting on October 28, 1989.

1. If any team uses an **INELIGIBLE** or **ILLEGAL** player in a League game and the situation is proven, that player will be immediately dismissed from the team and the Head Coach will be suspended indefinitely. If any team uses an **INELIGIBLE** or **ILLEGAL** player in a Playoff game and the situation is proven, that team will forfeit that game and be eliminated from the Playoffs.
2. If a Coach creates a problem that is detrimental to this Football League, the situation will be handled by a Grievance Committee in a called "Special Meeting". The President and Football Commissioner of the Association in question will be invited to this meeting. The Coach in question could be suspended from the League for one (1) year from the date of the incident and his Association placed on probation for the remainder of the season. If the situation is serious enough, the Coach in question could be banned from the League forever.
3. If Parents, Fans, or Spectators of a team creates the same type of situation listed in Rule 2 above, the President or Football Commissioner of the Association governing that team **MUST** take **IMMEDIATE ACTION** to have the guilty persons banned from attending any further games! Each Association is **FULLY RESPONSIBLE** for the conduct of their players, parents & fans at all times. Failure to follow through and take care of these matters can result in the Association being expelled from the League.
4. **PROTESTS:** Are not allowed on any type of judgment calls made by the Officials/Referees. Also, player participation directly related to a player's playing time cannot be protested. Disciplinary actions decided by the league will still be imposed for playing time violations. The only thing that can possibly be protested is player eligibility and rule interpretations and if there is reason enough to follow through with a protest then the following steps **MUST** be followed:
  - A. Coaches must inform the Officials/Referees that they are playing the game under protest. The pending protest must be discussed and approved by the Football Commissioner of the filing team. If it is carried further, it must be turned in to the Recreation Dept. in writing and signed by both the President & Football Commissioner of that Association.
  - B. A \$50.00 fee is required on all protests. This money must accompany the protest. All protests must be approved and turned in to the Catoosa County Recreation Dept within 24 hours after the incident occurs.
  - C. Coaches are asked to contact their Football Commissioner if they have a complaint, gripe or problem concerning the Officials/Referees, other teams, etc. If the Football Commissioner feels the complaint is justified, they should call the Catoosa County Recreation Department in order to notify us of the situation at hand and it will be handled from that point.
5. Each Home Field or hosting Association is required to have available people on hand at all games to make sure everything runs smoothly. "Gameday" workers are the responsibility of the host Association. In the event some problem arises, the HOME Association must handle any serious or threatening situations.

### **IMPORTANT:**

**EACH ASSOCIATION PRESIDENT AND/OR FOOTBALL COMMISSIONER ARE REQUIRED TO DISCUSS THESE RULES AND BY-LAWS WITH ALL COACHES IN THEIR ASSOCIATIONS EITHER BY MEETING WITH THEM PERSONALLY OR BY PROVIDING THEM A COPY OF THESE RULES.**

NORTH GEORGIA YOUTH FOOTBALL LEAGUE  
 749 Pine Grove Road  
 RINGGOLD, GEORGIA 30736  
 Phone number: (706) 891-4199  
[www.catoosarec.com](http://www.catoosarec.com)

## CHAPTER 2 RECENT RULES CHANGES

### I. Rules Changes for 2019

#### 40/25-second Play Clock

To have a more consistent time period between downs, a 40/25-second clock will be used. Unless the game is stopped for administrative reasons (e.g., change of possession, injury, etc.), the offensive team will have 40 seconds to snap the ball after it is declared dead (3-6-1). See Chapter 7 for additional information.

#### Scrimmage Formation

At the snap for a scrimmage formation, a minimum of five Team A players must be on the line and no more than four players may be backs (7-2-5a). This change will make it easier to identify legal and illegal offensive formations. See Chapter 3 for additional information.

\* LINEMAN 50-79

#### Tripping

Tripping the runner is now illegal (9-4-3c). It is now a foul to intentionally use the lower leg or foot to obstruct a runner below the knees. Previously, a runner was not included in the definition of tripping. See Chapter 8 for additional information.

#### Horse Collar Tackle

The grip area for a horse collar tackle has been expanded to include the name plate area which is the area directly below the back collar (9-4-3k). See Chapter 8 for additional information.

#### Illegal Kicking and Batting

The penalties for illegal batting and illegally kicking the ball have been reduced from 15 yards

to 10 yards. Those fouls are neither safety-related nor unsportsmanlike (9-7 Pen). See Chapter 8 for additional information.

#### Illegal Kicks

The penalty for an illegal kick has been reduced from 15 yards to 10 yards. The foul is neither safety-related nor unsportsmanlike (6-2-1 Pen). The penalties for illegal kicks have not changed. See Chapter 6 for additional information.

#### Instant Replay

A state association may create instant-replay protocol that permits game or replay officials to use a replay monitor during postseason play to determine if a call/decision by the on-field game officials is incorrect. The procedures and the scope of the replay protocol will be developed by each state association.

#### Jersey Numerals

Effective 2024, the entire body of the number shall be a single solid color that clearly contrasts with the body color of the jersey (1-5-1c5). See Chapter 12 for additional information.

#### Momentum Exception (Editorial)

It was clarified that for the momentum exception to apply, the ball must remain in the end zone after the player's momentum causes it to enter the end zone (8-5-2a Exc). See Chapter 9 for additional information.